

An aerial photograph of a mountain retreat center. The center is a small cluster of buildings with green roofs, situated in a valley surrounded by dense forest. The trees are in various stages of autumn, with colors ranging from bright yellow and orange to deep reds and purples. A dirt road winds through the trees, and a large, circular stone structure is visible in the upper middle part of the image. The overall scene is peaceful and scenic.

Both Happiness and Suffering are Not True Reality

A 4-day Well-being Mindfulness Retreat
with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister
6-9 October 2022

In the beautiful Autumn forest & mountain settings at Sinh Thuc Meditation Center, we will learn the Wisdom teaching on living well with the ups and downs of life in the present moment as it is the only moment to live. Life can be quite difficult when we demand it to be according to our desires. When recognized that life is the product of countless conditions and the way of nature, we embrace life moments with the spirit of openness and naturally be with things as they are, then all life circumstances become much manageable and great learning opportunities. At this 4-day retreat, we will learn the wisdom teaching on how both Happiness and Suffering are really not the true reality, but only our perceived reality. Unfortunately, we often believe this perception as the truth then get caught in this labeling of the mind. The practice of seeing things clearly (vipassana) is actually easier than we think and can be practically integrated into our daily life to bring about insight and well-being. The Retreat will include time for self contemplation, outdoor meditation, wellness exercises, listening to the teaching, group discussion, Q & A session and relaxation.

Retreat fee per person - \$250 (dormitory), \$300 (double occupancy), \$350 (single occupancy), \$200 (camping). The non-religious program is for all levels of meditation practice. Register early by email (registration@sinhthuc.org) or call the office (703-787-3377) to reserve your place.

For the health being of everyone during the pandemic, all participants will be required to show proof of fully vaccinated with Booster. Appreciate your understanding and support.

Sinh Thuc Meditation Center

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