

# Awaken with Difficulty

like Lotus Flower in the Mud

7-9 March 2025



In-person Spring Weekend Mindfulness Retreat  
with Hai Nguyen, Mindfulness and Zen Buddhist Minister

We often come to the spiritual practice to look for ways to transform suffering and find happiness in our life. However, if we continue to believe that suffering existed because of difficult circumstances or others, then suffering will be here to stay. If we still think that happiness is only possible when we get what we want and love, then happiness will continue to be beyond reach. The Spiritual path is the path of awakening to the nature of life, the path of experiencing clearly as things are to free us from the illusion of the mind. Only when we stop experiencing life through perception and wanting that suffering would effortlessly end and true happiness would naturally bloom in our daily life like Lotus flowers in the mud.

The Weekend meditation retreat on 7-9 March 2025 on “*Awaken with Difficulty like Lotus flower in the Mud*” is a great opportunity to take a break from the busy routine, to reflect on what are really important in life, to learn and practically integrate the thousand years old Wisdom teaching on cultivating well-being in everyday busy life. The event will be structured with a balance of talk on the Wisdom teaching, meditation sessions, storytelling, wellness exercises, group discussion, and Q & A in a friendly, nurturing and supportive environment.

The Weeknd retreat is free based on the 2,600 years old Buddhist tradition. Online registration is required at <https://forms.gle/WjvKBHzovg5dxN5x7> Dormitory lodging and Cushion-mat/Back jack/Chair sitting accommodation are available. Nutritional vegetarian meals are provided. A voluntary donation (Cúng dường) of \$200-\$300 per person is suggested via Venmo at @SinhThuc or PayPal at registration@sinhthuc.org to support the cost of the retreat and maintaining the Meditation Center.

*Sinh Thuc* Meditation Center

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