

# Conscious Living, Conscious Dying - Cultivating the Buddha's Teachings on Non-Self

A 3-Day Meditation Retreat

**Ginny Morgan**

**The Franciscan Center, Tampa**

**August 15 - 17, 2008**

(Friday 10 am till Sunday 3 pm)

**About this retreat:** Seneca, a Roman philosopher, has said that when we practice dying, we unlearn slavery. But what was the enslavement that he was referring to? The Buddha has answered that inquiry by pointing toward the enslavement that contains us when we continually create a mind-made "little me" that harasses us with its demands, its beliefs of how things should look, and its constant vigilant need to control.

The Buddha's deeper teachings are about waking up beyond the parameters of this "me." They gently point us toward the ability to walk free of the constant unsatisfactoriness and wishing-otherwise that pervade our lives. We learn to see through the ego's constant demands and learn to die into each moment just as it is. In this way we learn to really live.

In this retreat we will explore the Buddha's teachings on *anatta* or non-self. We will inquire into the boundaries of who it is that we believe ourselves to be in order to deeply discover who we really are. This retreat is suitable for beginners well as for established practitioners.



**About the teacher:** Ginny Morgan lives in Columbia, Missouri. She is a guiding teacher for Show Me Dharma Center and the former President of the Board of Mid-America Dharma, the emerging retreat center for the Midwest area. After working as a play therapist for acutely and chronically ill children for many years, she has shifted her focus to Dharma teaching, and to working exclusively for Dharma activities. She has studied with Ram Dass, Munindraji, Matthew Flickstein, and teachers from Insight Meditation Society and Spirit Rock Meditation Center.

**Cost:** \$250 per person, covers seven vegetarian, mostly vegan meals and two nights lodging in a private room with a full bath. The teachings are offered freely in the tradition of Dana, with appreciation for financial contributions from participants in support of the teacher and the sponsoring organization. Partial scholarships are available.

**Location:** The Franciscan Center is a wonderfully quiet setting for deepening one's meditation practice. With eight acres of beautiful riverfront grounds, the facility offers participants a quiet meditation hall and ample indoor and outdoor space for walking meditation. The center is fully staffed, which means no "yogi chores." This retreat supports the cultivation of deep silence, enabling participants to focus inward and deepen their spiritual practice. The center is wheelchair friendly.

**Registration Deadline:** August 8. This retreat is sponsored by Flowing Dharma, Inc., a non-profit organization based in Tampa and is limited to 35 participants. Ginny's retreats fill up early so register soon. For more info or to register, go to [www.bemindful.org/retreat.htm](http://www.bemindful.org/retreat.htm)