

Ginny Morgan

May Residency with Santa Fe Vipassana Sangha At Mountain Cloud Zen Center (MCZC)



Ginny Morgan lives in Columbia, Missouri. She is a guiding teacher for Show Me Dharma Center <http://showmedharma.org/> and the former President of the Board of Mid America Dharma, <http://www.midamericadharm.org/> 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.

Tuesday evening Sits & Dharma Talks - 6:30pm, Mountain Cloud Zen Center

"Taking Off Our Shoes--Working With the Metta Sutta"

- **May 05th** 6:30pm MCZC - Sit and Dharma Talk - followed by Q & A with Tea

"The North Wind and the Sun--Cultivating the Witnessing Presence"

- **May 12th** 6:30pm MCZC - Sit and Dharma Talk - followed by Q & A with Tea

"Offering Forgiveness and Deepening Concentration"

- **May 19th** 6:30pm MCZC - Sit and Dharma Talk - followed by Q & A with Tea

Non-residential retreat ☸ *Gentle Gift of Letting Go* ☸ **May 8th & 9th**

Vesak Ceremony "Forming Intension & Letting Go" – rededicating our practice. Sometimes informally called "Buddha's birthday," Vesak encompasses his birth, enlightenment and passing. The exact date varies according to assorted lunar calendars, in Theravada countries following the Buddhist calendar; it falls on the full moon, Uposatha (typically the 5th or 6th lunar month). The date varies in the Western calendar but usually falls in April or May.

Friday evening May 8th— 06:30pm - 8:30pm
Vesak Saturday all day May 9th— 10:00am - 5:00pm We will take a break for a brown bag lunch.

The Three Characteristics of Existence

Impermanence (anicca) The subtleties of impermanence through wisdom and compassion

- **May 06th** start 6:30pm (Home of Diane Block)

Unsatisfactoriness (dukkha)

- **May 13th** start 6:30pm (Home of Diane Block)

NOSELF (anatta)

- **May 20th** start 6:30pm (Home of Diane Block)



Interviews will be available by appointment, sign up on forms at MCZC or **Contact:** Coordinators Rebecca Deem or Fred Unterseher at 505 216 9765 or email: deem.unterseher@gmail.com

For more information about Santa Fe Vipassana Sangha go to www.santafevipassana.org