

# Seeing Things With Love

## One-Week Insight Meditation & Loving Kindness Meditation Retreat

With Winnie Nazarko

June 6 - 13, 2020

Columbine Inn, Taos Ski Valley, New Mexico

### INTRODUCTION

The practice of insight meditation (also called vipassana meditation) helps us attend to our immediate experience in a specific and useful way. By learning to stay in the present moment with mindful awareness, we develop the basic skill which makes spiritual growth possible. Over time, we can learn how to have a wise, balanced, and skillful relationship to whatever happens in our heart/mind.

This retreat will use instruction in insight meditation and loving kindness meditation to support students in finding a place of kindness and wisdom in relationship to themselves, and what they experience.

The retreat is designed for beginners and experienced practitioners alike and will include meditation instruction, *dharma* talks, teacher interviews and discussion time.

### PREREQUISITES FOR THIS RETREAT

We invite anyone with a sincere interest in the *Buddha Dhamma* to join us for this retreat. You will need to complete an application for the retreat, and it will be reviewed by the teacher.

Please be sure to fill out the application sections asking for any meditation and retreat experience, as this information will be helpful to the teachers. Where applicable, include details of the retreats, including teachers' names, dates, location and length of the retreat.

The retreat will be limited to 16 practitioners, so early application is suggested. It is asked that retreatants commit themselves fully to their stay. All business and family obligations should be taken care of prior to arrival so that practice and study can be uninterrupted.

### TEACHER

Winnie Nazarko first contacted the Dharma at a 1981 weekend retreat taught by Stephen and Ondrea Levine. While the retreat wasn't what she expected, she did recognize something of great value, which had the qualities of transparency of being, equanimity, and absence of fear.

This was the beginning of a period of intensive dharma search and practice, bringing her into connection with many outstanding teachers of mindfulness meditation. Among these have been Pa Auk Sayadaw, Joseph Goldstein, Sharon Salzberg, Steve Armstrong and Kamala Masters, and Jack Kornfield. From their diversity of teaching styles, she came to appreciate the very individual ways the Dharma is expressed through the prism of specific personalities and life experience. While the truth is universal, the expression of that truth is personal and uses the language of direct experience.

Winnie's own orientation to meditation practice is rooted in a background in human services work and the desire to relieve human suffering. After years of work with issues of violence and hunger, it became apparent that the largest single impediment to human progress is the level of development of the average human mind. In 1998, she was asked to teach by Joseph Goldstein. She does so to help people open their full potential, in the interest of their own happiness and well-being and for the benefit of others who their lives affect.

Our potential as humans is vast and deep, and can be intentionally developed. There is a way that we can learn to hold all our experience with kindness and wisdom. As we begin to find this stability of heart and mind, wisdom will emerge. This emergence of wisdom, and strengthening of compassion, is the fruit of deep mindfulness practice.

Besides the teacher, the staff of this one-week *Hermitage* retreat will consist of a resident retreat manager (the point of contact in case of any difficulties) and a retreat cook. There will be three nutritious vegetarian meals per day.

## **THE RETREAT FACILITY**

The Columbine Inn, in Taos Ski Valley, is a comfortable timber-frame lodge situated among tall pines at 9200 feet elevation in northern New Mexico's beautiful Sangre de Cristo Mountains. The Mountain Hermitage will have exclusive use of the Columbine Inn during the period of this one-week retreat, enabling us to provide the privacy, quiet, and sense of harmony most conducive to intensive practice.

There is a lovely meditation hall, indoor and outdoor walking areas, and a large dining hall. All of the rooms at the Columbine Inn include a private toilet and shower/tub. Many of the rooms are spacious enough to allow for sitting and walking meditation for those wishing to practice in a more secluded setting.

Information about transportation and what to bring will be sent to those accepted into the retreat in time for making travel arrangements and packing.

## **FEES**

Fees are on a sliding scale to allow you to pay according to your means. Our actual cost for the week-long retreat per person is \$1010. A portion of our scholarship fund is being allocated for this retreat to allow us to offer the low range on the sliding scale. Please pay as much as you are able, in order to allow others to attend who need to pay less. Any amount above \$1010 will be gratefully received and treated as a tax-deductible donation.

*Sliding Scale Fees: \$810 (low) \$1010(actual cost) \$1262 (benefactor)*

If you need more scholarship support, some additional funds are available. Please fill out a scholarship application form and send it with your application form, specifying how much you feel you are able to pay.

*The Mountain Hermitage* will gratefully receive donations to our scholarship fund to enable those in financial need to attend this retreat. Donations are tax-deductible and should be marked 'Scholarship Fund'.

## **DANA**

The retreat fees only cover basic expenses and operating costs. The teachers offer the *Buddha Dhamma* without any set fee, and totally depends on *DANA* – on the generosity of their students and benefactors – for the support of their daily life needs.

*DANA*, an ancient *Pali* word meaning generosity, giving, or gift, is central to the 2,600-year-old tradition of Buddhism. The teachings of the Buddha have been offered freely since the time of the Buddha. There was and is no way to put a price on the teachings of the truth – they are valuable beyond any fee one could set.

At the end of the retreat, envelopes will be provided for you to offer *Dana* to the teachers. Giving to the teacher from the heart, whatever feels appropriate, is the practice of *Dana*. You may also wish to offer *Dana* to the staff or to the *Hermitage* itself to support operating expenses or future scholarships.

Another way to support the *Hermitage* is to donate all or part of the cost of a meal during the retreat.

## **USE OF FEES**

Your fees for the retreat will be used to pay for: rental of the Lodge and attached expenses; other general retreat expenses; a retreat cook; a small stipend for the retreat manager; a small parsonage to the teacher to help cover ongoing home expenses for the duration of the retreat; teacher transportation.

## **DEPOSIT**

Please send your deposit with your application. The deposit is: \$275.

The deposit will not be banked until your registration is confirmed and will be applied to the total fee for those accepted to attend. The deposit will be returned in full to those not accepted, or to those who are on a waiting list at the time that the retreat begins.

## **PAYMENTS**

The full deposit must accompany your application, even if you are requesting scholarship funds. No monies will be banked until you are accepted on the retreat. The balance of the retreat fee is due when you arrive for the retreat, or you can mail the balance to us in advance. If possible, we appreciate you paying the full fee (deposit plus balance) at the time of application or on acceptance, as this improves our efficiency. However this is not necessary.

Please pay by check or money order in US funds, drawn on a US bank. We cannot accept foreign cash or bank drafts, but we can accept international money orders in US dollars. *Sorry, but at this time we are unable to accept credit cards.*

Checks/money orders should be made payable to THE MOUNTAIN HERMITAGE.

## CANCELLATION POLICY

Cancellation fees apply to all confirmed registrations.

*Cancellations received on or before April 28, 2020:* your deposit will be returned minus a \$25 cancellation fee.

*Cancellations received on or after April 29, 2020* (including non- attendance at the retreat): your deposit cannot be refunded. If you have already paid the balance, then that balance will be refunded minus the \$275 cancellation fee / deposit.

CANCELLATION FEES WILL BE APPLIED TO *THE MOUNTAIN HERMITAGE* SCHOLARSHIP FUND (after the cost of the retreat is covered).

In the event of specific, unusual emergency circumstances, the cancellation policy can be discussed with *The Mountain Hermitage* Office Manager after the retreat is concluded. If you attend the retreat but for some reason decide on your own to leave early, the deposit and balance you have paid cannot be refunded to you.

## APPLICATION

Anyone interested in attending the retreat must have read this document. Then, complete the Application Form and Waiver of Liability, attach your deposit, and mail to: *The Mountain Hermitage*, PO Box 807, Ranchos de Taos, NM 87557.

Applications and deposits are requested by April 21, 2020. Late applications will be considered on a space available basis. Applications will be accepted only by mail, not by phone, fax, or e-mail, because they must be accompanied by the appropriate deposit.

Incomplete registrations, including those without sufficient deposit, will be returned for completion.

Each application will be carefully reviewed. In some cases, a personal or phone interview will be conducted with the teacher prior to determination of suitability for this type of practice. All applications are processed by date received. We will respond within two weeks from receipt of your application.

If your application is not accepted for this retreat, your deposit will be returned.

## **WAIT LIST**

Places are limited to 16 practitioners, so early application is advised. Once the retreat is full, you will be notified and placed on a wait list, and we will contact you if a place opens up. If it does not, then your deposit will be returned.

If you are placed on the wait list and you then cancel your registration before a space has become available, your deposit will be returned.

If you are placed on a wait list and are unable to attend the retreat, please let us know immediately. As long as your name remains on a list, we assume you wish to attend. If a space becomes available, we will automatically confirm your registration. Once you are confirmed for a retreat, you are liable for applicable cancellation fees if you subsequently cancel.

## **Printable Documents and Forms**

- **Introduction (print-friendly version of this page)**
- **Practice Guidelines**
- **Application**
- **Waiver of Liability**
- **Scholarship Application & Information Sheet**
- **Special Flyer**