

# 2019 San Francisco Bay Area ADYASHANTI® Local Programs



**Programs 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.

## Meetings with Adyashanti

Each meeting 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 is \$15, paid at the door. Due to occasional schedule changes, see [Adyashanti.org](http://Adyashanti.org) for updates.

### ► Oakland, CA

**Lake Merritt United Methodist Church:** 1330 Lakeshore Ave., Oakland  
**Saturdays, 11:00 am–1:00 pm:** March 30, November 2

### ► Palo Alto, CA

**Unity Palo Alto Community Church:** 3391 Middlefield Rd., Palo Alto  
**Sundays, 4:00 pm–6:00 pm:** May 5, October 6

### ► Santa Cruz, CA

**PEACE United Church of Christ:** 900 High St., Santa Cruz  
**Saturdays, 4:00 pm–6:00 pm:** March 2, August 31

### ► Grass Valley, CA

**Unity in the Gold Country:** 180 Cambridge Court, Grass Valley  
**Friday, 7:00 pm–9:00 pm:** September 27 (Limited Seating)

## Silent Meditation Days

Silent Meditation Days are daylong events of meditation and reflection. They 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 (some guided), and a talk. Please join Adyashanti and the sangha for these days of deepening silence and contemplation.

**Dates:** **Palo Alto** ~ Saturday, January 19, 2019

Unity Palo Alto Community Church, 3391 Middlefield Rd.

**Oakland** ~ Saturday, September 7, 2019

Lake Merritt United Methodist Church, 1330 Lakeshore Ave.

**Santa Cruz** ~ Saturday, November 9, 2019

PEACE United Church of Christ, 900 High St.

**Time:** 10:15 am–5:30 pm

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

**Seating:** Limited floor seating.

### Honoring the Silence

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

## Special Programs

### ► The Dialectic of Enlightenment

**Hosted by Spirit Rock Meditation Center  
Woodacre, CA ~ September 14, 2019**

The core of the spiritual life involves a dialectic interaction between our empirical or relative selves and the numinous universal ground of our being. The embodied human ego seeks its home ground and its liberating release, while the numinous ground of being seeks its conscious embodiment in the world of time and space. These two spiritual instincts are the enlightenment impulse experienced from the two opposing poles of universal being in an ongoing cyclical relationship with itself. It is the respiratory nature of Spirit always and already being timeless and complete, while always becoming a more consciously embodied expression of itself in space and time. These two spiritual instincts move in cyclic relationship to one another within the human psyche, much like breathing in is followed by breathing out. To have some understanding of the cyclical and dialectical nature of the enlightenment impulse is necessary if we are to consciously join with this essential aspect of our true nature as it seeks to become fully conscious and fully embodied.



**Livestream available.**

**Time:** 10:00 am–4:30 pm

**Register at [SpiritRock.org](http://SpiritRock.org)**

### ► Christmas Intensive

**Hosted by Open Gate Sangha  
Palo Alto, CA ~ December 14, 2019**

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.

**This event is offered on a donation basis.**

**Details at [Adyashanti.org](http://Adyashanti.org)**

