



MUKTI

*Grace doesn't come out of the blue as much as it comes
as a response to giving all of yourself
to this moment.*



2012

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.

► Berkeley, CA

Location: Hillside Club
2286 Cedar St., Berkeley

Tuesdays: Feb. 28, Apr. 10, Sep. 4, Oct. 23, Nov. 13, Dec. 4

Time: 7–9pm

► Santa Cruz, CA

Location: Pacific Cultural Center Studio
1307 Seabright Ave., Santa Cruz

Dates: Jan. 24, Mar. 13, May 16, Jul. 18, Sep. 19, Nov. 21

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.

► Palo Alto, CA

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

Mondays: Jan. 23, Feb. 20, Mar. 19, Apr. 23, May 21, Jul. 16, Aug. 27, Sep. 17, Oct. 22, Nov. 19, Dec. 17

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.

Silent Retreat 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 many of the cities listed in the Travels column.

► Santa Cruz Silent Retreat Day

Date: Sunday, April 15

Time: 9:30am–5pm

Location: Pacific Cultural Center
1307 Seabright Ave., Santa Cruz

Hosted by Open Gate Sangha:

- **Preregistration closes 2 weeks prior to the event.** After preregistration, registration is only available at the door, space permitting.
- **\$60** preregistered online at www.muktisource.org or by mail. To preregister by mail, write the event name on your check and mail to: **Open Gate Sangha**, PO Box 112107, Campbell, CA 95011
- \$75 at the door on the day of the event.
- To register at the door, please arrive early—first come, first served—and have payment ready upon arrival. (Sorry, no credit cards.)

► Berkeley Silent Retreat Day

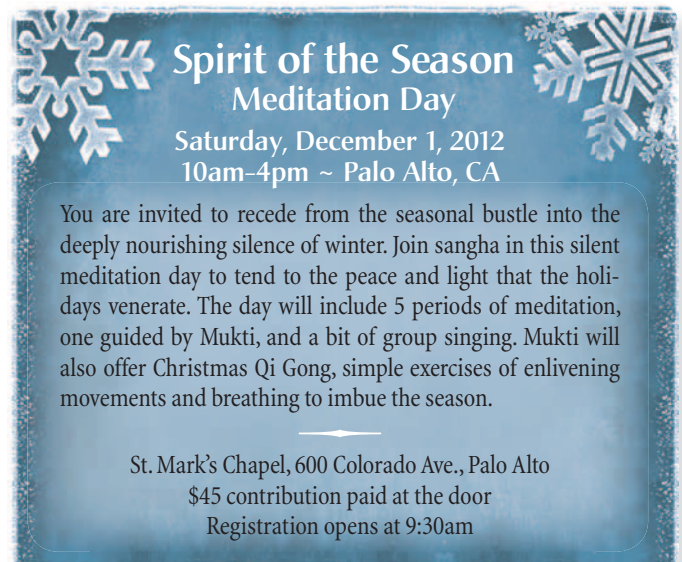
Date: Saturday, July 14

Time: 10am–5pm

Location: Berkeley Fellowship of Unitarian Universalists
Connie Barbour Room, 1924 Cedar Street, Berkeley

Hosted by East Bay Open Circle:

- Visit www.eastbayopencircle.org for details about this event. There is no preregistration; pay at the door.
- Cost is \$55–\$85 sliding scale donation. Cash or check, no credit cards.



**Spirit of the Season
Meditation Day**
Saturday, December 1, 2012
10am–4pm ~ Palo Alto, CA

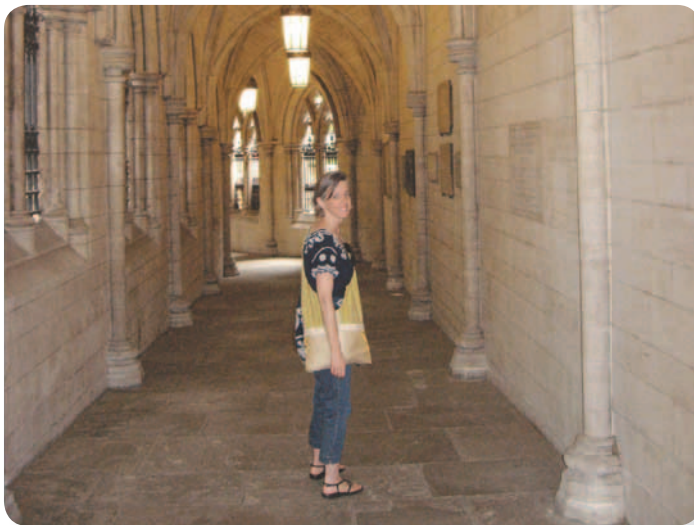
You are invited to recede from the seasonal bustle into the deeply nourishing silence of winter. Join sangha in this silent meditation day to tend to the peace and light that the holidays venerate. The day will include 5 periods of meditation, one guided by Mukti, and a bit of group singing. Mukti will also offer Christmas Qi Gong, simple exercises of enlivening movements and breathing to imbue the season.

St. Mark's Chapel, 600 Colorado Ave., Palo Alto
\$45 contribution paid at the door
Registration opens at 9:30am

Travels

Mukti will be teaching in the following areas in 2011:

- ▶ Los Angeles, CA January 13–14
- ▶ Grass Valley, CA January 27–28
- ▶ Portland, OR February 17–18
- ▶ Bend, OR March 1–2
- ▶ Ithaca, NY May 1–2
- ▶ Garrison, NY May 4–6 ~ *Retreat!*
- ▶ Vancouver, BC May 24–25
- ▶ Cortes Island, BC June 20–24 ~ *Retreat!*
- ▶ Sebastopol, CA July 13
- ▶ Ann Arbor, MI July 24–25
- ▶ Boulder, CO August 28–29
- ▶ Santa Fe, NM August 31–September 1
- ▶ Asheville, NC October 5–6
- ▶ Amherst, MA October 9–10
- ▶ Lenox, MA October 12–14 ~ *Retreat!*
- ▶ Austin, TX November 2–3



In many 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. Events will be announced in Adyashanti's monthly email prior to each event.

Invitations & Private Meetings

Mukti is available for satsangs, intensives, and retreat days by invitation. To inquire about hosting Mukti in your area, email randy@adyashanti.org.

Mukti also offers dokusans (private meetings for satsang inquiry) in person and by phone on a donation basis. In-person meetings take place in San Jose, CA. To schedule a dokusan, call (408) 728-3839.

Mukti Downloads Online!

Visit the Audio page at www.adyashanti.org/cafedharma where you can always find Mukti's latest satsang download in the lower right corner, and more Mukti downloads in the Audio and Radio Libraries.

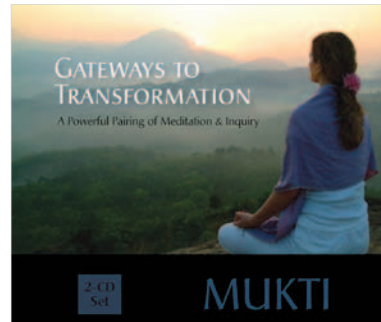


Audio CDs

Available online at www.muktisource.org

▶ Gateways to Transformation

A Powerful Pairing of Meditation & Inquiry
2 CDs. Running time: 1 hrs. 53 min. © 2011 Open Gate Sangha.
\$16 Item #M_2GTT



How does one meditate and self-inquire in a way that is truly transformative? These two talks explore essential attitudes and approaches to meditation and inquiry that can deliver you to the root of being, which naturally awakens, transforms, and flowers as our direct experience of living. Recorded at the May 2011

retreat at Shambhala Mountain Center.

▶ Keep the Faith

1 CD. Running time: 1 hrs. 19 min. © 2011 Open Gate Sangha.
\$10 Item #M_1KTF

What is faith? What does it mean to surrender to something greater than one's human self? In this satsang, Mukti shares a view of faith that goes beyond the traditional perspective of faith in a separate God or "other." She invites us to discover the inherent satisfaction of knowing that nothing is ever essentially lacking or wrong, and to rest in the unshakable ground of being within us that exists no matter the circumstances.



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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Extended Retreats

Mukti offers extended retreats to nurture the emergence of spirit into consciousness. 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.

These 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.

▮ Vajrapani 7-Night Silent Retreat March 23–30, 2012

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.

Registrations are being accepted on a first-come, first-served basis at www.muktisource.org.

Event Fee: \$525

Housing: \$328 (van camping) to \$774 (cabin—very limited avail.)

Location: Vajrapani Institute ~ Boulder Creek, CA

▮ Garrison 2-Night Silent Retreat May 4–6, 2012

Garrison Institute is a beautifully renovated former monastery located one hour north of New York City. Situated on the bank of the Hudson River, it is a peaceful and contemplative environment surrounded by fields, forest, and streams.

Registrations are being accepted on a first-come, first-served basis at www.muktisource.org.

Event Fee: \$235

Housing: \$200 (dorm) to \$260 (single)

Location: Garrison Institute ~ Garrison, NY

▮ Hollyhock 4-Night Silent Retreat June 20–24, 2012

Hollyhock is an international center for learning and well-being, located on the southeastern shore of Cortes Island, British Columbia, 100 miles north of Vancouver. It offers a spectacular and tranquil environment of placid lakes, rugged gorges, and sunny beaches.

Registration and details at www.hollyhock.ca.

Total Cost: \$827 CAD (camping) to \$1627 CAD (single)
Cost includes tuition, accommodations, and meals.

Location: Hollyhock Retreat Center ~ Cortes Island, BC

▮ Mount Madonna 2-Night Silent Retreat September 14–16, 2012

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.

Total Cost: \$330 (commuter) to \$552 (single w/bath)
Cost includes tuition, accommodations, and meals.

Location: Mount Madonna Center ~ Watsonville, CA

▮ Kripalu 2-Night Retreat Program October 12–14, 2012

Kripalu is located in the natural beauty of the Berkshire Mountains of western Massachusetts, surrounded by 300 acres of woodlands, hills, valleys, and Lake Mahkeenac. *Please note: This retreat offers the option to maintain partial or total silence.*

Registration and details at www.kripalu.org.

Total Cost: \$435 (commuter) to \$965 (single w/bath)
Cost includes tuition, accommodations, and meals.

Location: Kripalu Center for Yoga and Health ~ Lenox, MA



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.

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

Open Gate Sangha

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opengate@adyashanti.org ~ (408) 299-0201

www.opengatesangha.org

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