



with Pir Elias Amidon and Friends

SPRING 2021

*A retreat with online teachings and conversations,  
online small group discussions, written materials and individual practices*

2-hour webinar sessions each Saturday and Sunday  
over 4 weekends, April 17–May 16, 2021

In the **Being Mortal** retreat held in October 2020, we explored the territory of aging and its border with death, and how we might find steadiness and ease as we travel through it. In this **Coming Home** retreat we will turn more specifically to *how we may awaken to the sacred gifts* that our aging years and dying time offer us.

The experience of aging and dying is a rite of passage, and like all rites of passage it's an ordeal that holds the potential for transformation. Many of us suffer the ordeal unconsciously and miss its transformative blessing. This is not a transformation of "self-improvement" but of self-release. It asks of us a willingness to recognize our fears for what they are and then to step beyond them, opening to the unknown. When we do this, when we manage to open ourselves this profoundly, we are touched by the grace at the heart of reality, our Home.

What is this grace? It comes to us in many forms: love most of all, and gratitude, wonder, lightheartedness, a natural, spontaneous faithfulness, acceptance, connectedness, presence, peace, and a capacity to bless.

Acknowledging the limitations of an online retreat, especially with such a subject and deep intention, we will do our best to transcend these limitations and relax into the present moment where direct experience can be our guide. To aid us, in each two-hour session we will share teachings, practices, guided meditations, intimate conversation, poetry, music, and silence.

While it is not necessary to have participated in the 2020 **Being Mortal** retreat, watching the video recordings of that retreat can be a helpful preparation for this further journey. The **Being Mortal** videos will be available for all registrants of the **Coming Home** retreat.