



Being and Becoming

*A Silent Retreat Exploring
Nondual Wisdom and Psychotherapy*

*Thursday, March 18 – Sunday, March 21, 2010
Institute of Noetic Sciences Retreat Center
Petaluma, California
16 (BBSE) CEU's available*

No one walks through a psychotherapist's door without wanting something to change. But what if the change that actually has the power to end suffering is realizing our true nature? What if the peace we long for comes in discovering we do not need the moment to be different? What if the very transformation we imagine will bring our happiness only comes about by Being who/what we already are? What if the love we so desperately seek outside turns out to be within us?

Being is always becoming, but trying to “become” before knowing what it is to “be,” often ends in frustration. It could be said, a bit simplistically, that spiritual teachers emphasize “being,” and psychotherapists emphasize “becoming,” but in reality we cannot separate either being or becoming. Experientially, there is no realization of our true nature without *being*, which is a *cessation* of becoming. Paradoxically, there is no flowering of that realization without becoming, which is our willingness to be *transformed* by our realization. Realization is not an attainment of ego; it is the end of trying to get somewhere or be somebody. When there has been a true awakening, it is the Mystery and not the “me” that then begins to transform our thoughts, our heart, and our actions, including the functioning called “psychotherapy”. It is at this point that many seekers move away from what they have realized and return to the mind to try to figure out how to live from this truth. However, as soon as we go back to the mind's thoughts about “how,” we have departed from the mystery of *Being*, which is the source and agent of living more deeply, directly, and simply from what we *are*.

Through silence, experiential inquiry, and dialogue, we will explore together both being and becoming. While we will focus on issues arising in psychotherapy and offer CEU's for psychotherapists, this retreat is open to any who are interested in nondual realization and its impact on the practice or experience of psychotherapy. The retreat will be held in silence except for shared gatherings and dialogues. The Retreat Center of the Institute of Noetic Sciences is located on 200 acres of beautiful rolling hills in Petaluma, California, just 30 minutes north of the Golden Gate Bridge. It offers such gifts as pristine live oak woodlands, meandering hiking trails, an organic garden, delicious food, and panoramic vistas of the California landscape.

RETREAT FACILITATORS

Dorothy S. Hunt, L.C.S.W., founder of the San Francisco Center for Meditation and Psychotherapy, has practiced psychotherapy since 1967 and currently serves as Spiritual Director of Moon Mountain Sangha, Inc., teaching at the request and in the spiritual lineage of Adyashanti. She has a long and intimate connection with the teachings of Ramana Maharshi. Dorothy is the author of *Only This!*, editor of *Love: A Fruit Always in Season*, and a contributing author to both *The Sacred Mirror* and *Listening from the Heart of Silence*. She offers *dokusan*, satsang and retreats in the Bay area, and elsewhere by invitation, and is a frequent presenter at the annual Nondual Wisdom and Psychotherapy conferences. For more information, you may visit www.dorothyhunt.org or call 415-567-8404.

To register, please complete the attached registration form.

John J. Prendergast, Ph.D., is an Adjunct Associate Professor of Psychology at the California Institute of Integral Studies and maintains a private practice in San Rafael. He studied for many years with the European sage, Dr. Jean Klein, as well as with Adyashanti, and has published several articles on transpersonal psychology. He is the senior editor of and a contributing author to both *The Sacred Mirror: Nondual Wisdom and Psychotherapy* and *Listening from the Heart of Silence: Nondual Wisdom and Psychotherapy, vol. 2*. In addition, John was one of the founding organizers of the annual Nondual Wisdom and Psychotherapy Conference, where he has been a coordinator and an occasional presenter since 1998. For the past four years he has led several ongoing, private Self-Inquiry groups. BBSE Provider # 1756. For more information, you may call 415-453-8832.

BEING AND BECOMING

*A Silent Retreat exploring Nondual Wisdom and Psychotherapy
with Dorothy Hunt, L.C.S.W. and John Prendergast, Ph.D.*

DATES: Thursday, March 18, 2010 (registration 10-12 noon) to Sunday, March 21, 2010 (after lunch)

LOCATION: Retreat Center, Institute of Noetic Sciences; 101 San Antonio Rd.; Petaluma, CA 94952
(Meetings will be held in the Amphitheater)
To see photos of the Retreat Center, go to <http://www.noetic.org/retreat.cfm>

HOUSING: Housing will be in single, double, double rooms for couples (one double bed), or limited reduced-rate spaces for students (students bring sleeping bags for mattresses in shared double rooms). All accommodations located in Retreat Center housing buildings. Shared bathrooms down the hall.

MEALS: Breakfast, lunch, and dinner are included in the cost, beginning with lunch on Thursday and ending with lunch on Sunday. California cuisine with emphasis on organic choices; fish, chicken and vegetarian options.

PAYMENT: Retreat costs, given *per person* on the registration form include tuition, housing and meals (Thursday lunch through Sunday lunch) for registrations postmarked on or before January 30, 2010.
Registrations postmarked after January 30, please add \$75.
Tuition cost is your deposit--\$150 for early registration, on or before January 30, 2010
For registrations postmarked after January 30--\$225

Balance of retreat payment due on or before March 4, 2010.

CEU's: 16 CEU's available for LCSW's or MFT's--no additional fee.
(Sorry, no MCEP's for psychologists available)

CANCELLATION POLICY:

Cancellations on or before February 18, 2010, \$50 cancellation fee
Cancellations on or before March 3, \$150/\$225 cancellation fee (tuition deposit retained)
Cancellations on or after Thursday, March 4, 2010, no refunds

TO REGISTER:

Please fill out the attached registration form and mail with your \$150 deposit fee (prior to Jan. 30) or \$225 deposit fee (Jan. 30 -March 4) to:

*San Francisco Center for Meditation and Psychotherapy
1719 Union Street
San Francisco, CA 94123*

BEING AND BECOMING
Registration Form

*March 18-21, 2010 - Silent Retreat with Dorothy Hunt and John Prendergast
at the Institute of Noetic Sciences Retreat Center, Petaluma, California*

Female Male

Name: _____	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	Room Choice	\$/Person**
	<i>Please mark at least two choices</i>				
Address: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Single	\$ 565
City/State/Zip: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Double	\$490
Phone: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Double for couple*** (one double bed)	\$460
E-mail*: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sleeping bag/shared rm. <i>(for students only; limited availability)</i>	\$370
License # if requesting CEU's: _____ <i>No additional charge for CEU's</i>				<u>For registrations postmarked after Jan. 30</u>	\$ 75

Housing will be assigned on a first-come, first-served basis.

If you are requesting a **student sleeping bag space** (student brings sleeping bag for mattress and his/her own towels), please indicate educational institution where you are currently enrolled:

_____ Area of study: _____

* *If you do not have e-mail your confirmation will be mailed.*

** *Price per person includes tuition, housing and three meals for three days for early registration postmarked on or before January 30, 2010.
If your registration is postmarked **after** January 30, please add \$75.*

*** *If you are requesting a double room for a couple, or a double room with a particular roommate, please mail both of your forms and deposits in the same envelope.*

Check here if you would be interested in helping with registration____; CEU sign-in/out ____; bringing flowers____; timekeeper (meditation bell)____; offering poetry/music ____.

Please complete this form and mail with your deposit in the amount of

\$150 if postmarked on or before January 30, 2010

\$225 if postmarked after January 30, 2010

(Sorry, no credit cards)

Please make check payable/and mail to:

San Francisco Center for Meditation and Psychotherapy
1719 Union Street
San Francisco, CA 94123-4406