

Day-Long Retreat: Natural Presence

Sponsored by:
Insight Meditation Community of
Fredericksburg
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Todd Drake, co-founder and teacher of Insight Meditation Community of Fredericksburg, has been studying and practicing mindfulness for over 15 years. His meditation practice is seated in the Theravada School of Buddhism. His personal training includes: The Power of Awareness Training, sponsored by the Awareness Training Institute, and Mindful Self-Compassion Intensive, sponsored by UC San Diego Center for Mindfulness. Todd has also attended numerous silent meditation retreats over the years, and is an ardent supporter of practicing mindful self-compassion.



Natural Presence

A Day-Long Silent Retreat with Todd Drake

April 27, 2019

Life can be difficult and challenging when it comes to meeting the needs of the heart. In daily life we can forget our hearts in the many roles we play, living others expectations of how we should think, speak, and act. In the noise of our lives it can be hard at times to hear what the heart is whispering to us: slow down, take some time to yourself, rest in the natural presence of life, moment by moment. We can find this natural presence simply by pausing and allowing our awareness to expand beyond the borders of what we want and don't want, what we think is right and wrong for ourselves and others. This state of mind is like a clear, still pool of water in the heart of a forest. How can we cultivate this presence within ourselves—the numinous quality of nature that flows within all things?

In our practice, meditation is the clear, still pool of water, a place of non-judging awareness; it affords us a natural way of being, unfettered by our expectations or the expectations of others. It is clear seeing, or mindfulness, and it opens our hearts to the world and allows us to be precisely who we are in the same natural, effortless way that trees and rivers and mountains are.

During this day of mindfulness, we will focus on cultivating natural presence in body, mind, heart, and spirit.

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 April 27th 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](#). 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.