

Winter Solstice

SINGING/LISTENING JOURNEY RETREAT

REFLECTION | RESILIENCE | RESISTANCE



DEC 19 - 22, 2019 ● NEW YORK, NY

Are we listening?

Are we listening to Art?

Are we listening to Ourselves?

Are we listening to the Universe?

Are we listening to Each Other?

Are we listening to Spirit?

Are we listening?

Winter Solstice, entering Winter Light, draws us ever inward if we accept her invitation. This Retreat centers on active Listening, within and without. Consider how what you Hear supports your engagement in Compassionate Action. Join me in exploring the rich sacred world sounds and art offered in the diverse, culturally-rich New York City.

The unparalleled Rubin Museum of Himalayan and Buddhist art will be our home base. This year the Rubin Museum's focus is the theme of Power: Within and Between Us. We'll spend time in the museum exhibits, performance venue, and retreat space, immersing ourselves in sound and art, learning to listen with our whole body, and listening for our own inner light and truth, complete with a concert by civil rights legend, Toshi Reagon.

Ancient Tibetan, Gregorian, and Islamic chants along with 272 pink lotus flowers greet us in solidarity, with contemporary international artists bringing forward themes of power as social justice. Non-violent approaches inspire us to re-imagine and reshape our world in *Truth to Power* and *Clapping With Stones*:

Art and Acts of Resistance. Taliban bombings of Buddhist statues in Afghanistan, "breathing holes" of African American slaves in Savannah, GA, ashes of our ancestors, WWII spy relics revealed, women's equality in Korea, immigrant issues in Spain, and Dr. Martin Luther King's Civil Rights Marches of 1965 are all revisited with fresh approaches.

Have you witnessed the sound installation of Times Square? Many have and yet few know about it! We will dive into the chaos with fresh ears to experience Max Neuhaus' "Times Square" work, in the likes of such company as John Cage, based on the Cosmic Drone.

On the Winter Solstice, a special day of listening will begin with an intimate group Awakening Practice: Morning Mindfulness session in the Rubin Shrine Room. In the evening we will attend the 40th Annual Winter Solstice Celebration with Paul Winter and his Consort at St. John the Divine, the largest cathedral in the world.

Come with me and let's listen and experience profound Art and Music for A Winter Solstice Retreat in the epicenter of cultures on our planet ~ New York City.

— *This Retreat will engage light chant, with emphasis on active Listening, within and without.*

— *Active listening will be balanced with time and space for Silence.*

— *All ears and voices welcome!*