

Awakened Nature

A Day of Mindfulness on the Land

Cynthia Eisho Morrow

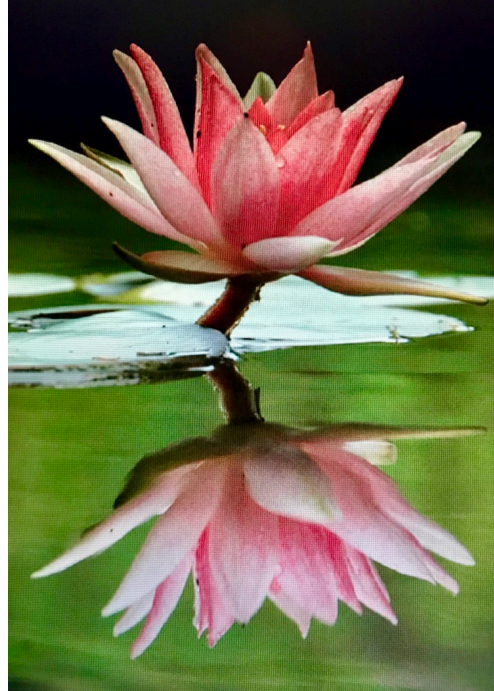
Saturday, April 28th
9am - 5pm

Austin Creek
Sonoma County

Suggested donation: \$60



*Body is the tree of enlightenment,
Mind is like a clear mirror stand;
Strive to polish it diligently,
Do not let the dust motes land.*
-Shenxiu



The heart of earth-based and eastern spiritual traditions share an understanding that all living beings are awake and aware, residing within an utterly interdependent web of existence. Join us for a day to explore mindfulness upon the earth. Our ordinary busy minds will be invited to settle into the present moment of embodied experience. Truths about our own unique journey of healing and transformation will be reflected within the mirror of nature and the mirror of our own awareness. Meeting ourselves deeply in this way, we allow the natural arising of peace, joy, love and wisdom to emerge.

This daylong will include several periods of sitting and walking meditation. Simple teachings to support inner calming and reflectiveness will be offered, as well as time for sharing and discussion. The fruits of this day will be dedicated to the awakening of understanding and compassion for all beings everywhere.

For more information or to register, contact:
cynthia@earthwaysllc.com

Cynthia Eisho Morrow MFT is a wilderness rites of passage guide, a seasoned psychotherapist of over 20 years, and biodynamic craniosacral practitioner. She is a novice ordained priest in the Japanese Tendai tradition. Her work is devoted to the awakening of our interconnected nature for deep healing, inner strength, and whole-heartedness. She has trained and guided with the School of Lost Borders and is a certified Wilderness First Responder. Her web address: www.natureofsoul.com. Email: cynthia@earthwaysllc.com