

# Kevala Retreat Newsletter

## December 2021



Dear Friends,

At Kevala Retreat we wish each of you a peaceful and wisdom-filled season, and joyful holidays if you are celebrating. We are aware of the multiple challenges calling us, personally and collectively, and recognize the immense forces competing for our attention. Our deepest wish is that attention be called most strongly to the inner work of contemplative practice that reveals wisdom in tumultuous times. We recognize that facing our fears and anxieties may be the most necessary practice of compassion and clear seeing at this time. Kevala Retreat is here for you, to offer a refuge for your practice and growth. With Santi still largely grounded from travel, both he and Jo Marie are on-site and available to offer support during self-retreat. Insight Chicago Meditation Community recently published [this lovely note of gratitude to Kevala Retreat](#) we'd like to share with you.



Kevala continues to weather the challenges of covid, climate change and a difficult economy. The last two years have taken their toll on retreat centers of all faiths, with many closing their doors for good. We are fortunate at Kevala to have fewer needs for keeping the doors open. Santikaro has been able to continue with much teaching on-line and we are grateful for generous supporters. We are cautiously optimistic and continue to care

for the valley with faith that retreat culture will find itself rejuvenated in the future.

We urge all who value the continuance of physical refuges of contemplation to continue offering support. The most important support is that of arriving with your wise and sincere practice, to Kevala Retreat or other centers. In this way we continue the momentum of awakening intentions that enliven such places, for the benefit of all. Unless they are put to living use, centers for contemplative practice will have difficulty surviving the current crisis. With some precautions in place, Kevala is a safe place to retreat. You are heartfully invited to be a part of the practice of continuance, with supported self-retreat at Kevala. An additional self-contained small studio apartment is also now available for those needing more covid-safety distance. [More information on retreating can be found here.](#)



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### **2022 On-Line Courses and Retreats**

***Santikaro is offering three year-long, on-line courses:***

- an Anapanasati course for dedicated practitioners
- a Healing Meditations course
- a primer for Ajahn Buddhassa's new book: Seeing with the Eye of Dhamma.

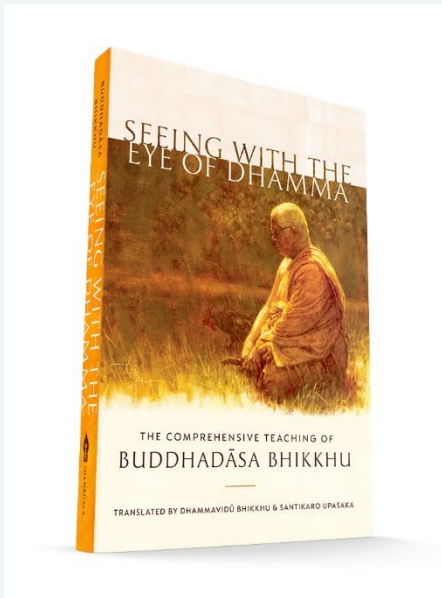
Registration is open and [information for all three can be found here.](#)

***An On-Line Anapanasati Retreat will be offered January 22-29*** with a focus on the third tetrad - Contemplation of Citta. [More information can be found here.](#)

### **In Person Retreats at Cloud Mountain**

Cloud Mountain Retreat Center is a treasured partner to Kevala Retreat, and continues to hold safe on-site teacher-led retreats in the rain forests of Washington State. [Please find Cloud Mountain offerings here.](#)

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## A New Book by Ajahn Buddhadasa

Santikaro has spent some of his covid downtime translating and editing a new book by Ajahn Buddhadasa. Advance orders for '[Seeing With the Eye of Dhamma](#)' can be [placed here](#).

*"Be clever and follow in the Buddha's footsteps. Be able to look at, and see, only streams of change and transformation. Looking around outside, whatever is seen with physical eyes is seen to be streams of change flowing continually. Looking within ourselves, see only streams of change and transformation. Looking outside, inside, at ourselves, at others, nearby, far away,*

*coarsely, subtly—just streams of change."*

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## Environmental Restoration

The prairie plants are thriving, with each year bringing new species and welcome surprises. Much labor went into the control of invasive species this year, in the wetlands and forests. Professionals were hired to assist for the first time. A forestry management plan will be created this winter and spring in order that we may apply for sources of funding in 2022 to continue the work with professional assistance.



### **Metta & Service to the Community Cats**

Your generosity during the last year allowed Kevala to tend to the needs of 32 community cats, eight of whom found new permanent homes with human companions, and six of whom were previously homed but needed assistance with re-homing or spay & neuter. We are grateful for your assistance in this project and we will continue to offer relief to community cats on a smaller scale as needed going forward.

### **Volunteer Opportunities**

Major building projects are on hold for the time being, partly due to the general uncertainty of the times, partly because Jo Marie has returned to school and is not as available to manage large projects. In 2022 we will focus on environmental restoration and on smaller building projects that will help to beautify and complete the existing main building area. We hope for a deck for Garden Hermitage, a bell tower, an improved garden, split rail fencing and sitting benches. We would love to host you for a working retreat if you have carpentry skills to offer, or willingness to participate in the labor of environmental restoration and fence building. Training is available for the latter two tasks. We also have some basic cleaning/mending tasks to offer. [Please email to inquire.](#)

### **Donations to Kevala Retreat**

As always, your financial contributions are gratefully received, and much needed. We rely on you for Kevala's continuance and hope you will consider Kevala for your end of year giving. [Follow this link to contribute.](#)

With Much Metta from the humans and critters at Kevala. May the season be one of warmth and inner joy.



