

Meditation Retreat

WHO AM I TRULY? – A RETREAT ON THE PRACTICE OF SELF-INQUIRY

Saturday, July 18, 2015, 9:00 am – 4:00 pm

Conducted by Dana and Keval

The practice of self-inquiry is absolutely vital to every spiritual tradition. Saint Francis of Assisi said, "The one you are looking for is the one who is looking." This epitomizes the irony and subtle nature of seeking one's true nature.

The quest for inner knowledge is unique, arduous and yet fills our lives with joy. It requires dedication, persistence and purity of mind. But, perhaps the most valuable asset is devotion, which gives us great appreciation for our guides, and love of the journey itself.

In this retreat we will explore the main components of self-inquiry, using Vedanta and Kashmir Shaivism texts as source material. We will discuss the requirements, the practices, the obstacles and the results of self-inquiry.

We invite you to come and spend the day in study and contemplation of this sublime subject.

- Interactive sessions
- Guided meditations
- Quiet contemplation

All are welcome, and no experience with meditation is necessary.

Shanti Mandir, 51 Muktananda Marg
(off Route 208 between Walden and the
village of Walkill)
Walden, NY 12586

Registration required.

Suggested donation: \$100*

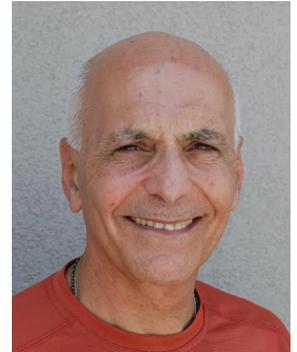
**Call 845-778-1008
for more information.**

* Includes a wholesome,
homemade, vegetarian lunch.



Dana Wilkinson

Dana met Baba Muktananda in 1974 and, beginning with eight years under Baba's tutelage, he has been teaching meditation and yoga philosophy for almost four decades. A senior instructor at Shanti Mandir for the past 15 years, his approach is poetic and devotional and his style is casual and insightful. He leads the singing of *Haripath* at Shanti Mandir.



Keval Pezet

In 1974, Keval met Baba Muktananda and after several years of intensive study with Baba, he moved to Europe where he conducted trainings specializing in the application of meditation. He, along with his wife, established Shantarasa Yoga in Australia as a vehicle for disseminating the yogic wisdom. Since 2005, he has trained hundreds of yoga teachers and yoga enthusiasts.



www.shantimandir.com

*We do not meditate only to
relax a little and experience
some peace.
We meditate to unfold
our inner being.*

– BABA MUKTANANDA