



***Exploring Wisdom, Compassion and Freedom***  
**Kentucky Retreat, June 2014**

Carol Blotter  
Insight (Vipassana) Meditation

Why do we experience periods of confusion, judgment, emotionality and reactivity? It may be because we are not seeing things as they really are.

Wisdom is the investigation into the characteristics of all phenomena, that is to see impermanence, unsatisfactoriness and selflessness clearly. To not just believe what is read or said but to discover it for oneself requires courage, patience, curiosity and compassion. Compassion is realizing that humans are wired to struggle and opening to that struggle internally and externally. Without wisdom, one might be a good-hearted fool. Without compassion, one is focused on a goal that can't be realized without an open-heart.

Engaging both wisdom and compassion, this retreat will explore the true nature of reality, that which is beyond how we normally perceive the world, that which is empty of self and boundaries. Through clearly seeing the way things are, one can come to realize what it means to awaken, to be deeply connected and not bound by our concepts, opinions and beliefs.

There are many benefits to a period of retreat practice which include cultivating deep wisdom into the nature of the human mind and the opening of the heart. While based on Vipassana, this silent retreat will include instruction and teachings from many traditions as well as walking meditation. No prior experience necessary; all are welcome.

# RESIDENTIAL RETREAT

Dates: 2014 – June 16th (Monday) to June 21 (Saturday)

## LOCATION

8001 Cummings Road,  
Maple Mount, Kentucky 42356

Mount Saint Joseph Retreat Center is a peaceful, rural campus with private rooms, vegetarian meals and ample outdoor walking space; plus ample indoor air-conditioned spaces. <http://ursulinesmsj.org/conference-retreat-center/about-the-center>

## TEACHER

Carol Blotter has been practicing Insight (Vipassana) Meditation since 1989 and has been teaching since 1999. Over the past 15 years, Carol has led more than 40 retreats across the United States and has taught over 50 classes in meditation to spiritual seekers, schools, universities and medical groups. She is a teacher for The Forest Way which is an organization dedicated to providing retreat opportunities conducive to spiritual growth that is both balanced and integrated.

[www.ChelseaMeditation.com](http://www.ChelseaMeditation.com)

## COSTS

1. Room and board: \$650  
(\$200 non-refundable deposit required by  
March 31, 2014).

Checks payable to:

*Mindful Heart Buddha Sangha*

Bradford Park Office Complex

600 N. Weinbach, Suite 220

Evansville, IN 47711

2. Dana: In the tradition of dana (gifts of generosity), the teachings are offered freely. The teachers receive no payment for their services. At the program, there will be a dana basket for your free-will offering in gratitude and support to the teachers.

## MORE INFORMATION

Ask questions and RSVP:

Email - [mindfulheart@gmail.com](mailto:mindfulheart@gmail.com)

Subject line: 2014 retreat

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Evansville, IN <http://mhbsangha.com/>