



Transforming Distressing States of Mind, Heart, and Body-For Ourselves and Our World

7 nights

Joanna Macy, Donald Rothberg, Lawrence Ellis

Wednesday, April 7 - Wednesday, April 14

Upper Retreat Hall



Joanna Macy, a teacher of Buddhism, systems thinking and deep ecology, gives trainings worldwide for eco-warriors and activists for global justice. Her books include *World as Lover, World as Self*.



Donald Rothberg, PhD has practiced insight and metta meditation since 1976. He taught socially engaged spirituality, Buddhism and transpersonal psychology at Saybrook Graduate School for 18 years. Donald is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.



Lawrence Ellis is a spiritual activist and has worked in community, corporate, movement-building and spiritual settings for many years. He draws on complexity theory; Buddhist traditions; and his ancestral African, African American and Native American traditions. He has been meditating since 1975. He received authorization to teach from Jack Kornfield, and is mentored by both Jack and Joanna Macy.

There is a secret to healing ourselves and our world. It involves our capacity to enter into our pain, confusion and woundedness, and that doing so with presence and kindness, especially with the support of community, liberates our intelligence, love and moral vision. As we do this, we find balance through simultaneously facing the demons and cultivating our awakened qualities.

In this retreat, we will explore the radical interdependence of individual and social healing. We will focus on transforming harsh judgments of self and other. We will also emphasize working skillfully with conflict, and contributing to the 'Great Turning' toward a life-affirming culture and planet. Through silent practice, talks, interactive exercises, ritual and poetry, we will develop understandings and capacities that are dearly and urgently needed at this time.



Cost \$905 - \$555, sliding scale. To register for this retreat, please visit www.spiritrock.org, and go to the Calendar section.

As part of your registration process, please read the following: **About the Retreat**, **Financial Aid** and **Travel Information** on our website. Also remember that the cost above is priced as a sliding scale. Please pay at the highest level of the sliding scale that you can afford. This allows others who need to pay less the opportunity to attend. Fee is for room and board. Teaching and staffing of the retreats is by donation at the end of the retreat. For more information, see **Retreat FAQ** on our website.

Spirit Rock Meditation Center is dedicated to the teachings of the Buddha as presented in the Theravada vipassana tradition. The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylong, and residential retreats.