

HOLY SPIRIT RETREAT CENTER | 4316 LANAI RD., ENCINO, CA 91436

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Saturday, March 1, 2014 | 9:30am—3:00 pm

SIT LIKE A MOUNTAIN

Sitting like a mountain, let your mind rise and fly and soar.—

On how to meditate by Fr. Seraphim



The posture of sitting while meditating is as ancient as meditation itself. The ancient monks of the Eastern Church instructed their students to sit quietly and pray while following the breath and being mindful as one's heart beats.

This day will be led by Fr. Alden Sison, a practitioner of sitting meditation, who says that meditation is not just for nuns and monks: "If we can say that meditation is to bring oneself into the presence of God, then everyone is called to meditation."

St. John of the Cross, the sixteenth century mystic, taught that "the language of God is silence." Sitting quietly, praying silently before God lets us listen to God's voice.

Fr. Alden wrote his master's thesis on the mystical experience of the 16th century Spanish mystic and reformer, St. John of the Cross. He explored the meaning of the dark night of the soul. He discovered through his sitting prayer that "St. John and the Zen Buddhists depart from the common plane of nothingness...Nada! Nada! Nada!" God draws us through the dark night! Come and "sit like a mountain" with Fr. Alden.

FEE: \$45 WITH LUNCH | \$35 WITHOUT LUNCH |

\$10 NON-REFUNDABLE DEPOSIT WITH REGISTRATION

REGISTRATION FORM

(SIT LIKE A MOUNTAIN, March 1)

NAME : _____

ADDRESS: _____

E-MAIL: _____ TEL. : _____

ENCLOSED IS MY NON-REFUNDABLE DEPOSIT: \$ _____ ENCLOSED IS MY FULL PAYMENT: \$ _____

ENCLOSED IS MY FREE—WILL OFFERING : \$ _____

SIGNATURE: _____ DATE: _____