



# Love's Longing and Liberation

*A Valentine's Retreat Day*

Sunday, February 12, 2023

*With Dorothy Hunt*

On-line via Zoom: 10 a.m. - 12 noon; 2-4 p.m. (Pacific Time)

Suggested Donation: \$60 by PayPal

Register here: [dorothyhunt.org/events](https://dorothyhunt.org/events)

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Longing for love is Love's longing for itself. Answering the call to discover Love in the innermost depth of our heart can lead to liberation—liberation from the fears we may carry about unworthiness, rejection, and separation. The deepest love refuses to separate itself from any moment, inviting compassion, intimacy, clear seeing, and awakened living.

Join us for a day of guided and silent meditations and exploration of the Love that is calling us Home to the freedom inherent in our true nature.

*Dorothy Hunt* serves as the Spiritual Director of Moon Mountain Sangha, teaching at the request of Adyashanti from 2004. She is a retired psychotherapist, founder of the San Francisco Center for Meditation and Psychotherapy, author of *Only This!*, *Leaves from Moon Mountain*, and *Ending the Search: from Spiritual Ambition to the Heart of Awareness*.

For more information, visit [dorothyhunt.org](https://dorothyhunt.org)