

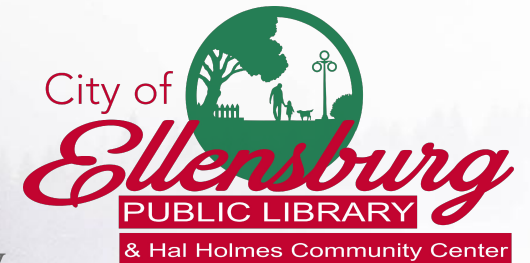
THE GOOD LIFE

Community Discussions

Monthly discussions on love, happiness, creativity and art, technology and community, work, and family.

Retreat: Busy Hands, Quiet Mind

Sponsored by



EthicsLab

ETHICSL AB

The EthicsLab is an ethics initiative housed at CWU.

The Lab seeks to:

- Promote critical thinking, ethical reflection, and intellectual virtue
- Serve as collaborative space for practical ethics
- Facilitate multidisciplinary dialog through public humanities projects



EthicsLab

RETREAT: BUSY HANDS, QUIET MIND

Introduction: *“From the streets of Berkeley during the post-Beat poet era to the farms of the valley as a cattle rancher to the mountains of Colorado studying Tibetan Buddhism, Jampa Dorje [born Richard Denner] has lived many lifetimes within the span of his well-documented existence.”* ([CWU Observer, 2022](#))

Question for audience: how do you understand the idea of retreat? If you were to go on a retreat, what would it look like?















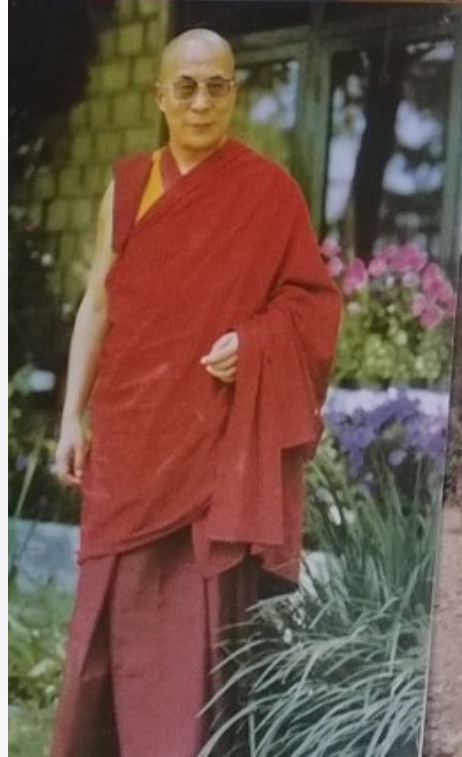






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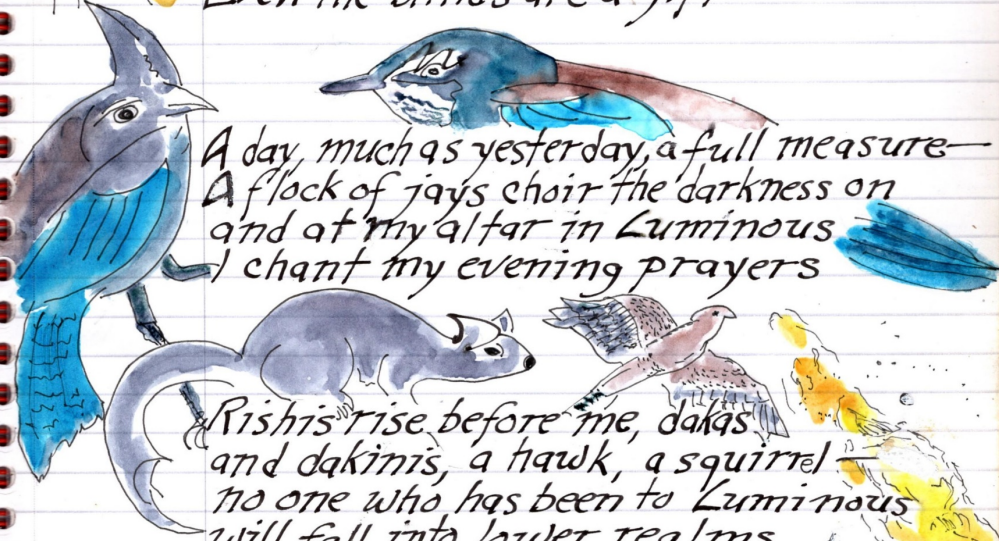




A day of contrails — wind feathers a set
into a Tibetan **UN**, and then
just to be sure I've got the message
the jets crisscross and form **Alt**

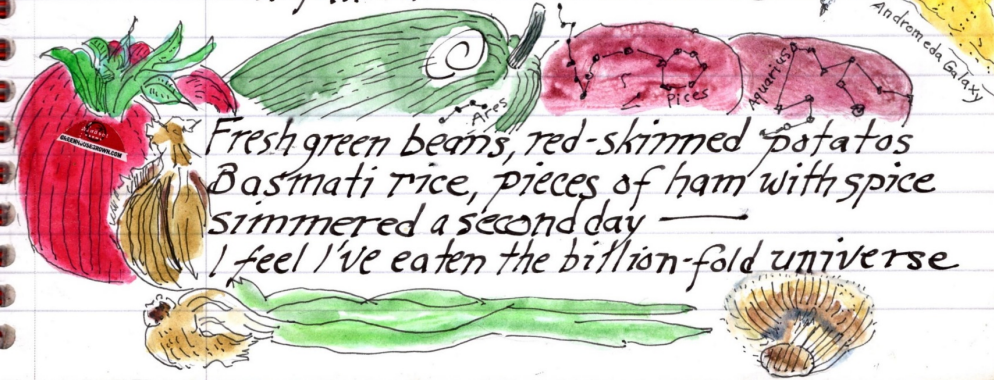


All the pages return
all the words, the ink
Hard to read in this bright light
Even the blinds are a gift

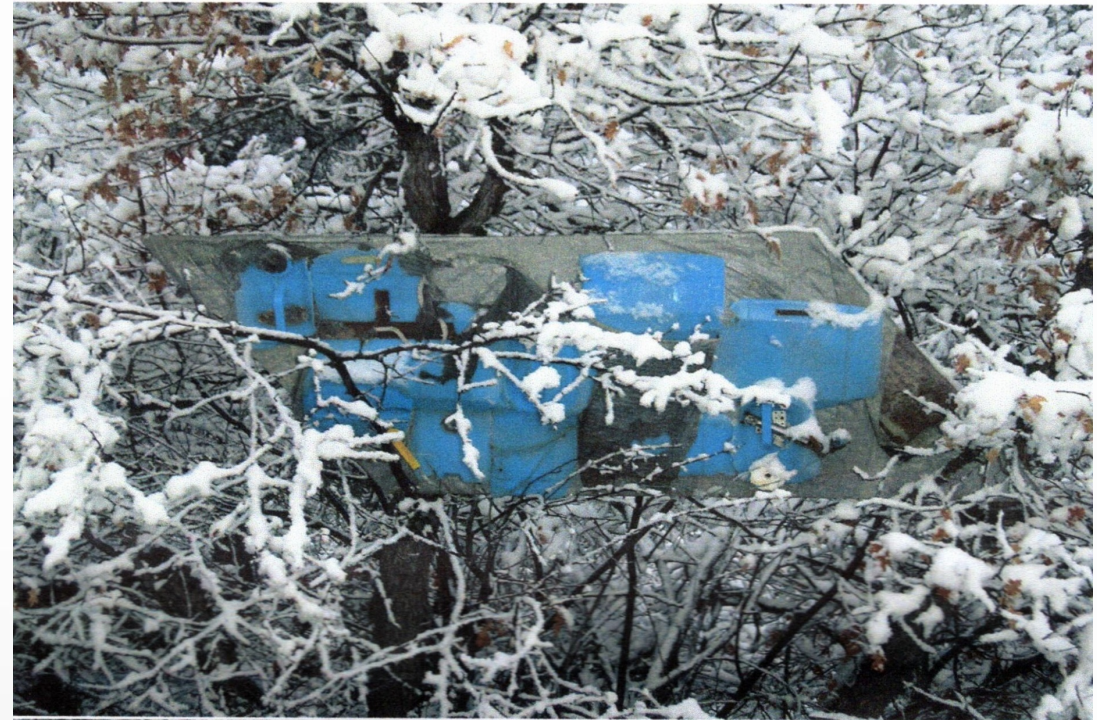


A day, much as yesterday, a full measure —
A flock of jays choir the darkness on
and at my altar in Luminous
I chant my evening prayers

Rishis rise before me, dakas
and dakinis, a hawk, a squirrel —
no one who has been to Luminous
will fall into lower realms



Fresh green beans, red-skinned potatoes
Basmati rice, pieces of ham with spice
simmered a second day —
I feel I've eaten the billion-fold universe









**Richard Sherman wouldn't have any
trouble covering Georg Hegel.**



But Hegel is a better philosopher.

PHIL 354:

Western Philosophy III

M-F, 1-1:50 PM — Spring 2015

Immanuel Kant J.G. Fichte F.W.J. Schelling G.W.F. Hegel
Karl Marx Ludwig Feuerbach Arthur Schopenhauer
Søren Kierkegaard Friedrich Nietzsche

Dr. Matthew Altman

Sponsored by the Department of Philosophy & Religious Studies

REFLECTING ON RETREAT

Question for audience: in your view, is there a relationship between art/creativity and your understanding of spirituality?

Question for audience : Do you think we need treat in modern life? What might this look like in Ellensburg?

Question for audience : What are some ways that you might be able to find a retreat in your life?

THANK YOU!

Next event: TBD, Tues, Mar 7th, 6PM, Hal Holmes Community Center.

For more information:

- cwu.edu/ethicslab
- Facebook @cwuethicslab
- Facebook @HalHolmesCommunityCenter