

Silent Vipassana Retreat with Matthew Flickstein

Madonna Retreat Center

4040 St. Joseph Place NW, Albuquerque, NM 87120

January 17-22, 2007 [i.e. 2008]

Registration and check-in begins at 5:00 pm, Thursday, January 17th

Retreat begins at 7:00 pm, January 17th

Ends with lunch on Tuesday, January 22nd

Exploring the Dimensions of Self and No-Self

Throughout our lives, we seem to be asking the question, “Who am I?” Just when we may have a clear answer, the question becomes “Who am I not?” How perplexing!

Having a healthy self image and knowing that we create our own reality is essential for our psychological well being. At the same time, knowing who we are beyond our own creation is essential for our spiritual well being.

This retreat will explore the dimensions of self and no-self through various meditations, contemplations, dharma talks, and teacher conferences. It will be a journey into the realm of time, space, and emptiness.

Matthew Flickstein

A former psychotherapist, Matthew Flickstein founded The Forest Way center in 1993. He has been practicing and teaching insight meditation for over thirty-two years. Matthew has studied with teachers from many spiritual traditions and at one time was ordained as a Theravadan monk.

His primary teacher is the Venerable Bhante Gunaratana, a Buddhist monk for over sixty-five years and the author of *Mindfulness in Plain English* and *Eight Mindful Steps to Happiness*. Together they co-founded the Bhavana Monastic Society and Meditation Center in West Virginia in 1982.

Matthew has published two books: *Journey to the Center: A Meditation Workbook* and *Swallowing the River Ganges: A Comprehensive Practice Guide to the Path of Purification*. A revised edition of *Swallowing the River Ganges* entitled *The Meditators Atlas: A Roadmap to the Inner World* was released this past summer.

Matthew travels internationally leading meditation retreats and teacher training programs. He also leads spiritual pilgrimages, eco tours, and cultural immersion programs throughout the world. He is currently producing a documentary entitled *Voices of Truth: The Meeting Point of all Mystical Traditions*.

For information, contact the registrar:

Debra Serrino, debra2@serrino.com, 505/792-1101

Information and forms are also available at www.abqsangha.org

(over)

Fee Schedule and Room Types

Rooms will be assigned in the order that deposits are received. If your room choice is unavailable, you will be notified and offered another option.

Retreat fee covers room and vegetarian meals:

- Single with shared bath: \$375
- Single with private bath: \$440
- Double with shared bath: \$340
- Double with private bath: \$380

The teacher requests that participants commit to arriving at the beginning of the retreat and staying until the end. For this reason, there will be no partial or commuter registrations.

Important Dana Note

In keeping with our tradition that dharma teachings are priceless and freely given, *compensation for the teachers is not included in the retreat fees.* The teacher offers his wisdom and guidance without charge. At the end of the retreat, participants have the opportunity to return this generosity by making a *dana* donation to support our teacher in his ongoing work of serving the dharma. When planning for the retreat and considering your gift, please reflect on the value of the teachings in your life and remember that our teacher relies in large part on *dana* for his livelihood.

Scholarships

It is the intention of the Albuquerque Vipassana Sangha that no one refrain from taking part in any retreat we sponsor due to financial considerations. We offer scholarships up to 2/3 of the retreat fee. All scholarship inquiries and assistance will be kept confidential. To request scholarship information, contact registrar Debra Serrino at 505/792-1101 or debra2@serrino.com. **Scholarship applications are due by Dec 13, 2007.** Requests made after that date will be considered based on available funds.

Registration Form - Matthew Flickstein Retreat - Jan. 17-22, 2008 - Albuquerque, NM

Name: _____ email (print clearly) _____

Address: _____ Zip _____

Phone(s): _____ Scholarship info? _____

Room Pref 1st choice _____ 2nd choice _____ Roommate pref (dbl) _____

Special food needs: _____

Other special needs: _____

Fill out registration form & mail with \$125 deposit to: Debra Serrino, 7204 Painted Pony Trail NW, Albuquerque, NM 87120 . Make checks to "Albuquerque Vipassana Sangha" & earmark for retreat.

The deposit is non-refundable after Dec. 20, 2007. Remainder of fee is due by Dec. 27, 2008. Due to the cost of reserving retreat space, after that date you will be responsible for the full fee if you cancel.

If in the spirit of generosity you wish to contribute to the scholarship fund or the sangha, please make out a separate check to AVS earmarked for that and send to Debra Serrino at the above address.