

# **The Mystery of Awareness: An Online Insight Meditation Retreat**

**With Brian Lesage**  
**September 18-25, 2020**

Join us for this retreat in which we deepen our practice through harvesting the benefits of home practice and explore the activity of awareness.

Much of meditation is focused around *what* we are being aware of and not the *activity* of awareness itself. We will move towards a sense of this activity of awareness itself during the latter part of the retreat. Initially, we will take time to land into the blossoming of practice at home.

For me, home retreat has been transformative in ways I haven't experienced on residential retreats. It has allowed me to deeply integrate this spiritual path into my living space, creating the visual and temporal reminders of path and practice in my own home.

No time is better than now for such a retreat, as our practice supports us in uncertain times like this.

This retreat is suitable for both beginning and experienced meditators. I invite you to review [the schedule](#) and [guidelines](#) to see if this retreat is a fit for you.

There is NO FEE for this retreat. The teachings of the Buddha have been sustained by the 2,500 year old tradition of *dana*, a Pali word meaning "generosity." Our teacher receives no compensation for his services. Retreatants are encouraged to help Brian lead a life devoted to teaching the dharma by offering donations to him at the retreat's end. In the act of giving, we develop our ability to let go, cultivate a spirit of caring, and honor our inter-connectedness.

**Registration is required:** Please fill out this [registration form](#) to apply for this retreat. You will be notified of acceptance into the retreat and will be given further information of the retreat at that time.

**FOR MORE INFORMATION:** [contact@liberatingawareness.com](mailto:contact@liberatingawareness.com)