



## **In-Formed By Feelings: The Path of "Getting Real"**

*coming to know what you feel, when you feel it; finding out how how to be informed by feelings energetically, emotionally, and in terms of "knowing your heart"*

**A Meditation Retreat/Workshop with Edward Brown  
Green Gulch Farm, Muir Beach, California  
October 28—31, 2010**

Feelings, rather than being a *bête noir* to be marginalized or caged, can be the basis for knowing intuitively, perceptively what's what in your life and in the world. There's work to this, study and practice, observation and clarification, so that more and more, feelings in-form your being—you are genuinely you, formed from within, a living, breathing spirit incarnated into your own life. As Suzuki Roshi put it, "You are the boss of your own life." In *The Happiness Hypothesis*, Jonathan Haidt says that scientific research shows that people without emotions (due to brain injury) cannot function. Contrary to what we typically think, rationality that is not in-formed by emotion is lost, clueless.

We'll practice acknowledging feelings, and studying how to be with them. This is the work of a lifetime, so we're not planning to solve or resolve your life issues, but to move the process along, to shed some light, to share some insight, to study and practice together:

- What are you feeling?
- What if anything is to be done about it, with it? For instance people typically wonder how to get rid of anger without having to experience it. How workable is that?
- What's your story about what you are feeling?
- What, if anything, would solve/resolve the emotion?
- Is that actually necessary or desirable? (Hafiz, for one, says, "Let your grieving cut more deep.")
- Is this about today or the woundedness from childhood?
- Are these my feelings, or are they simply in the room?
- What can I allow myself to feel? And is there a way to bring it home to my heart?
- Is there something wrong with me, if I have feelings?

Observing carefully, perceiving what's been hidden, waking up to the reality of the moment, taking responsibility for one's presence in this place and time. If nothing else, remembering, reminding yourself, as much as you need to: nobody "makes me" feel anything. To say, "You make me mad, you disappoint me, you make me sad," is to go on believing that you are the victim of circumstances. It's simply not true. You are you. And you feel what you do. Own it! And as Dogen Zenji says, "The treasure doors open, and you spend your treasure freely."

### **Schedule and Activities**

We'll gather late Thursday afternoon to visit, followed by dinner and an evening meeting. Friday and Saturday we'll meet in the yurt from about 6 am - 9 pm for sitting and walking meditation, chi gung, talks, chanting and discussion. We'll conclude after lunch on Sunday.

### **Accommodations and Cost**

Singles or doubles at the Green Gulch Guest House; group accommodations in the yurt (folding mattresses provided; bring your own sleeping bag and towel; limit 5). All-inclusive fees per person (housing, all meals, tea and coffee, use of the meeting space, and Edward's teaching) are \$650 for a single room, \$625 for a double, and \$450 to sleep in the yurt. If you register and pay in full by September 16, take \$25 off.

### **For More Information or to Register**

Contact Clare Hollander, [clare@peacefulseasangha.com](mailto:clare@peacefulseasangha.com) with questions or to register. A deposit of \$175 is due by September 16 to secure your space; balance due by October 7.

**The Not-So-Fine Print:** By reserving the Guest House and meeting space, Peaceful Sea Sangha is financially obligated to Green Gulch. We can't count on last-minute registrants, so we can't refund your deposit if you cancel after September 16 unless we are able to fill your space. If you cancel after October 7 *and have paid the balance*, we will refund only \$150 (the teaching donation portion of the total cost) unless we are able to fill your space. Thank you for understanding.

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