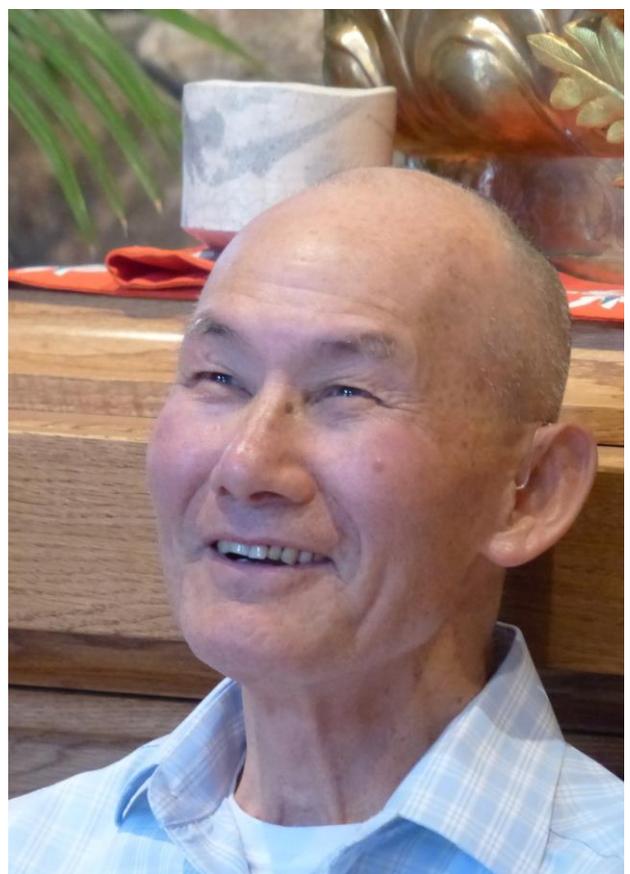


BEING... IS WHAT YOU ARE!

Had You Noticed?



with Buddhist Dzogchen Teacher Brendan Kennedy*

Saturday and Sunday, May 20-21

with sessions at 10-noon 2-4 pm (and 6:30-8 pm on Saturday)

at The Whole Health Center, Bar Harbor, Maine

The great Tibetan sage Longchenpa tells us: "All are one in their pure fact of being". But, like a fish unaware of water, can we experience that "pure fact of being" right now?

Brendan Kennedy faithfully urges and points us to our moment to moment capacity to drop the mind and let things be what they are.

In this informal retreat Brendan will offer us teaching sessions and carefully sequenced meditations that will *point out*, to our own recognition, our true nature as that Being and that Awareness that underlies all our experience and is innately perfect and complete. And we will have the opportunity to examine and discuss our practice and experience together.

Longchenpa advises: "Fulfill all aims by letting everything be without striving. The dimension of being -- and all appearances themselves -- are pure and total presence. From pure and total presence comes the dimension of the full richness of being. Seek for the Buddha nowhere else than in primordial freedom itself -- the pure fact of being aware right now."

This is a non-residential retreat. If you are from afar, ask us for help finding local accommodations. Cost for the retreat is \$135. Please call or email to register at: 207-288-4128; info@thewholehealthcenter.org.

****About Brendan Kennedy:*** Brendan's earliest memories are of wandering as an orphan through war-torn Korea, bombs falling on all sides. Some years later he came to the US, adopted by the family of a US soldier. Before long, he resumed his wandering, becoming a ski bum and later a landscape gardener. Finally, he dropped it all, and returned to pilgrimage in Asia, where he landed in India at the feet of Tibetan lamas. Thus commenced a life devoted to Buddhist practice, and today he is a respected teacher, in demand at many teaching centers. His own teachers include His Holiness the Dalai Lama, Dilgo Khyentse Rinpoche, Chatral Rinpoche, Sokste Rinpoche, and Lama Surya Das. Drawing as well on his deep study of Ramana Maharshi and Nisagardatta Maharaj, Brendan illuminates the connection between *Dzogchen* and *Advaita Vedanta* through experiential teaching.