

The Resident Teachers



Michele Benzamin Miki and Caitriona Reed have been leading Retreats and teaching Meditation and Contemplative Practices for awakening to the spiritual and global emer-

gency of our times for twenty years. They have studied with Buddhist Teachers in Europe, the US and Asia, as well as teachers in other related disciplines. They were students and teachers in the tradition of Thich Nhat Hanh for fourteen years.

They are rooted in traditional approaches to Meditation, and also communicate their love of the Dharma in ways that are

innovative, always practical, engaging, humorous, and alive. They have developed a unique way of teaching, integrating the timeless practice of meditation and



truth-telling, with contemporary environmental and social realities. They also bring their sensibilities and creativity as artists into their teaching to make it engaging and vital—Michele is a painter, Caitriona is a poet. Michele holds fifth degree black belts in both Aikido and Iaido and is guiding sensei to several schools around the country.

Manzanita Village is a Buddhist Retreat Center with roots and informal affiliations in the traditions of Southeast Asian Vipassana Meditation, and Tien (Vietnamese Zen). The Teachings and Practice offered here are informed by the tradition of Engaged Buddhism, Movements for Social Justice, and Deep Ecology, as well as the understanding that the spiritual life is not separate from other aspects of living, and that Meditation and Mindfulness are ways to cultivate awareness in all of life's situations.

I am grateful beyond words for the remarkable work of Caitriona and Michele. No spiritual teachers I know bring a broader, more relevant range of knowledge, experience, and well-honed skills for awakening us to fullness of being. While thoroughly schooled in ancient traditions, their work is fresh and bold, igniting both courage and joy for meeting the challenges of today's world. For over a decade my own life and teaching has been enriched by their adventurous creativity and passionate respect for life.

Joanna Macy activist and teacher, author of "World as Lover, World as Self" and "Coming Back to Life," and co-founder of the Buddhist Peace Fellowship.

Compassion and peace are not passive qualities, nor are they abstract ideals. The road there is a fierce journey into one's own heart and into the hearts of others. *Michele Benzamin-Miki*

It is by the patience you call forth by returning your awareness to this very moment that you enliven your life, not by your aspiration to gain or attain. By coming home to this still center of awareness the way is made clear. *Caitriona Reed*

Know the grasses and the trees ... Then know the worms and the moths, and the different sorts of ants... Know also the four footed animals small and great, the serpents, the fish which range in the water, the birds that are borne along on wings and move through air... Know that the marks that constitute species are theirs, and that the species are manifold.

The Buddha: Sutta-Nipata

It is my experience that the world itself has a role to play in our liberation. Its very pressures, pains and risks can wake us up... release us from the bonds of ego and guide us home to our vast true nature. For some of us our love for the world is so passionate that we cannot ask it to wait until we are enlightened.

Joanna Macy

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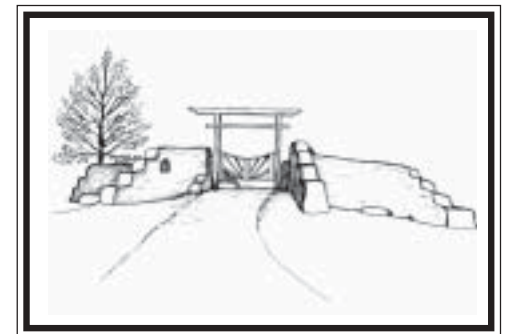
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Manzanita Village

A Buddhist Retreat Center



- * Buddhist Mindfulness Practice
- * Vipassana/Zen * Deep-Ecology
- * Nonviolence Training

For the Celebration and Healing
of the Individual, Society,
and the Earth

Warner Springs • California

Manzanita Village

Manzanita Village at Warner Springs is the country retreat center for Ordinary Dharma. It is a private retreat center, supported entirely by the generosity of visitors and participants in events here. It is in the Henshaw Basin, 2½ hours from Los Angeles and 1½ hours from San Diego, about 20 miles north of Julian, 35 miles southeast of Temecula.

We are situated at the mouth of a little canyon, at about 3000 feet, where chaparral forest of oak, manzanita, and ribbonwood meet rolling grassland, We are only a short distance from the Anza Borrego desert. The very openness of the landscape here seems to support a practice of mindfulness and natural ease and awareness.

Visiting Manzanita Village

If you have not visited Manzanita Village before, if possible, plan your first overnight stay to coincide with a teacher-led retreat. Retreats are suitable for everyone, and are also an especially good way for newcomers to begin learning the transformative skills offered here.

If you would like to visit at non-retreat times you are welcome. Please call 760-782-3604 at least a few days ahead of time to confirm availability. Note: There are usually no formal teachings or fixed schedule at non-retreat times.

Rates

At **non-retreat** times we request a donation of \$45 per night, (\$20 for members of Ordinary Dharma). \$175/week, \$400/month + 20 hours work per week.

For rates for retreats see calendar.

For information on longer term stays and residential program, please call.

What to Bring

Accommodations are dormitory style, not luxurious but comfortable. You may also camp in your own tent. Winter can be **very** cold, summer can be hot. Note that even in the summer the nights can be cool.

YOU WILL NEED TO BRING

- * Bedding: a sleeping bag + **sheet** (to cover mattress) **or** sheets and blankets
- * Sleeping pillow * Towel * Flashlight
- * Shoes that slip on and off easily * Hiking shoes or boots
- * Loose comfortable clothing
- * Blanket or shawl for early morning meditation
- * Hat for strong summer sun * Sun-block
- * Warm clothes for winter and early morning and nights (Please note: shorts and tank tops are not appropriate during **formal** meditation retreats)

ON LONGER RETREATS

- * Work shoes, clothes, and gloves
- * Something comfortably elegant to wear for tea meditation

THINGS TO LEAVE AT HOME

- * Jewelry and things you might lose * Restrictive clothing
- * No meat, alcohol, or nonprescription drugs please

For retreats and workshops you are welcome to arrive as early as you wish but plan to arrive at least 1 hour before the **usual** official starting time of 6:00 P.M.

Do not plan to make or receive phone calls. In case of emergencies, messages may be left at (760) 782-9223

Recommended Reading

If you are new to our work and would like to read something, may we recommend.

The Miracle of Mindfulness by Thich Nhat Hanh
When Things Fall Apart by Pema Chodron
World as Lover, World as Self by Joanna Macy
Zen Mind, Beginners Mind by Shunryu Suzuki

How to Get There

TO AVOID TRAFFIC PLAN TO LEAVE LA BY 1:00 PM!

FROM WEST LOS ANGELES (2½ - 3 HOURS)

Take the 405 to LAX, the 105 east, 605 south, 91 east (From **Downtown** take the 5 south to the 91 east) (or take the 60 or the 10 east to the 15 south) then south to Temecula.. At Corona take the 15 south. At **Temecula** you will pass the 79 north exit at Winchester. **DO NOT EXIT**. Continue past the Rancho California exit.

Take the **79 SOUTH** exit. Turn left.

Follow the signs to Warner Springs.

Go about 28 miles to Sunshine Summit. Continue another 5 miles, cross a bridge, then turn left at the "Puerta La Cruz Conservation Camp" sign.

Go 300 yards to first gate. Turn right onto the dirt road. Go nearly a mile to the fork. Take the left fork. Continue another quarter mile.

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FROM PASADENA AREA: Take the 210 to the 71 to the 91 east to the 15. **Follow directions above.**

FROM S. ORANGE COUNTY (2½ TO 3 HOURS)

5 south to Oceanside. Take the 76 east exit. Continue until you get to the 15. Go north. Exit at 79 south. Turn right. **Follow directions above.**

FROM SAN DIEGO (1½ TO 2 HOURS)

8 to 67, through Santee. 78 through Ramona to Santa Ysabel. Turn left onto Hwy 79. Go through Warner Springs. You will pass an airstrip. After another two miles you come to the "Puerta La Cruz Conservation Camp" sign. Turn right. **Follow directions above.**

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BY AIR: San Diego is the closest airport. Public transport from San Diego to Warner Springs is limited but there is a daily bus, 878 or 879, every afternoon to Santa Ysabel where we can arrange for you to be picked up. (Car fee from Santa Ysabel \$10) The bus service phone number is (760) 767-4287. If you are coming to a scheduled retreat we can usually arrange carpooling from Los Angeles, Ontario, or San Diego.