

Finding Clarity in Confusion: Five Doorways

A retreat for New Mexico sanghas (online)



Aug 2-8, 2020
Teacher: Kim Allen

Retreat Schedule:

Sun, Aug 2	9:30am-3:30pm
Mon, Wed, Fri, Aug 3, 5, 7	6:30-7:30pm. Practice discussion available 7:45-8:30pm.
Sat, Aug 8	9:30am-3:30pm

To participate:

Please commit to both daylongs and at least one weeknight. [Register for the retreat here](#). It is also fine to attend either daylong as a single event (register at the same link above).

Supplemental teachings (not part of the retreat):

Tues, Aug 4 and 11	6:15-7:30pm (regular session at SFVS)
Thurs, Jul 30 and Aug 6	6:30-8:00pm (regular session at AIMC)

Description:

When the ground shifts beneath our feet, how do we orient? What is reliable, both as an inner refuge and as a source from which to act? Buddhist teachings emphasize the impermanence and unreliability of the world, and they also offer reliable means to navigate such a world skillfully, such that our life becomes a path to Awakening. In this retreat, we will use the five spiritual faculties (trust, energy, mindfulness, concentration, and wisdom) as reference points and doorways to finding clarity amidst uncertainty. Each offers different means to develop the mind and to act with wisdom and compassion in our life.

Teacher bio:

Kim Allen has been practicing Insight meditation since 2003, and has trained intensively in the US and Asia. Trained by Gil Fronsdal, she is a teacher at Insight Santa Cruz and offers Dharma programs, sutta study, and retreats in the US and Canada. Dedicated to a life of deep Dharma practice in the West, she draws from a background in science, contemplative practices, and creativity to offer classical Dharma in a modern context.

Kim's website is uncontrived.org. She offers a monthly email contemplation – sign up [here](#).