



JoshBulriss

THE MOUNTAIN HERMITAGE & MARCIA ROSE INVITE YOU TO JOIN US

ON DECEMBER 27, 2020

from 9:30 am to 12:30 pm (MST)

OUR 4th MONTHLY

SUNDAY INTERNATIONAL SANGHA

MINI-RETREAT

will be devoted to the exploration of

SELF NOT-SELF and THE CREATIVE PROCESS

"Catch the moment...to pull out a single thought of an instant and really notice, be mindfully aware of it...and just simply write it down...and see where it takes you in words (written down)."

- from Allen Ginsberg

Dear Friends,

As we traverse these challenging times, in the midst of it all we will explore 'mindfulness of the mind' with silent and guided sitting meditation and also via developing and investigating the opening and flow of a direct spontaneous creative presence through 'writing your mind.'

The written thought may evolve to be a line of a poem, the beginning of a story, an essay or just the first step of simply letting go into the string of a spontaneous expression of written words. Please join us on time from 9:30 am to 12:30 pm (MST). Please check for the corresponding time where you currently are. You are welcome to invite others who are interested to join our Sunday International Sangha gathering.

With love, Marcia



NO REGISTRATION. NO FEE. DANA/DONATIONS WELCOME.

For more information on how to join and how to offer dana, PLEASE CLICK HERE.

Marcia Rose is the founding and guiding teacher of the Mountain Hermitage and founding teacher of Taos Mountain Sangha in Taos, NM. She has been practicing & studying the Dharma, primarily in the Theravada tradition for over 45 years. She has been teaching for over 28 years at Insight Meditation Society/IMS, The Mountain Hermitage, and in other venues around the U.S. as well as internationally.

*The Mountain Hermitage P.O. Box 807 Ranchos de Taos, NM 87557 Ph:575-758-0633
Or email: hermitage@mountainhermitage.org www.mountainhermitage.org*