

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.



In an effort to include everyone, regardless of their ability to pay, our retreats are dana-, or generosity-based. We ask that you donate as much as you can to help with the operating costs of Flowering Lotus. We ask for a minimum donation of \$50 per person to the teacher and \$150 to the Center. [A weekend retreat would cost \$300 - \$425 at most Centers.] There is a \$50 transferable fee due when you register. If you need to cancel your registration you will receive a full refund if the cancellation is two weeks prior to the retreat. Any cancellations made after that are transferable, within one year of the retreat date, to any other retreat of your choice.

Register for a retreat at www.floweringlotusmeditation.org where you can also take a virtual tour of our beautiful facilities – learn more about Flowering Lotus – and get directions to the Center. For further information, call William Savage at 504.881.6566.



Flowering Lotus Meditation and Retreat Center

204 South Clark Street

Magnolia, Mississippi 39652

www.floweringlotusmeditation.org