

MUKTI



**Abide
at the edge
of inner
and outer
worlds until
they disappear
into one
without another.**

~ Mukti

Dear Sangha,

For each one of us life is a surprise. No matter how we picture it, it shows up in forms that defy all thought.

After years of travelling with Adya for his teaching, I never thought that I'd be travelling on my own, responding to invitations extended from cities both local and afar. Below you'll see that my role of Associate Teacher here at Open Gate Sangha has expanded beyond the one-on-one dokusan meetings to also include group satsang and one-day silent retreats.

I'm particularly interested in the one-day silent retreat format, which I've structured to include three short satsangs interspersed with periods of meditation. I'm also interested in bringing the possibility of retreat and extended time in silence and inquiry to more people.

Also a great surprise has been getting to experience the wonderful flavors of many of you, all of whom are indeed "Dear Sangha."

May you know without question the flame of liberation that burns brightly, continually.

Your One True Self,

Mukti

About Mukti

Mukti, whose name is translated as "liberation," is the Associate Teacher of Open Gate Sangha. In 1996 she began studying the nondual, Zen-flavored teachings of Adyashanti, her husband. Prior to that, Mukti studied the teachings of Paramahansa Yogananda for over 20 years. In her own teachings, Mukti points audiences back to their natural state of wholeness or undivided consciousness. Licensed in acupuncture and certified to teach hatha yoga, Mukti has a love of the whole, in form as well as the formless.

Events In Palo Alto, CA

The stillness of meditation and the dynamic inquiry of satsang are a potent combination for realization. Accordingly, Mukti regularly offers both satsang and meditations locally in Palo Alto, CA.

▶ Satsangs ~ Unity Palo Alto Community Church

Mukti frequently opens satsang with a talk or guided meditation and follows with questions and answers pointing directly to your true nature.

The contribution per satsang is \$10, paid at the door. Chairs are provided. Please do not bring backjacks.

Wednesdays: January 23, February 27, March 26, April 30

Time: 7:00–8:45pm
Doors open 20 minutes prior to satsang for silent sitting.

Location: Unity Palo Alto Community Church
3391 Middlefield Rd., Palo Alto, CA

▶ Monthly Meditations ~ St Mark's Episcopal Church

Offered on a donation basis, meditations include two 40-minute silent sittings with a silent break between. Mukti will offer a guided meditation during the first sittings. You may attend one or both sittings.

Mondays: January 14, February 11, March 10, April 14, May 12, June 9

Times: First Sitting: 7:00–7:45pm / Second Sitting: 8:00–8:45pm
Please arrive early. Doors close at the start of each period.
No entry during meditation.

Location: St. Mark's Episcopal Church Chapel
600 Colorado Ave., Palo Alto, CA 94306

The Chapel is the small building on the right as you enter the first driveway. Some chairs will be provided. Please bring your own floor seating. Sorry, no lying down or standing meditation allowed.

Travels

Mukti will be teaching in the following areas during the first half of 2008:

- ▶ **Portland, OR** January 18–19
- ▶ **Auburn, CA** March 14–15
- ▶ **Ashland, OR** April 11–12
- ▶ **Olympia, WA** May 2–3

In each city Mukti will offer an evening satsang followed by a one-day silent retreat. Visit www.muktisource.org for complete details about these events. For one-day retreats, preregistration online is recommended. Event announcements will be included in Adyashanti's monthly email prior to each event.

Private Meetings

Mukti offers dokusan (private meetings for satsang inquiry) in San Jose, CA. For those who live outside the greater San Francisco Bay Area she offers dokusan by phone. To schedule a dokusan, call Terri at (408) 299-0201 ext. 20.

www.MUKTISOURCE.org

Visit www.muktisource.org for complete details about Mukti, her teachings, and her events. The site offers written teachings, schedule updates, directions, online registration for one-day retreats, plus an opportunity to invite Mukti to give satsangs in your area.

The Nameless

BY MUKTI

Krishnamurti spoke of how the bird is at once lost to the child who learns its name.

Can you recall when you were a child experiencing the world arising, moment-to-moment, without thought dividing its content?

In the spirit of recalling this perspective, prior to duality, I invite you to read ahead, and then try this exercise:

Look out the nearest window or across the room, and name what is in front of you. Perhaps several names come to mind (e.g., green, tree, pine). Subsequently, wipe each name from your mind as you look at the object, until you can see it without a name. As your eyes relax and your vision widens, take in the view globally.



To take the investigation further, let your listening relax outward, globally. If a thought that names a sound arises, simply let the name relax out of your mind and turn your attention again to what is within your range of hearing, letting your field of hearing widen and relax outward to experience a global awareness.

And finally, invite any sense of the one named “you,” your familiar sense of self, to relax out of the center of your experience. You may feel the edge of your body soften

or, more importantly, your sense of the one who is tracking perception and doing this exercise, dissolve out of the center.

Rest in this awareness that does not divide, does not name, and which itself will forever remain nameless. ▶