

KNOW THYSELF

April 11-15, 2017

Petit Jean, Arkansas

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"To study Buddhism is to study the self," Dogen Zenji wrote. World religious, philosophical, and psychological traditions point the way to self-intimacy. And we don't stop there, for "in the one exists the all," as the *Avatamsaka Sutra* as well as Walt Whitman's poems inspire us.

Our five days on Petit Jean Mountain will be a time to dwell in profound awareness of self that connects us to all beings, what Buddhists sometimes call "non-self." There will be balanced encouragement for buoying and delving deeply. Supported by the beauty of spring, teachings, fellow practitioners, the vultures soaring on the updrafts, as well as solitude and silence, conditions may be most favorable to give rise to insights and ways of knowing ourselves most truly, including bearing the seemingly unbearable.

This retreat, held mostly in silence, is recommended for both beginning and experienced meditators drawn to inner work and contemplation.



Camp Mitchell is a serene retreat center located outside of Morrilton, Arkansas. Nestled in the Ouachita Mountains, the bluffs overlooking the Arkansas River Valley provide breathtaking views. It is a place to take quiet walks and kindle inspiration in the midst of nature.

For more information contact:
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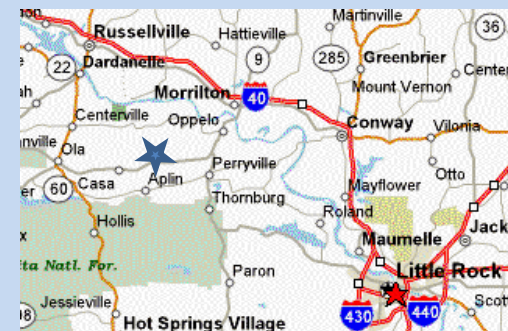
Retreat costs: \$230-\$430 includes all meals (vegetarian) and accommodations (single or double rooms, dorm rooms or camping).

Registration and fees are due April 3.
See Registration form for more information.

Silence is the ground supporting our effort, creating the most favorable conditions for introspection. We ask that you please maintain silence throughout the retreat, other than in "Dharma discussion" groups, to support the practice of reflection and contemplation.

Camp Mitchell on Petit Jean Mountain, Arkansas

Camp Mitchell is located 15 miles from **Morrilton, Arkansas**, or about 60 miles west of Little Rock.



Therese Fitzgerald was ordained as Zen priest by Richard Baker-roshi in 1986 and as a Dharma teacher by Thich Nhat Hanh in 1994. Therese has been teaching Dharma retreats around the country for over twenty-five years. Therese lives on Maui, where she works as a meditation teacher and Spiritual Care Counselor at Hospice Maui.