

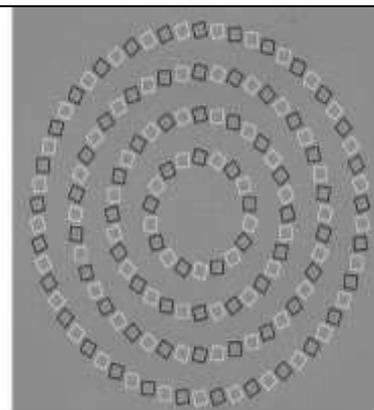


“Things Are Not As They Appear”: Four Ways of Training & Inquiry

A Non-Residential Meditation Retreat with

Donald Rothberg

April 26-28, 2019



The central metaphor of our spiritual practice is that of *awakening*, of “*waking up*”—from being asleep and often living as if in a dream. The understanding is that we don’t see our lives and experience clearly; things are in reality not as they appear to us. Yet seeing clearly, with wisdom and compassion, is possible, and out of such seeing can come skillful responses! In this weekend retreat, we explore four ways that we see in a distorted manner, working with understandings and practices to help us see more clearly in these four areas. After an overview of the retreat Friday evening, we begin Saturday morning with what is for many easier to see; we then continue Saturday afternoon and Sunday by going into more subtle aspects of our experience. We investigate how we often see things in four problematic ways: (1) through the lens of the personal self; (2) through our social conditioning; (3) by imagining a world of solid, enduring, separate individual beings and objects (as opposed to seeing impermanent, “empty,” interdependent phenomena); and (4) by seeing a separation between oneself and all else (other selves and objects), where there is ultimately non-separation. The retreat will include sitting and walking meditation, including some guided practices and some lovingkindness practice, as well as talks and discussion.

WHEN: Friday, April 26, 6:30-8:30pm Saturday, April 27, 9am-5pm Sunday, April 28, 9am-4pm

Participants are asked to attend either 1) the entire retreat, starting Friday evening, or 2) Friday evening only. Any request for partial attendance needs to be approved in advance of the retreat - please reach out to the registrar to discuss.

COST: If paid in advance, \$60 for the weekend, \$10 Friday only. At the door, \$70 for the weekend or \$12 Friday only. Scholarships are available. These fees only cover TCMC’s retreat and monthly expenses. Donald Rothberg receives no compensation from TCMC. You will have the opportunity to offer Dana donations to the teacher, a Buddhist tradition of generosity. In the Buddhist tradition, teachings are given freely because they are considered priceless. Dana is not payment for goods and services; it is a gift for the teacher from your heart in gratitude.

WHERE: TCMC 1231 E. Edison Tucson, AZ. Please observe mindful parking by not parking on the same block as the Center. To register online, please [CLICK HERE TO REGISTER](#) OR send check payable to TCMC, along with your name, phone number and email address to: TCMC c/o Retreat, PO Box 43415, Tucson, AZ 85733

CONTACT: Jennifer Maahs, JenniferPM1@gmail.com, 703.405.5110

About the Teacher: Donald Rothberg, Ph.D., is a member of the Teachers Council at the Spirit Rock Meditation Center in California. He has practiced Insight Meditation since 1976 and also received training in Tibetan Dzogchen and Mahamudra practice, the Hakomi approach to body-based psychotherapy, and trauma work. He currently teaches and writes on mindfulness and lovingkindness meditation, and the application of these and other practices to transforming the judgmental mind, speech and communication, working with conflict, social service, and social action. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.