

# Awakening Together: Healing the Ancestral Heart - on tour with the monastic community of Thich Nhat Hanh

6-Day Mindfulness Retreat at Deer Park Monastery on September 12-17, 2017

## **Awakening the Source of Understanding**

A Sangha of 80 monks and nuns from Plum Village, Blue Cliff, Magnolia Grove, and Deer Park Monasteries will come together to host this retreat and other events during this US Tour without the physical presence of our beloved teacher, Thay. In 2009, we were faced with facilitating a retreat for 1,000 people in Colorado, when Thay was in the hospital. This is an excerpt from the book, One Buddha is Not Enough, a story of collective awakening, which came out of that retreat:

*One day in Plum Village, Thay was sitting and giving a Dharma talk when it started to rain. Thay stopped the Dharma talk and said, "Everyone just listen to the rain; that's the real Dharma talk." We sat there in silence and listened to the rain—not only with our ears, but with our eyes, with our whole body; just sitting there present for the rain. Meditation practice is exactly that. It's learning to listen to what life is presenting to us in every moment. Meditation and mindfulness practice teach us to be open, not only with our ears, but with our eyes, with our whole body, and with our heart.*

Please join the monks, nuns, and lay practitioners in the mountains of Deer Park Monastery to manifest an awakening together as a spiritual family, a Sangha. We come back to the present moment through our awareness of our body and our mind. As we recognize the impermanent nature of our breath, our emotions, and our thoughts, our awareness begins to expand naturally. Coming together to cultivate the art of mindfulness in daily living nourishes our understanding and helps our heart to open and transform.

If you are young or old, new to mindfulness practice or experienced, we welcome you all to join this retreat. Families with children and teens are warmly welcome to attend.

### **Practice of Mindfulness:**

We usually start the day at 5:30 AM and end the day at 9:00 PM, with some personal time between activities. The retreat will allow us to practice mindfulness together throughout the day, including the following activities:

- Daily Dharma talks or Q & A sessions with monastic Dharma teachers
- Silent and guided sitting meditation
- Outdoor walking meditation as a community
- Mindful meals in silence - taking the time to eat as a family, to truly enjoy and look deeply into the food
- Dharma sharing - practicing loving speech and deep listening, sharing our experiences in small groups
- Deep relaxation - lying down guided meditation, learning how to rest and relax our body and our mind
- Service meditation - working together in harmony and with ease, with nowhere to go
- Presentation on practices like the Five Mindfulness Trainings and Beginning Anew by monks, nuns, and long-term lay practitioners
- Observing Noble Silence - starting after the evening activity and ending after washing up from breakfast

### **Dharma Sharing:**

On the registration form, you can choose an affinity group for Dharma sharing throughout the retreat. The group will be formed and facilitated by a monk or nun if the number of friends who choose the group is sufficient. If a group is not chosen or there are too few people in that affinity group, we will organize friends into "no preference" sharing groups, who will practice loving speech and deep listening without a specific affinity.

### **Children & Teens:**

A children's program may be offered for ages 6 to 12 and a teen program may be offered for ages 13 to 17. The programs will include age-appropriate games, sharing, and practice in a joyful spirit. The programs will be led by monastic and lay practitioners. Support from children's parents will be requested. (In case the number of children and/or teens attending the retreat is less than 5 per age group, we will not organize a specific program for them.)

**Food:**

We will serve three meals a day and all meals will be vegan. We regret that we are unable to cater to individual dietary needs.

**Five Mindfulness Trainings--a Buddhist contribution to a global spirituality and ethic:**

Everyone who comes to practice is requested to observe the Five Mindfulness Trainings that are the very foundation of our being together here as a community of practice - a Sangha. They are the guidelines that help us move in the direction of goodness and beauty. No smoking, no drinking, no eating meat, and no sexual practice are allowed on the grounds of the monastery. Please respect the community's effort in this observance. A full text of the Five Mindfulness Trainings will be sent along with the retreat confirmation package after you have registered and can also be found on our website. There will be an opportunity to formally receive the Five Mindfulness Trainings at the retreat. If you cannot attend the retreat, but would like to receive the Five Mindfulness Trainings, please contact our registration office.

The retreat begins with check-in from 2 to 5 PM on Tuesday, September 12<sup>th</sup>. Dinner will be served around 5:30 PM.

An orientation talk for everyone will be offered by monastic Dharma teachers at 7:30 PM.

The retreat will end after lunch on Sunday, September 17<sup>th</sup>.

**WE ASK ALL REGISTRANTS TO ATTEND THE ENTIRE RETREAT. THANK YOU FOR YOUR UNDERSTANDING AND SUPPORT.**

We have tried to keep the contribution levels down and offer several accommodation options in order to open the retreat up to as many people as possible.

We also have some partial scholarships available. One consideration in determining scholarships will be to increase diversity of age and social and ethnic origin for this retreat. More information regarding scholarship applications is available on our registration page online.

<i>Type of Accommodations</i>	<i>Age range</i>	<i>Contribution / Person</i>
<b>Dorm - 3 people</b> <i>(no bunk beds)</i>	18+	\$770.00
	13 - 17	\$660
	6 - 12	\$480
<b>Dorm - up to 6 people</b> <i>(with bunk beds)</i>	18+	\$660
	13 - 17	\$390
	6 - 12	\$290
<b>Trailer Dorm - 14 people</b> <i>(with bunk beds)</i>	18+	\$550
	13 - 17	\$350
	6 - 12	\$250
<b>Camping</b> <i>Please bring your own tent</i>	18+	\$475
	13 - 17	\$325
	6 - 12	\$225
<b>Commuting</b> <i>Priority for friends with health reasons, only 50 spaces</i>	18+	\$475
	13 - 17	\$325
	6 - 12	\$225
<b>Cancellation fee for adults (18+): \$75, for teens and children (6 - 17): \$25</b>		

*Deer Park Monastery is in Escondido, 45 minutes northeast of the city of San Diego CA. On 400 acres of rocky mountain, sage brush, and ancient oak groves, where there are quiet hiking trails and spacious valleys. We offer retreats during all seasons of the year in the art of mindful living, healing, and transformation.*

**Transportation to Deer Park Monastery:**

Ride share information can be found on our website: [www.deerparkmonastery.org/general/rideshare-to-deer-park](http://www.deerparkmonastery.org/general/rideshare-to-deer-park)

Airport: San Diego International Airport (SAN) is approximately 40 miles from Deer Park

Public transportation: Please refer to the San Diego Commute website, [www.transit.511sd.com](http://www.transit.511sd.com), which provides bus schedules, travel times, and expenses

Escondido Transit Center is at 700 W Valley Parkway, Escondido, CA 92025, about 5 miles from Deer Park

North County Transit (bus and train): [www.gonctd.com](http://www.gonctd.com) / Greyhound Bus: [www.greyhound.com](http://www.greyhound.com)

For online retreat registration, please go to: [www.deerparkmonastery.org](http://www.deerparkmonastery.org)

**For more information, please contact us:**

**US Tour, Deer Park Monastery, 2499 Melru Lane, Escondido, CA 92026-8447**

**Telephone: (760) 291-1003, ext 100**

**office@deerparkmonastery.org**