Who Are You?
The Way to Freedom from the Bondage of Self
With Bill Alexander

May 8-10, 2015

Friday
7:00-9:00 PM Introductions. Workshop overview.
How to meditate on the “self.”

Saturday
9:30-Noon Are we investigating our experience or are we feeding on it?
We will look at the trap of making our wounds our identity and the subtle and
destructive habit of being hypnotized by our defects.

2:00-5:00 “It is in self-forgetting that we are found.”
We will take a deeper look at this statement and will consider as well the greatpromise, “we have ceased fighting anyone and anything.”

Sunday
9:30-Noon We are not who we were and we don’t know who we’ll be.
We will learn the simple ongoing practice of investigating this illusory self we
have created. This is the only road to the promise we make in the 12th step—to
practice these principles in all of our affairs.

Daily Schedule

7:00-8:00 Yoga Room 109A
8:00–9:00 Breakfast
8:30-9:00 Optional Lecture Bigelow Auditorium
9:05-9:25 Morning meditation Presentation Room
12:00–1:00 Lunch
5:00 “As we go through the day…” Fireplace Lounge
5:30–6:30 Dinner
7:00 Speaker Bigelow Auditorium
8:00-9:00 Saturday Lodge Three Speaker Meeting Room 108