

The Louisville Vipassana Community Presents:

The Engaged Spiritual Life: Awakening Individually and Collectively in a Time of Need A Weekend Retreat with Donald Rothberg (non-residential)

November 3-5, 2017

WHEN: Friday evening from 7:30 p.m. to 9:00 p.m., Saturday from 9 a.m. to 5 p.m., and Sunday from 9 a.m. to 4 p.m.

WHERE: Passionist Earth & Spirit Center (“The Barn”), 1924 Newburg Road, Louisville, KY

COST: \$60 (+ *dana* for the teacher)

TO REGISTER: Email us at louisville.vipassana@gmail.com

Note: Because the three days are a single retreat, and not separate events, those who register are expected to attend the entire retreat.

How do we combine depth of spiritual practice with engaging in the larger world, responding to the major challenges of our times? The path of engaged Buddhism is a path connecting inner and outer transformation. It is about coming to see that our real work is the same whether we are in silent practice, with our families or communities, or helping to transform our larger society and ecosystems. It is to be aware and present to what is happening; to respond empathically and compassionately to suffering; to understand our interdependence and to help develop what Dr. Martin Luther King, Jr. called the “beloved community”; to transform reactivity and to work skillfully with difficult emotions and thoughts; to develop wise speech and communication; and to act with wisdom, commitment, grace, and equanimity in difficult circumstances and with conflicts. Recognizing that there are phases of more inner work and more outer engagement, and very personal ways of navigating this balance, Donald will help us identify key principles and practices that can help us to weave together the different parts of our lives and practice—individual, relational, and collective—increasingly into a seamless whole. He will share insights from over twenty-five years of teaching, scholarship, developing training programs, and action in this area. The retreat will include silent and guided periods of sitting and walking meditation, interactive exercises, talks, discussion, and meetings with the teacher, all in the context of about 40% of the retreat in silent practice.



Donald Rothberg, Ph.D., is a member of the Teachers Council at the Spirit Rock Meditation Center in California. He has practiced Insight Meditation since 1976 and also received training in Tibetan Dzogchen and Mahamudra practice, in the Hakomi approach to body-based psychotherapy, and in the Somatic Experiencing approach to working with trauma. Formerly on the faculties of the University of Kentucky, Kenyon College, and Saybrook University, he currently teaches and writes on mindfulness and lovingkindness meditation and the application of these and other practices and teachings to transforming the judgmental mind, speech and communication, working with conflict, social service, and social action. Donald is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*, and the co-editor of Ken Wilber in *Dialogue: Conversations with Leading Transpersonal Thinkers*. He is currently working on a book on *Transforming the Judgmental Mind*.