



Discovering Awareness Retreat Weekend

With Father Tony D'Souza, S.J.

What Do I Really Want?

September 17-19, 2010
(Friday eve through Sunday)

at

The Benet Pines Retreat Center at Benet Hill Monastery
3190 Benet Lane; Colorado Springs, CO 80921

Join Fr. Tony for a weekend of teaching, practice and personal spiritual direction. Fr. Tony brings together innovative spiritual and psychological practices to help us ask a profound question- **"What do I really want?"** Instead of getting stuck looking outside ourselves for what we think we want- money, fame and love- we can instead discover inner awareness. True spirituality is a process of discovering who we truly are: created in the image and likeness of the Divine. We begin to see ourselves and others without judging. Love and non-violence begin to happen. We begin to have a deeper experience of harmony with nature and greater inner freedom. Fr. Tony will lead guided meditations, answer questions and share helpful insights to support you in experiencing the peace and freedom that comes from embracing the totality of who you are in the present moment. Retreats offer in-depth instruction, time for practice and individual spiritual direction.

Required reading prior to the retreat: *Discovering Awareness* by Tony D'Souza or *Awareness* by Anthony DeMello. *Discovering Awareness* is available at the Monastery for \$15.

For more information email us at bpinescs@benethillmonastery.org

Early Registration: (Prior to August 1)

Overnight: \$250 includes retreat, meals and lodging

Commuter: \$125 includes lunch on Saturday and Sunday

Registration after August 1:

Overnight: \$275 **Commuter: \$150**

REGISTRATION FORM- FR. TONY D'SOUZA at BENET PINES



**Retreat
Sponsored by
Benet Hill
Monastery**

Name _____

Address _____

Email _____ Phone _____

Overnight: _____ **Commuter:** _____ Please make check payable to Benet Pines Retreat Center

Registration Friday night is from 5-7 pm. First session runs from 7-9 pm Friday night.

Guided meditation begins at 7 am on Saturday and Sunday with morning sessions at 8:30am.