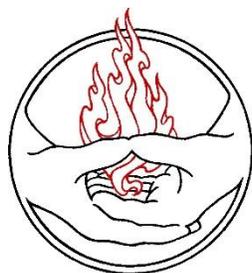


Day-Long Retreat: The Practice of Awareness

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



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.



The Practice of Awareness

A Day-Long Silent Retreat with Todd Drake

May 7, 2022

Awareness is simply knowing our experience as it arises and passes in the present moment. It is the one constant in an existence that is continuously flowing and changing. Awareness is so much a part of us that most of the time we don't recognize that we are aware. We don't appreciate the quality of our attention. Is it dull, sharp, dreamy, open, or spacious? For most of us, we are usually lost in our inner drama—our beliefs, opinions, and desires—which veils our experience of how things actually are. The practice of awareness—meditation and mindfulness—helps us to pull that veil aside so that we come to know ourselves better, and discover a lasting sense of peace and well-being.

During this retreat, we will focus on a range of meditation techniques that will give you greater flexibility in your practice. 1) *Focused Awareness*, (breath or body awareness) which unifies a distracted mind, leading to greater clarity. 2) *Investigative Awareness*, which opens your attention to other aspects of your experience, such as body sensation, sights, sounds, thoughts, emotions, and their impermanent nature. 3) *Choiceless Awareness*, notice whatever arises in your body and mind without the help of an object of focus, such as the breath. 4) *Natural Awareness*, often called awareness of awareness, which allows for a more open, easy, and luminous awareness. [Recommended reading: *The Little Book of Being*, by Diana Winston.]

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 May 7th 9:00 am – 3:30 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.