

2020 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:** February 1, May 2

#### ► Santa Cruz, CA

**PEACE United Church of Christ:** 900 High St., Santa Cruz  
**Saturdays, 4:00 pm–6:00 pm:** March 14, August 29

#### ► Palo Alto, CA

**Unity Palo Alto Community Church:** 3391 Middlefield Rd., Palo Alto  
**Sundays, 4:00 pm–6:00 pm:** April 5, October 11

### 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 18, 2020  
Unity Palo Alto Community Church, 3391 Middlefield Rd.  
**Oakland** ~ Saturday, October 3, 2020  
Lake Merritt United Methodist Church, 1330 Lakeshore Ave.  
**Santa Cruz** ~ Saturday, November 7, 2020  
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

Please arrive early. Doors open at 9:30 am. There will be no entry during meditation periods, the first of which begins at **10:15 am**.

### Special Programs

#### ► Spirit Rock Intensive

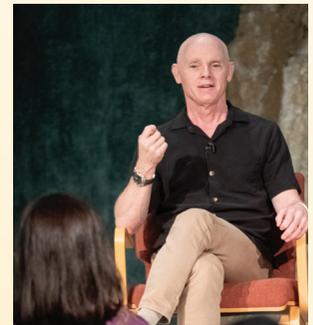
**Hosted by Spirit Rock Meditation Center**  
**Woodacre, CA ~ September 12, 2020**

At this highly-regarded, annual live program at Spirit Rock Meditation Center, Adyashanti shares his current insights on The Way of Liberation teachings, centering on spiritual awakening and integrating spirituality into your everyday life. Program includes meditation, dharma talks, and dialogues with Adyashanti.

**Livestream available.**

**Time:** 10:00 am–4:30 pm

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



#### ► 1440 Weekend Retreat

**Hosted by 1440 Multiversity**  
**Scotts Valley, CA ~ May 15–17, 2020**

**The Mystery of Being:** Within each of our forms lies the existential mystery of *being*. Apart from one's physical appearance, personality, gender, history, occupation, hopes and dreams, comings and goings, there lies an eerie silence, an abyss of stillness charged with an etheric presence. *Being* is that which disturbs our insistence on remaining in the life-numbing realm of our secret desperation. There is only *being* living itself through you, as you, and as all that exists. Join Adyashanti in this exploration of bringing to life the flowering of a living and undivided expression of *being*.

**Register at [1440.org](http://1440.org)**

#### ► Christmas Intensive

**Hosted by Open Gate Sangha**  
**Palo Alto, CA ~ December 12, 2020**

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.

**Time:** 3:00–9:00 pm

**This event is offered on a donation basis.**  
**More details at [Adyashanti.org](http://Adyashanti.org)**

