

# INSIGHT

NEWSLETTER

SPRING  
SUMMER

2004

IMS Schedules:

The Retreat Center 2004

The Forest Refuge 2004/05

BCBS 2004/05

Course Schedule Outline

Teacher Interview

IMS News

and Developments

## A Seamless Process: Practice On and Off the Cushion An Interview with Kamala Masters & Steve Armstrong

Kamala Masters and Steve Armstrong have been teaching mindfulness retreats together, both at IMS and worldwide, for more than ten years. They live on Maui, where they are developing a Dharma sanctuary and hermitage *Ho'omālamalama* (the ground for awakening). In talking with *Insight Newsletter*, they offer their perspective on the relationship between intensive practice and householder life.

**Over the last decade, you've offered introductory courses for those new to the practice, as well as longer retreats for advancing students. How do you meet the needs of students in different stages of meditation experience?**

**Steve:** Kamala and I respect and teach from a Burmese model of understanding how students progress in their Dharma practice. The distinguished Burmese meditation master Mahasi Sayadaw, a pioneer in teaching meditation to those in a lay or householder life, outlined this model about 55 years ago. Prior to that, meditation instruction was not easily available to those outside the ordained community of monks and nuns. He taught that householders can develop the essential practice of the *paramis*, those positive forces or skillful qualities

of mind such as generosity, renunciation, effort, truthfulness, lovingkindness and balance of mind.

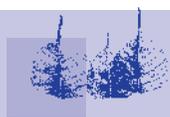
These are the forces which, through various Dharma practices, can become our default setting – our first response to situations – rather than emotional reactivity, resulting in less harm and suffering. In Burma, householders practice the paramis in their everyday life, raising children, on the job and among their neighbors and friends. As these qualities ripen through ordinary daily activities, the ground is prepared for the deeply liberating insight that arises through sustained vipassana retreat practice.

**Kamala:** So we encourage the cultivation of the paramis at home, at work and in our social and civic interactions. While one or more paramis

*(continued on page 2)*



Steve Armstrong and Kamala Masters



## 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  
Production: Eowyn Ahlstrom  
Cover photo: Libby Vigeon  
IMS Buddha Photo: Dawn Close  
Design: Lux Productions

Please address any correspondence to IMS,  
1230 Pleasant St.  
Barre, MA 01005, USA  
Phone: (978) 355-4378  
Fax: (978) 355-6398  
Email: [ims@dharmia.org](mailto:ims@dharmia.org)  
Website: [www.dharma.org](http://www.dharma.org)

PRINTED IN CANADA



Printed on recycled paper  
using soy-based inks

CHRISTINE PICHKOSTNER

of their liberating insight, but also in their skillful application of Dharma understanding in daily life.

### **Kamala, can you say a little about the impact of your practice in Burma?**

**Kamala:** Over the last two years, I've traveled to Burma three times – twice to undertake some months of intensive practice with my teacher and meditation master, Sayadaw U Pandita. The third trip involved sutta and Pali study at Sitagu Monastery.

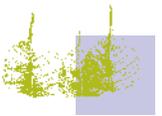
For a long time prior to that, as I reflected on and practiced the paramis, the quality of renunciation resonated deeply in my heart. As I gave this more energy and attention, the wish to ordain arose – to shave my head, don the nun's robes and utterly simplify my life. I was interested to see if outer renunciation would help the inner renunciation of abandoning greed, hatred and delusion. So, I traveled to Burma in 2001 and ordained for two months with Sayadaw U Pandita. I did this again early this year. These two times have been amongst the happiest of my life; the simplification of my activities together with his monastery's clearly defined practice regimen allowed the constrictions of heart and mind to easily let go.

While in Burma I realized how supportive and strengthening it is for me, as one who guides others, to have my own guide. Of course, the bottom line is that the Dharma is our truest guide. There is, however, immense value in turning to someone much wiser who can, with fierce compassion, tell me where to refine the practice; a teacher who can direct and help me reach new horizons without embellishment or coddling. Two important things Sayadaw U Pandita said to me were, "You must

are practiced, other virtuous qualities are simultaneously nurtured. For example, whenever we remind ourselves to practice patience – the parami the Buddha called "the supreme virtue" – we not only create harmony in the outer conditions of our lives, but in addition support the growing inner presence of loving-kindness, equanimity and renunciation.

We also encourage students to sit a silent vipassana retreat every year, whether it's for nine days, or a month, or longer. When we take the time to temporarily disengage from household activities and move into a semi-monastic environment, the momentum towards progressively deeper levels of freedom in the mind joins forces with the momentum gained from strengthening the paramis in our heart.

**Steve:** The Dharma lifestyle of householder parami practice combined with intensive meditation retreats is a middle path between a full monastic way of life, and a full householder life without any spiritual practice. It is a form that seems to suit Western lay people. We have noticed significant maturation in our students who sit annual retreats, not only in the depth



be willing to be admonished,” and “You must be willing to invest everything you have in the practice.”

### **Is it possible to undertake intensive mindfulness practice while in a household situation, fulfilling parent, partner and financial responsibilities?**

**Kamala:** Being a mother and respecting family needs are primal forces within me. Nevertheless, while raising my children I also honored a deep need to take time out now and then for intensive retreat. Sometimes, I had to plan for this up to three years in advance. I didn't shirk that inner responsibility. So, yes, with careful preparation it is possible to fulfill both worldly obligations and intensive practice needs.

Recently, on the way to Burma, I visited India, and had the opportunity to talk with Dipa, the daughter of an extraordinary and wonderful Indian woman, Dipa Ma, whose teachings and practice have contributed greatly to my own development. I asked Dipa what was the most awesome thing that she remembered about her mother. She told me that when she was a child she and her mother were at the Mahasi meditation center in Burma. Her mother's teacher, Munindraji, instructed her mother to practice for three days, while Dipa was being cared for by friends there. This was not a weekend retreat of sitting and walking, with breaks in between; it meant Dipa Ma sat down for three days solid, without moving. Dipa said “She didn't even get up to go to the bathroom or to eat!”

This story inspires me, because it validates my own efforts to be both a devoted parent and a devoted meditation student – though I'm not sure I'll ever sit for three days without moving!

Another simple yet profound practice that helps create a seamless process between householder life and retreat life is known as ‘Mindfulness of the Four Postures’ – sitting, walking, lying down and standing. Munindraji, my other teacher, who passed away in October last year, often reminded me to practice a general awareness of the entire body as it sits, walks, bends or turns throughout everyday activities. I have found this technique brings about a significant continuity of mindfulness.

### **Steve, you were a monk in Burma for many years. How did this prepare you for developing a new sanctuary on Maui?**

**Steve:** I spent five years in robes, doing intensive practices with Sayadaw U Pandita in Yangon. This was while Kamala was raising her family. Now, while she is undertaking intensive practice, I find myself much more involved in householder activities. Our roles have reversed.

We are in the process of building a Dharma sanctuary on Maui, which requires a lot of raising money, managing finances, and communicating with supporters, neighbors, contractors and the local government. The practices I did in Asia provide essential tools for skillful interaction in these often challenging situations. My household work is the test of my Dharma practice.

### **Do you see the teachings of Burmese masters continuing to influence Western Buddhism?**

**Steve:** Most definitely! While Kamala and I were in Burma two years ago, we heard about a book in Burmese by the late Mahasi Sayadaw that had never been translated into English. It is a two-

volume work called *Practicing Vipassana*; a definitive book from the Buddhist teachings on how to practice vipassana, and much of its content is generally unavailable to Western students. In it, Mahasi Sayadaw discusses the preparatory practices that householders can develop and experience both in their everyday lives and on retreat.

We have undertaken subsidy of the book's translation and publication. In January, Kamala asked Sayadaw U Pandita what he thought about making it available in the West. He responded, in English, “The sooner, the better.” Not only will it provide a valuable resource for Dharma students and teachers alike, it will also establish a baseline in the West for reviewing our own practice and gauging its authenticity.

### **How relevant is the Buddhist understanding of mind today?**

**Steve:** In our view, its relevance is just beginning to be appreciated, at least here in the West. Last September, Kamala and I attended the *Mind and Life Conference* with the Dalai Lama in Cambridge, Massachusetts, where Western scientists of psychology spoke with the Dalai Lama and senior Tibetan and Theravada monks and scholars about the nature of the mind. It was a fascinating dialogue to witness – Western scientists are just starting to document, through their scientific method and machinery, what Buddhists have been experiencing for millennia, through their meditation.

*For further information about Kamala and Steve's Dharma activities, please visit [www.vipassanamettra.org](http://www.vipassanamettra.org).*

## Scholarship Fund Support

IMS is committed to offering scholarship assistance to those who cannot afford the entire cost of a meditation retreat. Your generous donations have provided funding for many individuals seeking to participate in our programs.

Help someone else to sit. You may designate that your donation be directed to one or more of the following specialized scholarship areas: People of Color, Youth Outreach (for those aged 18-25), The Forest Refuge or The Retreat Center.

*Contributions can be sent to:*  
IMS  
1230 Pleasant St.,  
Barre, MA 01005, USA  
*To donate online, visit our website*  
[www.dharma.org](http://www.dharma.org)



## New Executive Director



LIBBY VIGFON

*Dianne E. Horgan*

Last September, the IMS Board of Directors appointed Dianne E. Horgan to the position of Executive Director. Working together with staff, teachers and board members, Dianne directs the organization's two retreat facilities – The Retreat Center and The Forest Refuge.

A native of Massachusetts, Dianne's background combines an education in psychology with a professional business career. She first came to IMS in 1999, when she sat the New Year's course. "It was a powerful experience – one that left me with a strong wish to serve IMS in some capacity," she explained. "I was able to fulfill that dream in 2002, when I started work as Director of Operations."

Since then, The Forest Refuge has commenced its personal retreat

program, the Catskills dormitory accommodation building has received a facelift, a youth outreach initiative has begun, and a strategic planning process is underway, to determine those areas of focus for the coming years. Throughout this period, Dianne's dedicated involvement in directing and planning all the varied components of these activities has been essential.

"It is a gift to be a steward of IMS, and an honor to be part of something that has contributed to the spiritual development of so many, including myself, over the last quarter century," she said.

Dianne replaces Edwin Kelley who, after a seven-year tenure, is currently sitting a personal retreat at The Forest Refuge.



# IMS News Worth Noting

## Assistance for Young Adult & Family Retreats

Each year, IMS endeavors to cultivate the mindfulness, compassion and wisdom of the next generation through two of its courses: the Young Adult Retreat and the Family Retreat.

If you have experience in working with children, are an experienced meditator, and are interested in being a group leader for this year's Family Retreat, please call us at (978) 355-4378, or email [ims@dharma.org](mailto:ims@dharma.org). We are happy to offer sitting days in return for your service.

Each year, an individual or community group has donated \$500 to provide a Dharma book for each Young Adult retreatant. Please contact us if you would like to find out more about becoming a 2004 benefactor for this course.

## Catskills Facelift Complete

The start of the 2004 Retreat Center program heralded the completion of the long-overdue Catskills facelift. This wing of dormitory accommodations now boasts a new fire sprinkler system, freshly-painted walls and ceiling tiles, upgraded area rugs for the rooms and new carpeting for the hallways. In addition, hardwood bed frames and new mattresses (no longer the 'foamies' of old) have been installed.

IMS wishes to thank all those whose donations helped bring this first phase of renovations to fruition.

## New Youth Retreat

This summer, an inaugural Youth Retreat will be held for those aged 18-32. Taught by Rebecca Bradshaw and Marvin Belzer, it will take place August 13-16.

"At this age, we often need to face significant life decisions," explains Rebecca, who has been teaching meditation to young adults for the last eight years. "The practice of meditation can help us understand and appreciate ourselves; it encourages us to approach life with more love and courage. From this place of deeper awareness, we can open to important relationships and new directions with greater wisdom and ease."

Due to some generous financial support, we are offering this course at a reduced rate – fee information is on page 12.

## Payment and Donation by Credit Card

The option of paying for retreats and donating directly to IMS by credit card is now available. Registering online through our website will be possible later this year – details about this will be outlined in the next newsletter and posted on [www.dharma.org](http://www.dharma.org). We extend our deep gratitude for the generous donation that made this possible.

## 2005 Schedules

The 2005 Retreat Center schedule of courses will be posted online by late September. For those with internet access, this will provide more time to plan a retreat – you won't need to wait until the Fall issue of *Insight Newsletter* reaches you in November.

As soon as the rest of the 2005 Forest Refuge schedule is ready, it will be posted on [www.dharma.org](http://www.dharma.org), and published in our next issue.

## Let Your Legacy Preserve *the* Dharma



*A simple way to ensure that future generations benefit from the teachings is to place IMS in your will.*

For information on how to do this, or to talk about additional planned giving options, please contact the IMS Development Office by calling (978) 355-4378, ext. 11 or emailing [development@dharmadharma.org](mailto:development@dharmadharma.org)

### Do You Live Near IMS?

IMS often needs assistance from the local community, for short periods of time. If you have some spare hours, live reasonably close to Barre, MA, and would value experiencing a practice community, why not come and help us – for half a day, a few days – whatever time your schedule permits. Tasks are many and varied, across our office, development, housekeeping and kitchen departments. If you are available on a regular basis, weekly or biweekly, that is especially useful.

If interested, please contact Human Resources. Email [hrc@dharmadharma.org](mailto:hrc@dharmadharma.org) or call (978) 355-4378 ext. 23.

### Seeking Volunteer Consultants

IMS frequently needs help from people with professional skills willing to volunteer some time or resources. If you have expertise in one of the areas below, please contact Deborah Crown, Human Resources Director, (978) 355-4378 ext. 31 or [personnel@dharmadharma.org](mailto:personnel@dharmadharma.org).

- Development/Capital Campaign Planning
- Brochure Design/Printing Services
- Human Resources/Compensation & Salary Administration
- Employment or Immigration Law



CHRISTINE PICHKOSTNER

## Dharma Seed Archival Center

Celebrating 20 years of serving the Dharma,  
supporting practice and preserving the oral tradition

**The 2004 Dana Catalog  
includes over  
100 talks on CD**

**See our Basic Catalog  
online at:**

**[www.dharmaseed.org](http://www.dharmaseed.org)  
(all talks are priced in this catalog)**

**Just a reminder, if you can't get to a retreat,  
most new retreat talks are available from Dharma Seed.**

**To request the 2004 Dana Catalog:  
call (800) 969-7333, email: [dharmadharma@crocker.com](mailto:dharmadharma@crocker.com) or go to [www.dharmaseed.org](http://www.dharmaseed.org)**



## Celebrate Sitting

This year celebrates two important milestones. The first of these marks the 60th birthday of IMS founding and guiding teacher Joseph Goldstein (on May 20); the second honors the 30th anniversary of Joseph’s teaching Buddhist meditation in the West. Together with Sharon Salzberg and Jack Kornfield, he commenced offering the Dharma at Naropa Institute in Colorado in 1974. Two years later, courses at IMS began.

In recognition of these landmark events, IMS invites you to join us in celebrating meditation. For a period of 30 days, commencing May 20, your sitting group or sangha may like to dedicate some meditation practice time as a fundraiser to jointly benefit both your local Dharma activities and IMS. Any proceeds IMS receives will fund our Youth Outreach Scholarship.

Joseph has expressed a heartfelt wish for IMS to develop a lasting program to support youth in practice. We aspire to make IMS courses financially accessible for all those aged 25 or under – it is our intention to ensure the continuity of the teachings for future generations.



Left to right: Joseph Goldstein, Sharon Salzberg and Jack Kornfield at IMS in the 1970s.

Would your group like to participate? Here’s what you can do:

- Determine when you would like to offer some meditation time for this program.
- Give these details to our Celebrate Sitting Coordinator, Chas DiCapua, who will provide you with further information and tips on how to make this a great success. He will also send you the necessary pledge forms. You can reach him by emailing ChasD@dharmadharma.org, or by calling (978) 355-4378 ext. 65.
- Ask family members, neighbors, co-workers and friends to support you. They can sponsor you on an hourly basis, or for the entire designated period. (You may also wish to sponsor yourself.)
- If you want to be part of this, but don’t have a local sitting group or sangha, don’t worry! Please contact Chas; your involvement is appreciated.
- Enjoy your practice, knowing that your efforts will further the legacy of the Dharma in the West.

**Meal Dana**  
*(Generosity)*

*The tradition of donating meals to spiritual practitioners has flourished in Asia since the time of the Buddha.*

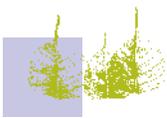
In keeping with this tradition, we welcome your donation to cover the costs of IMS meals – you have the choice of funding an individual meal or group of meals, at both our programs, or just at one, as outlined below:

	IMS	The Retreat Center	The Forest Refuge
Breakfast	<b>\$120</b>	\$80	\$40
Lunch	<b>\$180</b>	\$115	\$65
Tea	<b>\$50</b>	\$35	\$15
Entire Day	<b>\$350</b>	\$230	\$120

If you, or your group of friends and fellow practitioners would like to offer Meal Dana, we will acknowledge your gift – if you wish – by inscribing your name(s) on the menu board for a

particular day or meal. The date chosen for this often celebrates a birthday, honors someone who has died, or commemorates a significant life transition. If you do not specify a date, we can advise you in advance when your donation will be used, allowing you to take joy in knowing when you are encouraging the practice and service of the meditators, teachers and staff.

To make a meal donation (which is tax-deductible), or to receive additional information, please contact the IMS Kitchen Manager, 1230 Pleasant St., Barre, MA 01005. Call (978) 355-4378, ext. 14 or email mealdana@dharmadharma.org.



## 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](http://www.cimc.info)**

## *In Memoriam*

### **Anagarika Munindra (1914-2003)**

Anagarika Munindra passed away October 14 last year. Affectionately known as 'Munindraji,' he was one of the significant teachers of IMS founders Sharon Salzberg and Joseph Goldstein, playing a pivotal role in the transmission of Buddhism from East to West.

Born in Bangladesh, he was appointed, in the 1950s, superintendent of the Mahabodhi Temple in Bodh Gaya, site of the Buddha's enlightenment 2,500 years ago. He later spent nine years studying vipassana meditation practices in Burma with revered meditation master Mahasi Sayadaw, and received instruction from many other notable teachers there. He developed a vast and profound knowledge of different vipassana practice techniques, and eventually became the teacher of Dipa Ma, an Indian woman of extra-ordinary accomplishment who was also an inspiration for many of today's IMS teachers.

Sharon Salzberg recalls some examples of how, under his tutelage, the Buddha's teachings became accessible for her.

"When I went to India, at the age of 18, Munindraji was one of the first teachers I met. At one point he said to me, 'The Buddha's enlightenment solved the Buddha's problem, now you solve yours.' I found that the most inspiring statement, because it implied that I could in fact solve my own problem – the unhappiness and confusion that had brought me to India to begin with. The teachings of the Buddha say that no one else will accomplish our freedom from suffering for us, and that no one else need to, because we ourselves can actually do it.

"When I was studying with Munindra in Bodh Gaya, I was struck by his openness whenever my fellow students would approach him to say that they were interested in going off and exploring another tradition, or that they wanted to meet some other teacher. Munindra would consistently encourage them to go. When asked by surprised onlookers why he did so, he quietly stated, 'The Dharma doesn't suffer from comparison.' We suffer from comparison, not the Dharma – we suffer from being proprietary about the truth, from feeling exclusive and competitive. The teachings are not something to hold onto, to defend, or to prove superior. The Dharma is not a belief to be defended, but a guide for transformation.

"Once, someone asked Munindra why he practiced meditation. His students gathered around, expecting to hear an exalted, lofty answer. He simply replied, 'I practice meditation to notice the small purple flowers growing by the roadside, which I otherwise might miss.' When we start to notice the small purple flowers, we come to not only enjoy them for ourselves, but to wish that others might also see them, for their solace and enjoyment."

*May all beings be free from suffering.*



# The Forest Refuge

## General Information

The Forest Refuge program offers experienced vipassana meditators the opportunity for sustained, long-term practice, from two-week periods to stays of a year or more. The facility's quiet and secluded environment provides the sense of harmony most conducive to the cultivation of insight and loving-kindness. In consultation with the teachers in residence, a personalized program of meditation practice is created, designed to nurture the highest aspiration for liberation.

Retreatants can select a time to practice at The Forest Refuge based either on their own schedule, or on working with a particular teacher (see the Teacher Schedule on page 11).

Support for a personal retreat includes two individual interviews with a teacher each week and twice-weekly Dharma talks in the Meditation Hall. Tapes are also available on evenings without talks.

## Program Developments

As more and more yogis experience a significant deepening of their practice in this supportive environment, word is spreading and registration momentum is building quickly. We recommend that you apply as soon as you can determine possible sitting dates, to avoid disappointment.

## Two-week Personal Retreat

The option of a two-week stay is proving a popular choice for those who might not have time for a longer retreat, but who wish to benefit from this particular practice atmosphere.

## Application Process

For those interested in practicing at The Forest Refuge, there is an application process. Guidelines and an application form are available from our office or can be downloaded from our website.

Fees for 2004 are on a sliding scale, as outlined below. Those of you who can pay more help make it possible for others with lesser means to attend. Fees include an honorarium for the teachers. Any additional offering you wish to make to them at the end of your stay is greatly appreciated.

A limited amount of scholarship support is available to assist those accepted into the program that 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.

## Work Retreats

Work retreatants form an integral part of the successful functioning of The Forest Refuge. To apply for a Work Retreat, please complete and mail a Forest Refuge Work Retreat Application Form, together with The Forest Refuge Application Form – both can be downloaded from our website. A one-month commitment is ideal, and a non-refundable processing fee of \$25 should be included. For more information, read the Work Retreat section on page 15.

For further information regarding any Forest Refuge applications, please contact our office. Call (978) 355-2063 ext. 10, email [tfr@dharm.org](mailto:tfr@dharm.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](http://www.dharma.org). Click on *IMS* and then *The Forest Refuge*.**

Length of stay	Fee		
	High	Mid	Low
Two weeks	\$980	\$910	\$840
First month (30 days)	\$1,800	\$1,650	\$1,500
Second month (31-60 days)	\$1,740	\$1,590	\$1,440
Third month (61-90 days)	\$1,650	\$1,500	\$1,350
Long-term daily rate (after 90 days)	\$35	\$30	\$25



## A Nun's Perspective



Ven. Ariya Nyani

Starting July 21, Ven. Ariya Nyani – a Swiss nun from the Mahasi tradition – will teach through late September at The Forest Refuge, together with Myoshin Kelley. Ariya Nyani and Myoshin first met over a decade ago while practicing under renowned meditation master Ven. Sayadaw U Janaka's guidance at his monastery in Yangon, Burma. Their teachings will be offered immediately following Saydaw U Janaka's visit.

Ariya Nyani is the first nun from the Burmese Mahasi Sayadaw tradition of Theravada Buddhism to teach for an extended period at IMS. (Nuns from the Thai Forest tradition teach on a regular basis at The Retreat Center.) Originally intending to ordain for just a few months in 1992 with Sayadaw U Janaka, she has remained happily in Burma as a nun for most

of the last 12 years. Since 1996 she has taken care of foreign yogis practicing at Sayadaw's forest center in Hmawbi, Burma, translating for them in interviews, conducting interviews herself and providing general assistance for their retreat programs. In 1999, she was invited to teach in the West – something she has continued to offer.

*“For insight to arise and wisdom to develop it is important that mindfulness is constant, precise and yet relaxed.”*

– Ven. Ariya Nyani

In a recent conversation with Myoshin, Ariya Nyani outlined what she likes to emphasize in her teaching. “For insight to arise and wisdom to develop it is important that mindfulness is constant, precise and yet relaxed. So it is helpful to cultivate a continuity of awareness throughout the day, throughout all the different body postures and activities. For a vipassana meditator, there shouldn't be any division or discrimination between the ‘three parts’ – sitting, walking and mindfulness of daily activities – but one steady flow of mindfulness.”

In her own practice, she has found this continuity particularly helpful. “It was during my first ten-day retreat with Sayadaw U Janaka in Australia in 1991 that I came to understand and realize the value of establishing an unbroken awareness for the whole day. It was only then that I *really* started to meditate. This constant awareness of what is happening in the present moment held the entire practice together and led me to much deeper levels of concentration and mindfulness, resulting in a more profound understanding,” she explained.

“I have also observed that this training in uninterrupted mindfulness proves to be immensely helpful when people leave the retreat environment and return to normal, worldly life.”





## *The Forest Refuge Teaching Schedule*

### **2004**

*May 1 – June 30*

Joseph Goldstein & Myoshin Kelley

*July 1 – 20*

Sayadaw U Janaka

*July 21 – Sept 30*

Ven. Ariya Nyani & Myoshin Kelley

*Oct 1 – 31*

Marcia Rose & Myoshin Kelley

*Nov 1 – 30*

Christina Feldman & Carol Wilson

*Dec 1 – 31*

Carol Wilson & Sarah Doering

### **2005**

*Jan 1 – Jan 7*

Sarah Doering & Marcia Rose

*Jan 8 – Feb 28*

Myoshin Kelley & Marcia Rose

*March 1 – 31*

Joseph Goldstein & Myoshin Kelley

*April 1 – 30*

Joseph Goldstein & Michele McDonald

*Joseph Goldstein is The Forest Refuge Guiding Teacher.*

*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 vipassana teachers.*

# 2004 Retreat Center Schedule

Dates	Course Title	Teachers	Code	Deposit	Fee		
					High	Mid	Low
Feb 13 – Feb 22	Vipassana Retreat	Steve Armstrong & Kamala Masters	SK	\$175	\$585	\$520	\$450
Feb 28 – Mar 6	Vipassana Retreat	Larry Rosenberg & Michael Liebenson Grady	LR1	\$175	\$455	\$405	\$350
Mar 12 – Mar 19	Metta Retreat	Joseph Goldstein, Sharon Salzberg, Susan O'Brien & Patricia Genoud-Feldman	JS1	\$175	\$455	\$405	\$350
Mar 19 – Mar 28	Vipassana Retreat		JS2	\$175	\$585	\$520	\$450
Mar 12 – Mar 28	Metta & Vipassana Retreat		JS3	\$175	\$1,040	\$920	\$800
Apr 3 – Apr 11	Women's Retreat	Christina Feldman & Narayan Liebenson Grady	WOM	\$175	\$520	\$460	\$400
Apr 16 – Apr 25	Monastic Retreat	Ajahn Amaro & Others	AA	Donation	\$450	\$225	Donation
Apr 30 – May 4	Men's Retreat	Joseph Goldstein, Phillip Moffitt & Pat Coffey	MEN	\$125	\$300	\$270	\$240
May 8 – May 16	Vipassana Retreat	Jack Kornfield, Susan O'Brien, Mark Coleman, Heather Martin & Grove Burnett	JK	\$175	\$520	\$460	\$400
May 21 – May 30	Vipassana Retreat	Carol Wilson, Rodney Smith & Patricia Genoud-Feldman	CW	\$175	\$585	\$520	\$450
Jun 4 – Jun 11	Metta Retreat	Steven Smith, Michele McDonald, Susan O'Brien & Rebecca Bradshaw with Franz Moeckl ( <i>Qigong</i> )	SM1	\$175	\$455	\$405	\$350
Jun 11 – Jun 20	Vipassana Retreat		SM2	\$175	\$585	\$520	\$450
Jun 4 – Jun 20	Metta & Vipassana Retreat		SM3	\$175	\$1,040	\$920	\$800
Jun 18 – Jun 21	People of Color Retreat*	Joseph Goldstein, Gina Sharpe & Rachel Bagby	POC	\$25	\$225	\$110	Donation
<i>*Note: at the Garrison Institute, NY</i>							
Jun 25 – Jun 29	Young Adult Retreat	Michele McDonald & Rebecca Bradshaw with Diana Winston, Marvin Belzer & Eddie Hauben	YA	\$240	\$300	\$270	\$240
Jul 2 – Jul 9	Vipassana Retreat	Larry Rosenberg & Corrado Pensa	LR2	\$175	\$455	\$405	\$350
Jul 17 – Jul 25	Vipassana Retreat	Christina Feldman & Rodney Smith	CF	\$175	\$520	\$460	\$400
Aug 1 – Aug 6	Family Retreat	Yanai Postelnik, Trudy Goodman & Catherine McGee	FAM	(\$175) (Child)	\$400	\$365	\$325
					\$240	\$200	\$163
Aug 13 – Aug 16	Youth Retreat	Rebecca Bradshaw & Marvin Belzer	YR	\$25	\$225	\$110	Donation
Aug 20 – Aug 29	Vipassana Retreat	Narayan & Michael Liebenson Grady	NLG	\$175	\$585	\$520	\$450
Sep 3 – Sep 6	Labor Day Weekend	Ruth Denison	RD1	\$125	\$240	\$220	\$195
Sep 6 – Sep 12	Vipassana Retreat		RD2	\$175	\$390	\$345	\$300
Sep 3 – Sep 12	Vipassana Retreat		RD3	\$175	\$585	\$520	\$450
Sep 17 – Sep 19	Dana Weekend	Bhante Gunaratana	DANA	Donation		Donation	
Sep 24 – Dec 17	Three-Month Retreat	Joseph Goldstein	3MO	\$750	\$5,040	\$4,410	\$3,780
Sep 24 – Nov 5	Part 1	Steven Smith, Michele McDonald, Carol Wilson & Rebecca Bradshaw	PT1	\$375	\$2,520	\$2,205	\$1,890
Nov 5 – Dec 17	Part 2	Sharon Salzberg, Steve Armstrong, Kamala Masters & Guy Armstrong	PT2	\$375	\$2,520	\$2,205	\$1,890
Dec 28 – Jan 6	New Year's Retreat	Rodney Smith, Narayan Liebenson Grady & Yanai Postelnik	NY	\$175	\$585	\$520	\$450

Please see the 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](mailto:ims@dharma.org)

Office Hours: Daily, 10 am-12 noon &  
3-5 pm (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 guidance and direction to IMS 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 5 am and ends at 10 pm. 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 (*vipassana* in Pali, the language of the original Buddhist teachings) is the simple and direct practice of moment-to-moment mindfulness. Through careful and sustained observation, we experience for ourselves the ever-changing flow of the mind/body process. This awareness leads us to accept more fully the pleasure and pain, fear and joy, sadness and happiness that life inevitably brings. As insight deepens, we develop greater equanimity and peace in the face of change, and wisdom and compassion increasingly become the guiding principles of our lives.

The Buddha first taught *vipassana* over 2,500 years ago. The various methods of this practice have been well preserved in the Theravada tradition of Buddhism, and the retreats at IMS are all rooted in this ancient and well-mapped path to awakening.

### 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



LIBBY VIGEON

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.

### Men's Retreat

For over 2,500 years communities of men, both ordained and lay, have come together to practice the Buddha's teachings. IMS is now offering a four-day vipassana course for men (complementing the long-established Women's Retreat) as a way of continuing this tradition. It will follow the usual format of sitting and walking meditation, group interviews, and evening Dharma talks.

### People of Color Retreat

This course is designed to provide an in-depth experience of insight meditation, and to foster mutual support and understanding among the growing community of people of color who find nourishment and inspiration in this practice. No previous meditation experience is required; beginners are encouraged to attend.

The deposit and sliding scale fees listed on page 12 for this retreat are suggested amounts to help cover our expenses. No-one will be turned away due to lack of funds; we will accept whatever you can afford to contribute.

### 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.

### Family Retreat

Within an environment supportive of meditative and contemplative experience, this course cultivates the integration of meditation and mindfulness into family life. Through sitting, discussions, family meditations and talks, we explore our commitment to deepening our practice in order to compassionately serve all beings. A children's Dharma program staffed by volunteers who coordinate age-appropriate activities is included.

**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.**

### Youth Retreat

For ages 18-32, this retreat specifically addresses the practice needs of new and experienced meditators in the challenging years of early adulthood. The format includes daily meditation instruction, group and individual interviews as well as opportunities for questions and discussion.

### Retreats with Ruth Denison

The style of teaching of these retreats is unique in the IMS schedule. In addition to traditional sittings and Dharma talks, Ruth leads her students into the phenomenology of sound and movement, which then become the subjects of insight and wisdom. Individual and group-as-a-whole activities such as chanting, dance and playful celebration, done with respectful mindfulness, become vehicles for vipassana attention and awakening. This is accomplished with Ruth's ever-present, skillful support.

Participants can help Ruth celebrate her 82nd birthday during this time.

### 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.

### 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 apply for this retreat. 3MO and Part 1: up to March 31, \$50; from April 1 to May 15, \$150; after May 15, \$550 for 3MO, and \$250 for Part 1. Part 2: up to May 15, \$50; from May 16 to June 30, \$150; after June 30, \$250. Please note that these amounts will apply even if you wish to move from any part of the course to another.**



## Individual Retreat

### Self-Retreat

If you have participated in a course at the Retreat Center, you can schedule an individual self-retreat between courses. The length of stay may not exceed 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. The sliding scale fee is \$48-63 per day, depending on your means. For self-retreats of up to six days immediately before or after a specific group course, you can put the dates 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 an 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 Kitchen or House-keeping department.

Participation is limited to experienced meditators 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 processing fee. For further information and application, please contact the Human Resources Coordinator – call (978) 355-4378, ext. 23, email [hrc@dharm.org](mailto:hrc@dharm.org), write to IMS or visit 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 self-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 funds assist those who are unable to afford the entire cost of a retreat. Each request is carefully assessed in terms of financial need, previous history and funds available. Due to limited resources, we cannot guarantee that every application will result in a scholarship award. Please be assured, however, that we will do our best to help you attend a retreat with us. Please submit your scholarship application at least six (6) weeks in advance of the course start date. This allows for a process to review, award and advise in a timely manner.

To apply, complete the registration form on page 17 and include the appropriate deposit amount. Check the relevant box for scholarship and an application will be sent to you.

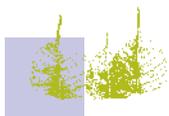
## Policy for Media Visits

As the Dharma takes root in our society, various media are expressing interest in reporting aspects of the work that we do at IMS. This presents our community with a valuable opportunity to introduce the teachings to a wider audience.

While maintaining our primary commitment to supporting practice, IMS may agree occasionally to requests from appropriate media to visit IMS for reporting. Before any such request is granted, the requesting journalists will be carefully screened to assure as best we can, their ability to report fairly on our work with minimal interference.

Notice of any media visit that occurs during a course will be given. We will advise retreatants as far in advance as is practically possible. We will respect the wishes of any yogi who prefers not to be included and endeavor to work with the journalist(s) to minimize any impact on our meditative environment and on yogis. We appreciate your understanding of our efforts to share the Dharma in this way and welcome any comments, suggestions or questions you may have.





## IMS Core Faculty

**Ven. Ajahn Amaro** began his training in Thailand in 1978 with Ajahn Chah. He was a senior monk at Amaravati Buddhist Monastery in England for some years, and now resides at Abhayagiri in Redwood Valley, CA, a new branch monastery in the forest meditation tradition.

**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.

**Steve Armstrong** has practiced mindfulness since 1975, and has led vipassana and metta retreats grounded in the Buddha's understanding of mind since 1990. A co-founding director and guiding teacher of Ho'omālamalama: a Dhamma sanctuary and hermitage on Maui, he offers the Dhamma internationally.

**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.

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

**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*.

**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 currently teaches at The Forest Refuge.

**Jack Kornfield** trained as a Buddhist monk in Asia. He is a co-founder of IMS and Spirit Rock Meditation Center, and has taught meditation internationally since 1974. He is the author of a number of books, including *A Path with Heart* and *After the Ecstasy, the Laundry*.

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

**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 Ho'omālamalama: a sanctuary-hermitage for long-term practice.

**Michele McDonald** 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.

**Corrado Pensa** teaches vipassana in Italy and the US. Since 1987 he has been the guiding teacher of the Association for Mindfulness Meditation in Rome. He is also a professor of Eastern Philosophy at the University of Rome and a former psychotherapist.

**Larry Rosenberg** practiced Zen in Korea and Japan before coming to vipassana. He is a guiding teacher of CIMC and 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, Lovingkindness* and *A Heart As Wide As the World*.

**Rodney Smith** has been teaching insight meditation since 1984. He is a former Buddhist monk and worked in hospice care for 16 years. He is the author of *Lessons From the Dying* and is currently the founding and guiding teacher for the Seattle Insight Meditation Society.

**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.

**Rachel Bagby**, a long-time meditator, is a vocal artist, composer, environmental activist and poet. She is the author of *Divine Daughters: Liberating the Power and Passion of Women's Voices*.

**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.

**Grove Burnett**, an environmental lawyer and co-director of the Vallecitos Mountain Refuge in NM, has practiced Buddhist meditation since the early 1980s. Over the last decade he has helped lead retreats hosted by the Center for Contemplative Mind in Society.

**Pat Coffey** has practiced and studied meditation for over 20 years. He is a graduate of the three-year Community Dharma Leadership program sponsored by Spirit Rock Meditation Center. He currently leads two sitting groups in Charlottesville, VA.

**Mark Coleman** is currently residential staff Dharma teacher at Spirit Rock Meditation Center. Following extensive training over the last 20 years in several Buddhist traditions, he has been teaching retreats since 1997.

**Patricia Genoud-Feldman** has been practicing Buddhist meditation (vipassana and Dzogchen) in Asia and the West since 1984 and teaching vipassana internationally since 1997. She is co-founder of the Meditation Center Vimalakirti in Geneva, Switzerland.

**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. She founded Insight LA in Los Angeles, CA and leads retreats nationwide.

**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.

**Heather Martin** has been practicing vipassana meditation since 1981 with many teachers, both Asian and Western – initially S.N. Goenka. She is currently a teacher-in-training with Jack Kornfield, and lives in B.C., Canada.

**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.

**Franz Moeckl**, a vipassana practitioner since 1985, teaches Qigong in the US and Europe. He has studied and practiced Qigong for over 20 years.

**Phillip Moffitt** began studying vipassana meditation in 1983, and now teaches retreats throughout the country. He writes the Dharma Wisdom column for *Yoga Journal*, is the co-author of *The Power to Heal* and the founder of the Life Balance Institute.

**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.

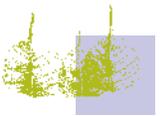
**Yanai Postelnik** has practiced and studied insight meditation in Asia and the West and has been teaching since 1992. He lives in Devon, England and is a member of the Gaia House Teacher Council.

**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.

**Gina Sharpe** has studied and practiced Buddhism for over 30 years, across several traditions. She is a graduate of the first Spirit Rock Community Dharma Leaders Program, and a co-founder of New York Insight. She has taught meditation since 1994.

**Diana Winston** is the founder of the Buddhist Alliance for Social Engagement Program. She has practiced meditation since 1989, and since 1993 has taught Dharma to teenagers. She is the author of *Wide Awake: A Buddhist Guide for Teens*.



## Retreat Center Registrations

- Are accepted by mail or in person. Incomplete registrations, including those without sufficient deposit, will be returned.
- Are processed by date received or by lottery.
- A confirmation letter is sent as soon as your registration has been processed, which can take up to four weeks.
- All retreatants are expected to participate in the entire course. Prior approval of both the teacher and the office is required for those wishing to arrive late or leave early. Once a retreat is in process, such movement is disruptive to others and places an additional burden on other retreatants with regard to work periods. Your room cannot be guaranteed if you arrive late; the full course fee will be charged regardless of length of stay.
- Please contact the office if you are chemically sensitive.
- IMS strives to provide a safe, peaceful and efficient environment for meditators. It is with regret that we find, at times, the need to turn someone away. Please know

that we take great care in such situations – the discernment process is thorough and always with the intention to protect the majority of those who practice here.

### Wait List

- If a course is full, you will be placed on a wait list and notified if an opening occurs. If you do not get into a course, your deposit will be refunded.

### Payments

- Retreat fees and deposits are listed beside each course on the schedule (see page 12). Pricing is on a sliding scale basis – this allows you to pay according to your means. **Any amount paid above the minimum is a tax-deductible donation.**
- The full deposit is required even if you are applying for a scholarship, except for those applying through the Youth Outreach Program, in which case a \$50 deposit is accepted.
- Please pay by check, credit card or

money order in US funds, drawn on a US or Canadian bank. We cannot accept foreign cash or bank drafts.

- If possible, please pay the entire retreat cost on registering; this helps our efficiency.
- Make check or money order payable to IMS, or include credit card information below.

### Cancellation

- If you need to cancel your registration, please contact us as soon as possible. Fees are: \$25 if you cancel six or more weeks before a course begins; \$100 four to six weeks before; and the full deposit less than four weeks before.
- The Three-Month Retreat cancellation policy is more stringent. (Please see page 14 for this information.)
- Cancellation fees apply if you are confirmed into a course off of the wait list and do not accept. So please be sure to notify us immediately if you decide to cancel.
- **All cancellation fees are donated to the Scholarship Fund.**

# Retreat Center Registration Form

**PLEASE COMPLETE IN FULL AND PRINT CLEARLY. Mail to IMS, 1230 Pleasant St., Barre, MA 01005, USA. If you are registering for more than one course, photocopy this form and send a separate form for each retreat.**

Course Code \_\_\_\_\_ Visit Dates: From \_\_\_\_\_ To \_\_\_\_\_ Deposit \$ \_\_\_\_\_

Name \_\_\_\_\_ Sliding Scale Amount You Will Pay \$ \_\_\_\_\_

Address \_\_\_\_\_ Have you been to IMS before? YES  NO

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Zip \_\_\_\_\_

Check  if new address. Old Address \_\_\_\_\_

Day Phone ( ) \_\_\_\_\_ Evening Phone ( ) \_\_\_\_\_ 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.  I have added \$ \_\_\_\_\_ as a donation to IMS.

   Credit Card #

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Exact Name on Credit Card \_\_\_\_\_

Total amount to charge Credit Card \$ \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

**May we add your street address to our mailing list?** For IMS use only? YES  NO  For sharing with similar organizations? YES  NO

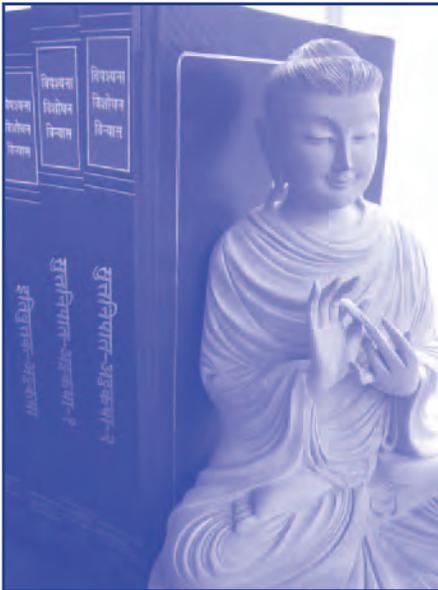
**May we add your email address to our emailing list?** For IMS use only? YES  NO  For sharing with similar organizations? YES  NO



# Barre Center for Buddhist Studies

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

149 Lockwood Road  
Barre, MA 01005  
Phone: (978) 355-2347  
Fax: (978) 355-2798  
Email: bcbs@dharma.org  
Website: www.dharma.org



## Subscribe to the *Insight Journal*

and become a member of the  
Barre Center for Buddhist Studies

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 (May & Nov) with no advertising and no fixed subscription fee.
- \$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, we will send it to you. The generosity of others will provide what is needed.

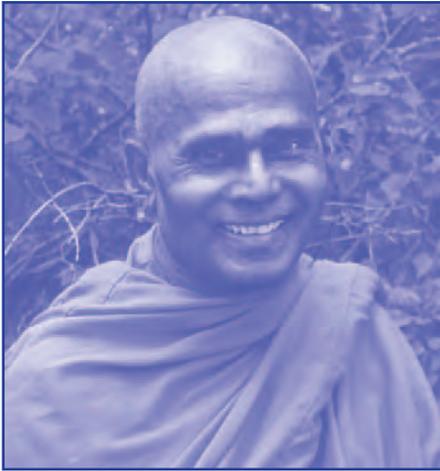
The Barre Center for Buddhist Studies (BCBS) offers a variety of study and research opportunities: lectures, classes, workshops, retreats and independent study programs. While rooted in the classical Buddhist tradition, the BCBS mission calls for the study of all different schools of Buddhism and discussions 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 2004/2005

May 1	(Saturday)	Sylvia Forges-Ryan & Edward Ryan	Ripples in a Pond: Haiku and Meditation
May 2	(Sunday)	Doug Phillips	Family Dharma: Practice in a Family Context
May 8	(Saturday)	Lama John Makransky	Giving Tantric Expressions to Buddhist Attitudes
May 9-14	(5 days)	Andrew Olendzki	Essentials of Buddhist Psychology
May 15-22	(7 days)	Andrew Olendzki & Gloria Taraniya Ambrosia	Bhavana Program: Empty of Self
May 28-30	(Weekend)	Mu Soeng	The Ox-Herding Pictures
Jun 6-11	(5 days)	Mu Soeng	Bhavana Program: Emptiness
Jun 13-18	(5 days)	Andrew Olendzki	Abhidharma: Classical Buddhist Psychology
Jun 26	(Saturday)	Lee Robbins & Mu Soeng	Karma and Archetype: Jungian and Buddhist Perspectives
Jul 16-18	(Weekend)	Taitetsu Unno & Mark Unno	Shin Buddhism
Jul 22-25	(3 days)	Bill Morgan, Susan Morgan & Ron Siegel	Meditation for Psychotherapists
Aug 7	(Saturday)	Trudy Goodman	Mindful Relationships with Children
Aug 27-30	(3 days)	Sumi Loundon & Chas DiCapua	Dharma for Young Adults
Sep 4	(Saturday)	Joseph Goldstein	Rest Your Weary Mind: Letting Go of the Hindrances
Sep 12-17	(5 days)	Stephen & Martine Batchelor	The Path to the Deathless
Sep 18-22	(4 days)	Steve Armstrong & Kamala Masters	The Theory and Practice of Freedom
Sep 24-26	(Weekend)	Mark Hart	The Medicine of Dharma in Times of Illness
Oct 1-6	(5 days)	Daeja Napier	The Four Brahma Viharas
Oct 9	(Saturday)	Narayan & Michael Liebenson Grady	Mindfulness in Relationship
Oct 10	(Sunday)	Andrew Olendzki	The Metta Sutta
Oct 16-23	(7 days)	Greg Kramer	Bhavana Program: Insight Dialogue
Oct 29-31	(Weekend)	Chip Hartranft & Andrew Olendzki	Patanjali and Buddha: The Yoga Sutra
Nov 6	(Saturday)	Mu Soeng	Heart Sutra: Form as Emptiness, Emptiness as Form
Nov 7	(Sunday 1-5 pm)	Sharon Salzberg	The Power of a Loving Heart: Metta Meditation
Nov 19-21	(Weekend)	Christina Feldman	Fear, Contraction and Release
Nov 28-Dec 3	(5 days)	Andrew Olendzki	Essentials of Buddhist Psychology
Dec 4-11	(7 days)	Andrew Olendzki & Gloria Taraniya Ambrosia	Bhavana Program: Contentment
Dec 17-20	(3 days)	Sumi Loundon & Others	Dharma for Young Adults
Jan 7-9	(Weekend)	Andrew Olendzki & Rajesh Kasturirangan	Cognitive Science and the Buddhist Understanding of Mind
Jan 14-16	(Weekend)	Bill & Susan Morgan	Meditation for Psychotherapists

Full course descriptions are at [www.dharma.org](http://www.dharma.org) and in the Spring 2004 BCBS program catalog.

# Book Review



LEE J. HALFPENNY, JR.

## **Journey to Mindfulness: The Autobiography of Bhante G.**

By Bhante Henepola Gunaratana  
with Jeanne Malmgren  
Wisdom Publications, 2003

Due to their revered status and rigorous meditative training, monks and nuns in the Buddhist tradition are often viewed as people who don't necessarily struggle as intensely with difficult emotions as the rest of us. Bhante G, as he is affectionately called, dispels that perception and in doing so, reveals the intimate truths of his life with unflinching honesty, humor and warmth. The author of the highly acclaimed best seller *Mindfulness in Plain English*, Bhante G never loses sight of the Buddha's teachings throughout a life marked by hardship and despair as well as great achievement and happiness.

Bhante G was born into a small village in Sri Lanka, 77 years ago, the son of an impoverished farming family. As a young boy, he displayed a mischievous and volatile temperament, which was to

cause him great anguish, both at home and at school. Despite his youthful folly and humble beginnings, he possessed an unshakeable aspiration to become a well-educated monk who would not just teach the Dharma, but teach it in English! How this came to pass is the compelling story of Bhante Gunaratana's life.

Time and again, we see that Bhante is undaunted by adversity. His tireless energy and unwavering faith reminds us that we too can embody these very same qualities. From monk's college in Sri Lanka and ministering the Dharma to the Untouchables of India to finally to building a monastery in West Virginia, the scope of this book is wide and rich in detail.

Bhante's inspiring message is that only by looking within our own minds are we able to quell the fires of greed, anger and delusion, enabling us to find peace and tranquillity. "My own anger, contentiousness, and judgementalness were fertile ground for practice" is a bold invitation for each of us to persevere with diligence and steadfastness along the journey to mindfulness. With utmost compassion and conviction, Bhante reassures us that "no matter how strong they may be, the sources of suffering can be overcome in your life, too!"

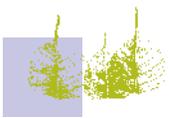
*Reviewed by Marilyn Rothman*

## New York Insight

New York Insight (NYI) was founded as a nonprofit center for the practice of mindful awareness (vipassana or insight meditation). NYI provides a place where all are welcome to begin or deepen meditation practice based on the liberation teachings of the Buddha. Programs include evenings with renowned meditation teachers, ongoing classes, daylong retreats and weekend courses for the integration of meditation teachings in daily life. The events, except where noted, are suitable for beginning as well as experienced meditators. NYI welcomes the participation of all interested people.

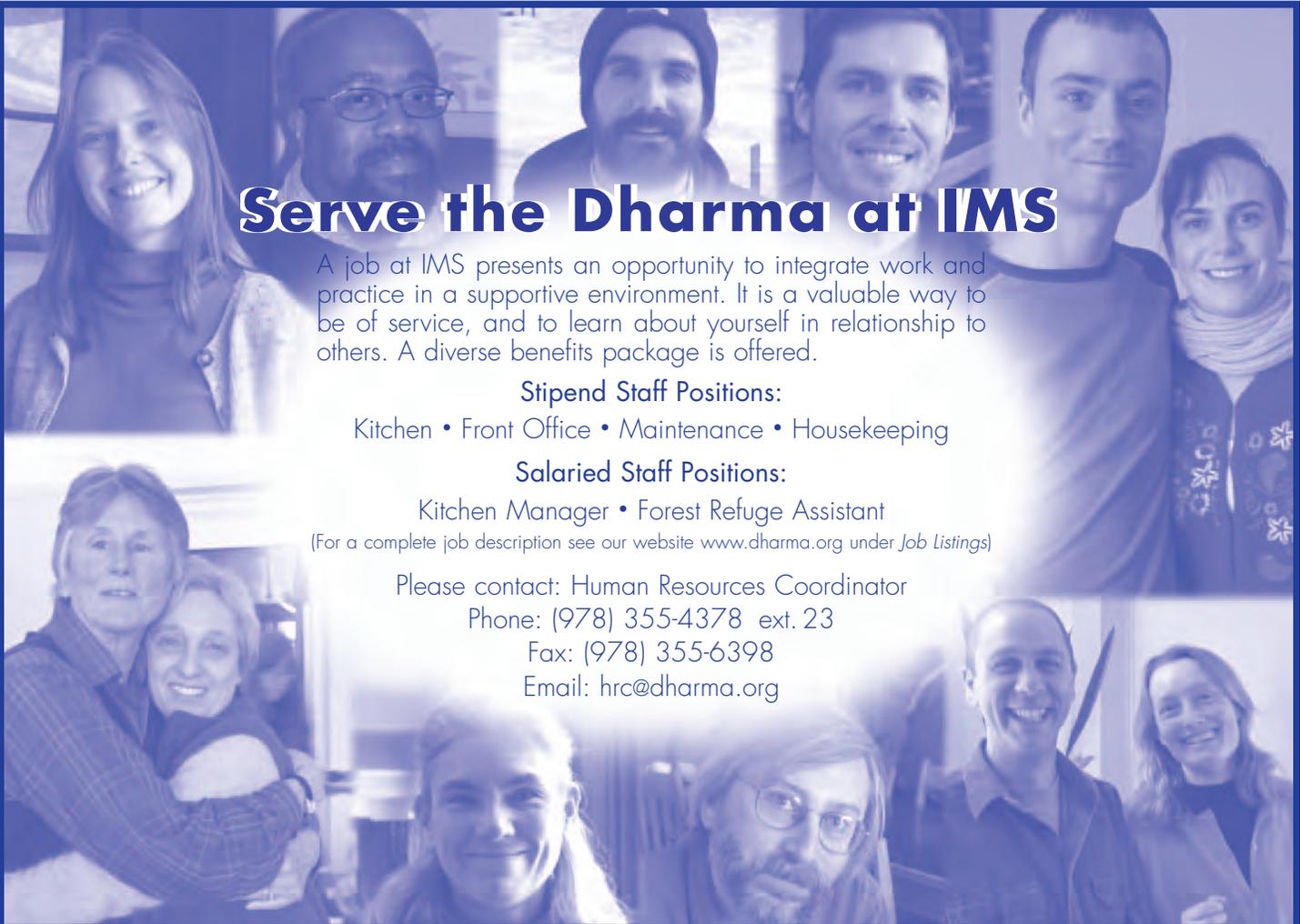
Currently NYI holds its programs at different locations throughout the city and its environs. Please see our website [www.nyimc.org](http://www.nyimc.org) for descriptions and registration information, or call **(917) 441-0915**.





Insight Meditation Society  
1230 Pleasant St.  
Barre, MA 01005

Non-profit Org.  
U.S. Postage  
**PAID**  
Permit No.7  
Ashland, MA



## Serve the Dharma at IMS

A job at IMS presents an opportunity to integrate work and practice in a supportive environment. It is a valuable way to be of service, and to learn about yourself in relationship to others. A diverse benefits package is offered.

### Stipend Staff Positions:

Kitchen • Front Office • Maintenance • Housekeeping

### Salaried Staff Positions:

Kitchen Manager • Forest Refuge Assistant

(For a complete job description see our website [www.dharma.org](http://www.dharma.org) under *Job Listings*)

Please contact: Human Resources Coordinator

Phone: (978) 355-4378 ext. 23

Fax: (978) 355-6398

Email: [hrc@dharma.org](mailto:hrc@dharma.org)