

Living Our Love

A 3-Day Meditation Retreat

Ginny Morgan

The Franciscan Center, Tampa

November 16-18, 2007

(Friday 10 am till Sunday 5 pm)

About this retreat: When wisdom and compassion come into balance in us, we deeply open to life's flow. The habitual suffering of grasping and resistance melts onto a quiet river of being with life just as it is. When this flow ripens, we are said to be in harmony – the tenor of our life is deeply tuned. This quiet balance is based on a kind of safe vulnerability. We learn not to hold back our love. We learn to walk, talk, and live through our love.

In this retreat, we will explore the practices that teach us to live from this place of freedom and harmony. We will work with the habitual tendencies of the mind that give us the illusion that we are not already free. Suffering and difficulty is a practice that we have unknowingly learned. But freedom is what is naturally there when those practices of suffering are seen through and offered up to the refiner's fire of love. This is living our love.



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, Munindra-ji, 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. Partial scholarships are available (call 813-980-2061).

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: Nov. 1. This retreat is sponsored by Flowing Dharma, Inc., a non-profit organization based in Tampa. The retreat is limited to 30 participants. For more information or to register, please see www.bemindful.org or call 813-980-2061.