

Mountain Meadow Meditation

Sunday, August 27, 2017

9:30am-4:00pm

At Blue Lakes • Hope Valley, California



“There are these roots of trees, these empty huts. Meditate, bhikkhus, do not delay or else you will regret it later.”
– the Buddha’s instructions to his followers

Buddhists have a long tradition of entering the wilderness – from the Buddha and his followers meditating in caves on Vulture Peak over two thousand years ago; to Tibetan monks who even today sit in caves throughout the Himalaya; to the wandering Zen monks of Japan; to the forest tradition of Thailand.

Join Us For A Day In Our Own Beautiful Forests And Mountains

The Day: We will gather at a parking lot at the junction of US. Highway 88 and the Blue Lakes Road in Hope Valley, California, then drive a short distance further to the retreat site – a meadow not far from the Blue Lakes Road. The meadow is a short walk from the road on level terrain. Once we establish ourselves in the meadow, we will alternate between sitting and walking for the day, with a break for lunch and a dharma talk.

Time: Gather at parking lot meeting place at 9 am, back to parking lot/meeting place by 4:30 pm

Meeting Place: Parking lot at junction of US. Highway 88 (Carson Pass Road) and Blue Lakes Road, Hope Valley, CA (about 45 minute drive from Carson City)

Experience: No previous meditation experience is necessary, but you must be fit and experienced enough to walk a total of about a mile (out and back) on and off a trail (possibly a small creek crossing).

**** PLEASE NOTE ****

Although the walk is short and flat, this day is not appropriate for people who have a lot of trouble walking.

Bring: water, a packed lunch, something to sit on (lightweight camping chair or camping pad), sunscreen, hat, mosquito repellent, a jacket, shawl or sweater; a raincoat if the weather looks stormy, and a daypack to put it all in.

Cost: There is no cost for the retreat, but there will be an opportunity to offer Dana to the teacher

Leading the day: Dharma Zephyr lay leader Anne Macquarie has spent much of her life in mountains and forests. Over the past few years Anne’s practice has become centered upon caring for the earth through political action and organizing to alleviate climate change and other environmental challenges.
Anne coordinates Dharma Zephyr’s Earth Care Group.

PLEASE RSVP FOR THIS RETREAT THROUGH THE CONTACT FORM ON THE DHARMA ZEPHYR WEBSITE (dharmazephyr.org) with your name and contact information so we can give you further information about the logistics of the day and help you arrange car pooling. If you email us that you would like to carpool, we’ll be arranging that by Aug. 26 and get back to you with details.

If you have questions, please contact Susan Sara:
susansara@dharmazephyr.org or call (775-781-5898).

