

# Living Awareness

## presents a February Enlightenment Intensive

We entreat you to join us in this seriously devoted inquiry into **Truth, Self and the Eternal**. It is a blend of Zen Buddhism and modern psychology and has ties with many other spiritual traditions.

The practice is rigorous—three full days in contemplation of a natural koan: "Who am I?" "What am I" "What is Life?" or "What is Another?" The technique employed includes contact with others, in a dyad format, where the contemplator communicates what arises as a result of the contemplation to his/her partner. The partner is a compassionate listener, fully receiving in loving devotion.

Then the roles reverse so that the partners take turns as contemplator/communicator and listener/receiver. Dyad partnerships change throughout the day and there are times of silent walking contemplation and other activities.

Nearly everyone reports states of divine love, great insight and/or psychic or emotional "purging" of conditioning and trauma. Some also have kensho or satori experiences.



- Dates:** Friday evening, February 12 to late Tuesday morning, February 16, 2009
- Where:** Indianola (between Poulsbo and Kingston), Washington—a ferry ride from Edmonds
- Facilities:** Camp Indianola, [www.campindianola.org](http://www.campindianola.org)
- Cost:** \$300/person
- Who:** Karen Lynn & Kurt Treftz
- Contact:** 425-761-7100  
ktreftz@aol.com



[www.LivingAwareness.org](http://www.LivingAwareness.org)