



MUKTI

*Buddha and Life,
Seeing Itself.*

Do you see?

2011

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: Jan. 18, March 1, April 5, Sept. 6, Oct. 4, Dec. 13

Time: 7–9pm

▮ Santa Cruz, CA

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

New Location!

Tuesdays: Feb. 22, May 17, Nov. 22

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. 31, Feb. 21, March 7, April 4, May 2, June 6, Sept. 5, Oct. 24, Nov. 28, Dec. 12

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 most cities listed in the Travels column.



▮ Santa Cruz, CA

Date: Sunday, February 6

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, space permitting.
- To register at the door, please arrive early—first come, first served—and have payment ready upon arrival. (Sorry, no credit cards.)

▮ Berkeley, CA

Date: Saturday, May 7

Time: 10am–5pm

Location: Hillside Swedenborgian Community Church
1422 Navallier St., El Cerrito, CA

Hosted by East Bay Open Circle:

- Visit www.eastbayopencircle.org for registration and details about this event. You may register at the door, space permitting.
- Cost is \$45–\$75 sliding scale donation. Cash or check, no credit cards.

Travels

Mukti will be teaching in the following areas in 2011:

- ▶ Grass Valley, CA January 21–22
- ▶ Bend, OR February 25–26
- ▶ Aurora, ON March 11–12
- ▶ Amherst, MA March 15–16
- ▶ Lenox, MA March 18–20 ~ *Retreat!*
- ▶ Asheville, NC April 12–13
- ▶ Huntsville, AL April 15–16
- ▶ Boulder, CO April 29–30
- ▶ Sebastopol, CA May 6
- ▶ Red Feather Lakes, CO May 22–27 ~ *Retreat!*
- ▶ Ronda, Spain August 18
- ▶ Malaga, Spain August 19–21
- ▶ Boston, MA September 9–10
- ▶ Concord, NH September 13–14
- ▶ Philadelphia, PA September 16–17
- ▶ Ashland, OR October 12–13
- ▶ Vancouver, BC October 14–15

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.



Ronda, Spain

Invitations & Private Meetings

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.

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) 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 Library.



Audio CDs

Available online at www.muktisource.org

▶ Seeds of Enlightenment

5 CDs. Running time: 5 hrs. 42 min. © 2010 Open Gate Sangha.
\$40 Item #M_2SOE



There is a knowingness of our essential being that exists prior to any thought. What is it to be that knowingness consciously and to function from this awakens? Recorded live in Boulder, CO, this engaging 5-CD album offers a synthesis of Mukti's core teachings. Through insightful talks and revealing inquiry

with the audience, Mukti plants potent seeds for the sprouting of enlightened understanding and living.

▶ The Undefinable Self

2 CDs. Running time: 2 hrs. 7 min. © 2010 Open Gate Sangha.
\$16 Item #M_2USE

What is this sense of self that is not defined by form, yet continues to express itself through a diversity of forms? In this enlivening satsang that explores both pre-awakening and post-awakening topics, Mukti invites us into a completely different way of listening and sensing that leads beyond the edge of who we take ourselves to be. She shows how to coax

this threshold forward so that we become grace-prone to the conscious knowing of our innate and mysterious nature. This CD album begins with a deeply revealing guided meditation.



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 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.

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.

▮ Kripalu 2-Night Retreat Program March 18–20, 2011

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: \$415 (commuter) to \$955 (single w/bath)
Cost includes tuition, accommodations, and meals.

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

▮ Shambhala 5-Night Silent Retreat May 22–27, 2011

Shambhala Mountain Center is a pristine mountain valley retreat located on 600 acres high in the Rocky Mountains of Colorado. Founded by Chogyam Trungpa Rinpoche as a Tibetan retreat center, it offers a peaceful setting of quiet beauty and invigoration.

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

Event Fee: \$350

Housing: \$450 (dorm) to \$875 (single w/bath)

Location: Shambhala Mountain Center ~ Red Feather Lakes, CO



Open Gate Sangha
Post Office Box 112107, Campbell, CA 95011
opengate@adyashanti.org ~ (408) 299-0201
www.opengatesangha.org

▮ Vajrapani 5-Night Silent Retreat November 1–6, 2011

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: \$350

Housing: \$275 (van camping) to \$650 (cabin—very limited avail.)

Location: Vajrapani Institute ~ Boulder Creek, CA

▮ Mount Madonna 2-Night Silent Retreat December 2–4, 2011

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: \$311 (commuter) to \$521 (single w/bath)
Cost includes tuition, accommodations, and meals.

Location: Mount Madonna Center ~ Watsonville, 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.

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 on-line registration for silent retreat days and extended retreats.

www.muktisource.org