



Uncertainty As A Spiritual Teacher

Retreat Day (At Home) with Dharma teacher David Chernikoff

November 7, 2020 - Saturday 10am to 5pm (eastern time zone)

How long will the COVID-19 pandemic last? What will the aftermath be of this year's election? How can we best deal with systemic racism and the suffering it causes? What can we do about the increasing frequency and intensity of extreme weather events? Our lives are currently filled with a level of uncertainty unlike any we've experienced before. Buddhist teachings offer us timeless and time-tested guidance for navigating this unprecedented terrain. Our difficulties can become stepping stones to the realization of our true nature and the nature of reality.

This retreat day will include meditation instruction, periods of sitting and walking meditation, a dharma talk, an experiential exercise, and opportunities for discussion. We'll come together as a caring, supportive community to help each other quiet our minds, open our hearts, and embrace the challenges we're facing with courage, wisdom, joy, and compassion.

David Chernikoff

David Chernikoff has been a student of meditation since 1971. He completed the Community Dharma Leader training at Spirit Rock Meditation Center and has been teaching Insight Meditation since 1988. His teaching has been influenced by senior teachers from the Insight Meditation Society and Spirit Rock, Tibetan teachers he studied with during a 3-year stay in Nepal, and spiritual guides from other contemplative traditions, most notably Ram Dass, Father Thomas Keating, Zen teacher Yvonne Rand, and Rabbi Zalman Schachter-Shalomi. David taught meditation and psychology at Naropa University for many years and currently has a private practice as a spiritual counselor and life coach in Boulder, Colorado. He teaches workshops and retreats throughout the U.S. For more information about David's work, please see his website: www.davidchernikoff.com.



Retreat Fee: \$20 plus Dana for the teacher

Registration: Visit wsdharmacommunity.org to register. Zoom link will be sent Friday November 6.