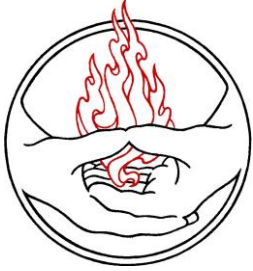


Day-Long Retreat: Trusting Awareness as Refuge

Sponsored by:
Insight Meditation Community of
Fredericksburg
www.meditatefred.com



Bill Brooks, co-founder and teacher of [Insight Meditation Community of Fredericksburg](http://www.insightmeditationcommunityof Fredericksburg.com), has been studying and practicing mindfulness for over a 15 years. He was trained by senior teachers Tara Brach, Hugh Byrne, Pat Coffey and Jonathan Foust through the [Meditation Teacher Training Institute](http://www.meditationteachertraininginstitute.com). While much guidance has been provided by these teachers, Bill has found the very real experiences of life to be his greatest teachers. He also leads daily meditations as a teacher for [Telesangha](http://www.telesangha.com) and teaches yoga (RYT 200) around Fredericksburg.



Trusting Awareness as Refuge

A Day-Long Silent Retreat with Bill Brooks

January 19, 2019

We humans live in an ocean of awareness, much as fish live in an ocean of water. From the moment we are born until the moment we die, we are consciously aware of our lived experience. We see, we hear, we smell, we taste, we touch and we know. We know the content of the experience, but are we aware of whom or what is knowing? We are capable of doing so, but we tend to be more like the fish who sense the ocean currents, but are not aware of the medium through which those currents flow - water. Similarly we sense the currents of our lives, which may or may not be to our liking, but much of the time we are not aware of the medium through which those currents flow - awareness.

By its nature, awareness is choiceless. Awareness is capable of knowing any and every possible human experience. This awareness that lives in and through these human bodies does not choose which experience to know and which not to know. Awareness is equally aware of the pleasant and the unpleasant experiences. If we are willing to abide in present moment awareness, because of this choiceless quality, it can be a place of refuge, a place of safe harbor from any storm. It can be a place of equanimity and freedom. Are you willing to trust awareness as refuge?

This day-long retreat will include periods of guided and silent meditation, a dharma talk, lunch shared in silence, and time for discussion and questions. It is suitable for those new to meditation practice, as well as experienced meditators.

When: Saturday January 19th 9:00 am – 4:00 pm

Where: Unitarian Universalist Fellowship of Fredericksburg
25 Chalice Circle
Fredericksburg, VA 22405

Cost: The suggested donation for this event is \$35 to \$55. However, no one will be refused participation due to lack of funds.

Registration: If you plan to attend, please register online [here](http://www.meditatefred.com). We want to be able to notify you if needed.

On the Day of Retreat: Please come a little early, so we can begin on time. Bring a bag lunch and whatever sitting materials you need. If needed, there will be chairs for your use. Tea, water, and light snacks will be provided.