

# Happily Relating to Ourselves Happily Relating to Others

*Retreat, May 30 - June 1  
Or Day Of Mindfulness, June 1*

*At Dharma River  
Mindful Living Community*

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Dear friends,

Spring is fully present. We watch the trees and plants wake up and push out new buds, flowers and leaves with a tender and yet very rich force.

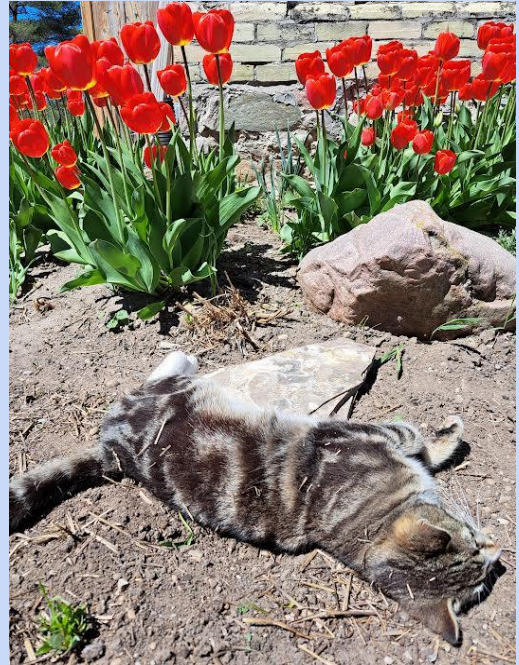
We, human beings, part of the cycle of seasons, also feel a beginning anew in this time. May we all feel more positive and energetic and transform some of our suffering at the core of our beings. May we shed light on our fears, especially the fear of abandonment, and happening alongside with this fear is our great desire to be in relationships. May we learn to relate to ourselves happily so we can relate to others happily.

We invite you to join our weekend retreat from May 30 to June 1, or the Day of Mindfulness on Sunday June 1.

During this retreat we will have the opportunity to enjoy the beauties of the land in spring, sitting and walking meditation, mindful eating, Dharma sharing and healing noble silence.

Thank you and we are looking forward to practicing with many of you.

Tuyen, Cynthia Green and Susan Tarshis



**When:** Full retreat:  
from 4 pm, Fri. May 30  
to 4 pm Sun. June 1  
Or Day of Mindfulness:  
9:30 am - 4 pm, Sun. June 1

**Where:** Dharma River Mindful Living  
Community ([dharmariver.net](http://dharmariver.net))  
6908 Sideroad 2 West, Mount Forest,  
ON, N0G 2L0.

**What to bring:** vegan/vegetarian dishes to  
share at meals, cushion, light blanket,  
sleeping bag, toiletries and appropriate  
clothing.

**Cost:** Dharma River Mindful Living  
Center is operated based on your  
generosity to cover all its expenses. Your  
donation – dana – is greatly appreciated  
and e-transfer can be sent to  
[dharmarivermlc@gmail.com](mailto:dharmarivermlc@gmail.com)

For registration or questions please  
contact Cynthia Green:  
[cynthiagreenleadingpathway@gmail.com](mailto:cynthiagreenleadingpathway@gmail.com)