



The Heart of Gratitude

An Online Zoom Retreat with Dorothy Hunt
Hosted by Moon Mountain Sangha

November 11, 12, 13, 2022

10 a.m. – 12 noon; 2 – 4 p.m. Pacific time, each day

It is not happiness that makes us grateful, but gratefulness that makes us happy.
—Brother David Steindl-Rast

Gratitude may seem easy to experience when we receive a gift that we wanted or feel a desire has been granted in the way our mind wanted it to be. But the true Heart opens to life in all its aspects and responds with gratitude to the gift of the moment. Both pleasurable moments and challenging ones are expressions of grace, if we are open to seeing deeply. Each day life delivers countless, remarkable free gifts.

Are we empty enough to receive life's fullness? Can we practice letting go of what we are holding onto so that we can receive the endless flow of life's gifts? Ultimately, we may discover that the giver and the receiver are the same.

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Dorothy Hunt is the spiritual director of Moon Mountain Sangha, teaching at the request of Adyashanti who invited her to teach in 2004. She is a retired psychotherapist and founder of the San Francisco Center for Meditation and Psychotherapy. Her books include *Only This!*, *Leaves from Moon Mountain*, and *Ending the Search: From Spiritual Ambition to the Heart of Awareness*.

For more information, please visit: dorothyhunt.org

Registration is available here: dorothyhunt.org/events

Suggested donation for this retreat is \$250. Donate here: dorothyhunt.org/donate

Please note that Registration and Donation are separate actions.