

Vastness and Vulnerability

A Silent Retreat Exploring Nondual Wisdom and Psychotherapy

Dorothy Hunt and John Prendergast, Facilitators

April 12-15, 2012

*Institute of Noetic Sciences
EarthRise Retreat Center
Petaluma, California*



*Early Registration discount
before February 10, 2012
16 (BBSE) CEU's available*

How does living more deeply from the Vastness of Being affect human experience?

In awakening from the illusion of a separate, solid “self,” we are naturally drawn to live from an open heart—a heart that is free, undivided, at One with life. This can feel vast but also vulnerable to whatever remains of the conditioned mind that has spent lifetimes trying to protect what it has taken to be a “self.” Fear may arise in conditioned consciousness when it faces the openness and emptiness of its true nature. Learning to navigate in the world from openness rather than fear can feel particularly challenging if we have imagined that our childhood openness created the conditions for pain, hurt, or abuse.

Through meditation, satsang, and experiential invitations, we will explore the questions and experiences that arise as vastness meets the human perception of vulnerability. We will investigate how Awareness begins to melt our frozen concepts, beliefs, and identities so that we are freed to live in the flow of Now, rather than being stuck in past memories or fears of a projected future. While this retreat will address issues that may arise in the practice of psychotherapy, it is open to any who are interested in the exploration of vastness, vulnerability and awakening the heart/mind/body to its natural state of Being.

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. 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*. For more information, you may visit www.dorothyhunt.org or call 415-567-8404.

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 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. For the past five years he has led several ongoing, private Self-Inquiry groups. BBSE Provider # 1756. For more information, you may visit www.listeningfromsilence.com or call 415-453-8832.

To register, please see attached registration form.

Vastness and Vulnerability
A Silent Retreat Exploring Nondual Wisdom and Psychotherapy

INFORMATION

DATES: Thursday, April 12, 2012 (registration 10-12 noon) to Sunday, April 15, 2012 (after lunch)

LOCATION: EarthRise Retreat Center at the 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, shared spaces for students/interns. All accommodations are 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 protein-rich 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 *February 10, 2012*.

Registrations postmarked after February 10, 2012, please add \$90.

Tuition cost is your deposit--\$175 for early registration, on or before February 10, 2012. For registrations postmarked after February 10, 2012--\$265

Balance of retreat payment due on or before March 29, 2012

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 March 12, 2011, \$75 cancellation fee

Cancellations on or before March 28, \$175/\$265 cancellation fee (tuition deposit retained)

Cancellations on or after Thursday, March 29, 2012, no refunds

TO REGISTER:

Please fill out the attached registration form and mail with your \$175 deposit fee (on or before February 10, 2012) or \$265 deposit fee (after February 10, 2012) to:

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

Vastness and Vulnerability
Registration Form

April 12-15, 2012 - Silent Retreat with Dorothy Hunt and John Prendergast at IONS

Name: _____ Male Female

Address: _____

City/State/Zip: _____

Phone: home: _____ work: _____ cell: _____

E-mail: _____

Confirmation will be sent by e-mail unless you do not have e-mail.

License # if requesting CEU's: _____

No additional charge for (BBSE) CEU's

Price per person includes: tuition, housing, and three meals for three days for EARLY registration, postmarked on or before February 10, 2012. If postmarked after February 10, 2012, add \$90.

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

<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>Room Choice</u>	<u>\$/Person</u>
<i>Please mark at least two choices</i>				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Single	\$ 665
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Double*	\$ 595
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Double for couple*	\$ 595

(one double bed)

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Student/intern shared rm.	\$ 445
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(for students/interns only; limited availability)

If you are requesting a student/intern rate, please indicate:

Educational institution where you are currently enrolled _____

Area of Study: _____ or Place of internship _____

For registrations postmarked after February 10, 2012 **\$ 90**

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 as well as Medical or Dietary Considerations form and mail with your deposit in the amount of:

\$175 if postmarked on or before February 10, 2012

\$265 if postmarked after February 10, 2012

(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**

MEDICAL OR DIETARY CONSIDERATIONS

If you have any medical/dietary requirements, please indicate them here at the time you register. What you indicate here will be the diet you will eat. For example, if you indicate "strictly vegetarian," you may NOT also eat foods prepared for non-vegetarians during the retreat. IONS will attempt to accommodate dietary needs, but they can only do this if they know about them ahead of time.

Name: _____

E-mail: _____

I have no special medical or dietary requirements

I have the following medical/dietary requirements:

Gluten-free: _____

Dairy-free (lactose intolerant): _____

Wheat-free: _____

Strictly vegetarian: _____

Vegan: _____

Vegetarian with occasional fish/chicken (no red meat): _____

Other than indicated above: _____

**Do you have any other medical or dietary special needs that we should be aware of?
(Please describe below.)**

Signature: _____ **Date:** _____