

The Heart's Gratitude: Seeing the Sacred in the Ordinary

An online weekend retreat with Dorothy Hunt



**Saturday, November 15; Sunday, November 16; 2025
9:30 a.m. – 12:30 p.m. (Pacific)**

Suggested donation: \$60-\$75, payable through PayPal
(no one turned away for lack of funds)

***You don't need a reason to be grateful.
Gratitude itself is the reason.
It's a way of seeing, a way of aligning
yourself with reality.***

--Alan Watts

When we give attention to the Heart we share, we discover a great fullness as well as a vast emptiness (awake openness) out of which life arises. We begin to develop a deep appreciation for life's unique expressions, and the silent Mystery from which our breath, form, feeling, movement, sound, sensation, and energies take birth and return to Source. Touching this dimension of our Being invites us to see the sacred in the ordinary, here and now, and to open to moments of beauty that exist, even when pain, chaos or confusion are also present. Practicing gratefulness can change a life; but first we have to SEE.