

# ***Profound Present-Centered Living***

## **A Mindfulness Meditation Retreat with Therese Fitzgerald**

The Stone House, Mebane, North Carolina  
Thursday, October 13 - Sunday, October 16, 2011



Buddhist practice and teachings can help attune us to knowing ourselves and connecting deeply with our experience. During a retreat, conditions are particularly favorable for showing us this way of sanity and peace. Removed from the usual distractions and preoccupations, we have the best chance to notice what is going on within and around us.

Stopping or calming is the first function of meditation. Stopping forgetfulness. Stopping dwelling in the past or the future in ways that prevent us from centering profoundly in the present moment. The retreat will provide quiet and supportive practices and teachings that help us slow down, stop, look, and see our mind-hearts. Once we can focus and see things more clearly, we have a better chance of affecting and accepting reality, a better chance at meeting life with insight and understanding.

Talks by Dharma teacher Therese Fitzgerald will focus on the foundational base of the Threefold Trainings in Buddhism - training in discipline or moral conduct, concentration, and wisdom. Questions will be explored, such as these: "What are our guiding lights on the path of non-harming?" "How do I know when my intentions and actions are right and true?" "How do I focus in meditation practice and in my life?" "What are the conditions in my life that are favorable to the arising of insight and the cultivation of wisdom?" "How are these trainings interrelated?"

Therese Fitzgerald received Dharmacharya ordination by Thich Nhat Hanh in 1994 and Soto Zen priest ordination by Richard Baker-roshi in 1986. She is co-founder of the Community of Mindful Living, which developed Thich Nhat Hanh's teaching and Vietnamese social work base in the United States. Together with Maxine Hong Kingston, Therese helped start the Veterans' Writing Group. She now lives on Maui, where she works as a meditation teacher and Codirector of Ala Kukui/Hana Retreat.

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