

Kevala Retreat Greetings December 2022



Dear Friends,

During this season of awaiting new light, we wish for each of us the gifts of patience, tranquility and quiet abiding. As the world continues to struggle with immense challenges, we've been bouyed by the on-going commitment to open-hearted practice we find in each visitor to the Kevala valley. We are thankful for those who have arrived, and for the continued faithful presence of the valley and all her inhabitants.

General quiet has been the theme of the year. Small projects such as a deck for Garden Hermitage, sitting benches for outdoor meditation nooks, and a split rail fence around the Guest House were tended to. Santi has resumed travel and Jo Marie continues graduate studies.



Santi has returned to teaching in-person retreats at Cloud Mountain and elsewhere, much appreciating the in-person experience. He is currently in Thailand for the first time in three years, where he is enjoying the teaching activities that Covid had shut down. It's heartwarming to see old friends and students, renewing connections and continuing meaningful Dhamma activities. In February Santi will return to Brazil as well and is looking forward to reconnecting with sangha there.

As always we whole-heartedly invite your presence to enliven the valley with your practice. Kevala will continue in her current form only with the regular and

sustained presence of those who value such spaces. [More information on retreating can be found here.](#)

2023 On-Line Courses and Retreats

Throughout 2022, three regular online courses took place, with participants throughout the USA. A Thai course has been running for some years already. These Zoom classes will continue in 2023. One, ***Seeing With the Eye of Dhamma*** will carry on into Spring. A second version of it will open later in the year. The other two, ***Monday morning Healing Meditations*** and ***Tuesday evening Anapanasati Conversations*** will reboot in January. New participants will be welcome. Santikaro will update the descriptions after returning from Thailand and registrations will open December 15th. We will send a reminder. In the mean time you can send questions to [Santikaro here.](#)

Finally, save the date for a January 25-29 on-line retreat: ***Infusing the New Year with Brahmaviharas***. More info to follow on December 15th as well.



Environmental Restoration

Restoration work and beautifying continues in the valley, with hundreds of hours of labor committed to the work this summer. This fall and winter we have the help of eco-sattva local Ben Johnston, who has volunteered much expertise in the past and who managed a burn for us in 2017. Ben

has agreed to come on staff for limited hours to help us continue to care for the valley, with a special focus on controlling invasives in the hardwood forest on the south facing slope. We are immensely grateful for his time and knowledge.

New Addition to the Herd

Jasper joined us this fall at the age of five months. He is a treasure and a cuddle bug, quickly charming the rest of the herd and the humans too. Jasper is particularly people friendly, with a gentle and curious nature. We hope he will enjoy some work companioning retreatants who have a desire for horse time.



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.

