



## In the Heart of Being

In the heart of being lies a seed of consciousness that springs from a knowing that all is well, all is whole, cannot be divided. This knowing sparks consciousness to know itself in form, as a living, breathing expression in space and time. With this knowing comes a price of fidelity to what gives spark to all things and yet defies reason and thought. Surrender to the heart of yearning and all will be revealed to be your one true Self. ~ Mukti

## 2010 At-A-Glance

Travels in bold.

### July

**Fri, Jul 30** Sebastopol Satsang DATE CHANGED! **7:30–9:30pm**

### August

Sun, Aug 1 Santa Cruz Silent Retreat Day 9:30am–5:30pm  
**Fri, Aug 6 Tustin Satsang 7–9pm**  
**Sat, Aug 7 Tustin Silent Retreat Day 9:30am–5:30pm**  
 Tue, Aug 17 Berkeley Satsang 7–9pm  
 Mon, Aug 23 Monthly Meditation 7–8:45pm

### September

**Fri, Sep 3 Sevenoaks Silent Retreat Check-in: 5:30pm**  
**Mon, Sep 6 —Retreat Ends Check-out: 2pm**  
 Mon, Sep 20 Monthly Meditation 7–8:45pm  
 Tue, Sep 21 Berkeley Satsang 7–9pm  
**Wed, Sep 29 Ashland Satsang 7–9pm**  
**Thu, Sep 30 Ashland Satsang 7–9pm**

### October

**Fri, Oct 1 Bend Satsang 7–9pm**  
**Sat, Oct 2 Bend Silent Retreat Day 9:30am–5:30pm**  
 Tue, Oct 19 Berkeley Satsang 7–9pm  
 Mon, Oct 25 Monthly Meditation 7–8:45pm  
 Sun, Oct 31 Vajrapani Silent Retreat Check-in: 3–5pm

### November

Fri, Nov 5 —Retreat Ends Check-out: Noon  
 Tue, Nov 16 Berkeley Satsang 7–9pm  
 Mon, Nov 22 Monthly Meditation 7–8:45pm

### December

Mon, Dec 6 Monthly Meditation 7–8:45pm  
 Fri, Dec 10 Mount Madonna Silent Retreat Check-in: 3–5pm  
 Sun, Dec 12 —Retreat Ends Check-out: 1pm  
 Tue, Dec 21 Berkeley Satsang 7–9pm

## New! Inviting the Mystery

### 2-CD Set

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 \$15 Item #M\_1ITM

What is this mystery of being that we are? How do we invite it forth so that its light shines brighter? In this satsang that begins with a grounding guided meditation, Mukti shows us how to recognize ourselves as spirit and welcome this consciousness with intimacy so that we come to know it through and through. (2 CDs, 102 min.)

Find more audio offerings at [www.muktisource.org](http://www.muktisource.org)

## Private Meetings

Mukti offers dokusans (private meetings for satsang inquiry) on a donation basis. Meetings take place in San Jose, CA. For those who live outside the greater San Francisco Bay Area, she offers dokusans by phone. To schedule a dokusan, call (408) 728-3839.

## About Mukti

Mukti, whose name is translated as “liberation,” is a teacher in the lineage of Adyashanti, her husband. Prior to 1996, when she began studying the nondual, Zen-flavored teachings of Adyashanti, Mukti studied the teachings of Paramahansa Yogananda for over 20 years. In her own teachings, Mukti points audiences back to their natural state of wholeness or undivided consciousness. Licensed in acupuncture and certified to teach hatha yoga, Mukti has a love of the whole, in form as well as the formless.

Visit [www.muktisource.org](http://www.muktisource.org) for complete details about Mukti, her teachings, and her events. The site offers a free full-length audio download, written teachings, schedule updates, directions, and online registration for silent retreat days and extended retreats.



## Silent Retreat Day in Santa Cruz, CA

One can turn attention, at any time, and tend to the longing or resolve of their innermost being. However, some find, amidst life's busyness and challenges or without support, that this is not easy, nor is it always possible to get away for a longer silent retreat.

Mukti brings the flavor of extended silent retreats to a daylong format, in which participants can come together in silence with the common intention to discover who and what they truly are. The daylong format includes 3 short satsangs, interspersed with periods of meditation. Outside of satsang, the day will be one of shared silence.

**Date:** Sunday, August 1, 2010

**Time:** 9:30am–5:30pm

**Location:** Pacific Cultural Center  
1307 Seabright Avenue, Santa Cruz, CA 95062



### Registration

Cost is **\$60 per person** preregistered online or \$75 at the door on the day of the event:

- Preregister online at [www.muktisource.org](http://www.muktisource.org) by July 17.
- To preregister by mail, write the event name on your check and mail to: Open Gate Sangha, PO Box 112107, Campbell, CA 95011. **Must be post-marked by July 17.**
- You may register at the door at 8:30am, space permitting, for \$75. Please arrive early—first come, first served—and have payment ready upon arrival. (Sorry, no credit cards.)

### Other Silent Retreat Days

Mukti often offers silent retreat days during her travels, including upcoming visits to **Tustin, CA** and **Bend, OR**.

## Extended Silent Retreats

Mukti offers silent retreats to nurture the emergence of spirit into consciousness. Retreat is for those who are willing to set aside personal concerns and to give all of themselves to that which is unconditioned. It is this unconditioned that reveals Itself to be the one true reality of each of us and all of existence.

Extended retreats offer a departure from one's usual daily activities and concerns as well as an opportunity to share a common intention to discover the truth of what is. To support this intention, all retreats are held in deep silence, except for the time together in satsang. In addition to satsang, the daily schedule includes several periods of meditation. Both satsang and meditation are suited to penetrating heartfelt questions and, along with shared intention, create a synergistic combination for Self remembrance.

### Sevenoaks 3-Night Silent Retreat

**The Freedom of Existence: A Silent Retreat of Essential Self-Inquiry & Meditation**

Sevenoaks Retreat Center, nestled in the foothills of Virginia's Blue Ridge Mountains, provides a tranquil retreat setting with modern facilities and 130 acres of land with walking trails, a pond, and a river.

Registration details are posted at [www.sevenoaksretreat.org](http://www.sevenoaksretreat.org) or call (540) 948-6544.

**Dates:** September 3–6, 2010

**Event Fee:** **\$540** Cost includes tuition, room and board.

**Location:** Sevenoaks Retreat Center ~ **Madison, VA**

### Vajrapani 5-Night Silent Retreat

Vajrapani is a beautiful, rustic, and deeply peaceful Tibetan Buddhist retreat center. It is located in the Santa Cruz Mountains of California amidst 70 acres of redwood forest.

Registration and details at [www.muktisource.org](http://www.muktisource.org). Registrations are being accepted on a first-come, first-served basis.

**Dates:** October 31–November 5, 2010

**Event Fee:** **\$350** (payable to Open Gate Sangha)

**Housing:** **\$250** (van camping) to **\$650** (cabin—very limited avail.)  
Housing cost is per person, payable after registering for the retreat.

**Location:** Vajrapani Institute ~ **Boulder Creek, CA**

### Mount Madonna 2-Night Silent Retreat

Mount Madonna Center is located in the Santa Cruz Mountains of California, overlooking Monterey Bay. It offers a peaceful retreat setting with 355 acres of redwood forest and grassland.

Registration and details at [www.mountmadonna.org](http://www.mountmadonna.org).

**Dates:** December 10–12, 2010

**Cost:** **\$311** (commuter) to **\$521** (single w/bath)  
Cost includes tuition, accommodations, and meals.

**Location:** Mount Madonna Center ~ **Watsonville, CA**



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