



# MUKTI

*Resting in the ground of being  
opens one to that which is  
beyond imagination.*

*2014*

## San Francisco Bay Area Events

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

### Satsangs

Mukti frequently opens satsang with a guided meditation and gives a talk, followed by 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:** Mar. 11, May 6, Sep. 9, Nov. 11

**Time:** 7–9pm

#### ► Santa Cruz, CA

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

**Mondays:** Feb. 10, Apr. 28, Sep. 8, Nov. 24

**Time:** 7–9pm

#### ► San Rafael, CA

**Hosted by:** Marin Open Circle

**Location:** Falkirk Cultural Center  
1408 Mission Ave., San Rafael

**Date:** Tuesday, Oct. 7 ~ 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. 20, Feb. 24, Mar. 17, May 5, Jun. 2, Sep. 29, Oct. 13,  
Nov. 3, Dec. 1

**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.

### Live Online Broadcasts with Mukti

Join us for 4 complimentary broadcasts in 2014 featuring Mukti on Radio Adyashanti, available in both audio and video formats. Each program will likely include an opportunity for you to call and speak with Mukti directly.

**Wednesdays:** Jan. 15, June 11, Oct. 8, Dec. 3

**Time:** 6–7:30pm

### Silent Retreat Days

At any time, one can turn attention and tend to the longing or resolve of their innermost being. However, some find amidst life's busyness and challenges that without support 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.

#### ► Marin Silent Retreat Day

**Date & Time:** Saturday, January 18, 2014 ~ 9:30am–5pm

**Location:** Community Church of Mill Valley  
8 Olive Street., Mill Valley, CA

#### ► Santa Cruz Silent Retreat Day

**Date & Time:** Sunday, June 8, 2014 ~ 9:30am–5pm

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

#### ► Registration

- **Preregistration closes 1 week prior to each event.** After preregistration, registration is only available at the door, space permitting.
- **\$60** preregistered online at [www.muktisource.org](http://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.)
- Doors will close promptly at 9:30am for a 40-minute silent sitting.



**Spirit of the Season  
Meditation Day**  
Saturday, December 6, 2014  
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 offering satsang and a silent retreat day in Amsterdam, NL

Mukti will be teaching in the following areas in 2014:

- ▶ Bend, OR February 18–19
- ▶ Huntsville, AL March 22–23
- ▶ Garrison, NY March 27–30 ~ *Retreat!*
- ▶ Bainbridge Island, WA April 11–12
- ▶ Seattle, WA April 13
- ▶ Vancouver, BC April 15–16
- ▶ Tazewell, TN May 22–26 ~ *Retreat!*
- ▶ Cortes Island, BC June 15–20 ~ *Retreat!*
- ▶ Amsterdam, NL August 1–2
- ▶ Easebourne, Sussex, UK August 5–6
- ▶ Boulder, CO September 16–17
- ▶ Santa Fe, NM September 19–20
- ▶ Los Angeles, CA November 14–15

In many cities Mukti will offer an evening satsang followed by a silent retreat day. Visit [www.muktisource.org](http://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 [randi@adyashanti.org](mailto:randi@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!

Available at [www.adyashanti.org/cafedharma](http://www.adyashanti.org/cafedharma)

Visit the Audio page at [www.adyashanti.org/cafedharma](http://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.



### ▶ Stepping Out of Time

AUDIO Library ID #367

Mukti invites a stepping out of time—out of its binding patterns and conceptual boxes—to bring forth the alive, fresh expression of our true and timeless being.

Free  
Download

## New Audio CDs

Available online at [www.muktisource.org](http://www.muktisource.org)



### ▶ Transmuting Resistance

1 CD. Running time: 1 hr. 17 min. © 2013 Mukti Gray.

\$10 Item #M\_1TRE

Mukti offers vital perspectives to re-frame our relationship to resistance, transmute our conditioned patterns, and reveal a deeper undivided expression. *Also available in the Audio Library at [www.adyashanti.org/cafedharma](http://www.adyashanti.org/cafedharma).*

### ▶ Revealing the Absolute

2-CD Album. Running time: 2 hrs. 15 min. © 2013 Mukti Gray.

\$17 Item #M\_2RTA

Mukti explores the absolute as That which is beyond all opposites—one's eternal nature that is inherently void of notions of freedom or bondage. She encourages a giving way to the absolute wholeness of being and to seeing life unfolding as a grand mystery. *Also available in the Audio Library at [www.adyashanti.org/cafedharma](http://www.adyashanti.org/cafedharma).*



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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 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 and a session in easy qi gong movement. Both satsang and meditation are suited to penetrating heartfelt questions and, along with shared intention, create a synergistic combination for Self remembrance.

### ► Garrison 3-Night Silent Retreat

March 27-30, 2014

Garrison Institute is a beautifully renovated former monastery located one hour north of New York City. Situated on the banks 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](http://www.muktisource.org).

**Event Fee:** \$275

**Housing:** \$345 (triple) to \$450 (single)  
Cost includes accommodations and meals.

**Location:** Garrison Institute ~ Garrison, NY

### ► Well Being 4-Night Silent Retreat

May 22-26, 2014

The Well Being Conference Center is located on 158 acres surrounded by the Powell River, creating a sense of privacy and enhancing the stillness and natural beauty of this remote site in the Cumberland Mountains of Tennessee.

Registrations are being accepted on a first-come, first-served basis at [www.muktisource.org](http://www.muktisource.org).

**Event Fee:** \$325

**Housing:** \$200 (own tent) to \$620 (single w/bath—limited avail.)  
Cost includes accommodations and meals.

**Location:** Well Being Conference Center ~ Tazewell, TN

## Open Gate Sangha

Post Office Box 112107, Campbell, CA 95011  
[opengate@adyashanti.org](mailto:opengate@adyashanti.org) ~ (408) 299-0201

[www.opengatesangha.org](http://www.opengatesangha.org) | [www.muktisource.org](http://www.muktisource.org)

### ► Hollyhock 5-Night Silent Retreat

June 15-20, 2014

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](http://www.hollyhock.ca).

**Event Fee:** \$525

**Housing:** \$435 CAD (shared tent) to \$1,435 CAD (single w/bath)  
Cost includes accommodations and meals. Housing prices are subject to increase.

**Location:** Hollyhock Retreat Center ~ Cortes Island, BC

### ► Vajrapani 5-Night Silent Retreat

October 26-31, 2014

Vajrapani Institute 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](http://www.muktisource.org).

**Event Fee:** \$375

**Housing:** \$320 (own tent) to \$750 (cabin—very limited avail.)  
Cost includes accommodations and meals.

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



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](http://www.muktisource.org) offers complete event details, audio downloads, online teachings, schedule updates, directions, and event registration.