



FLOWERING LOTUS
MEDITATION AND RETREAT CENTER



Deepening Awareness & Strengthening Community

An Insight Meditation Retreat with Ruth King

September 8 - 10, 2017

Racial ignorance, hatred, and suffering are now present at viral levels throughout our world. Yet despite the appearance of division and separation, our existence is part of a global constellation – a karmic soup that we all must taste. In this weekend retreat, Ruth King shares strategies for polishing the third jewel, *sangha* (spiritual community) in these challenging times. In sitting and walking meditation, guided by Ruth, we will explore **belonging** as a necessary part of awakening; **discomfort** as a call to intimacy with presence, and how **wise awareness** supports the experience of freedom, whatever our circumstances.

Ruth King is an insight meditation teacher, life coach, and emotional wisdom author and consultant. She is the founder of Mindful Members Meditation Community of Charlotte, NC; a core teacher in Spirit Rock's Dedicated Practitioner Program; and a guiding teacher with Insight Meditation Community of Washington, DC. She is the author of *Healing Rage: Women Making Inner Peace Possible* and the forthcoming *Mindful of Race: Understanding & Transforming Habits of Harm* (Sounds True, Spring 2018). Learn more at www.RuthKing.net



FLOWERING LOTUS

Meditation and Retreat Center

204 South Clark Street Magnolia, Mississippi 39652

www.floweringlotusmeditation.org

In an effort to include everyone, regardless of their ability to pay, our retreats are *dana*-based. *Dana* is the Pali word meaning generosity. We ask that you donate as much as you can to help with the costs of operating our Center and Program. You will have the opportunity to donate both to Flowering Lotus and to our teacher, who receives no pay or honorarium for his services. There is a \$50 transferable fee due at registration.

Please visit www.floweringlotusmeditation.org for additional information, to register for a Retreat, and to take a virtual tour of our beautiful facilities. You may also call William Savage at 504.881.6566.

OPENING SOON: Flowering Lotus branch location in New Orleans!