

# The Paradox of Acceptance and Change



This retreat is open to both beginning and experienced meditators. The retreat will be held in silence, and will include sitting and walking meditation, instruction, dharma talks and several interactive group exercises.



**Peter Williams** has practiced Buddhist meditation for 23

years and has taught since 2003. He has completed the Community Dharma Leader training through Spirit Rock Meditation Center. Peter teaches retreats in the Rocky Mountain West and leads weekly meditation groups in Boulder, CO.

## *Insight Meditation Retreat with Peter Williams*

**8:45 am – 5:30 pm, Saturday, Aug. 27, 2016**  
Columbine Unity Church, 8900 Arapahoe Rd., Boulder

Meditation teaches us that changing nothing changes everything. Trying to change what is in our minds to be happy is counter-productive because it is a subtle struggle that runs counter to the natural ease of the heart. Only when we allow everything to be exactly as it is can we abide in our innate well-being. Yet our troubled world, with its injustice, discrimination, violence, and dysfunctional politics, is clearly in need of change. The day will explore this paradox of acceptance and change. A key principle is that it is only through acceptance that we can see clearly enough to act appropriately. Whether the action requires setting healthy boundaries for one's children, negotiating a work conflict, or advocating for social change, meditative wisdom is the best tool for addressing the situation clearly and without fear or hostility. In short, the more you accept the better you effect change.

**Suggested donation \$60.** No pre-registration necessary, but if you plan to attend, please email Peter at <ptrwillms98@gmail.com>.

**Registration Form – Daylong retreat, The Paradox of Acceptance and Change**

With Peter Williams

Saturday, Aug. 27<sup>th</sup>, 2016

8:45 am – 5:30 pm

Columbine Unity Church, 8900 Arapahoe Rd., Boulder

**Please print and fill out this form beforehand** and bring it with payment to the retreat.

**Contribution amount (Suggested amount is \$60):** Check \_\_\_\_\_ Cash \_\_\_\_\_

**The suggested donation** covers retreat expenses and supports Peter’s teaching. It is a guideline. Given your finances, you may *need* to give less or *want* to give more. Thanks so much in advance!

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email (if you did not email Peter that you were coming):** \_\_\_\_\_

**Emergency contact name and phone(s):** \_\_\_\_\_

**Participant Waiver:** I understand that I am wholly responsible for my health and safety for the duration of the retreat, from its advent to close, and hereby hold harmless Peter Williams (Organizer) and the owner of the retreat property, Columbine Unity Church (Owner), from any liability whatsoever resulting from my participation. I agree not to hold the Organizer or Owner responsible or liable in the event of any accident, illness (mental or physical), loss of personal belongings, physical injury or emotional distress resulting from my participation in this retreat. I understand that I am fully responsible for obtaining any necessary medical treatment should any accident, illness or discomfort arise on the retreat.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_