

Immerse Yourself in Deep Mindfulness & Great Compassion:

A Silent Meditation Retreat

Guided by Joel & Michelle Levey

April 16 to 24, 2019

At Trout Lake Abbey, Washington



*"The more you listen, the more you will hear.
The more you hear, the more and more deeply
You will understand."*

- Dilgo Khyentse Rinpoche



Are you yearning for some time of deep silent contemplative practice?

Is the sweet territory of silence calling you home to the spacious awake awareness within you?

Would you like the rare and precious opportunity to develop and deepen
In your practice of meditation and mindful presence?

Would you appreciate the opportunity to receive guidance from two
internationally respected contemplative guides
with a combined 100 years of intensive study, practice, research, and teaching?



At this time in our lives and world where so many people are overwhelmed, scattered, and anxious, developing and sustaining a robust contemplative practice is a revolutionary dedication to living as a force for good. To develop and sustain our practice, it is essential to devote ourselves to periods of intensive immersive retreat practice, guidance from qualified teachers, and a consistent daily practice.

This rare opportunity to participate in an intensive silent retreat offers a precious opportunity to gain insight into your true nature and highest potentials, and the rare and precious human resources of awake awareness, great compassion and

lovingkindness, intuitive wisdom and insight, and deep healing capacities residing in the deepest dimensions of your humanity.

This meditation retreat offers a rich blend of wisdom principles, practices, and perspectives from various lineages of vipassana/insight meditation, the Bodhisattva tradition of dedication to awakening for the benefit of all beings, and the clear view of the Dzogchen traditions. Each day of this retreat will offer cycles of sitting, mindful walking, embodied moving meditations, eating meditation, time for deep reflection, time alone and with the community, meditation instruction and teachings, inner-views with the teachers, and immersion in the “holy book of nature.”

Our focus will be on cultivating a continuity of mindful clear presence in daily life, deep listening, great compassion, healing, awake awareness, and a natural seamless integration of sublime and sacred view into the ordinary activities of our lives in order to live for “the benefit of all”)))

This retreat will be suitable for both experienced practitioners as well as novice meditators who have a sincere intention to develop and deepen their meditation practice in order to live more fully as a force for good and a source of inspiration in our complex world.



***Please register for this retreat as soon as possible –
as we need to have at least 12 people
by February 15 to hold our reservation.***



*“In this era, to become a spiritual inquirer without social consciousness
is a luxury that we can ill afford,
and to be a social activist without a scientific understanding
of the inner workings of the mind is the worst folly.
Neither approach in isolation has had any significant success.”*

~ Vimala Thakar





Retreat cost: \$950/person

(Covers facility rental fees and food only)

Accommodations: Room rates vary depending on the space you choose - ranging from camping to shared or private rooms. Please make arrangements for your lodging directly with Claire at Trout Lake Abbey – [509.395.2030](tel:509.395.2030) - business@tlabbey.com

Dana: Retreat cost above does not include an offering to our retreat guides, Joel and Michelle Levey. Please plan to make a dana donation to honor their time and teachings. Suggested range is \$300 to \$1000 for this retreat.

Food: This retreat will nourish us with a plant-based organic menu. If you have any special dietary needs please let us know at least 3 weeks before the retreat. If you require foods other than what is provided, please plan to bring whatever you need with you.

Travel: Trout Lake Abbey is near Mount Adams in Washington State north of the Columbia River. Car pools will be arranged from Seattle. Participants flying in can either fly into Seattle and catch a ride, or fly to Portland, OR and rent a car, or perhaps find a ride from someone coming from Oregon.

To Register:

- Please email us to confirm your intention to attend.
- Send your payment via check or PayPal or Credit Card:
- Please make checks out to: Michelle Levey
and mail to us at the following address:
 - Joel & Michelle Levey
 - PO Box 1298
 - Kapaau, HI 96755
- For payment via credit card or paypal, please use the following link:
 - https://www.paypal.com/donate/?token=iRgGWpbbkIEwlvvGNNfmz2LE_H8vCOL_VTJ0ieJhxep86YpztDIYScGjTFDJo0BN4Do9m&country.x=US&locale.x=US



For more information or questions, please contact Joel and Michelle:

Telephone: +1 206 799.8222

Email: [Levey @wisdomatwork.com](mailto:Levey@wisdomatwork.com)

Your Guides:

Dr. Joel & Michelle Levey offer a wealth of insight and skillful means distilled from 50+ years of intensive study, practice, research, and teaching in various contemplative traditions. Their contemplative roots are deepest within the various lineages of Buddhist traditions – Vipassana, Forest Monastery, Mahayana, Vajrayana, Dzogchen – and they have also trained with many respected teachers in a wide variety of other modern and ancient, Eastern, Western, and indigenous wisdom traditions.

Nobel Peace Laureate, His Holiness the Dalai Lama, an advisor on numerous of the Leveys' projects, once wrote to them in a letter that, *"You are presently engaged in work that has great prospects for bringing the Dharma (the inner sciences of human transformation) to a very wide section of people who may not under ordinary circumstances come into contact with these teachings. I am very pleased about the work that you are doing and send you blessings and prayers for your success."*

Joel & Michelle are founders of Wisdom at Work, Kohala Sanctuary, All My Relations Sangha, and Dorje Dechen Ling. Their teachings are especially relevant for individuals, teams, communities, and organizations seeking to develop greater capacity to thrive in VUCA times of increasing volatility, uncertainty, complexity, and ambiguity.

Michelle and Joel have been fortunate to study closely with teachers from many lineages and wisdom traditions including: His Holiness the Dalai Lama, Kalu Rinpoche, Dipama, Rina Sircar, Chagdud Tulku, Ram Dass, Stephen Levine, J. Krishnamurti, Thich Nhat Hahn, Lama Tharchin, Lama Yeshe, Sharon Salzberg, Joanna Macy, Jack Kornfield, Steven Levine, the Karmapa, Dudjom Rinpoche, Ruth Denison, Goenka, Robert Thurman, Namkai Norbu Rinpoche, Zong Rinpoche, and many others. They have had the good fortune to participate in nearly 2 years of silent contemplative retreats – including a year-long silent retreat with Gen Lamrimpa – supported in part by the Dalai Lama. Their unique style of

contemplative, Dharma teachings draws wisdom and inspiration from many teachers and lineages and has a deep grounding from the Bodhisattva tradition with a heartfelt dedication to both personal awakening and social transformation.

Michelle and Joel have been involved with mind science and contemplative research since the early 1970s and are internationally regarded as early pioneers introducing contemplative science and practices (including mindfulness) into mainstream organizations, medical centers, higher education, government and sports arenas since that time. They have been deeply involved with contemplative research and participated in many programs with Mind and Life Institute, Academy for Contemplative and Ethical Leadership (ACEL), Contemplative Mind in Society, Center for Compassion and Altruism Research and Education (CCARE), International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM), Institute of Noetic Sciences (IONS), Association for Applied Psychophysiology and Biofeedback (AAPB). They have worked with hundreds of leading organizations around the globe including: NASA, Google, World Bank, M.D. Anderson Cancer Research Center, the World Government Summit; Boeing, Microsoft, etc. and they have been advisors for British Parliament and the Mindfulness Initiative's historic Mindful Nation UK report, and Chairpersons for the Institute for Health and Productivity Management's Center for Corporate Culture and Organizational Health. They serve on the faculty for University of Minnesota Medical School, and have also served as faculty at: Indian Institute of Management (IIM), Mahidol University, Bastyr University, Antioch University, and the World Business Academy.

Michelle and Joel's written works, available in 15 languages, include: *Living in Balance: A Mindful Guide for Thriving in a Complex World*; *Mindfulness, Meditation, and Mind Fitness*; *Wisdom at Work*; *The Fine Arts of Relaxation, Concentration, and Meditation: Ancient Skills for Modern Minds*; *Luminous Mind*; and *Intuition at Work*. For more info visit: <http://WisdomAtWork.com/mindfulnesspioneers/>



“The work of Joel and Michelle Levey has long been a luminous thread in the fabric of the Great Turning. They embody in many ways this epochal transition to a life-sustaining society.”

– Joanna Macy, Deep Ecologist, Activist, and Scholar