

In the first days of June, just seven weeks away, we will gather at Hallelujah Farm to play with how we may open more fully to life through exploring our hearts.

Join us as we cross fertilize the intimacy of heart so magnificently developed in Christianity with the ancient Taoist understanding of the essential unity of body mind and spirit.

Innumerable heart and awareness practices are found within the Taoist framework of Earth Heaven Human, involving our embodiment individually and as a group. These dovetail with Wisdom tradition practices that emphasize letting go, putting the mind in the Heart, and grounding in our core selves with a tender awareness of our connection to all things.

We enter these explorations with great joy, as Laura welcomes Allen Bourque to a collaborative weekend retreat of inquiry and experience together.

Register now!

*Happy Spring!*

*With heart, Kerstin, Laura & Allen*

## **The Embodied Heart: *Finding Presence in Daily Life***



**Thursday June 20 – Sunday June 23, 2019**  
**Hallelujah Farm • Chesterfield, NH**

In the Wisdom tradition, the heart is an ‘organ of perception’ and our place of connection with Presence and Life. Becoming acquainted with the heart allows us to open more fully and attune to the varied circumstances of our everyday lives.

Join us for a weekend retreat that offers a unique opportunity to explore and begin to develop a relationship with our heart. Through guided contemplative and body-based practices drawn from Taoism, Christianity, and Robert Sardello's *Heartfulness*, we will explore the space of our hearts in a variety of ways and contexts: from the depths of our prayer lives to chopping vegetables to conversation with one another.

We will live within a rhythm of centering prayer, chanting, lectio divina as well as body practices and conscious practical work. There will be free time to rest and enjoy the beautiful landscape of the Farm.

People of all spiritual traditions (or none) are welcome. Some experience with silent prayer or meditation is helpful.

**Retreat Guides:** Allen Bourque and Laura Ruth.

[Allen](#) is a long-time Centering Prayer practitioner, student of Taoism and Tai Chi teacher who has been presenting workshops and retreats throughout New England for several years. Laura began Incarnating Wisdom last year with Kerstin Lipke and they are in their fourth year of co-facilitating Wisdom retreats at Hallelujah Farm. Laura is interested in Wisdom as lived experience, particularly through body sensation and the heart; living the vertical and the horizontal through an inner life with Spirit in interplay with the world and dynamic relationship with all creation.

**Information & Registration:** Contact Laura Ruth at [laurampruth@gmail.com](mailto:laurampruth@gmail.com).

In order to hold your place, the following deposit is requested:

\$75 due by June 6<sup>th</sup>.

**Retreat begins:** Thursday, June 20th at 5:30pm with a light supper.

**Retreat ends:** Sunday, June 23rd at 1pm after lunch.

**Cost:** All are welcome. The suggested contribution for this retreat is \$350 which

includes a \$75 deposit.

However, we are grateful for your support in the amount you feel you can afford.

**Venue:** Accommodations at [Hallelujah Farm](#) are in shared double rooms. Single rooms may be available upon request for an additional suggested contribution of \$25/night.

**This retreat is made possible with the help of a grant from  
the Friends of Incarnating Wisdom.**

**We invite you to join us with your support!**

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**Our mailing address is:**

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