

# The Mountain Hermitage



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September 1, 2020

Dear Friend in the Dharma,

I hope this letter finds you well and at peace in this strange new world where we find ourselves. This “strangeness” seemed to come upon us so quickly, yet its characteristics were familiar to us from the Dharma: Impermanence swiveled our way of life with sudden, overarching changes. Suffering, from illness, financial insecurity, and racism, inundated our heart-mind. And absence of self ensured that we understood that we were all in this together, not separate from anyone, anywhere in the world in our vulnerableness. The teachings of the Buddha have awakened our compassion, given us solace, and strengthened our faith and hope that we can help make a better world out of all this uncertainty, pain, and sense of interconnectedness.

The Mountain Hermitage, through online technology, has used its resources to support and guide you in your home during this time. We’ve had two full online retreats, with Brian Lesage in April and Ariya Baumann in July. There will be an online half-day POC retreat with Kamala Masters & DaRa Williams in October and I will offer an online 5-day Concentration retreat in November.

I led international Sunday meditation sits and reflections from April through August, all of which were recorded and made available on the Mountain Hermitage website. Our website ([www.mountainhermitage.org](http://www.mountainhermitage.org)) has an extensive list of Dharma talks and Guided Meditations to be used freely.