

MUKTI

The Immeasurable

*What you are is not vast or small,
open or closed;*

*Nor is what you are other
than that which is vast or small,
open or closed.*

*What you are is infinite, limitless,
and therefore is all that is infinitesimal, limited.*

*What you are is not an expanded experience
or a contracted experience.*

*All such experiences come and go
in and as the immeasurable that you are.*



2009

Local Area Events

The stillness of meditation and the dynamic inquiry of satsang are a potent combination for realization. Accordingly, Mukti regularly offers both satsangs and meditations locally in the San Francisco Bay Area.

Satsangs

Mukti frequently opens satsang with a talk or guided meditation and follows with questions and answers pointing directly to your true nature.

The contribution per satsang is \$10, paid at the door. Doors open 20 minutes prior to satsang for silent sitting. Chairs are provided.

▶ Palo Alto, CA

Location: St. Mark's Episcopal Church Chapel*
600 Colorado Ave., Palo Alto, CA 94306
*Small building on the right as you enter the first driveway.

Saturdays: April 25, December 5

Time: 3–5pm

▶ Berkeley, CA

Location: Hillside Club
2286 Cedar St., Berkeley, CA 94709

Tuesdays: January 20, February 17, March 17, April 21, May 19, July 21, September 15, October 20, November 17, December 15

Time: 7–9pm

Monthly Meditations

Offered on a donation basis, meditations include two 40-minute silent sittings with a silent break between. Mukti will offer a guided meditation during the first sittings. You may attend one or both sittings.

Location: St. Mark's Episcopal Church Chapel
600 Colorado Ave., Palo Alto, CA 94306

Mondays: January 19, February 9, March 16, April 6, May 18, June 1, July 27, September 7, October 19, November 23, December 14

Times: First Sitting: 7–7:45pm / Second Sitting: 8–8:45pm

The chapel is the small building on the right as you enter the first driveway. Please arrive early. Doors close at the start of each period. No entry during meditation. Some chairs will be provided. Please bring your own floor seating. Sorry, no lying down or standing meditation allowed.

Participants understand that all events hosted by Open Gate Sangha will be recorded for use by Open Gate Sangha, Inc. Open Gate Sangha makes no representations or warranties as to any benefit that may be received by attending an event.

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Travels

Mukti will be teaching in the following areas in 2009:

- ▶ **Auburn, CA** **January 30–31, 2009**
- ▶ **Portland, OR** **February 27–28, 2009**
- ▶ **Boulder, CO** **April 17–18, 2009**
- ▶ **Bend, OR** **May 22–23, 2009**
- ▶ **Aurora, Ontario** **July 3–4, 2009**
- ▶ **Santa Fe, NM** **October 9–10, 2009**
- ▶ **Sebastopol, CA** **November 13, 2009**

In most cities Mukti will offer an evening satsang followed by a silent retreat day. Visit www.muktisource.org for complete details about these events. For silent retreat days, preregistration online is recommended. Event announcements will be included in Adyashanti's monthly email prior to each event.

Invitations

Mukti is available for group satsangs, intensives, and one-day retreats by invitation. If you would like to host Mukti in your area, please email randy@adyashanti.org.

Private Meetings

Mukti offers dokusans (private meetings for satsang inquiry) 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) 299-0201 ext. 31.



Silent Retreats Days

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.

Mukti will offer silent retreat days in the following Bay Area locations as well as in most cities listed in the Travels column.

► Tiburon Silent Retreat Day

Date: Saturday, March 14, 2009

Time: 9:30am–5:30pm

Location: Community Congregational Church Sanctuary
145 Rock Hill Drive, Tiburon, CA 94920

► Jikoji Silent Retreat Day

Date: Saturday, July 18, 2009

Time: 9:30am–5:30pm

Location: Jikoji Zen Center
12100 Skyline Boulevard, Los Gatos, CA 95033

Registration

Preregistration closes 2 weeks before each silent retreat day. After preregistration, registration is only available at the door.

- Bay Area silent retreat days are **\$60 per person** preregistered online or \$75 at the door on the day of the event.
- Preregister online at www.adyashanti.org.
- To preregister by mail, write the event name on your check and mail to:
Open Gate Sangha, PO Box 112107, Campbell, CA 95011
- You may register at the door, space permitting, for an additional \$15. Please arrive early—first come, first served—and have payment ready upon arrival. (Sorry, no credit cards.)

**The unconditioned
reveals itself to be
the one true reality of
each of us and all of
existence. ~ Mukti**

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

Sevenoaks Pathwork Center, nestled in the foothills of Virginia's Blue Ridge Mountains, provides a tranquil retreat setting with modern facilities and beautiful, well-kept grounds.

Registration and details at www.sevenoakspathwork.org.

Dates: June 11–14, 2009

Cost: **\$495** before May 28 / **\$515** after May 28
Cost includes tuition, room, and board.

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

► 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.

Dates: September 11–13, 2009

Cost: **\$275** (commuter) to **\$473** (single w/bath)
Cost includes tuition, accommodations, and meals.

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

► 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 opens June 1, 2009, at www.muktisource.org. Registrations will be accepted on a first-come, first-served basis.

Dates: November 1–6, 2009

Event Fee: **\$325** (payable to Open Gate Sangha)

Housing: **\$350** (dorm/camping) to **\$650** (cabin—very limited avail.)
Housing cost is per person, payable to the retreat site.

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



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 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 one-day retreats.

Audio CDs

The Alchemy of Awareness

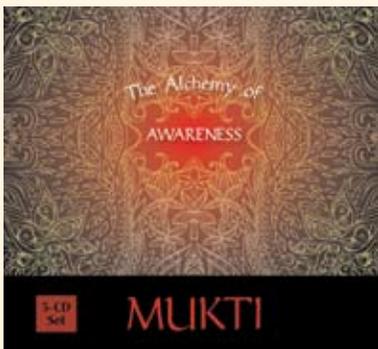
An In-Depth Inquiry with Mukti

5-CD Album

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Running time: Approx. 5 hrs.

\$40 Item #M_7AOA



This enchanting 5-CD album captures the serenity of a two-day retreat given by Mukti in Santa Fe. With a guided meditation, engaging talks, and responses to profound questions, Mukti reveals the alchemy that occurs when we see all experience through the eyes of Awareness. This album explores such topics as:

- The Spirit of Allowing
- True Self Inquiry
- Being Empty of Positions
- Releasing the Hands of Control
- The Gift of Availability
- The End of Striving

The Innate Solution

2-CD Set

© 2008 Open Gate Sangha. Running Time: 120 min.

\$15 Item #M_1ISO

April 30, 2008 ~ Palo Alto, CA

What are you without agendas? In this enlivening satsang, Mukti invokes the power of innate stillness that brings the collapse of the agenda-maker. She helps us step outside the paradigm of goals and solutions into effortless being, where the striving to become enlightened gives way to what we already are. This CD set begins with a guided meditation and period of silence followed by a talk and dialogues.

Prior to Problems

2-CD Set

© 2008 Open Gate Sangha. Running Time: 95 min.

\$15 Item #M_1PTP

May 2, 2008 ~ Olympia, WA

For many of us, spirituality is about finding a solution to life's problems. We think we need to diagnose, fix, improve, or know something special in order to find freedom. Mukti suggests instead that we start at the solution. Is awareness not already free? Is consciousness not already present? What is it like just to be aware without demanding more from the moment? This satsang offers an insightful and direct pointing to our true nature.

Order Mukti's audio CDs online at www.muktisource.org



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