



The Wonder of Being

A celebration of WONDER with *Dorothy Hunt*

Sunday, October 8, 2023
10 a.m. - 12 noon; 2-4 p.m. Via Zoom
by donation

Register here: dorothyhunt.org/events

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Not all moments are considered “wonderful” from the viewpoint of conditioned mind, but every moment is *full of wonder*, if we expand our vision. A single moment can be surprising, beautiful, shocking, unexpected, inexplicable. Regardless of whether the judging mind considers an experience positive or negative, when we see it through the eyes of Presence, it can open us to curiosity and wonder.

Looking at the tiny veins of a leaf, our own hands, the changing colors of the sky, experiencing the body’s responses to a conditioned belief, appreciating running water, and thousands more moments in our everyday lives—all can evoke a sense of wonder at simply Being, and wonder at the forms of Being, including physical forms, thought forms, feeling forms, forms of light, colors, energies.

When we move from narrow, thought-based living to open-hearted, full-body sensory awareness, we begin to experience life with increasing intimacy, gratitude, and wonder. What brings a sense of wonder? Being awake in the NOW!

Please join us on Sunday, October 8 to explore the wonder and blessings of Being, and to help celebrate Dorothy’s 80th year in form—something she considers a wonder!

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Dorothy Hunt currently serves as Spiritual Director of Moon Mountain Sangha, teaching at the request of Adyashanti. The flavor of her teaching blends Advaita and Zen with a deep welcoming of our human expressions. She is the founder of the San Francisco Center for Meditation and Psychotherapy, and practiced psychotherapy from 1967 until her retirement in 2020. She is the author of *Only This!*, *Leaves from Moon Mountain*, and *Ending the Search: From Spiritual Ambition to the Heart of Awareness*. For more information, visit www.dorothyhunt.org