

INSIGHT

NEWSLETTER

SPRING
SUMMER

2003

IMS Schedules:

The Retreat Center 2003
The Forest Refuge 2003/04

BCBS 2003

Course Schedule Outline

Interview

IMS News

and Developments

Cultivating Courage

How does a peace-loving person find the inspiration to face the future?

What we need to do right here and right now is work to retain our faith. We can do this, no matter what our religious orientation, or lack of one, by remembering that everything is changing all of the time. Once we see the inherent change in our experience, we see that we are not trapped, that we can have options. Then faith can arise.

And it is a vitality of faith that tells us, however easy it is to forget or be afraid, that the time for communicating, for loving, for risking, for trying, has got to be now.

Excerpted from an op-ed piece written for msnbc.com by Sharon Salzberg, IMS co-founder and guiding teacher. To read more of the article, on achieving peace in a dangerous world, visit our website www.dharma.org.

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<i>- Radical Acceptance: Embracing Your Life with the Heart of a Buddha</i>	





LIBBY VIGEON

Edwin & Myoshin Kelley

Directing a Dharma Organization

An Interview with Edwin Kelley

Edwin Kelley has been Executive Director of IMS since 1996. He is soon to leave his position to devote more time to long-term meditation practice. *Insight Newsletter* spoke with him about his life, and his unique perspective of the organization.

Edwin, what led you to practice?

In 1972, in the middle of my first year at university, I had a serious motorcycle accident. I was knocked unconscious, had a bad case of concussion and fractured a vertebra. This near death event, at the age of 18 caused me to question the meaning of life. I dropped out of university and began traveling around Australia, looking for something more fulfilling.

After a couple of years of going wherever the wind blew me, I landed in Perth on the west coast of Australia. I started reading books by Paul Reps, Gurdjieff, Hermann Hesse, Ramana Maharshi, Ram Dass, and Paramahansa Yogananda. One day in 1975, as I washed pots in a restaurant, a woman I worked with - whose name I can't even remember but to whom I am eternally indebted - suggested that I sit a 10-day vipassana retreat with a teacher named Robert Hover, a contemporary of SN Goenka and Ruth Denison. I sat the course, and my life has not been the same since. I discovered the prospect of becoming enlightened, of freeing the mind from the stress and worry of life.

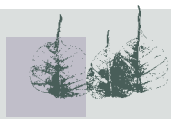
How did this bring you to IMS?

After about a decade of living in spiritual communities in Australia, India and the US I had become disillusioned with the abuse of spiritual power that I observed.

I reacted by becoming particularly averse to any form of spiritual practice. I decided to get a 'normal' life, and by 1990 was back in Australia, immersed in a career as an accountant and married to a wonderful woman - my wife Myoshin. That year, Myoshin went away to sit a four-day retreat and came home a different person. Within weeks she was sitting for an entire month with Sayadaw U Pandita, a renowned Burmese meditation teacher. I began to notice, with some curiosity, that her practice was having an amazing effect on her health and her sense of well-being. She often invited me to join her but I would decline.

The next year Sayadaw returned to Australia, and Myoshin suggested that I sign up for a 10-day retreat with him, which I did. A year later another Burmese master, Sayadaw U Janaka visited Australia, and I sat for two weeks. This course had a profound impact. When I went back to my office after the retreat, I sat down at my desk and gazed at the piles of paper that represented each of my clients' yearly tax returns. I was overwhelmed with the understanding that my role as an accountant would never produce true satisfaction. That would only come from being liberated. Accounting for me has never been the same since!

Within six months Myoshin and I were in Burma at Chanmyay Yeiktha, Sayadaw U Janaka's monastery.



INSIGHT

NEWSLETTER


A twice yearly publication of the Insight Meditation Society, a tax-exempt nonprofit organization whose purpose is to foster the practice of *vipassana* (insight) and *metta* (lovingkindness) meditation, and to preserve the essential Buddhist teachings of liberation.

The goal of the practice is the awakening of wisdom and compassion through right action and cultivating mindful awareness in all aspects of life.

Editor: Gyano Gibson
Cover photo: Libby Vigeon
IMS Buddha Photo: Dawn Close
Design: Lux Productions

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PRINTED IN CANADA

 Printed on recycled paper using soy-based inks



I ordained as a monk and we stayed for half a year meditating intensively. This was followed by another five months traveling throughout South East Asia, visiting different spiritual centers including Bodhgaya, where the Buddha was enlightened.

In early 1994 I heard from Steven Smith, an IMS guiding teacher, that there was a job vacancy for the position of Associate Director of Operations. I applied, and after a number of telephone interviews I was on my way to the US.

What are your primary responsibilities?

Simply put I am responsible for everything at IMS! Fortunately I have a lot of support - an administrative group that supervises the day-to-day running of the two programs, and a great team of people in each department who actually get things done. Together with the board of directors, I supervise the organization's strategic planning and fiscal management. Together with the guiding teachers, I organize the annual schedule of programs. I also direct our external operations - our public awareness, development and fundraising activities.

How has IMS progressed over the last 7 years? What changes have you seen or initiated?

I have helped bring about some significant changes during my time as Executive Director, especially in the area of organizational maturity. The first and most difficult was the introduction of salaried staff, to fulfill needed middle management and specialist functions. This challenged the existing staff model of the time, which comprised mostly volunteers. I knew the change was necessary in

order to attract and retain qualified people, who could ensure that adequate systems and procedures were in place to successfully manage the ever growing and more complex organization.

Many people felt that by becoming more professional, IMS was in danger of losing part of its soul. However, that didn't happen, primarily because we consciously choose to recruit those with a strong connection to our mission. We hire people who highly value what we offer and who understand why a place to explore and free the mind is so important in this uncertain world. Yes, we have become more professional, but without losing our soul.

When I first arrived, the organization was consciously trying to provide a community experience for its residential staff. Significant time and effort was spent on shaping and defining the container that would give rise to a workable spiritual community. But in the end, it always transpired that 'community' meant different things to different people - what was one person's ideal did not prove to be another's. This made it hard for the institution to meet everybody's needs.

In the end we let go. We decided that the key objective for IMS must be to provide its retreatants with an environment most conducive to practice. For its staff who live on site, it should provide the necessary resources - such as instruction and discussion about the teachings, and training in communication skills - so they are equipped to work and live in harmony with others. In the end it is up to each individual to make community; it is not something that can be imposed from the outside.

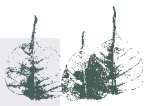
Then of course there is The Forest Refuge. From its conception it has represented an enormous undertaking. For more than six years we have been planning and building; now we are entering the new phase of operation. This additional program has impacted us in many ways - our staff, our budget, our fundraising needs have all increased. It requires us to be smarter, wiser and more skilled in management. I suspect it will be another two or three years before IMS has fully integrated the change.

What role does fundraising play for the organization?

Fundraising and development are critical parts of any nonprofit organization. Currently the revenue we receive from our programs covers only about 60% of our operating costs. This means that, in order to balance our budget, we are dependent on the generosity of our members to give the other 40%.

IMS is blessed with a generous and dedicated group of supporters. I believe this is a direct result of the benefit people derive from the meditation practice they learn here, and the impact it has on their lives. Over the last few years, I have witnessed a fortunate development - observing that meditation is no longer viewed as something strange and outlandish; it is now relatively accepted in our society. As a consequence, most of our retreats have been filled to capacity.

But with the current economic climate, it is more difficult for nonprofit organizations to raise money; IMS is no exception. The creation of The Forest Refuge has also added a new dimension to our operations. So at this point in time we are even more dependent on the generosity of our donors.



Scholarship Fund Support

Over the last decade, IMS has been in the fortunate position of being able to offer assistance to many individuals seeking to participate in meditation retreats. Due to financial circumstances, these people may not otherwise have experienced the benefits of this invaluable practice. Through your generous donations to our Scholarship Fund, this has been made possible. Last year, we provided \$70,000 in scholarship support.

We are now faced with times of uncertainty and change, of greater economic hardship that is affecting many of us. Consequently, applications for scholarships have increased significantly. To meet the anticipated requests for 2003, we now fund an estimated \$130,000. Your continued support in this area is vital; it will help keep fees as low as possible and ensure financial assistance for all those who need it.

Contributions can be directed to:
IMS
1230 Pleasant St.,
Barre, MA 01005, USA
To donate online, visit our website
www.dharma.org

What unusual challenges have you faced?

There are some particular challenges that organizations like ours seem to face in the West, and they arise out of a clash of values. The Buddha's teachings clearly lay out the *dharma* – the path to freedom from all suffering. As we know, history is littered with examples of immense suffering caused by oppression and authority, through governments, churches, schools, families and other institutions. So it is natural to assume that freedom from suffering equates with freedom from authority.

However, most Buddhist organizations, like any others, need leaders with decision-making power, to ensure their survival. As these organizations have grown, they have developed a more hierarchical structure. For some, this is perceived as antithetical to the *dharma*. The result is a clash between the value of having a flat consensus-based organization, and the need for structure and authority to support a large and complex entity.

Another dilemma that manifests is the tension inherent in trying to provide ideal conditions for meditation, at the lowest price. Sometimes, what appears to be the most compassionate response to a situation may not be the most practical or fiscally sound. Retreatants may expect a certain level of support, a single room, special food, and so on. However, the level of human or financial resources needed for that support might not be available. In these instances, we are challenged to provide a level of service beyond the means of our limited resources. The balance lies in deeply understanding wise and compassionate action.

Directing IMS has also challenged me personally. It has been a time of

significant growth. Having never occupied such a senior leadership role before, I have been compelled to look at my limitations, my strengths and weaknesses. Through my practice and my role, I have opened to new realms of inner and outer experience.

What does IMS need to focus on, to secure its future over the next 20 years?

I think IMS needs to keep doing what it does best - providing an ideal environment for intensive meditation practice. If anything we need to improve the accessibility of what we teach; we need to attract a more diverse population. We have begun initiatives in these areas that we hope will accomplish this goal. The prospect of enlightenment is the birthright of every living being. My vision is: don't change the mission; just nurture it so that it becomes more widely available.

How do you feel about leaving?

Sometimes I feel the difficulty of letting go. I love IMS; it has been such a significant part of my life. I am already experiencing moments of loss and sadness. Then at other times I feel joy, a sense of lightness and relief at putting down a big responsibility. I am particularly excited about the prospect of spending 12-18 months engaged in intensive practice and study, both in the US and Asia.

When I reflect on my time at IMS, it has been an extraordinarily rich experience. I have met many remarkable beings: the teachers, the retreatants, those that serve on our board and those who support us. I know that in the future, when I think of the organization, I will be happy.



IMS News Worth Noting

New Year's Retreat is On!

Although we announced in the last issue of *Insight Newsletter* that there would be no New Year's Retreat this year, this is no longer the case. **Sharon Salzberg**, together with Susan O'Brien will lead us into 2004 with a vipassana course, **Dec 28-Jan 4**.

It is our hope and intention to renovate the Catskills dormitory accommodations at this time. However, construction may be delayed. Please check our website www.dharma.org for updates regarding any space limitations in this retreat, due to the renovations. The Meditation Hall work will be done at a later date.

Youth Outreach Program

This new program provides support to younger members of the community who are interested in meditation. By offering financial assistance to those aged 18-25 who would like to sit a retreat at IMS, it represents another stage in our commitment to making the teachings of the Buddha accessible to all, regardless of financial circumstances.

"Stepping into an increasingly complicated and often painful world, those of us in our late teens and early twenties are in a unique and receptive space to learn and benefit from these teachings," explained 25-year old staff member Oren Sofer, one of the initiators of the new program. "Leaving home for

college, work or travel, we confront life's challenges on our own. We begin to see what our education has *not* taught us – how to deal with feelings of anger, confusion or anxiety; how to make sense of the pain, hatred and suffering so prevalent in today's world; and, how to respond to deeper questions as they present themselves with urgency. 'What do I want to do with my life? How do I want to live? What is most important to me? What is of value?'"



Through the practice of looking deeply into our hearts and minds, and learning how to be with things as they are, we find important tools for exploring these questions and the feelings that accompany them. "We learn to meet our experience with more openness and acceptance, and to embody qualities like compassion and understanding in our day-to-day lives. Sitting a retreat gives us the space, guidance and support to do all of this," Oren added.

Scholarships and Youth Support

The Youth Outreach Program currently offers a limited number of partial and full scholarships for Retreat Center courses to people 18-25 years old. All retreat registrations require a minimum \$50 deposit. Financial aid is given on a first come, first serve basis - so we suggest applying early. (Please see pages 15 & 17 for further scholarship and registration information.)

Members of the IMS staff are available to visit and support meditation sitting groups at local colleges and communities, to give instruction and talks about the practice, as well as to host question and answer sessions. Small groups are also invited to visit the Retreat Center, to learn more about meditation and its benefits; advanced scheduling is required.

Help spread the word

An essential aspect of the program's success is ensuring that young people know this opportunity exists. Help to spread the word by telling your friends and your community, or *sangha*. Contact us if you would like flyers to distribute. Please let us know of any sitting groups, colleges or teachers interested in participating in some way, or of any organizations that could assist with funding.

For more information please contact Oren Sofer at (978) 355-4378 ext. 80 or orens@dharma.org.



Meal Dana (Generosity)

A tradition of donating meals to spiritual practitioners has flourished in Asia since the time of the Buddha. To celebrate a birthday, to honor someone who has died, or to commemorate many of life's landmarks and transitions, food is offered to meditators.

In keeping with this tradition, would you like to contribute the cost of an IMS meal? The average daily food expense for our retreatants, teachers and staff for both our programs – the Retreat Center and The Forest Refuge – is \$355. The cost for breakfast is approximately \$125; for lunch (our main meal of the day), \$180; and for evening tea, which is a light supper, \$50.

If you, or your group of friends and fellow practitioners would like to offer Meal Dana either for a full day or for one meal, we will acknowledge your gift, if you wish, by inscribing your name(s) on the menu board for that day or meal. We will also let you know in advance when your donation will be used, allowing you to take joy in knowing that you are encouraging and sustaining the practice and service of the meditators, teachers and staff.

Such donations not only help us to keep fees as affordable as possible, they also affirm our wider community to include those who sit, and those who support them.

To make a meal donation (which is tax-deductible), or to receive additional information, please contact Operations Director Dianne Horgan. Call (978) 355-4378 ext. 25, email dianneh@dharm.org, or write to Dianne at IMS, 1230 Pleasant St., Barre, MA 01005, USA



Volunteers for Family Retreat

Each year, IMS endeavors to cultivate the mindfulness, compassion and wisdom of the next generation through its Family Retreat. This hugely popular course is thriving in large part because of the skill and dedication that volunteer group leaders offer in developing and supporting children's creativity and expression.

We are seeking group leaders for the 2003 Family Retreat (August 4-9). If you have experience in meditation and love working with children, we welcome your help. Please call us at (978) 355-4378, or email ims@dharm.org. We are happy to give volunteers sitting days at the Retreat Center in exchange for service.

Seeking Volunteer Consultants

IMS is looking for help from people with professional skills willing to volunteer some time. If you have expertise in one of the following areas, please contact Deborah Crown, Human Resources Director, (978) 355-4378 ext. 31 or email personnel@dharm.org

- Employment or Immigration Law
- Website Development - experience in any of the following:
 - Structure, design and usability improvement
 - Shift to dynamic site
 - Database integration
 - Creation of online registration
- Human Resources/Recruitment



dharma.org

A combined web page for

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FOR BUDDHIST STUDIES

- Retreat schedules and information
- Join or renew your membership
- Interviews with teachers and current commentaries
- Donate online
- Latest news
- Job postings
- Links to teachers, centers and other sites of interest



Faith Retreat *with* Sharon Salzberg

Jointly Sponsored by
Insight Meditation Society
and Garrison Institute

Friday, June 6 to
Sunday, June 8, 2003

Garrison Institute
Garrison, NY

Faith. It's a word loaded with promise and controversy. Based on IMS co-founder Sharon Salzberg's latest book *Faith: Trusting Your Own Deepest Experience*, this course provides an opportunity to journey, meditatively and experientially, within the landscape of faith. Using tools such as guided meditation, journaling and discussion, as well as listening to Sharon talk about faith as a healing quality, participants can learn to combine devotion and the intellect to develop a genuine ease with themselves and the world.

The retreat, open to all, will be held at Garrison Institute, a new interfaith center for the study and practice of contemplative wisdom. It is located about an hour north of New York City on a beautiful campus overlooking the Hudson River.

For further information about the retreat, please contact Garrison Institute by calling (845) 424-4800 or emailing registrar@garrisoninstitute.org



Preserve *the* Dharma for *future generations*

By including IMS in your will or estate plan you can help ensure that we will be here – serving the Dharma – for generations to come.

For information, please return the coupon below, call the IMS Development Office at (978)355-4378, ext. 82 or email development@dharma.org.

-
- Please tell me more about including IMS in my estate plan and/or making a bequest.
 - I have already included IMS in my will or estate plan.

Name _____

Address _____

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State _____ Zip _____

Telephone _____

Email _____

Please return to:
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1230 Pleasant St., Barre, MA 01005



IMS

Ethics Committee

A core aspect of the Buddha's teaching is the importance of living by certain ethical guidelines or precepts. The five precepts – to refrain from harming living beings, to refrain from taking what is not freely given, to refrain from sexual misconduct, to refrain from false speech, and to refrain from abuse of intoxicants – form an integral part of daily life at IMS and are adopted by all who are here.

In order to ensure that IMS is responsive to the needs of its retreatants, and to ensure that everyone – whether a teacher, a member of staff or a retreatant - is conforming to our ethical guidelines, the IMS Board has created an Ethics Committee. It is responsible for receiving and investigating

complaints of unethical behavior by teachers, administrators, staff or guests.

Its members are:

Joseph Goldstein – Guiding Teacher

Lila Wheeler – Board Member

Grady Seale – Staff Board Member

Deborah Crown – Human Resources Director

Any member of the committee can be contacted through Deborah Crown at (978) 355-4378 ext. 31; a committee member of your choice will call you back. Questions or complaints will be handled or investigated as appropriate, in accordance with IMS policies.

A copy of the IMS Sexual Harassment Policy is also available by contacting Deborah Crown. Call the number above, or email personnel@dharma.org.

Donating Online

- *Begin or renew your membership*
- *Support the Scholarship Fund*
- *Contribute to the Building Fund*
- *Donate to the Endowment Fund*

MAKING YOUR CONTRIBUTION IS NOW SIMPLER

If you'd prefer to use your credit card instead of mailing in a check, visit our website www.dharma.org

Click on **IMS** and then follow the prompts for **Donate Online**, or **Support Us**.

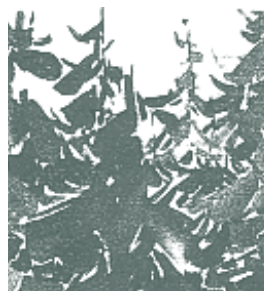
a connection to the dharma



a connection to your practice

The 2003 Dharma Seed Catalog is now available

Preserving and sharing the oral tradition of contemporary Buddhist teachings recorded live at retreat centers



58 teachers over 450 Dharma talks available on audio cassette

More Dharma talks and Chanting available on CD and video

New Dharma talks given in 2000, 2001 and 2002 are the focus for the 2003 Dharma Seed Catalog.

This is a great opportunity to connect with some of the most powerful and inspired work available in Western Buddhist Vipassana teachings.

For a 2003 Catalog, call (800) 969-7333 or email: dharma@crocker.com

Just a reminder, if you can't get to a retreat, most new retreat talks are available from Dharma Seed. Please call (800) 969-7333, we would be happy to assist you.

Dharma Seed Archival Center

Forest Refuge Update

Construction Finished

The construction stage of The Forest Refuge was completed in February. During January and February, despite the below freezing temperatures and abundant snow, permits for occupancy were issued, buildings were equipped and furnished, and staff moved in. As spring and the promise of warmer weather approached, final grading and landscaping got underway.

Located in beautiful, secluded woodlands, the design of the facility provides the privacy, quiet, and sense of harmony most conducive to intensive practice. There is a meditation hall, several walking rooms, a dormitory with thirty single rooms, a large dining hall, an administration building, and meeting and interview spaces. On site staff and teacher housing has also been built. Most of the structures are connected by a series of internal and external corridors, making it possible to move around without difficulty during bad weather.

A series of short self-retreats were offered to IMS board members and staff in recognition of their invaluable service. These began on February 14th – happily coinciding with the 27th anniversary of the nearby IMS Retreat Center. They were followed by a retreat for Vipassana teachers in March and April. A Blessing Ceremony was held on April 30 and an Open House on May 3. (Our next issue will cover these events.)

On May 12, 2003, the center officially opened for experienced meditators, providing a secluded environment for long-term, self-sustaining practice. In general, there will be no fixed retreat schedule and practitioners may begin their practice whenever an opening is available.

2004 Program Developments

Sayadaw U Janaka to Visit

We are pleased to announce that the renowned Burmese Buddhist scholar and meditation master Venerable Sayadaw U Janaka has accepted an invitation to teach at The Forest Refuge, July 1-20, 2004. Sayadaw U Janaka (or Chanmyay Sayadaw as he is often known) was a senior student of Mahasi Sayadaw, and spent six years in Sri Lanka where he learned English. This has assisted him in working with foreign meditators. In 1979 he was offered his own monastery, Chanmyay Yeiktha, where he resides as abbot. He also teaches retreats worldwide.

The remarkably quiet meditation hall. ▼

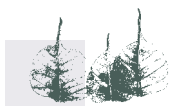
Although Sayadaw U Janaka will only be in residence for three weeks, applicants need to commit to the minimum retreat period of one month. There is a deadline for an initial lottery of July 31, 2003. In August, the lottery will be conducted.

In August and September 2004, the Venerable Ariya Nyani will visit from Burma to teach with Myoshin Kelley. They will offer a continuity of practice, following the visit and teachings of Sayadaw U Janaka.

Metta Practice

In January 2004, Myoshin Kelley and Sharda Rogell will offer a month of teaching with an optional focus on metta or lovingkindness practice. Retreatants will have the opportunity to explore metta as a means of cultivating an open and loving heart, as well as strengthening the power of concentration. There will also be the chance to practice the other *Brahma Viharas* (or divine abodes) of compassion, sympathetic joy and equanimity.





Application Process

There is an application process for anyone interested in practicing at The Forest Refuge. Guidelines and an application form are available from The Forest Refuge office or can be downloaded from our website.

Fees for 2003 are as follows:

First month (30 days) - \$1,200

Second month (31-60 days) - \$1,100

Third month (61-90 days) - \$1,000

Long-term rate (after 90 days) - \$15/day

These fees are the same as the fee schedule at the IMS Retreat Center.

A limited amount of scholarship support is available to assist those accepted into the program who are in financial need. While we will do our best to help your practice, we cannot guarantee that every scholarship application will result in an award.

Fees for 2004 have yet to be determined, and will be announced in the next issue of *Insight Newsletter*.

Work Retreats

The Forest Refuge is now accepting applications for Work Retreats, beginning June 1, 2003 for periods of one month.

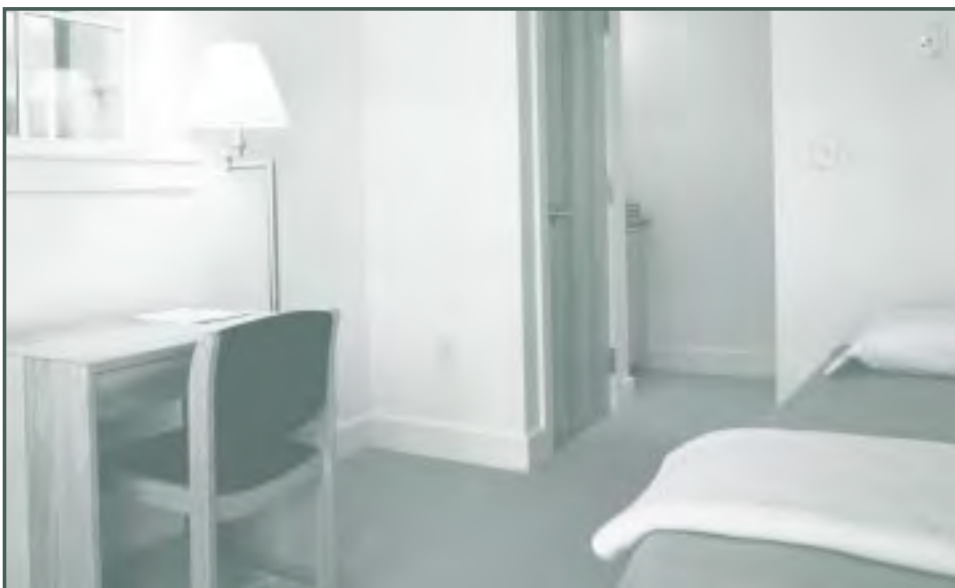
Two forms need to be completed and mailed - *The Forest Refuge Application Form* and *The Forest Refuge Work Retreat Application Form*, both available on our website. A non-refundable processing fee of \$25 must be included. To apply, please read the Work Retreat information on page 15.

Retreatant accommodation allows enough space in each single room for both sitting and walking practice. ▶

For further information regarding any Forest Refuge applications, please contact our office – call (978) 355-2063 ext. 10, email tfr@dharma.org, or write to The Forest Refuge, 1230 Pleasant St. Barre, MA 01005, USA.

You can also find out more on our website www.dharma.org. Click on *IMS* and then *The Forest Refuge*.

The dining hall. ▼





The Forest Refuge Teacher Schedule

Joseph Goldstein is The Forest Refuge Guiding Teacher.
He, along with other experienced vipassana teachers, will teach as outlined below.

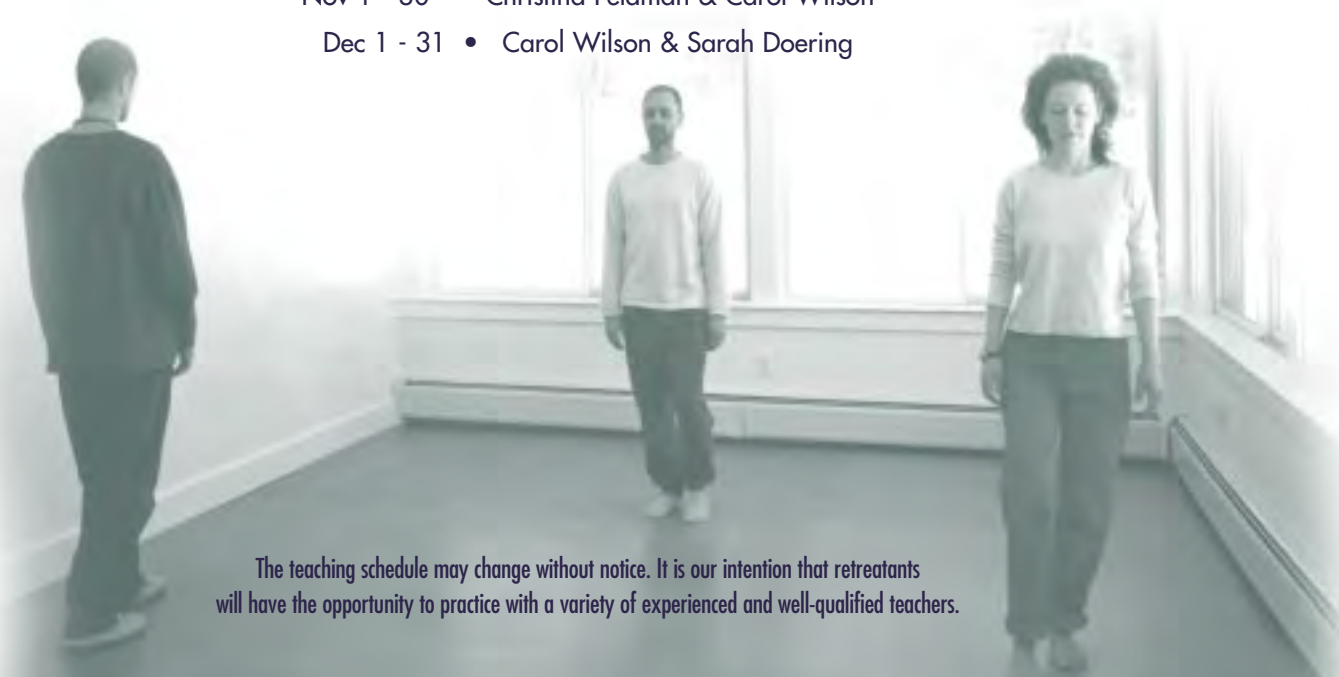
Please note there have been a few revisions to the 2005 schedule - places where changes have been made are marked with an asterisk ().*

2003

- June 12 - July 11 • Joseph Goldstein & Myoshin Kelley
- July 12 - 31 • Myoshin Kelley & Carol Wilson
- Aug 1 - 14 • Carol Wilson & Sarah Doering
- Aug 15 - 19 • Sarah Doering
- Aug 20 - 31 • Sarah Doering & Joseph Goldstein
- Sept 1 - 20 • Joseph Goldstein & Marcia Rose
- * Sept 21 - Oct 31 • Carol Wilson & Marcia Rose
- * Nov 1 - Dec 31 • Myoshin Kelley & Sarah Doering

2004

- Jan 1 - 31 • Myoshin Kelley & Sharda Rogell
- Feb 1 - Mar 31 • Myoshin Kelley & Sarah Doering
- Apr 1 - 30 • Joseph Goldstein & Michele McDonald-Smith
- May 1 - June 30 • Joseph Goldstein & Myoshin Kelley
- July 1 - 20 • Sayadaw U Janaka
- July 21 - 31 • Myoshin Kelley
- Aug 1 - Sept 30 • Ven. Ariya Nyani & Myoshin Kelley
- Oct 1 - 31 • Christina Feldman & Myoshin Kelley
- Nov 1 - 30 • Christina Feldman & Carol Wilson
- Dec 1 - 31 • Carol Wilson & Sarah Doering



The teaching schedule may change without notice. It is our intention that retreatants will have the opportunity to practice with a variety of experienced and well-qualified teachers.

2003 Retreat Center Schedule

Dates	Course Title	Teachers	Course Code	Deposit	Cost
Jan 31 - Feb 7	Metta Retreat		JS1	\$150	\$320
Feb 7 – Feb 16	Vipassana Retreat	Joseph Goldstein, Sharon Salzberg, Myoshin Kelley & Susan O'Brien	JS2	\$150	\$390
Jan 31 – Feb 16	Metta & Vipassana Retreat		JS3	\$150	\$665
Feb 21 – Feb 28	Women's Retreat	Christina Feldman & Narayan Liebenson Grady	WOM	\$150	\$320
Mar 8 – Mar 15	Vipassana Retreat	Larry Rosenberg & Michael Liebenson Grady	LR1	\$150	\$320
Mar 21 – Mar 30	Vipassana Retreat	Carol Wilson, Guy Armstrong & Rodney Smith	CW	\$150	\$390
Apr 5 – Apr 12	Vipassana Retreat	Rodney Smith, Yanai Postelnik & Catherine McGee	ROD	\$150	\$320
Apr 18 – Apr 27	Monastic Retreat	Ajahn Sundara & Others	AS	Donation	Donation
May 3 – May 10	Vipassana Retreat	Joseph Goldstein, Carol Wilson, Steve Armstrong & Sally Clough	JG	\$150	\$320
May 17 – May 24	Metta Retreat	Sharon Salzberg, Kamala Masters & Susan O'Brien	SS	\$150	\$320
May 31 – Jun 7	Vipassana & Viniyoga Retreat	Larry Rosenberg with Woods Shoemaker, Doug Phillips & Matthew Daniell	LR2	\$150	\$320
Jun 13 – Jun 20	Metta Retreat		SM1	\$150	\$320
Jun 20 – Jun 29	Vipassana Retreat	Steven Smith, Michele McDonald-Smith, Susan O'Brien & Rebecca Bradshaw	SM2	\$150	\$390
Jun 13 – Jun 29	Metta & Vipassana Retreat		SM3	\$150	\$665
Jul 4 – Jul 8	Young Adult Retreat	Michele McDonald-Smith & Rebecca Bradshaw with Diana Winston, Ed Hauben & Marvin Belzer	YA	\$205	\$205
Jul 12 – Jul 20	Vipassana Retreat	Christina Feldman, Fred von Allmen & Yanai Postelnik	CF	\$150	\$355
Jul 25 – Jul 27	Dana Weekend	Bhante Gunaratana	DANA	Donation	Donation
Aug 4 – Aug 9	Family Retreat	Trudy Goodman & Seth Castleman	FAM	\$100 per adult	adult \$240 child \$60
Aug 16 – Aug 23	Vipassana Retreat	Narayan & Michael Liebenson Grady	NLG	\$150	\$320
Aug 29 – Sep 1	Labor Day Weekend	Ruth Denison	RD1	\$170	\$170
Aug 29 – Sep 7	Vipassana Retreat		RD2	\$150	\$390
Sept 19 – Dec 12	Three-Month Retreat	Joseph Goldstein	3MO	\$750	\$3,150
Sept 19 – Oct 31	Part 1	Steven Smith, Michele McDonald-Smith, Myoshin Kelley & Susan O'Brien	PT1	\$350	\$1,650
Oct 31 – Dec 12	Part 2	Carol Wilson, Steve Armstrong, Kamala Masters & Guy Armstrong	PT2	\$350	\$1,650
Dec 28 – Jan 4	Vipassana Retreat	Sharon Salzberg & Susan O'Brien	NY	\$150	\$320

See following pages for retreat descriptions and information.

About IMS

Insight Meditation Society

1230 Pleasant St.

Barre, MA 01005, USA

Phone: (978) 355-4378

Fax: (978) 355-6398

Email: ims@dharma.org

Office Hours: Daily, 10am-12noon &
3-5pm (except Sundays & Tuesdays)

The Insight Meditation Society was founded in 1975 as a nonprofit organization to provide an environment conducive to the practice of *vipassana* (insight) and *metta* (lovingkindness) meditation, and to preserve the essential Buddhist teachings of liberation.

IMS now operates two retreat facilities – the Retreat Center and The Forest Refuge, which are set on 160 secluded wooded acres in the quiet country of central Massachusetts.

Information about The Forest Refuge can be found on pages 9-11.

The Retreat Center, which commenced a program of silent courses in 1976, offers a full yearly schedule of meditation retreats lasting in duration from a weekend to three months. Most retreats are 7-9 days long. A group of senior teachers provides regular and ongoing guidance and direction as well as teaching a number of courses each year themselves. In addition, recognized insight meditation teachers from all over the world come to offer teachings.

Sitting a Retreat

General Information

Retreat Center courses are designed for both new and experienced meditators. Instruction in meditation and evening talks about the Buddha's teachings are given daily. Individual or group interviews with the teachers take place at regular intervals. Complete silence is maintained during most retreats at all times, except during question and interview times. A typical daily schedule starts at 5am and ends at 10pm. The entire day is spent in silent practice comprising alternate periods of sitting and walking meditation, as well as a one-hour work period. This schedule, in combination with the silence, group support and daily instruction, provides a beneficial environment for developing and deepening meditation practice.

Meals are vegetarian, and accommodations are simple single and double rooms. Men and women do not share rooms. Camping is not available.

Evening Discourses

When a retreat is in progress, anyone is welcome to attend evening Dharma talks; meditators with *vipassana* experience are also welcome to attend group sittings. Some restrictions apply. Please call the Retreat Center office for a daily schedule.

Retreat Descriptions

Vipassana

Insight Meditation (or *vipassana* as it is called in Pali, the language of the original Buddhist teachings) is a simple and direct practice - the moment-to-moment observation of the mind/body process through calm and focused awareness. This practice originates in the Theravada tradition of the teachings of the Buddha. Sitting and walking meditation, the first steps in formal practice, become the foundation and continuous inspiration for meeting all aspects of life with greater openness and acceptance. Learning to observe experiences from a place of stillness enables us to relate to life with less fear and clinging. Seeing life as a constantly changing process, we begin to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. As insight deepens, wisdom and compassion arise.

Metta

Metta is the Pali word for friendship or lovingkindness. It is taught as a meditation that cultivates our natural capacity for an open and loving heart. With its roots in practices said to be taught by the Buddha himself, *metta* is traditionally offered along with meditations that enrich compassion, joy in the happiness of others and equanimity. These practices lead to the development of concentration, fearlessness, happiness and a greater ability to love.



Women's Retreat

Each year we provide the opportunity for women to develop and deepen their practice in this most conducive of settings and community. Following the familiar rhythms of sustained and silent practice in an environment of trust and support, countless women over the years commit themselves to being at IMS during this week.

Monastic Retreat

Western nuns and monks from the Thai Forest Buddhist monastic tradition teach a vipassana retreat each year at the center. In addition to the regular schedule of sitting, walking and interviews, there are also morning and evening *pujas* (offering rituals) that include chanting, and the use of candles and incense. Retreatants participate in offering service to the nuns and monks and keep the eight monastic precepts, including not eating after midday.

This course is offered by IMS and the ordained sangha on a *dana* (donation) basis. There is no set registration fee. You may be as generous as you feel in making an offering to IMS and the teachers.

Vipassana & Viniyoga Retreat with Larry Rosenberg

The particular form of vipassana meditation emphasized during this retreat is Anapana Sati, where conscious breathing is used to develop both calm and liberating insight. Viniyoga in the tradition of TKV Desikachar is a form of training that emphasizes the coordination of mindful breathing with all bodily movement, making the breath sensations more vivid and in general preparing the body for extended periods of sitting meditation. The yogic postures will emphasize mindfulness, so that this training is fully compatible with vipassana meditation practice. There will be two optional periods of viniyoga each day. Individual needs will be honored; beginners to yoga are welcome. Please bring a yoga mat. Retreatants are required to have sat at least two week-long retreats at IMS. This must be documented on the registration form (see page 17).

Young Adult Retreat

This retreat is specifically for teens, aged 14-19. It offers beginning meditation instruction, half-hour sitting and walking periods, discussions, stories, and free time. The aim is to allow young adults to develop and value their natural spirituality within a supportive environment. Extensive supervision is provided.

Dana Weekend

This retreat is offered by IMS to affirm the spirit and practice of generosity. There is no fixed course fee. Participants are asked to offer whatever contribution fits their means. Priority will be given to those who, for financial reasons, are unable to attend courses with fixed course fees.

Family Retreat

This course explores integrating meditation and family life. In a less formal atmosphere, a full program of sitting, discussions, family meditations, and talks is offered. There is a comprehensive children's Dharma program staffed by volunteers who coordinate age-appropriate activities.

Due to the popularity of this course all applications received on or before February 21, 2005 will be processed in the following manner: half of available spaces will be given to families who have attended this course three out of the past five years, on a first received basis. The remaining spaces will be filled by lottery.

Each family unit pays a minimum of an additional \$35 for the children's program. You MUST specify name, full date of birth, and gender of all children on your registration.

Retreats with Ruth Denison

The style of teaching of this weekend and 9-day retreat is significantly different from other Retreat Center courses. In addition to the sitting and walking practice of a vipassana retreat, this course also includes sound and body movement meditations, and sustained, ongoing verbal teacher instruction throughout the day.





Three-Month Retreat

The annual three-month course is a special time for practice. Because of its extended length and the continuity of guidance, it is a rare opportunity to deepen the powers of concentration, wisdom and compassion. The teaching is in the style of Mahasi Sayadaw, refining the skillful means of mental noting, slow movement, and precise, open awareness.

Prerequisite is three retreats of a week or more in duration with a recognized vipassana teacher, or special permission. This experience, including teachers' names, as well as dates and length of retreats must be documented on the registration form.

Special cancellation fees and deadlines for this retreat are as follows. 3MO and Part 1: up to Feb 28, \$50; from March 1 to April 14, \$150; after April 14, full deposit. Part 2: up to April 14, \$50; from April 15 to May 31, \$150; after May 31, full deposit.

Individual Retreat

Self-Retreat

If you have already participated in a course at the Retreat Center, you can schedule an individual self-retreat between courses. You may stay for any number of days not exceeding the longest period of teacher-led retreat that you have done at the center.

During this time, you are expected to meditate in silence, observe the five precepts and maintain a continuity of practice. Self-retreats cost between \$40-45 per day, depending on length. For self-retreats of up to six days immediately before or after a specific group course, you can put the dates you wish to stay on your registration form. For self-retreats of longer than six days, please call the office for an application form.

Work Retreats

Work retreats provide a unique opportunity to explore the integration of mindfulness practice with work activity. The daily schedule combines periods of formal meditation and instruction with five hours of work - in silence - in either the center's kitchen or housekeeping department.

Participation is limited to experienced meditators only and requires a high degree of self-reliance. The timing of work retreats usually corresponds with the schedule of teacher-led courses. Since the work can be physically demanding, a moderate level of physical fitness is required.

A separate application form needs to be completed for a work retreat. The only cost is a \$25 nonrefundable application-processing fee. A work retreat is not meant to take the place of a scholarship. For further information and application, please contact the Human Resources Coordinator— call (978) 355-4378, ext. 23, email hrc@dharma.org or write to IMS. You can also find out more on our website.

Long-Term Practice

For those who have sat the Three-Month Retreat and wish to do additional long-term meditation practice, the Retreat Center has available a limited number of scholarships in the form of a reduced daily rate. Practice guidelines are similar to those for shorter individual retreats with an additional emphasis on self-reliance. Long-term practice requires the prior consent of two teachers. Those interested should contact the office for an application form.

Financial Information

Dana

Retreat Center fees cover only room, board and some administrative costs. In keeping with the tradition of *dana*, (the Pali word for generosity) that stretches all the way back to the Buddha, teachers are not paid by IMS but offer the teachings freely. The direct service staff also offer their service freely and receive just a small stipend. At the end of each course, retreatants have the opportunity to offer a donation to the teachers, service staff, and also to IMS itself. The Buddha taught that practicing a lifestyle of generosity is a necessary precondition for attaining wisdom.



Scholarships

Our Scholarship Fund assists those with low income, those with life-threatening or disabling illness, and all those who might be unable to afford the entire cost of a retreat. Due to limited resources, however, we cannot guarantee that every application will result in a scholarship award.

A deposit is required on registering - see page 17 for further information. To access financial assistance, check the relevant section of the registration form, also on page 17. Please be assured that we will do our best to help you attend a retreat with us.



IMS Core Faculty

Steve Armstrong has been practicing vipassana meditation since 1975, both as a layman and as a monk, and leads retreats in the US and Australia. His primary focus is Buddhist psychology.

Ruth Denison studied in Burma in the early 1960s with the meditation master Sayagi U Ba Khin. She has been teaching since 1973 and is founder of Dhamma Dena, a desert retreat center in Joshua Tree, CA, and The Center for Buddhism in the West in Germany.

Christina Feldman has been studying meditation since 1970 and teaching worldwide since 1974. She is co-founder and a guiding teacher of Gaia House in England and is also a guiding teacher of IMS. She is the author of *Woman Awake!* and *The Buddhist Path to Simplicity*.

Joseph Goldstein is a co-founder and guiding teacher of IMS. He has been teaching vipassana and metta retreats worldwide since 1974 and in 1989 helped establish BCBS. He is the author of *One Dharma, The Experience of Insight* and *Insight Meditation*.

Narayan Liebenson Grady is a guiding teacher at CIMC where she has taught since 1985. She is the author of *When Singing, Just Sing: Life As Meditation*.

Kamala Masters began practicing in 1975. Under the guidance of Anagarika Munindra and Sayadaw U Pandita, she has been trained in vipassana and metta meditations. She is co-founder of the Vipassana Metta Foundation on Maui, and is currently developing a hermitage/sanctuary for long-term practice.

Michele McDonald-Smith has practiced vipassana meditation since 1975 and has been teaching at IMS and worldwide since 1982. She has a deep interest in preserving the ancient teachings and in finding ways of expression that make them more accessible and authentic in our time.

Larry Rosenberg practiced Zen in Korea and Japan before coming to vipassana. He is a guiding teacher of both CIMC and IMS. He is the author of *Living in the Light of Death and Breath By Breath*.

Sharon Salzberg, a co-founder of IMS and BCBS, has practiced Buddhist meditation since 1971 and has been teaching worldwide since 1974. She is a guiding teacher of IMS and author of *Faith: Trusting Your Own Deepest Experience, Lovingkindness* and *A Heart As Wide As The World*.

Rodney Smith has been practicing vipassana meditation since 1975, including several years as a Buddhist monk in Asia. He has been teaching since 1984 and worked in hospice care for 14 years. He is the author of *Lessons From the Dying*.

Steven Smith is a co-founder of Vipassana Hawaii, and is a guiding teacher of IMS. He teaches vipassana and metta retreats worldwide.

Carol Wilson has been practicing meditation since 1971. She studied with a variety of teachers, including practice as a Buddhist nun in Thailand. She has been teaching vipassana and metta retreats at IMS and around the world since 1986.

Visiting Faculty

Ven. Ariya Nyani was born in Switzerland, and ordained with Sayadaw U Janaka in Burma in 1992, after many years of Buddhist practice. Based at Sayadaw's forest center of Chanmyay Yeiktha, she translates and assists foreign meditators, as well as teaching vipassana retreats in Australia and Europe.

Guy Armstrong has practiced insight meditation for over 20 years. His training includes practice as a Buddhist monk in Thailand with Ajahn Buddhadasa. He began teaching in 1984 and has led retreats in the US, Europe and Australia.

Marvin Belzer has practiced vipassana since 1982, studying primarily with Sayadaw U Pandita since 1986. He teaches philosophy at Bowling Green University.

Rebecca Bradshaw has been practicing vipassana meditation since 1983 and teaching since 1993. She is a guiding teacher of the Dhamma Dena Meditation Center in Northampton, MA, and also works as a Spanish-speaking psychotherapist.

Seth Castleman has been teaching dharma and spiritual practice to adults, children, and families since 1995. He is presently in teacher training with Jack Kornfield.

Sally Clough has practiced vipassana meditation since 1981. She began teaching in 1996, and is one of the guiding teachers of Spirit Rock Meditation Center's Dedicated Practitioner Program.

Matthew Daniell has been practicing Buddhist meditation (Zen and vipassana) since 1985. Certified to teach yoga in the Kripalu and Sivananda traditions, he is currently training in and teaching Viniyoga.

Sarah Doering has practiced vipassana meditation since 1981 and teaches at both CIMC and IMS.

Trudy Goodman has studied in Zen and vipassana traditions since 1974. She is a co-founder and guiding teacher of the Institute for Meditation and Psychotherapy and leads retreats nationwide.

Michael Liebenson Grady has been practicing vipassana since 1973. He is a guiding teacher at CIMC.

Bhante Gunaratana has been a Buddhist monk for over 50 years, and is the founder of Bhavana Society in rural West Virginia. He is the author of a number of books, including *Mindfulness in Plain English*.

Ed Hauben is a long-term vipassana meditation practitioner and friend of IMS. He has served on the IMS board and has assisted with the Family and Young Adult retreats for the past 20 years.

Myoshin Kelley has been practicing meditation since 1975, working with a number of teachers in various traditions. Her own teaching reflects a strong influence from Burmese masters with an emphasis on simplicity and lovingkindness. She is now the Resident Teacher at The Forest Refuge.

Catherine McGee has practiced insight meditation under the guidance of a number of senior dharma teachers in Asia and the West. She has been teaching since 1997 both at Gaia House and internationally.

Susan O'Brien has been practicing vipassana meditation since 1980 and has studied with a variety of Asian and western teachers. She began teaching in 1996 and coordinates the Insight Meditation correspondence course.

Doug Phillips has been practicing Buddhist meditation (Zen and vipassana) since 1978. He currently teaches vipassana meditation.

Yanai Postelnik has practiced and studied insight meditation in Asia and the West and has been teaching since 1992. He lives near Gaia House in England and leads retreats around the world.

Sharda Rogell has been teaching worldwide since 1985 in the Theravada tradition where she brings a strong emphasis to awakening heartfulness. She is on the Teacher Council at Spirit Rock Meditation Center in CA.

Marcia Rose has practiced Buddhist meditation since 1970, and was IMS resident teacher 1991-1995. Since then she has taught at IMS and worldwide. She is a co-founder and guiding teacher of Taos Mountain Sangha Meditation Center and The Mountain Hermitage, both in Taos, NM.

Woods Shoemaker has been practicing vipassana since 1976. He studied Viniyoga in Madras with TKV Desikachar where he began teaching yoga in 1978. He is currently teaching vipassana meditation.

Ajahn Sundara is a senior nun of the Forest Sangha. She joined the monastic community under the guidance of Ajahn Sumedho in 1979. She has taught and led retreats in Europe and the US since the late-1980s.

Fred von Allmen has studied and practiced under Tibetan and Theravada teachers since 1970 in Asia, Europe and the US. He has been teaching retreats worldwide since 1984. He is the author of several Buddhist books in German and a co-founder of the Meditation Center Beatenberg in the Swiss Alps.

Diana Winston is the founder of the Buddhist Alliance for Social Engagement (BASE) Program. She has practiced insight meditation since 1989, and since 1993 has taught dharma to teenagers in India and the US. Her forthcoming book, *Wide Awake* is a Buddhism book for teens.



Registrations

- Are accepted only by mail or in person, not by phone, fax or email. Incomplete registrations (including those without sufficient deposit) will be returned for completion.
- Are processed on a "first received" basis or lottery. Processing order is not affected by scholarships.
- A confirmation letter or wait list letter will be sent out as soon as your registration is processed; processing may be delayed by volume of registrations at the start of the year.
- All retreatants are expected to participate in the entire course: late arrivals who do not notify the office in advance cannot be guaranteed a spot; exceptions (for emergency or medical reasons) must be approved by IMS.
- For an information sheet about the Retreat Center environment regarding chemical sensitivities, contact the office.
- Participation in retreats is always at the discretion of IMS.

Wait List

- If a course is full you will be placed on a wait list. When a place opens you will be confirmed by mail. If you are not confirmed, you will be reimbursed for your deposit.
- If you opt to cancel, you must notify us. Cancellation fees apply if you are confirmed off the wait list and do not accept.

Payments

- The cost of each retreat and the deposit required are listed by the course on the retreat schedule.
- If you are applying for a scholarship, the minimum deposit for a weekend course is \$50; for 4 to 16 days, \$100; and for longer retreats, the full deposit. As part of our Youth Outreach Program, those 25 or younger only pay a \$50 deposit, regardless of course length.
- Please pay by check or money order in US funds drawn on a US or

Canadian bank. We cannot accept credit cards or foreign drafts (Canadian drafts must say: US Funds)

- If possible, please prepay the entire retreat cost.

Cancellation

- If you need to cancel your registration, please let us know as early as possible. Cancellation fees are \$25, six or more weeks before a course starts; \$100, four to six weeks before; and full deposit if you cancel less than four weeks before the first day of the retreat. The cancellation policy for the Three-Month and Family courses is more stringent. (See Retreat Descriptions for details.)

All cancellation fees are donated to the Scholarship Fund.



Retreat Center Registration Form

Office use only • Date received

PLEASE PRINT CLEARLY. If you are registering for more than one course, please photocopy this form and send a separate form for each retreat.

Course Code _____ Dates you will be here: From _____ To _____ Amount of deposit enclosed \$ _____

Name _____ Have you been to IMS before? YES NO

Address _____

City _____ State _____ Country _____ Zip _____

Check if new address. Old Address _____

Day Phone () _____ Evening Phone () _____

Fax () _____ Email _____ M F

Year of Birth _____ Do you smoke? _____ Do you snore? _____ Can you offer a ride? YES NO

Please indicate any physical disabilities or special needs to assist in assigning your room _____

Retreat Experience (for LR2, PT1, PT2, 3MO). Please list teacher names, dates and locations (*attach extra paper if necessary*).

I wish to apply for a scholarship YES NO I have added \$ _____ to the deposit as a donation to IMS.



Barre Center for Buddhist Studies

...for the integration of scholarly understanding and meditative insight...

149 Lockwood Road
Barre, MA 01005
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Web: dharma.org



The Barre Center for Buddhist Studies (BCBS) offers a variety of study and research opportunities: lectures, classes, workshops, retreats and independent study programs. While rooted in the classical Buddhist tradition, the BCBS mission calls for the study of all different schools of Buddhism and discussions with other traditions. The emphasis is on the interrelationship between study and practice, and on exploring the relevance of classical teachings to contemporary life.

BCBS Schedule for 2003

May 2-4	(Weekend)	Ajahn Sundara	Renunciation : The Highest Freedom
May 11-17	(6 days)	Dan Cozart	Nalanda Program: Vajrayana Studies
May 18-23	(5 days)	Andrew Olendzki	Essentials of Buddhist Psychology
May 31-June 7	(7 days)	Andrew Olendzki & Taraniya Ambrosia	Bhavana Program: Samyojana – The Ties That Bind
June 13-15	(Weekend)	Rev. Issho Fujita	Somatic Elements in Sitting Meditation
June 22-27	(5 days)	Mu Soeng	Nalanda Program: Mahayana Studies
July 18-20	(Weekend)	Taitetsu Unno	Shin Buddhism: Bits of Rubble Turn Into Gold
July 25-27	(Weekend)	Bill & Susan Morgan	Meditation for Psychologists and Psychotherapists
Aug 8-10	(Weekend)	Jose Reissig & Lila Wheeler	El Dharma en Español
August 16-23	(7 days)	Charles Genoud	Bhavana Program: In Nagarjuna's Footstep
Sep 6	(Saturday)	Joseph Goldstein	Fear and Trust
Sep 7-12	(5 days)	Andrew Olendzki	Abhidhamma: Classical Buddhist Psychology
Sep 14	(Sunday)	Narayan & Michael Liebenson Grady	Dharma and Relationship
Sep 20-27	(7 days)	Greg Kramer	Insight Dialogue: The Extra-Ordinary and the Inter-Personal
Oct 3-9	(6 days)	Daeja Napier	Sublime States of Mind: Cultivating Metta, Karuna, Mudita, and Upekkha
Oct 10-13	(3 days)	Chip Hartranft & Andrew Olendzki	Buddhism and the Yoga Sutras of Patanjali
Oct 17-24	(7 days)	Taraniya Ambrosia & Andrew Olendzki	Bhavana Program: Living Together in Harmony
Oct 31-Nov 2	(Weekend)	Paul Fleischman & Andrew Olendzki	Buddhist Poetry: Embodiment of Dhamma Experience
Nov 9	(Sunday)	Sharon Salzberg	Meditation: Tools for Awakening Courage, Faith and Compassion
Nov 14-16	(Weekend)	Mu Soeng	Buddhism and Shamanism: Carlos Castaneda & the Perfections of Wisdom
Nov 23	(Sunday)	Andrew Olendzki & Mu Soeng	Introduction to Buddhism
Nov 30-Dec 5	(5 days)	Andrew Olendzki	Essential of Buddhist Psychology
Dec 12-14	(Weekend)	Mu Soeng	The Great Way is Not Difficult: The Zen Poem of The Third Zen Patriarch
Dec 19-21	(Weekend)	Sumi Loundon	New Perspectives on Dharma Practice

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There is no fixed subscription fee for the *Insight Journal*. Please send us whatever you think appropriate as a membership contribution to BCBS. How much is appropriate? You decide:

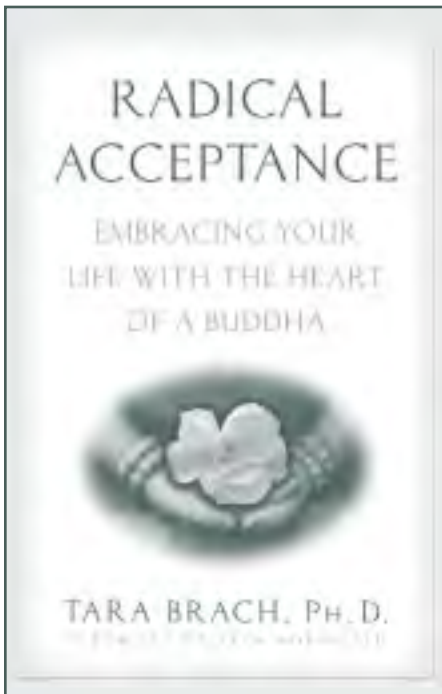
\$20 Covers basic production expenses and allows us to send you two copies of the *Insight Journal* each year without any advertising or a fixed subscription rate.

\$50 Significantly helps support the ongoing operation and all the programs offered at BCBS.

\$100 Substantially contributes to the growth and improvement of the study center by providing for capital expenses beyond the annual operating budget.

\$0 If you would like to subscribe to the *Insight Journal* without making a membership contribution, the generosity of others will provide what is needed.

Book Review



Radical Acceptance: Embracing Your Life with the Heart of a Buddha

By Tara Brach
Bantam Books, June 2003

Written with great warmth and consideration for the suffering inherent in the human condition, Tara Brach's wonderful first book, *Radical Acceptance* encourages us to never lose sight of our potential to awaken. It inspires us to live fully - to accept ourselves and others with gentleness and care.

The book's basic premise is that many of us live in a trance of unworthiness. We feel separate, alone and fundamentally deficient in the very core of our being. Skillfully weaving stories from her own life and practice, as well

as from her many years as a therapist and meditation teacher, Tara explores the various means we employ in our futile attempts to escape this suffering. A meditation/reflection follows each chapter, guiding the reader to understand more directly its pertinent theme.

The antidote to living in such trance is what Tara terms 'Radical Acceptance' – holding all of our experience with complete loving care and compassion. We are stirred out of trance as we pay attention to each moment, accepting everything and avoiding nothing. The spirit of Radical Acceptance requires us to say 'Yes' to life with an attitude of "unconditional friendliness."

As we apply mindfulness and kindness to our moment-to-moment experience, we begin to heal our wounded selves. Only then can we become aware of and respond to the basic goodness that has always been our true nature. We discover that we are not alone, and that our suffering is universal, not personal and shameful. As our hearts open, our compassion grows and extends to others. We learn that "we can trust the awareness and love that is our true home."

Whether we are new to the path of meditation, or seasoned travelers, this book's message is joyfully clear: we can radically transform our lives!

Reviewed by Adab Miller



Cambridge Insight Meditation Center

CIMC is a non-residential urban center for the teaching and practice of insight meditation.

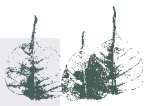
CIMC's programs are designed to provide a strong foundation in formal meditation as well as daily practice. Our schedule includes daily sittings, weekly Dharma talks, ongoing classes and practice groups, teacher interviews, and a variety of weekend workshops and meditation retreats.

An open invitation is extended to all to stop by CIMC and browse through the library or join in any of the public sittings or Wednesday evening Dharma talks. A growing number of out-of-town yogis have enrolled in our weekend retreats. Contact us for a list of bed and breakfasts in the area.

**331 Broadway
Cambridge, MA 02139**

**Office: (617) 441-9038
24-hour information and
fax line: (617) 491-5070**

Website: www.cimc.info



Insight Meditation Society
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For a complete job description see our website
www.dharma.org under *Job Listings*

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