

# *The Gate to Freedom is Open*

## *A One Day Meditation Retreat*

*With Andrew Palmer, Sensei  
Hosted by the Wet Mountain Sangha*



*Someone asked,  
"How can I be  
free?"*

*Shitou replied,  
"Who has put you  
in bondage?"*

**A**n essential teaching of Zen is that we are awake and free, just as we are. So why does it feel and seem otherwise? Why do we experience and know this at times and then forget, finding this freedom to be distant and elusive? How could it be that the workings of our lives, by which we sometimes feel entangled and trapped, are the very workings of freedom itself? A meditation retreat is an opportunity to get still and quiet and inhabit our lives more fully; an opportunity to notice the bondage we create and the freedom we deny; and an opportunity to notice that, regardless, our freedom is perpetually shining right through it all.

In addition to meditation, there will be a Dharma talk and sutra service, as well as opportunities for individual conversations with Andrew Palmer, Sensei. Lunch will be a silent potluck.

Cost for this retreat is \$40 (scholarships available). Please register by March 7, 2018.

To register, or for more information, please contact Diane at [puebloplantscaping@comcast.net](mailto:puebloplantscaping@comcast.net) or 719-248-4285

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

**Saturday, March 10, 2018  
8:00 am - 5:00 pm  
Center for Inner Peace  
740 W. 15<sup>th</sup> St., Pueblo CO**