

# ADYASHANTI®

## San Francisco Bay Area Local Events 2016

Events with **Adyashanti** are a time of deep silence and intimate investigation into the nature of spiritual awakening and living an awakened life. Bring your innermost questions or simply come and immerse yourself in the silence and presence of eternal truth.

### Meeting with Adyashanti

Each meeting with Adyashanti begins with a period of silence, followed by a talk, and then dialogues with the audience. Doors open 20 minutes early for silent sitting. Contribution per event is \$10, paid at the door. Due to occasional schedule changes, visit [www.adyashanti.org](http://www.adyashanti.org) for updates.

#### ► Oakland, CA

**Lake Merritt United Methodist Church:** 1330 Lakeshore Ave., Oakland  
**Saturdays, 11am–1pm:** January 30, October 1

#### ► Palo Alto, CA

**Unity Palo Alto Community Church:** 3391 Middlefield Rd., Palo Alto  
**Sunday, 4pm–6pm:** February 21

### New! Silent Meditation Days



In 2016 Adyashanti is offering two new daylong events of silent retreat, meditation, and reflection. These events are an opportunity to deepen the commitment of your heart and mind, and awaken the fullest realization and expression of your true nature.

Each day of silence will include meditation instruction, five periods of meditation (one guided and four silent), and a dharma talk. Please join Adyashanti and the sangha for these days of deepening silence and contemplation.

**Dates:** Sunday, March 13, 2016  
Sunday, September 11, 2016

**Time:** 10:15am–5:30pm

**Cost:** \$90 preregistered one week prior to the event  
\$100 at the door on the day of the event (space permitting)

**San Francisco Theological Seminary:** 109 Seminary Rd., San Anselmo  
**Seating:** Limited floor seating. Bring a cushion for sitting on chapel pews.

#### Honoring the Silence

Each day begins at 10:15am. Please arrive early. Doors open at 9:30am.  
**No entry during meditation periods, which begin at 10:30am.**

**Adyashanti**, author of *The Way of Liberation*, *Resurrecting Jesus*, *Falling into Grace*, *The End of Your World*, and *The Impact of Awakening*, is an American-born spiritual teacher devoted to serving the awakening of all beings. His teachings are an open invitation to stop, inquire, and recognize what is true and liberating at the core of all existence.



### Special Events

#### Living Beyond the Known

Hosted by Spirit Rock Meditation Center  
Woodacre, CA ~ November 5, 2016



“Beyond the known, as opposed to prior to it, lies a realm of being that pulls suffering out by its very roots and opens the door to a whole new way of experiencing life. This new dimension of being is so radically different from what we are used to that we tend to defend against it with every fiber of our being. Nonetheless, it is the dharma gate to liberation.” ~Adyashanti

Register at [www.spiritrock.org](http://www.spiritrock.org) after July 2016.

#### Christmas Intensive

Hosted by Open Gate Sangha  
Oakland, CA ~ December 17, 2016



Adyashanti's annual Christmas Intensive provides a space where we can honor the truth as it manifests through Christ. This day of community will include silent meditation, talks by Adyashanti, special musical offerings, and singing.

Please bring canned or nonperishable foods with you to benefit local families in need.

**This event will be offered on a donation basis.**

Details at [www.adyashanti.org](http://www.adyashanti.org).