

# THE MOUNTAIN HERMITAGE

## Recognizing Natural Awareness One Week

### Insight Meditation Retreat *with Greg Scharf*



August 13 - 20, 2021  
Columbine Inn  
Taos Ski Valley, New Mexico

Meditation can be seen as the process of learning to recognize and trust a natural quality of awareness that is available to all of us in any moment no matter what is happening in our experience.

This awareness allow us to open to and connect with the truth of each moment. As we gain confidence in the mind's ability to recognize this natural awareness we begin to release the burden of trying to control, manipulate, or fix experience so that it meets our ideas of the way it should be, and relax into the truth of the way it actually is.

Clear seeing and wisdom arise naturally and we see directly for ourselves what leads to well-being and freedom and what leads to suffering, both in our own life and in the world around us. Through this process we begin to live our lives from a place of greater balance, integrity, confidence, and connection.

*The retreat is open to beginners and experienced practitioners alike and will include meditation instruction, dharma talks, practice meetings with the teacher, and optional mindful movement.*

The small group size at *Hermitage* retreats helps to create a more intimate experience and easier access to teachers. All yogis will have a single room with private bath. Space is limited to 16 yogis – applications are necessary and can be found at [www.mountainhermitage.org](http://www.mountainhermitage.org)

#### **Sliding Scale Fee:**

**\$ 631 (low)    \$ 831 (actual cost)    \$1039 (benefactor)**  
**Additional Scholarship support available – application required**  
**No fee for monastics.**

**Greg Scharf** began meditating in 1992 and has been teaching residential meditation retreats since 2007, including the annual 3 month retreat at the Insight Meditation Society where he serves as a guiding teacher. In his teaching Greg emphasizes the understanding that meditation is fundamentally an exploration of nature and natural processes. He also stresses the critical importance of bringing the qualities of kindness, compassion, and a sense of humor to practice.

Currently living in the high country of northern Arizona, Greg's love of nature and the outdoors deeply informs both his practice and teaching.

The Mountain Hermitage: 575-758-0633  
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Download: *Information, Practice Guidelines, and Application Form*  
at: [www.mountainhermitage.org](http://www.mountainhermitage.org)