



ADYASHANTI®



2017 Retreats & Online Courses
with Adyashanti and Mukti



A vertical photograph of a forest path during autumn. The path is covered in fallen leaves and leads into a misty, sunlit forest. Tall, slender trees line the path, their leaves glowing with warm golden and orange hues. The light is soft and ethereal, creating a sense of peace and tranquility.

True meditation has no direction or goal.
It is pure wordless surrender,
pure silent prayer.

~ *Adyashanti*

TRUE MEDITATION

by *Adyashanti*

True meditation has no direction or goal. It is pure wordless surrender, pure silent prayer. All methods aiming at achieving a certain state of mind are limited, impermanent, and conditioned. Fascination with states leads only to bondage and dependency. True meditation is abidance as primordial awareness.



True meditation appears in consciousness spontaneously when awareness is not being manipulated or controlled. When you first start to meditate, you notice that attention is often being held captive by focus on some object: on thoughts, bodily sensations, emotions, memories, sounds, etc. This is because the mind is conditioned to focus and contract upon objects. Then the mind compulsively interprets and tries to control what it is aware of (the object) in a mechanical and distorted way. It begins to draw conclusions and make assumptions according to past conditioning.

In true meditation all objects (thoughts, feelings, emotions, memories, etc.) are left to their natural functioning. This means that no effort should be made to focus on, manipulate, control, or suppress any object of awareness. In true meditation the emphasis is on being awareness; not on being aware of objects, but on resting as primordial awareness itself. Primordial awareness is the source in which all objects arise and subside.

As you gently relax into awareness, into listening, the mind's compulsive contraction around objects will fade. Silence of being will come more clearly into consciousness as a welcoming to rest and abide. An attitude of open receptivity, free of any goal or anticipation, will facilitate the presence of silence and stillness to be revealed as your natural condition.

As you rest into stillness more profoundly, awareness becomes free of the mind's compulsive control, contractions, and identifications. Awareness naturally returns to its non-state of absolute unmanifest potential, the silent abyss beyond all knowing. ▸

An attitude of open receptivity, free of any goal or anticipation, will facilitate the presence of silence and stillness to be revealed as your natural condition.

2017 SILENT RETREATS

Preregister October 1–31, 2016

Adyashanti's retreats have limited space. For your best chance of getting into a retreat, submit your registration during the preregistration period. (See p. 17)

- ▶ **Feb. 12–17 (5 nights)** page 9
Mount Madonna Center
Watsonville, CA
- ▶ **Apr. 7–14 (7 nights)** page 10
Garrison Institute
Garrison, NY
- ▶ **May 12–19 (7 nights)** page 11
Granlibakken Conference Center
Tahoe City, CA
- ▶ **Aug. 27–Sep. 1 (5 nights)** page 11
Granlibakken Conference Center
Tahoe City, CA
- ▶ **Sep. 22–29 (7 nights)** page 12
Hosted by Omega Institute
Registration opens in October 2016
at www.omega.org
Rhinebeck, NY
- ▶ **Oct. 31–Nov. 5 (5 nights)** page 9
Mount Madonna Center
Watsonville, CA
- ▶ **Dec. 3–8 (5 nights)** page 13
Asilomar Conference Center
Pacific Grove, CA



OPEN GATE SANGHA

Open Gate Sangha, Inc. is a nonprofit, tax-exempt organization. The office is located in San Jose at 1299 Del Mar Avenue in Suite 200. Please send all mail to: Open Gate Sangha, PO Box 112107, Campbell, CA 95011.

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Register Online at Adyashanti.org

Acknowledgments – Editor: Maja Apolonia Rodé. Associate Editor: Julie Donovan. Graphic Designer: Susan Kurtz.

Photography Courtesies – Mukti: pages 5, 13, 16–17 (bottom). Doug Ellis Photography: pages 6, 20 (bottom), 23 (bottom), back cover (left). Terri Gray: pages 8, 10 (bottom), 11 (top), 12 (bottom), 15. Maja Apolonia Rodé: pages 9 (top), 10 (top), 12 (top), 14, 16 (left), 20 (top). Monique Martineau: page 9 (bottom). Granlibakken Conference Center: page 11 (bottom).

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RETREATS WITH ADYASHANTI

Retreat is for those who desire to deeply realize the truth of their being and the essence of existence. Retreat offers time to step back from the course of daily life and enter into the Unknown, in an environment that provides both structure and support.



► The Retreat Container

A powerful retreat container supports a deep and transformational unfolding into truth. Participants create and nurture this container together by observing silence and giving themselves to the schedule and structure of the retreat. Retreats are held in silence, except for our time together during talks and dialogues. Silence on retreat includes no talking, no cell phones, no computer use, and no texting or writing notes to others.

Retreatants are asked to come to the retreat prepared to be fully present, with loose ends tied up at work and at home, completing all business before retreat and making arrangements with loved ones to help maintain the silence. Our shared depth of intention and commitment to silence allows an undistracted experience of surrender that is not often possible in daily life.

► The Schedule

The schedule offered at Adyashanti's retreats uniquely reflects his sense and experience of what best supports awakening. The deep silence of meditation coupled with the focused inquiry of sessions with Adyashanti are the ground and seed from which awakening flowers.

Because the schedule is a vital part of the retreat container, if you cannot arrive on time and plan to stay through the end, Adyashanti requests that you not attend the retreat. This shared commitment supports the group as a whole to experience the depth of retreat.

Day 1: After late afternoon check-in, there is a dinner break followed by a retreat orientation and a talk by Adyashanti.

Daily Activities: Each full day of retreat begins at 7:30 AM and ends by 10:00 PM. Most days include several periods of silent sitting, a guided meditation, two sessions with Adyashanti (talks and/or dialogues), and three meal breaks.

Last Day: The retreat officially ends just before lunch. (Lunch is provided but attendance is optional.)



► Silence and Inquiry

Silence is the container of retreat to which all participants dedicate themselves, for it is in inner silence that deep realization spontaneously blooms.

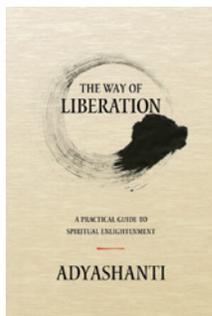
Retreat is also a time of one-pointed inquiry, a commitment to questioning our most cherished ideas and beliefs. On retreat, I encourage all participants to fearlessly inquire down to the very root of self and the illusion of separation so that the light of awakening can penetrate throughout the whole of one's being.

The entire structure of these retreats is something I've developed over the years to both support the flowering of realization as well as challenge the various ways that we hold on and resist letting go into the truth. Whether you feel drawn to attend retreat or not, I encourage you to enter into the spirit of retreat, into a wholehearted commitment to eternal truth here and now.

A handwritten signature in black ink that reads "Adyashanti". The signature is fluid and cursive, with a long, sweeping underline that extends to the left.

If you have medical or psychological pre-existing conditions, we encourage you to consult with your doctor or mental health professional before participating in a silent meditation retreat to ensure that the intensity and length of this event are right for you.

► Preparing for Retreat



Adyashanti encourages everyone coming on retreat to read *The Way of Liberation* before retreat begins. This small book contains a very concise description of how to apply his core teachings and will be a useful guide to applying the teachings during the retreat. The

form and schedule of each retreat is an embodiment of the teachings contained within *The Way of Liberation*, so having a basic understanding of The Way will be profoundly helpful in making your retreat experience as deep and as liberating as possible.

Free PDF Download

You can download *The Way of Liberation* for free at: adyashanti.org/freebook

► Audio Downloads

Talks & Dialogues

If you wish to explore the depths of retreat teachings at home or are unable to attend a retreat in person, audio recordings of Adyashanti's retreats are made available to the public about two months after each retreat.

These MP3 download sets include talks and dialogues recorded live on retreat. Each set explores numerous topics unique to the retreat in which it was recorded.

To find all of the current and past retreat recordings, go to the audio downloads area at www.adyashanti.org and search for "retreat."

Guided Meditations

Guided meditations are available to download about one month after each retreat. Visit the audio downloads area at www.adyashanti.org and search for "meditations" to find the complete selection.

The Fire of Transmission

Maybe I can point you to the great Reality within you. Maybe you will awaken to the direct experience of Self-realization.

Maybe you will catch the fire of transmission. But there is one thing that no one can give you: the honesty and integrity that alone will bring you completely to the other shore.

No one can give you the strength of character necessary for profound spiritual experience to become the catalyst for the evolutionary transformation called "enlightenment."

Only you can find that passion within that burns with an integrity that will not settle for anything less than the Truth.

~ Adyashanti





RETREAT SITES

We can feel when there is a harmonization of spirit and matter in our environments. Those are good environments to hang out in, and they quite naturally harmonize us.



Mount Madonna Center ~ Watsonville, CA

Two 5-Night Retreats in the Santa Cruz Mountains

► **February 12–17, 2017**

► **October 31–November 5, 2017**

Overlooking the Monterey Bay in California, Mount Madonna Center offers a peaceful mountain setting with 355 acres of redwood forest and grassland.

► Accommodations

The accommodations at Mount Madonna vary from rustic to modern, mostly with shared baths. Buildings are wheelchair accessible; please mention special needs to the Mount Madonna Center staff when reserving your housing.

► Meals

The cost includes three vegetarian meals per full day, starting with dinner on the first day and ending with lunch on the last day. Gluten-free and non-dairy options are available at each meal. Tea and fruit are available at all times. Special allergy or medical diets should be discussed with Mount Madonna Center staff when you reserve your housing. Mount Madonna requests that you do not bring food.



www.mountmadonna.org

► Retreat Costs

Total Cost = Event Fee + Housing Fee

Event Fee, payable to Open Gate Sangha: \$450 per person.

Housing Fee, per person, payable to Mount Madonna Center:

Your Own Van (both retreats).....	\$395
Your Own Tent (Oct.–Nov. retreat only)	\$395
Center Tent (Oct.–Nov. retreat only)	\$435
Economy Dorm (8 or more people)	\$495
Dorm (4–7 people).....	\$545
Triple	\$595
Double	\$695
Double w/bath (limited)	\$730

There is no “commuter” option for either retreat, and no tent camping in the February retreat. There may be heavy rains during the retreat in October–November. *Housing costs and availability of housing types are not guaranteed.* For the best choice of housing options, reserve your housing early.

► Mount Madonna Center Housing Cancellation Policy

After you are confirmed in the retreat, you must reserve your housing no later than 30 days prior to the retreat.

- Cancel 31 days or more before the retreat:
\$50 cancellation fee
- Cancel 30 days or less before the retreat:
No refund of housing fee



Garrison Institute ~ Garrison, NY

7-Night Retreat in the Hudson Highlands

► April 7–14, 2017

Surrounded by tranquil forest and meadows, Garrison Institute is located on 95 scenic acres of land overlooking the Hudson River, just an hour north of New York City.

► Accommodations

This renovated former monastery has comfortable rooms with shared bathrooms on each floor. A very limited number of rooms are wheelchair accessible; please mention special needs to the Garrison staff when you reserve your housing.

► Meals

The cost includes three vegetarian meals per full day, starting with dinner on the first day and ending with lunch on the last day. Tea and coffee are available at all times. Garrison Institute has a limited capacity for people with special dietary needs; please contact Garrison for more information.

► Retreat Costs

Total Cost = Event Fee + Housing Fee

Event Fee, payable to Open Gate Sangha: \$630 per person.

Housing Fee, per person, payable to Garrison:

Triple/Quad (limited)\$700–\$770

Double.....\$770–\$840

Single (limited)\$875–\$945

There is no “commuter” or camping option. *Housing costs and availability of housing types are not guaranteed.* For the best choice of housing options, reserve your housing early.

► Garrison Housing Cancellation Policy

After you are confirmed in the retreat, you must reserve your housing no later than 30 days prior to the retreat.

- Cancel at least 1 week before retreat start date: \$50 cancellation fee
- Cancel less than 1 week before retreat start date: \$330 cancellation fee
- Cancel within 1 day before the retreat start date: **No refund of housing fee**



www.garrisoninstitute.org



Granlibakken Conference Center ~ Tahoe City, CA

7-Night and 5-Night Retreats at North Lake Tahoe

► **May 12–19, 2017**

► **August 27–September 1, 2017**

Nestled among the pine trees on 74 secluded acres above Lake Tahoe in Northern California, Granlibakken Conference Center offers tranquil and peaceful surroundings.

► Accommodations

Lodging options include single and double rooms, studios, suites, and town houses, each with a private bath and shared living area. Dorm rooms with bunk beds and shared bath are also available. Please mention any physical limitations or special needs to the Granlibakken staff when reserving your housing.

► Meals

The cost includes three meals per full day, starting with dinner on the first day and ending with lunch on the last day. Vegetarian, gluten-free, and dairy-free options are available. Special allergy or medical diets should be discussed with Granlibakken staff when you reserve your housing.

► Retreat Costs

Total Cost = Event Fee + Housing Fee

Event Fee, payable to Open Gate Sangha:

5-night	7-night
\$450	\$630

Housing Fee, per person, payable to Granlibakken:

	5-night	7-night
Dorm/Bunk (3–12 people)	\$474	\$664
Pavilion Bunk (4–8 people)	\$534	\$747
Double	\$744–\$858	\$1042–\$1201
Single	\$984–\$1188	\$1378–\$1663

There is no “commuter” or camping option. *Housing costs and availability of housing types are not*

guaranteed. For the best choice of housing options, reserve your housing early.

► Granlibakken Housing Cancellation Policy

After you are confirmed in the retreat, you must reserve your housing at Granlibakken with a deposit of \$100. Full housing payment is due 30 days prior to the start of the retreat.

- Cancel 31 days or more before the retreat: \$20 cancellation fee
- Cancel 30 days or less before the retreat: \$100 cancellation fee
- Cancel on or after the retreat start date: Two nights’ lodging charged



www.granlibakken.com



Omega Institute ~ Rhinebeck, NY

Special 7-Night Retreat Hosted by Omega Institute

► September 22–29, 2017

OMEGA

► Register through Omega Institute starting October 2016

Omega Institute, located two hours north of New York City, is sponsoring a 7-night silent retreat with Adyashanti. The structure and daily schedule of this retreat will be just like Adyashanti's Open Gate Sangha retreats, where participants share in a deep commitment to the container of silence.

► Cost

Omega 7-Night Tuition: \$630

Omega 7-Night Accommodations: Estimated cost from \$590 for camping to \$1,575 for a single.

Accommodation pricing is estimated at the time of this printing and is subject to change. Check www.eomega.org in October 2016 to verify pricing.

► To Register

All registration and housing arrangements will be handled by Omega Institute. Registration is not available through Open Gate Sangha.

Omega Institute will be accepting registrations online or by phone on a first-come, first-served basis starting in October 2016. Call (800) 944-1001 within the US, or (845) 266-4444 outside the US. For more information or to register, visit www.eomega.org. A limited number of scholarships are available for this event; apply through Omega.



www.eomega.org



Asilomar Conference Center ~ Pacific Grove, CA

Resurrecting Jesus ~ 5-Night Retreat

► December 3–8, 2017



Asilomar Conference Grounds, located on the shoreline of California’s Monterey Peninsula, is rich with history and scenic beauty. Its tranquil setting includes 107 acres of dunes, beach, and forest.

► About This Retreat

Jesus is the silent colossus that has defined western culture for the better part of two thousand years. He is the central persona in western culture’s collective dream.

If we don’t view Jesus merely as a historical figure who was born, walked the earth, taught, brought forth his message, and then died on the cross, but instead look at Jesus also as a timeless living presence, as a metaphor for eternity within us, we can begin to step into that place inside ourselves where we become the sons and daughters of God. Christ awakens within us and as us, and we realize that the Kingdom of Heaven exists in this very life. Then the Jesus story can come to life within us in a way that’s truly meaningful and profound. ~ Adyashanti

► Accommodations

The rooms at Asilomar are very comfortable, and each includes a private bathroom. The main meeting room and some residential halls are wheelchair accessible; please mention special needs to the Asilomar staff when you reserve your housing. Asilomar does not have camping facilities.

► Meals

The cost includes three meals per full day, starting with dinner on the first day and ending with lunch on the last day. Vegetarian, gluten-free, and dairy-free options are available. Allergy or medical diets

must be requested prior to your arrival. Asilomar requests that you do not bring food.

► Retreat Costs

Total Cost = Event Fee + Housing Fee

Event Fee, payable to Open Gate Sangha: \$450 per person.

Housing Fee, per person, payable to Asilomar:

Quad (limited).....	\$717
Triple (limited).....	\$780
Double	\$908
Single (limited).....	\$1,344

Asilomar will accept housing applications after January 1, 2017. There is no “commuter” or camping option. *Housing costs and availability of housing types are not guaranteed.* For the best choice of housing options, reserve your housing early.

► Asilomar Housing Cancellation Policy

After you are confirmed in the retreat, you must reserve your housing no later than 30 days prior to the retreat, using only the Open Gate Sangha group reservation form on the Asilomar website.

- Cancel 61 days or more before the retreat: \$100 cancellation fee
- Cancel 60 days or less before the retreat: **No refund of housing fee**

www.visitasilomar.com



INFORMATION & REGISTRATION

Attending a retreat can be a profoundly liberating event that both nurtures and challenges participants to dive deeply into themselves. Signing up for a retreat can be a big decision, and many find that the retreat experience begins the moment they submit their registration. The following pages will answer most of your questions about travel, special needs, scholarships, and how to register.



Important Information about the Preregistration Process

Adyashanti's retreats have limited space. For your best chance of getting into the retreat of your choice in 2017, submit your preregistration in **October 2016**.

Your preregistration will be pending until October 31, 2016. At that time, if there is enough space in the retreat you have preregistered for, your registration will be confirmed. If the retreat has more preregistrations than spaces available, a random lottery will determine whether or not your registration is confirmed.



If you are confirmed in a retreat—Your payment will be processed, and you will receive a registration confirmation email by mid-November. You will need to pay for your housing by the deadline noted on your confirmation email. For the best choice of housing options, reserve your housing early.

If you are not confirmed in a retreat—Your payment will not be processed, and you will automatically be placed on a waiting list for your chosen retreat. You will receive a waiting list notification by mid-November.

Retreat Confirmations

Retreat confirmations will be sent via email within two weeks after October 31, when preregistration closes. At that time, you can access your registration status and retreat information by logging into your account area at www.adyashanti.org. If you have not received a confirmation email after two weeks, please check your junk mail and spam folders.

Attendance Requirements

To attend a retreat with Adyashanti, you will be required to:

1. Pay the event fee to Open Gate Sangha.
2. Pay for housing. (See costs on pages 9–13.)
3. Arrive on time (check in before dinner on the first day) and stay at the retreat site through the end of the retreat (just before lunch on the last day).

Waiting List

If you miss the retreat preregistration deadline, or if a retreat has filled, you can place your name on the waiting list at www.adyashanti.org two weeks after the preregistration deadline. You will then be on standby to attend the retreat if a participant cancels, and Open Gate Sangha will contact you to see if you still wish to attend.

Important to know:

1. We cannot guarantee if or when you might be called to attend retreat.
2. We will not be able to tell you your status on the waiting list.
3. You and a partner can both get on the waiting list, but not as a couple. Participants are called from the waiting list one at a time.
4. If you choose to attend the retreat, you must accept whatever housing is available.
5. Financial assistance is not available for people called from the waiting list.

Financial Assistance

Open Gate Sangha offers scholarships to retreats for those who need financial assistance. Scholarships are awarded based on a number of criteria, including availability of scholarship funds, applicant's financial need, and prior scholarships awarded to the applicant. We offer a limited number of scholarships and cannot guarantee an award to any individual.

Scholarship Options

There are two kinds of scholarships for retreats: A **Partial Scholarship** is an award equal to the event fee. Partial Scholarship recipients are responsible for reserving and paying for their housing with the retreat site. A **Full Scholarship** is an award equal

to the event fee plus the least expensive indoor housing fee. If Full Scholarship recipients require rooms of greater cost, they are responsible for paying the difference.

Applying for a Scholarship

If you choose to apply for a scholarship, do not pre-register for a retreat.

Complete details about scholarships, scholarship housing, and how to apply for a scholarship are found on the Retreat Scholarship Application form. Download it from the Retreats area at www.adyashanti.org or request that a copy be sent to you.

The scholarship application deadline for all retreats in 2017 is October 31, 2016. If you miss this deadline, please wait and apply for a scholarship when retreats in 2018 are announced.



Donating to the Scholarship Fund

Many thanks to those who have contributed to Open Gate Sangha's Scholarship Fund. This support helps make it possible for many to attend retreats and intensives who otherwise would not be able to afford it.

To contribute to the Scholarship Fund, mail a check to the following address: **Open Gate Sangha, PO Box 112107, Campbell, CA 95011.**

Be sure to specify "Scholarship Fund" on your check. Open Gate Sangha, Inc. is a nonprofit, tax-exempt organization.

Special Needs

For those who have special needs, the following information may be helpful when planning for a retreat:

- ▶ All retreat sites have some wheelchair-accessible housing options, and retreat meeting halls and dining buildings are wheelchair accessible.
- ▶ All retreat sites have some accommodations that require using stairs or walking long distances, and not all paths are lit at night.
- ▶ Asilomar's jitney cart service is available for transporting special-needs guests onsite.
- ▶ Mount Madonna Center's tent camping and some cabins require walking up a hill and through a wooded area.

Although the retreat sites will make every reasonable effort to find the right accommodation for your needs, all housing for these events is "first come, first served." For this reason, we cannot guarantee that your specific requests will be met.

The structure of the retreat itself can be rigorous. Most days include several meditation sessions up to 40 minutes each, and two sessions with Adyashanti (talks and/or dialogues) 1–2 hours each.

If you need special assistance in order to be on retreat, please make all arrangements prior to arriving at the retreat. If it is not possible for you to participate within this format, we recommend attending a 1- or 2-day event instead. The schedule is less rigorous and does not require participants to maintain silence over multiple days.

Those who would like to experience the depth of retreat teachings but are unable to attend a retreat in person are encouraged to create their own retreat experience with one of the MP3 download sets recorded on retreat. See page 7.



► Cancellations

Cancellation Procedure

1. Notify Open Gate Sangha.
2. Notify retreat site.

Cancellation Policy

Event Fee Cancellation Policy (Open Gate Sangha)

31 days or more before the retreat:
\$50 cancellation fee

30 days or less before the retreat:

No refund of Event Fee

Retreat registrations and Event Fees are **not transferable** to other people or events.

Housing Cancellation Policies (Specific to each retreat site)

See pages 9–13.

Important: If you are confirmed to go on retreat and your housing fee payment is not received at least 30 days prior to the retreat (or within 48 hours if you register less than 30 days prior), Open Gate Sangha reserves the right to cancel your retreat attendance and apply the Event Fee Cancellation Policy above. Please email registration@adyashanti.org immediately if you need to cancel.



► How to Preregister

Option 1 ~ Preregister Online at adyashanti.org

For your best chance of getting into a retreat, preregister online between October 1 and midnight, October 31, 2016.

Go to the Events/Retreats page to find the retreat you wish to attend. Credit cards are accepted online.

Online Preregistration Tips for Couples:

Here are a few helpful tips for those who wish to attend a retreat with a partner:

1. Before you begin the online preregistration process, make sure your partner is set up with an account at www.adyashanti.org with his or her own email address.
2. If your partner does not have his or her own email address, submit your preregistration by mail.
3. You and your partner will be sent separate waiting list and/or registration confirmations by email within two weeks after the deadline.

Option 2 ~ Preregister by Mail

For your best chance of getting into a retreat, make sure your preregistration is postmarked by October 31, 2016.

Mail-in preregistration is available only for retreats in the US. Send payment by check or money order only; credit card payments are not accepted by mail.

Individuals:

1. Use ONE form (on page 18) for all retreat requests.
2. For each retreat you wish to attend, write a separate check, payable to *Open Gate Sangha*.
3. Your check will be processed only when you are confirmed in a retreat.

Partners:

For two people who wish to attend a retreat together and do NOT wish to attend separately:

1. Use ONE form for all retreat requests.
2. Print BOTH participants' names and complete contact information on the same form.
3. For each retreat you wish to attend together, include a separate check for twice the event fee. Make check payable to *Open Gate Sangha*.

Mail-In Preregistration Form

Preregistration Postmark Deadline: October 31, 2016

Please read the cancellation policy on page 17 and preregister only for the retreats you wish to attend. You will be charged for each retreat you get into (space permitting), subject to the cancellation policy.

Please read instructions on reverse and print legibly.

Name: _____ Male Female

Address: _____

City/State/Zip: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Email: _____

This is a new/updated address, phone number, or email.

Partner Name: _____ Male Female

Partner Address: _____

City/State/Zip: _____

Partner Home Phone: _____

Partner Work Phone: _____

Partner Cell Phone: _____

Partner Email: _____

This is a new/updated address, phone number, or email.

2017 Event Fee Payments

Event fees are per person per retreat, payable to *Open Gate Sangha*. Include a **separate check** for each retreat. Sorry, no credit cards.

Feb. 12–17 / Mt. Madonna.....\$450 ... Check# _____ \$ _____

Apr. 7–14 / Garrison \$630 ... Check# _____ \$ _____

May 12–19 / Tahoe \$630 ... Check# _____ \$ _____

Aug. 27–Sep. 1 / Tahoe..... \$450 Check# _____ \$ _____

Oct. 31–Nov. 5 / Mt. Madonna... \$450 Check# _____ \$ _____

Dec. 3–8 / Asilomar \$450 ... Check# _____ \$ _____

Housing Fee Payment

Housing fees will be payable when you are confirmed in a retreat.

Planning for Retreat

Travel Arrangements

Once you have received a retreat attendance confirmation, you can begin planning your trip. If you are traveling by air, we recommend flying in before 1:30 PM on the first day of the retreat, and flying out after 4 PM on the last day of retreat. Information regarding airports, shuttles, and driving directions will be available online after your registration is confirmed.

Seating

The retreat centers will provide prearranged seating for silent sitting and talks. Feel free to bring extra cushions or back supports. Do not bring your own chairs. You may bring backjacks or cushions for floor seating at Granlibakken.

Staying Extra Nights

Staying extra nights at the retreat site before or after the retreat is sometimes possible. Contact the retreat site directly for availability, after you have received your retreat confirmation.

Register by Mail or Online at
Adyashanti.org

Mail to:

Open Gate Sangha

PO Box 112107

Campbell, CA 95011

USA

RETREATS WITH MUKTI

Retreat is for those who are willing to set aside personal agendas 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.

ABOUT MUKTI'S RETREATS

Retreats with Mukti offer much the same structure and teaching principles as those with Adyashanti, while also offering intimate venues with fewer participants. In her own teaching, Mukti brings flavors of feminine nurturing and quiet power as well as kinesthetic, visual, and precise pointers to Truth.

These retreats offer 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 sessions with Mukti. In addition to the group sessions, the daily schedule includes several periods of meditation and a period of easy qi gong movement. The sessions and meditations are suited to penetrating heartfelt questions and, along with shared intention, create a synergistic combination for Self remembrance.

All of Mukti's retreats are registered on a first-come, first-served basis.

SILENT RETREAT IN 2016

► 4-Night Retreat at Garrison

October 30–November 3, 2016
in Garrison, NY

Event Fee: \$365 Housing: \$520–\$620*

SILENT RETREATS IN 2017

► 7-Night Retreat at Vajrapani

April 7–14 in Boulder Creek, CA

Event Fee: \$595 Housing: \$455–\$1085*

► 5-Night Retreat at Guest House

May 14–19 in Chester, CT

Event Fee: \$425 Housing: \$650–\$960*

► 6-Night Retreat at Gaunts House

August 14–20 in Dorset, UK

Event Fee: \$540 USD Housing: \$430–\$850* USD

► 6-Night Retreat at Well Being

October 15–21 in Tazewell, TN

Event Fee: \$510 Housing: \$330–\$930*

► 3-Night Retreat at Ralston White

November 16–19 in Mill Valley, CA

Event Fee: \$265 Housing: \$395–\$465*

** Housing costs are estimated at the time of this printing and are subject to change.*

For details and registration, visit: Muktisource.org



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. Mukti is the Associate Teacher of Open Gate Sangha.

MuktiSource.org offers complete event details, audio downloads, online teachings, schedule updates, directions, and event registration.

ONLINE COURSES

You are invited to dive ever more deeply into your spiritual inquiry, practice, and embodiment in the midst of your daily life. With the support of Adyashanti's unique perspective and guiding presence, online courses offer rich opportunities for awakening and transformation.





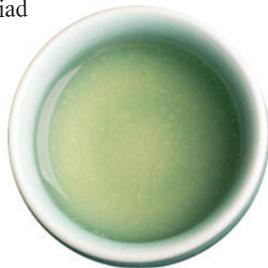
THE PHILOSOPHY OF ENLIGHTENMENT

by Adyashanti

Every spiritual teaching has a philosophical structure that the teaching rests upon. While the word “philosophy” may imply stuffy academic musings about the nature of reality, in the context of a spiritual teaching it refers to the ideas, principles, and metaphysical claims that are derived (ideally) from direct spiritual experience and insight.

The importance of the philosophical structure of a spiritual teaching is that it helps to orient you towards the proper relationship to have with the teachings as a whole. The philosophical structure of a teaching will also show you how that teaching, or teacher, interprets spiritual experiences and insights.

Often so much emphasis is given to having some form of awakening experience that we fail to investigate very deeply the myriad ways that awakening experiences can be interpreted, and what constitutes wise and useful interpretations as well as unwise and useless ones. These interpretations, often uncritically examined and unconsciously applied, become our new life philosophy that guides our actions as well as our relationship with all of life. ▸



People come here and listen to my dharma words when all I really want to do is pour them a little tea. ~ Adyashanti

► The Philosophy of Enlightenment

4-Week Online Study Course with Adyashanti

Wednesdays, November 2–23, 2016



philosophical structure of The Way of Liberation teachings as well as the delicate relationship between spiritual awakening and the way that our minds interpret that experience into a new relationship with life. We will also explore how different spiritual traditions, and sometimes entire societies, have interpreted deep spiritual experience and awakening—sometimes for the better and sometimes for the worse. And finally, we will explore how we each interpret our experience from moment to moment, and how profoundly those interpretations dictate the way that we experience and relate to all of life. ~ Adyashanti

NOVEMBER 2016

Registration will be open

October 15–30

This study course will explore the philosophical structure of my teaching work known as The Way of Liberation, as well as inquire into some of the various life philosophies that we may be living by, without being fully aware of what we are doing. While I have taught many courses on various aspects of The Way of Liberation, I have not given a comprehensive overview of the underlying philosophical structure of these teachings—until now.

Through live talks, call-in questions, video exercises, and written Q&A, we will explore the

► Study Courses with Adya

4-Week Online Study Courses

November 2016, March & November 2017



- **The Philosophy of Enlightenment**

Wednesdays, November 2–23, 2016

- **March 2017 Study Course**

Wednesdays, March 8–29, 2017

- **November 2017 Study Course**

Wednesdays, November 8–29, 2017

Registration opens in the month prior to each course. For more info and details, go to:

adyashanti.org/studycourses

► Free Teaching Series with Mukti

Transforming Prayer

Wednesdays, January 11–25, 2017



Join Mukti to re-engage with authentic prayer and to explore the transformative approaches, changing attitudes, and big questions about prayer that arise in the journey of conscious realization and living.

This FREE teaching series includes live weekly video/audio broadcasts, MP3 downloads, and guided exercises. For more info and details go to:

muktisource.org/teachingseries



OPEN GATE SANGHA

Post Office Box 112107
Campbell, California 95011-2107

opengate@adyashanti.org
www.adyashanti.org

Preregister
October 1–31, 2016

2017 RETREATS

Adyashanti's retreats are announced once per year. This brochure contains information and registration details for all of Adyashanti's retreats in 2017 and highlights of Mukti's retreats in 2016–2017.

Adyashanti, author of *The Way of Liberation*, *Falling into Grace*, and *The End of Your World*, 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.



The Open Gate Sangha organization supports the teachings of Adyashanti and Mukti by making them available to all who sincerely yearn for peace and freedom. Founded in 1996, the organization is run by a small staff and many dedicated volunteers. www.opengatesangha.org

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