



A talk with Michael Jones:

TRAJECTORY

The experience of retreat in the life of the mind

Sunday October 30, 2:00 - 4:00 pm
Boise Unitarian-Universalist Fellowship
6200 N Garrett St, Garden City

Boise Institute of Noetic Sciences guest presenter for October will be Michael Jones.

Michael grew up in Caldwell, Idaho. After majoring in philosophy at college he married, then spent almost 5 years in Peace Corps and Quaker Service in Southeast Asia, including wartime Vietnam. Back in Idaho his career included family life, peace justice and environmental activism, calligraphy, graphic design and publishing, and vegetable farming.

A practitioner in the Buddhist tradition for many years, he participated in an eight month meditation retreat in 2014-15. He will share experiences, insights and conversation on some ways retreat can help guide the trajectory of one's spiritual path.

Topics will include: Intention/Motivation, Timing, Supportive Circumstances, Teacher, Daily Practice, Work Ethic, Expectations, Going Forward.