



# INSIGHT

## NEWSLETTER

**FALL  
WINTER**  
**2007/2008**

*IMS Schedules:*

*The Retreat Center 2008*

*The Forest Refuge 2008*

*Book Excerpt*

*IMS News & Developments*

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*2008 Outline*

## **A Spacious Heart: Preparing for Compassionate Action**

“How do we find compassion in the midst of storms of anger, hatred, ill will, or fear?” This is one of the most challenging questions as we seek peace in the world, says IMS co-founder and guiding teacher **Joseph Goldstein**. In the following excerpt from his latest book, *A Heart Full of Peace*, he describes the connection between contemplative practice and compassionate action.

The willingness to come close to suffering opens us to compassionate action. We don't have to look far to find suffering. The nightly news programs are catalogs of the world's distress. Are we open to it? Do we actually relate to what we see and hear, or has it all become too de-personalized?

Are we open to the suffering in our own bodies and minds? It is the nature of the body to become sick, to fall ill, and to feel pain as well as pleasure. Such things don't always wait for old age; they can happen at any time. Sometimes we feel this painful aspect of experience is a mistake, forgetting that it's part of the natural order of things. It is simply the way things are.

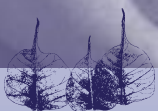
Certain emotions and mind-states also create suffering in our lives: anger,

hatred, fear, loneliness, anxiety, boredom, greed, and many others. Even if we have a fair degree of material comfort, a sense of unease or dissatisfaction often colors our inner world.

Opening to suffering is the doorway to compassion; but many times we find we're not open. We've been strongly conditioned to avoid or defend ourselves against pain: “Let me not see any suffering. Let me not feel it.”

Avoidance becomes obvious in meditation when we experience some physical discomfort. People coming to meditation for the first time often think, “I'll go on a wonderful retreat and spend a few days in bliss.” But meditation is not about just feeling good; it is about coming in touch with *whatever* is actually present.

*(continued on page 2)*





DENISE MACHADO

Joseph Goldstein

(continued from page 1)

Our relationship to unpleasant physical sensations in meditation reveals a lot about our relationship to pain in other life circumstances. In similar ways, we close off to emotions that make us uncomfortable, feelings of anger, sadness, fear, unworthiness, and so on. Think of all the ways we try not to feel bored: all the busyness and distractions we create. Or reflect on the great lengths to which we go out of our fear of feeling lonely. Unwilling to be with this unpleasant feeling or explore it within us, we often build whole structures in our lives to avoid feeling it.

It's not always easy to be compassionate, much as we want to or even feel that we are. We don't like opening to our own pain, and we don't necessarily want to open to the pain of others.

It takes practice – and perhaps several different practices – to be able to open to the difficult emotions that we're aware of and to illuminate those that are hidden. But with mindfulness, our hearts become spacious enough to hold painful emotions, to feel them, and to let them go. And the more mindful and aware we become of our own physical or emotional difficulties, the more strength, courage, and insight we have in being with the suffering of others.

With the aspiration of *bodhichitta* – the wish for our lives to benefit all – something powerful begins to happen. At first, we feel a genuine empathy for others in pain or difficulty. This happens when we take a moment to stop and feel what's really going on, before rushing on with our lives. We then move from empathy, which is a sympathetic feeling for others, to compassion – which is more than simply a warm feeling.

Compassion contains a strong motivation to act. The Vietnamese monk, Thich Nhat Hanh, expressed this so well in saying, "Compassion is a verb."

True compassion means actively engaging with the suffering in the world, and responding to the various needs of beings in whatever ways are possible, whatever ways are appropriate.

At times, compassion might take the form of small, perhaps unregarded, acts of being just a little kinder, more generous, or more forgiving of the people around us. At other times, it might require acts of tremendous courage and determination in the

face of hardship and difficulty. There is no particular prescription for what to do. The field of compassionate response is limitless: it is the field of suffering beings. The important thing is to water and nurture the seed of *bodhichitta* within us and cultivate the intention to benefit all.

Six weeks after 9/11, I was teaching lovingkindness meditation at a retreat for lawyers. We began by sending loving wishes to ourselves, and then to the various categories of beings. At the retreat, I suggested the possibility of including in our *metta* even those involved in acts of violence and aggression. One of the participants from New York commented that he couldn't possibly send lovingkindness to al-Qaeda, nor would he ever want to.

For me, that simple and honest statement raised a lot of interesting questions. What is our response to violence and injustice? How do we understand the practices of lovingkindness and compassion in the face of fear or anger? What are our bedrock aspirations for the world and ourselves?

In doing the meditation on lovingkindness, we repeat the phrases, "May you be happy, may you be peaceful, may you be free of suffering." However, when we get to people who have done us harm, either individually or collectively, often we don't *want* to include them in our loving wishes. We don't *want* to wish them happiness. We may well want to see them suffer for the great harm they have done. These are not unusual feelings to have. But right

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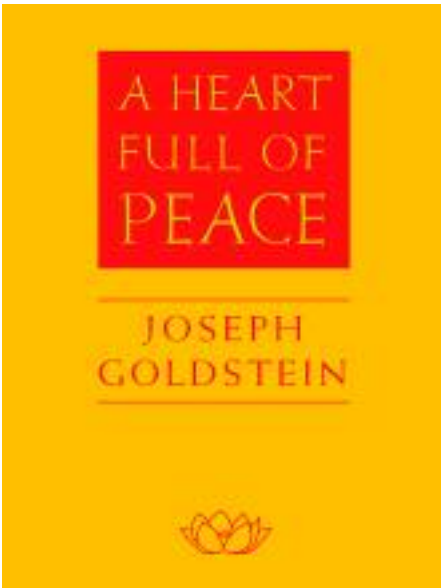
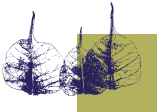


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there, in that situation, is the critical juncture of contemplative practice and action in the world.

If we want to enhance the possibilities for more compassion and peace in the world – and in ourselves – we need to look beneath our usual emotional responses. In situations of suffering, whether small interpersonal conflicts or huge disasters of violence and destruction, one question holds the key to a compassionate response: In this situation of suffering, whatever it may be, what is our most fundamental wish?

In the current Middle East situation, with so much violence on all sides, I find my metta practice including all in this wish: “May you be free of hatred, may you be free of enmity.”

If our aspiration is peace in the world, who would we exclude from this wish? Terrorists, suicide bombers, soldiers lost in violence, government policy-makers? “May everyone be free of hatred, free of enmity.” If our own response to the mind states that drive harmful acts is more enmity, hatred, or ill will, we are part of the problem – whether we acknowledge it or not.

This message is not new, but the challenging question remains: What to do with these feelings when they arise because, for almost all of us, they will. And how do we find compassion in the midst of storms of anger, hatred, ill will, or fear?

Most importantly, we need to acknowledge the feelings that arise. In this regard, it’s mindfulness that brings the gift of compassion – for others and ourselves. Mindfulness sees the whole parade of feelings, however intense, without getting lost in them, and without judging ourselves for feeling them.

Much of the time, we live in denial. It’s not easy to open to our shadow side. Our habitual reaction to most unpleasant or painful experiences is to avoid them. And even when we are aware of our feelings of hatred and enmity, we may get caught in justifying them to ourselves: “I *should* hate these people, look at what they did.”

Justifying feelings is quite different than being mindful of them. From justifying comes a strong feeling of self-righteousness. We forget that our feelings and emotions are all conditioned responses, arising from our own perspective, from the particular conditions of our lives; someone else in the same situation might feel very differently. We often forget that our feelings don’t necessarily reflect some ultimate truth. Self-righteousness about our feelings and views is the shadow side of commitment. We may confuse self-justification with feelings of passionate dedication. But great exemplars of compassion and social

justice – people like Martin Luther King, Jr., Gandhi, Aung San Suu Kyi, and others – illuminate the difference.

It is not a question of *whether* but *when* unwholesome mind states will arise in us or the world around us. Feelings of hatred, enmity, fear, self-righteousness, greed, envy, and jealousy will all arise. The challenge is to see them all with mindfulness. See that they cause suffering and that no action based on them will lead to our desired result: peace within and peace in the world.

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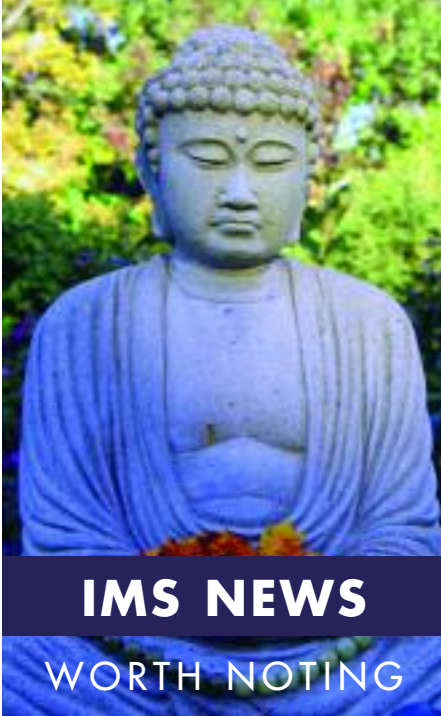
### The Gift of Meditation

OFFER A RETREAT TO SOMEONE YOU LOVE

IMS GIFT CERTIFICATES ARE NOW AVAILABLE!

Support friends or family members to participate in any IMS retreat for which they qualify. We will send a certificate for the value of the gift; it is valid for seven years from the date of issue and can be applied as full or partial payment for a selected course.

*For more information, email [registration@dharm.org](mailto:registration@dharm.org) or call (978) 355-4378 ext. 170*



## Researching Meditation

Studies published over the last few years have highlighted the beneficial effects of meditation practice on the mind/body system. Meditation is shown to positively affect attention, increase the brain's gray matter, improve the immune system, reduce stress and enhance an overall sense of well-being. While many of us already know this from our own direct experience, the scientific community has only relatively recently begun quantifying changes in behavior and biology brought about by meditation. IMS supports such advances, recognizing the potential for human understanding and for decreasing the world's suffering.

As more and more scientists study the workings of the brain, experienced and novice meditators are and will be in demand. Earlier this year, initial results of a study of IMS *yogis* (retreatants) were published in the prestigious Public Library of Science journal *PLoS Biology*. Conducted by researchers from the University of Wisconsin-Madison, they suggest that meditation leads to a significant shift in how our brains allocate attention.

IMS has approved proposals from other research groups inviting yogis to undertake various tests and evaluations. We will notify anyone who meets the criteria for these research opportunities; participation is completely voluntary and studies will be conducted with minimal impact on retreats.

## New Furniture

Our campaign last spring to replace mattresses and bed frames as well as dining room furniture at our Retreat Center has met with success. Thanks to your generosity, we have raised almost 80% of our \$75,000 goal. At this point, your donations have allowed us to purchase and install new mattresses and beds. New dining room tables and some chairs have been ordered and are on their way!

## Dharma Seed Goes Forth

This past summer, the Dharma Seed Tape Library that so many of us have known and loved for more than 25 years gave up the worldly life and wandered forth upon the homeless path of the mendicant. It gave away all its material possessions – its facilities, furniture, and equipment, its boxes and boxes of tapes

and discs (these went to prisoners nationwide) – and it bade a tearful farewell to its employees and its long-serving founder and executive director, Judy Phillips (who has retired).

Dharma Seed is now wandering free and easy through cyberspace, where it aspires to serve all humanity in a selfless way for many, many years to come. It will see to it that the oral teachings of modern dharma teachers are preserved on its website [dharmaeed.org](http://dharmaeed.org). All its material is freely available there: you may listen to any of its collection of dharma talks in real time, download them in mp3 format and even burn as many CD copies as you wish to distribute freely to your friends. If you prefer physical tapes and discs to be made for you, this service continues to be available from a friendly provider for an appropriate fee – visit the Dharma Seed site for more information.

Please make free and frequent use of this valuable resource. And when the opportunity presents itself, please consider placing a modest offering in Dharma Seed's bowl to help support its new form of service to the world. Its needs have been greatly reduced, but it still survives only by your generosity.



## Bearing Witness

### *A Donor's Story of Planned Giving*

IMS has been Pamela Lear's spiritual home since 1982. Since then, she has made a pilgrimage to Barre almost every year, finding refuge in the silence and exploring the possibility of awakening. A few years ago, she took the step to include the organization in her will.

What brought her to that point, and what did this gesture signify? Here, she tells her story.

As I look back over my life, my father's death in 1976 was one of those momentous turning points. I'd returned home to help nurse him while he was critically ill. Just prior to this, I'd been on retreat with Ram Dass, and he'd advised me to "go home as his daughter and serve in that role." It was a sad and grueling month. My last words with my father were something like, "I love you, Dad, take care of yourself." He responded, "Don't worry, Pammy, I'll be all right." He was dying, facing the unknown, and yet he was trying to reassure and comfort me.

This period of time motivated me to explore the mysteries of death as a part of life and I eventually went to Ram Dass and Stephen Levine's first retreat on Death and Dying in Yucca Valley in 1979. After attending three such courses, Stephen Levine recommended that I try *vipassana* (insight) meditation. I did, and for four years became a dharma bum, sitting three or four retreats a year, cooking for or managing retreats, all on the West Coast where I was based.

In 1982 I sat at IMS for the first time, participating in the three-month course. Ever since, I have tried to come back once a year to practice.

Spiritual practice is the foundation of my life – the anchor from which everything else is processed and assessed. Whether confronting issues about my marriage of 33 years, my teenage daughter, work, or my friends, I know that my life is in balance if I am responding with humor or gratitude. These two qualities are fruits of my spiritual practice; they are qualities that I have found lead to compassion and wisdom. IMS is where I continue to develop those qualities.

I am awed by the courage displayed by Joseph Goldstein, Sharon Salzberg, Jack Kornfield and others who founded IMS all those years ago, pioneering something new in the West. Their invitation was, and still is, remarkably simple – to take an honest look and see clearly what is true in life and what isn't. When I do this, I discover what leads to happiness and contentment, and what doesn't. IMS offers a rare and precious opportunity to engage in this type of exploration.

So it was a very natural step to include the organization in my estate plans.

I called IMS to ask questions and was given easy guidelines and recommendations about various options. I talked to my lawyer and a simple sentence was added to my will.

In adding this sentence, however, I made a much bigger, bolder statement: I am bearing witness to what is true for me.



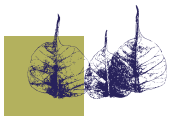
I am declaring that what has mattered deeply to me is my spiritual practice, and I am acknowledging the part that IMS continues to play in that process.

The small annual contributions and the modest bequest in my will represent my alignment with the commitment and vision of my teachers – it is my way of affirming the benefits of the practice. This gesture both expresses my gratitude for the guidance provided by my teachers and helps assure the availability of the teachings for future generations, long after I'm gone.

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*Please consider including IMS in your estate plans. For more information about giving options, from bequests to gifts of retirement assets, contact our Development office at (978) 355-4378 ext. 230 or [development@dharma.org](mailto:development@dharma.org).*

*If you have designated IMS as the beneficiary of a legacy gift, we would love to hear from you.*



## 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 enroll 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)

### Help Create the Magic

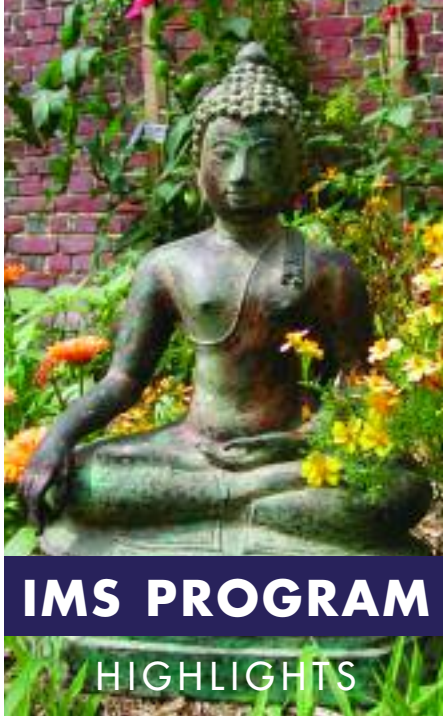
Are you interested in supporting the spiritual growth of the next generation? And having a lot of fun, to boot? IMS is looking for group leaders and volunteers to assist our operations during the 2008 Teen Retreat, July 5-9, and the Family Retreat, July 22-27. If you are an experienced meditator who has worked with teens or children and would like to help create the magic of these courses,

or would simply enjoy helping out in our Kitchen and Housekeeping departments for a few days, please let us know. You can call us at (978) 355-4378 or email [rc@dharma.org](mailto:rc@dharma.org).

Funding is also needed for special materials such as dharma books and art supplies for these courses. Please contact us if you wish to become a 2008 benefactor for any of these items.

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## IMS PROGRAM HIGHLIGHTS

### At the Forest Refuge...

#### *Freedom with Support*

A retreat at the Forest Refuge facilitates the natural emergence of wisdom and compassion. Within a tranquil and harmonious environment that includes private dormitory accommodations, retreatants can follow their own schedule, settle into greater depths of practice and strengthen faith and self-reliance.

#### *Pa Auk Sayadaw*



### Pa Auk Sayadaw Returns

In 2008, eminent Burmese meditation master **Pa Auk Sayadaw** will return to offer the dharma for four months, July – October, 2008. This will be a structured retreat with a minimum stay of one month. Sayadaw's teachings will focus on the development of the *jhānas* (states of strong concentration) that become a foundation for insight meditation practice.

### Financial Assistance

A number of 'You Choose' fee spaces are currently available on a first come, first served basis for a personal retreat at the Forest Refuge. Intended for experienced meditators whose financial circumstances might otherwise prevent participation, IMS is piloting this payment option until October 31, 2008. A minimum of \$10 per day is required.

If your work in the US or overseas has helped to transform the lives of economically disadvantaged people, you may be eligible for a full scholarship to practice at the Forest Refuge, thanks to its Fund in Support of Community Development Work.

Examples of this kind of work include curing blindness by providing cataract operations, developing projects to assist those on low incomes, counseling former prisoners, or teaching inner city children. Please mention this fund when you apply for a Forest Refuge stay, if you have done such work.

### Practice Styles and Methods

For those interested in undertaking a personal retreat at the Forest Refuge, the question of "What practice will I do?" can often arise. Three senior IMS teachers – Joseph Goldstein, Myoshin Kelley & Carol Wilson – give us an overview of the possibilities.

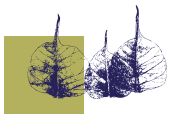
*Myoshin:* First of all, it's helpful to remember that the purpose of progressive practice is to access deeper and deeper levels of wisdom and compassion – qualities inherent in each one of us.

Within the Theravada Buddhist tradition, there are many techniques available to assist us along the path to liberation. Forest Refuge teachers, whether monastic or lay, offer a wide range of teaching styles and teaching methods to guide our practice.

*Carol:* Some teachers emphasize the development of *jhānas*, states of focused and tranquil concentration. This can help stabilize the mind and support greater depths of investigation and wisdom.

Other teachings are in the style of the great Burmese meditation master Mahasi Sayadaw, and help us refine the skillful means of mental noting and slow movement. Here, intuitive insight unfolds step by step in a systematic manner.

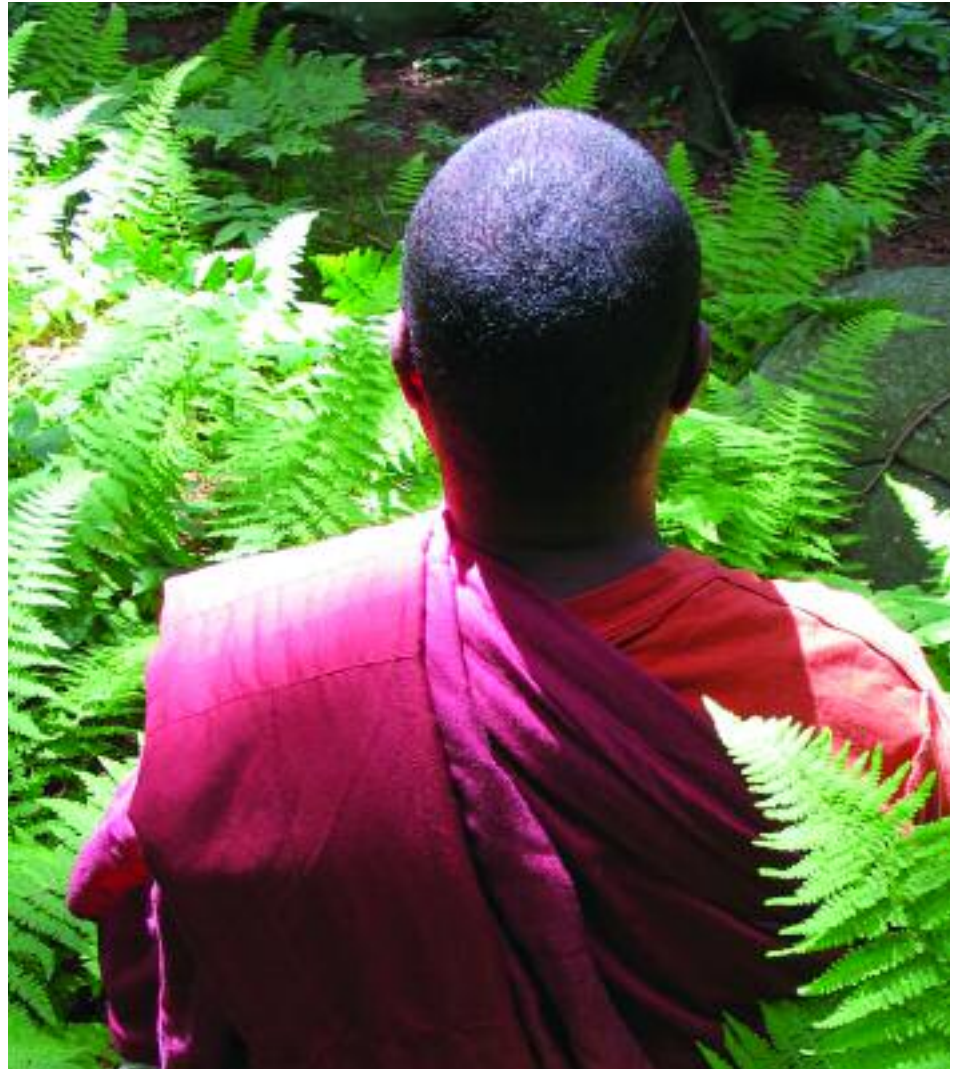
And yet other teachers encourage a more relaxed and open awareness. This can be especially helpful in learning how to use any and all moments as opportunities for wisdom.



I see these various methods of awakening as a circular *mandala*. No single method suits everyone all of the time. Some teachers are familiar with a variety of these styles and actually tailor the teachings to the person they are working with, while others offer in-depth training in one particular method.

*Joseph:* Regardless of what form or method a *yogi* (a student) may be using, for most of us there is also the challenging question of how intensive retreat practice applies to our daily life in the world: How can it be integrated so there's not such a divide between practice on retreat and practice off retreat?

There are many facets to this exploration. Understanding that awareness does not depend on any particular posture or activity, we practice developing interest



in our minds throughout the day. Each of us also needs to find the appropriate balance between being in the world and retreating from the busyness of worldly activities.

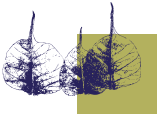
*Myoshin:* Some yogis, who are not able to come on retreat for long periods of time, have found that they are able to deepen their practice and integrate it with life in the world by more frequent, shorter retreats. They come every few months for a week or two at a time. They're discovering that this regularity really helps them bring their practice back into their life at home, with all its family and work responsibilities.

For others, taking time for extended retreats of a month or more (some yogis have stayed on retreat at the Forest Refuge for up to a year) provides a unique practice opportunity. And so as we look to deepen our practice and understanding, we all find the methods and rhythms of practice that are most appropriate. The vision of the Forest Refuge is to provide a conducive and tranquil setting in which to take the next steps on our journey of awakening.

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*See our website and pages 16-17 for the Forest Refuge teaching schedule and further information.*





## At the Retreat Center...

The 2008 program at the Retreat Center begins with two unique courses. The first is a **Scientists Retreat, January 8-15**, jointly sponsored by IMS and the Mind and Life Institute. Taught by Joseph Goldstein, Sharon Salzberg, Guy Armstrong and Susan O'Brien, it is specifically for those working in the broad area of the mind sciences. Providing an in-depth training in meditation, it will investigate ways in which a rigorous and systematic approach to introspection can inform research.

This will be followed by a **Benefit Retreat for MBSR and MBCT Professionals, February 1-9**. Led by Christina Feldman and John Kabat-

Zinn, it is designed for clinicians, researchers and educators engaged in Mindfulness Based Stress Reduction or Mindfulness Based Cognitive Therapy in the fields of health care, education, the law and similar disciplines.

Bhante Gunaratana will return to offer a **Jhānas Retreat, April 11-20**. For experienced students, his course will provide training in accessing deep states of tranquil concentration.

Joseph Goldstein, Guy Armstrong, Myoshin Kelley and Patricia Genoud-Feldman will teach **From Awareness to Wisdom, March 14-23**, exploring the nature of consciousness, awareness and wisdom.

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*See our website and pages 18-26 for the full 2008 Retreat Center schedule and course information.*



THE INSIGHT  
MEDITATION  
COMMUNITY OF  
WASHINGTON

**IMCW** offers training in *Vipassana* – or Insight – meditation and related Buddhist practices that awaken the heart and mind. We serve the entire Washington, DC metro area with programs that recognize our multicultural community and we welcome all with an open heart. In addition to our flagship Wednesday night class in Bethesda, MD, which is taught by Tara Brach, IMCW's programs include weekly classes and sitting groups in Washington, DC; Takoma Park, MD; and northern Virginia. We also offer nonresidential weekend retreats and workshops, as well as a thriving community of peer-led *Kalyana Mitta* – or spiritual friends – groups. Longer residential retreats, held several times a year, are open to out-of-towners as well as DC-area residents.

IMCW extends a warm welcome to both newcomers and experienced meditators. There are many ways to participate in our community and deepen your practice. Please visit our website for a full schedule of classes, retreats and other activities.

**IMCW is currently looking for a full-time Executive Director.**

**For further information, see our website or email [imcw.admin@mac.com](mailto:imcw.admin@mac.com)**

**Look for us at [www.imcw.org](http://www.imcw.org) or call us at (202) 986-2922**



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**The Forest Refuge**  
(978) 355-2063  
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## ABOUT IMS

The Insight Meditation Society first opened its doors in 1976. Its mission is to provide a spiritual refuge for all who seek freedom from the suffering of mind and heart. It offers meditation retreats rooted in the Theravada Buddhist teachings of ethics, concentration and wisdom. These practices help develop awareness and compassion, giving rise to greater peace and happiness in the world.

IMS operates two retreat facilities – the Retreat Center and the Forest Refuge – which are set on some 200 secluded wooded acres in the quiet country of central Massachusetts.

The Retreat Center offers a yearly schedule of meditation retreats lasting in duration from a weekend to three months. Most courses run for 7-9 days.

The Forest Refuge program began in 2003. For experienced insight meditation practitioners, its peaceful and secluded environment establishes the sense of harmony most conducive to sustained, long-term personal retreat. Retreatants can practice for periods ranging from one week to stays of a year or more. A group of senior teachers provides regular guidance and direction to both programs, as well as teaching each year themselves. In addition, recognized insight meditation teachers from all over the world come to offer teachings.

### 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. Silence is maintained in most retreats at all times, except during question and interview periods. 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.

At the Forest Refuge, retreats are based on one's own schedule or a wish to work with a particular teacher (see the Teacher Schedule on page 17), and space availability. In consultation with the teachers, a personalized program of meditation practice is created, designed to nurture the highest aspiration for liberation.

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.

For those interested in practicing at the Forest Refuge, there is an application

process. Guidelines and an application form are available from the office or can be downloaded from our website. You may also apply online.

All IMS meals are vegetarian. Accommodations at the Retreat Center are simple single and double rooms; all spaces at the Forest Refuge are single. Men and women do not share rooms. Camping is not available.

### Evening Discourses

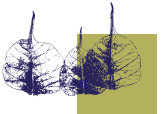
When a Retreat Center course is in progress, anyone is welcome to attend the evening dharma talks; those with insight meditation experience are also welcome to attend group sittings. Some restrictions apply. Please call the Retreat Center office for a daily schedule.

### Individual Retreat

#### Self Retreat

If you have participated in a course at the Retreat Center, you may 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 \$55-\$98 per day, depending on your means. For self retreats of up to six days immediately before or after a specific group course, you can add the dates on your registration form. For self retreats of longer than six days, please call the office for an application form.

### Work Retreat

Work retreats provide a valuable opportunity to explore the integration of mindfulness practice with work. The daily schedule combines periods of formal meditation and instruction together with five hours of work – in silence – in either the Kitchen or Housekeeping department.

Participation is limited to experienced meditators with a high degree of self-reliance. Since the work can be physically demanding, a moderate level of physical fitness is required.

At the Retreat Center, the timing of work retreats usually corresponds with the schedule of courses. At the Forest Refuge, a one-month commitment is ideal.

A special application needs to be submitted; the cost is a \$35 non-refundable processing fee. Information and application forms are available on our website. You can also contact our Registrar about a Retreat Center work retreat by calling (978) 355-4378 ext. 170 or emailing [workretreatrc@dharma.org](mailto:workretreatrc@dharma.org). For the Forest Refuge, call (978)355-2063 or email [fr@dharma.org](mailto:fr@dharma.org).

## Financial Information

### Fees

IMS course fees are on a sliding scale basis that allows participants to pay according to individual means. At the Retreat Center, there are four rates – Sustaining, Mid, Base and Scholarship. The Forest Refuge has three rates – Sustaining, Mid and Base, with some financial assistance available.

Payment at the Base rate covers less than 50% of what is needed to run our centers. In order to balance our budget and provide wise stewardship of our resources, donations must supplement any fee income received at this level.

The Sustaining rate represents the actual cost to IMS to operate our programs. Payment at this rate lets us direct income from donations towards helping those with lesser means attend our retreats. If you can afford this level or higher, you assist our efforts to offer lower sliding scale rates and ongoing financial subsidies.

Regrettably, we have had to raise our fees for 2008 by a very modest amount, due to the rising costs of basic necessities such as fuel, insurance and food.

**Any amount paid above the Base rate is a tax-deductible donation.**

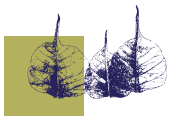
### Financial Assistance

IMS provides financial assistance in the form of scholarships and 'You Choose' fee options to those who are genuinely unable to afford the cost of a retreat. Each request is carefully assessed in terms of financial need, previous history and funds available.

Due to limited resources, we recommend that you apply for a scholarship as early as possible. **Awards are distributed on a first come, first served basis** and are generally restricted to one scholarship per person, per year.

You can apply online for a scholarship at the Retreat Center, or check the relevant box when completing the





registration form on page 26. Please include the appropriate deposit. Forms can also be downloaded from our website or requested from the office.

For the Forest Refuge, complete the retreat application and indicate interest in receiving financial assistance. We will contact you if your retreat application is approved.

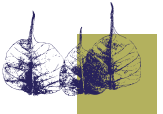
We cannot guarantee that every application will result in an award; please be assured, however, that we will do our best to help you attend a retreat with us.

### Dana

*Dana* is a Pali word that means generosity or giving freely. It is central both to the 2,600 year-old tradition of Buddhism and to IMS's much shorter history. Of this quality the Buddha said, "If beings knew as I know the benefit of generosity, they would not let an opportunity go by without sharing."

In this spirit of generosity, it is IMS's heartfelt wish to share the Buddha's teachings with all who are interested, regardless of ability to pay. Our sliding scale fee structure allows payment based on financial means. Happily, donations augment the income from our course fees (which cover only about 50% of our operating costs), enabling us to provide such affordable rates.

At the same time, IMS teachers are courageously adapting the ancient Buddhist monastic tradition of freely offering the teachings to lay life in contemporary Western culture. Most Retreat Center teachers receive no salary



and rely entirely on the generosity of course participants for their compensation. For those who teach at the Forest Refuge, where fewer retreatants stay for longer periods, IMS offers a monthly honorarium. This is intended to augment contributions from participants and to provide a sustainable income. IMS pays for visiting teachers' travel expenses, accommodations and meals while they are in residence at either center.

In the life of a spiritual practitioner, *dana* plays a significant role. Generosity is the first of the ten *parami*, or qualities of character, that the Buddha taught his students to cultivate. Such practice develops lovingkindness and compassion, deepens awareness of our interconnectedness and encourages non-attachment. Giving is said to benefit both the giver and the receiver – the giver practices letting go, and the recipient practices acceptance of what is presented. Offering a small favor, a kind thought,



a meal, or funds to help sustain a meditation teacher or center is a sincere form of spiritual practice.

Whenever you are inspired to offer financial contributions, your gifts demonstrate that you value our vision of making the Buddha's teachings accessible to anyone wishing to attend our programs, and that you lend your support to our teachers as they dedicate their life to the dharma.

*May your practice be for the benefit of all.*

### Media Visits

As the dharma takes root in our society, various media are expressing interest in 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 media to visit us for reporting. Before any such request is granted, the 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 participants as far in advance as is practically possible. We will respect the wishes of anyone who prefers not to be included and work to minimize any impact on our meditative environment and on our retreatants. We appreciate your understanding of our efforts to share the dharma in this way and welcome any suggestions or questions you may have.



## 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.

NYI is located in central Chelsea. Our spacious and peaceful center is located at:

**28 W 27th St, 10th Floor  
(between 6th Ave & Broadway)  
New York NY 10001**

Please check our website  
**[www.nyimc.org](http://www.nyimc.org)**  
for event descriptions and  
registration information, or call  
**(212) 213-4802**

# IMS FACULTY 2008

## Core

**Guy Armstrong** has practiced insight meditation for over 30 years, including training as a Buddhist monk in Thailand with Ajahn Buddhadasa. He began teaching in 1984 and has led retreats worldwide. He is an IMS guiding teacher and part of Spirit Rock's Teachers Council.

**Steve Armstrong**, a co-founding teacher at the Vipassana Metta Foundation's dhamma sanctuary-hermitage on Maui, encourages spiritual development through cultivating insightful awareness and liberating understanding of the core teachings of the Buddha in all life activities.

**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** is a co-founder of Gaia House in England and an IMS guiding teacher. Following training in the Theravada and Mahayana Buddhist traditions, she has taught meditation since 1976 and has an ongoing commitment to the long-term retreat program at Gaia House. Her books include *Compassion, Silence* and *The Buddhist Path to Simplicity*.

**Joseph Goldstein** is a co-founder and guiding teacher of IMS's Retreat Center and Forest Refuge programs. He has been teaching vipassana and metta retreats worldwide since 1974 and in 1989 helped establish BCBS. He is the author of *A Heart Full of Peace*, *One Dharma, The Experience of Insight* and *Insight Meditation*.

**Myoshin Kelley** began practice in 1975 and has worked with teachers in the Theravada and Tibetan Buddhist traditions. Her teaching style emphasizes a relaxed, caring and attentive attitude combined with joyful interest. She is teacher-in-residence at the Forest Refuge.

**Jack Kornfield** trained as a Buddhist monk in Asia. He is a co-founder of IMS and Spirit Rock, and has taught meditation internationally since 1974. He holds a Ph.D. in clinical psychology and 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 insight meditation since 1973. He is a guiding teacher at the Cambridge Insight Meditation Center.

**Narayan Liebenson Grady**, an IMS guiding teacher, is also a guiding teacher at the Cambridge Insight Meditation Center where she has taught since 1985. She is the author of *When Singing, Just Sing: Life As Meditation* and a regular contributor to *Buddhadharma* magazine.

**Kamala Masters** began practicing in 1975. Trained by Anagarika Munindra and Sayadaw U Pandita, she offers the dharma in the US and abroad. She is co-founder and guiding teacher of the Vipassana Metta Foundation on Maui and is currently developing Ho'omalalama, a sanctuary-hermitage for long-term practice.

**Michele McDonald** has taught insight meditation around the world for 26 years, helping individuals to find their own natural entry points into stillness and deep liberation. A leader in developing meditation retreats for youth, she is also a co-founder of the Vipassana Hawai'i Sangha in Honolulu.

**Larry Rosenberg** practiced Zen in Korea and Japan before coming to vipassana. He is a guiding teacher of the Cambridge Insight Meditation Center 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 an IMS guiding teacher and author of *The Force of Kindness*, *Faith* and *Lovingkindness*.

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

**Ajahn Sucitto** was ordained in Thailand in 1976. He has been closely associated with Ajahn Sumedho for 30 years, and is currently abbot of Cittaviveka Buddhist Monastery in Chithurst, England. He has taught at IMS since 1989.

**Carol Wilson** began insight meditation practice in 1971. She has studied with a variety of teachers in Asia and the West, including time as a Buddhist nun in Thailand. An IMS guiding teacher, she has been offering vipassana and metta retreats around the world since 1986, including the IMS 3-Month course.

## Visiting

**Gloria Taraniya Ambrosia** has offered Theravada Buddhist teachings across the US since 1990. She is a student of the disciples of Ajahn Chah and Ajahn Sumedho and a Lay Buddhist Minister in association with Abhayagiri Buddhist Monastery in CA. She served as IMS Resident Teacher, 1996-1999.

**Pascal Auclair** has practiced and studied Buddhism since 1997 and is currently part of the IMS/Spirit Rock teacher training program. For several years, he has taken an active role in the IMS Family and Teen retreats.

**James Baraz** has practiced meditation since 1974, taught since 1980 and is a founding teacher at Spirit Rock Meditation Center. He leads an online meditation program, *Awakening Joy*, and is currently writing a book by the same name.

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

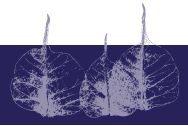
**Tara Brach** is the founder and senior teacher of the Insight Meditation Community of Washington, DC. She has practiced meditation since 1975 and leads Buddhist meditation retreats throughout North America. Tara is the author of *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*.

**Rebecca Bradshaw** has been practicing vipassana meditation since 1983 and teaching since 1993. She is a psychotherapist, the guiding teacher of the Insight Meditation Center of Pioneer Valley, MA, and the Buddhist Advisor at Mt Holyoke College.

**Bhante Buddharakkhita** was born and raised in Uganda. Meditating since 1993, he ordained as a Theravada Buddhist monk in 2002. Now residing at Bhavana Society in WV, he teaches worldwide and in 2005 founded the Uganda Buddhist Centre.

**Grove Burnett**, a co-founder and senior teacher of the Vallecitos Mountain Refuge in NM has practiced and trained in the Buddhist tradition for the last 25 years. He is also an environmental lawyer and has litigated important environmental cases in the Southwest.

**Sally Clough** began practicing vipassana meditation in India in 1981. She moved to the Bay Area in 1988, and worked at Spirit Rock until 1994 in a number of roles, including Executive Director. She began teaching in 1996, and is one of the guiding teachers of Spirit Rock's Dedicated Practitioner Program.



**Mark Coleman** has taught retreats since 1997, following extensive training in several Buddhist traditions. He leads Wilderness Meditation courses, has a private practice in counseling and is the author of *Awake in the Wild*.

**Matthew Daniell**, a Buddhist meditation and yoga practitioner since 1984, teaches 'mindfulness yoga', inspired by the tradition of T.K.V. Desikachar, and vipassana. He is a founder and the resident teacher at the Insight Meditation Center of Newburyport, MA.

**Chas DiCapua**, currently the IMS Resident Teacher, has offered meditation since 1998. He is interested in how each person can fully and uniquely manifest the dharma. He teaches regularly at sitting groups and centers close to IMS.

**Jean Esther** has practiced vipassana meditation since 1982 and has worked with the Teen Retreat since 1999. She has a psychotherapy practice in Northampton, MA and has been teaching meditation since 2001.

**Jonathan Foust** has practiced and taught yoga and meditation for over 30 years and offers a style of movement particularly supportive of meditation practice. A co-founder of the Mindfulness Training Institute of Washington, DC, he leads vipassana classes, trainings and retreats around the country.

**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 and a guiding teacher at the Meditation Center Vimalakirti in Geneva, Switzerland.

**Trudy Goodman** has practiced in the Zen and Theravada traditions since 1974. She founded Insight LA, Growing Spirit (for families), and the Center for Mindfulness and Psychotherapy in Los Angeles. She is the guiding teacher of the Institute for Meditation and Psychotherapy in Cambridge, MA.

**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* and his autobiography *Journey to Mindfulness*.

**Ed Hauben**, a long-term meditator and friend of IMS, has served on its board and assisted with the Family and Teen retreats for the past 25 years.

**Deborah Ratner Helzer** has practiced with Western and Asian teachers in the Theravada tradition since 1995, including a year as a nun in Burma. She has been teaching in the Washington, DC area and assisting with retreats around the country since 2001.

**Jon Kabat-Zinn**, Ph.D., is the founding director of the Center for Mindfulness in Medicine, Health Care, and Society and professor of medicine emeritus at the UMass Medical School. Since 1979, his research has focused on the outcomes of MBSR training in medical patients and others. He is the author of *Full-Catastrophe Living, Wherever You Go, There You Are* and *Coming to Our Senses*.

**Maddy Klyne**, a long-time vipassana practitioner, teaches beginners' classes and workshops for adults and young people at CIMC.

**Catherine McGee** has been teaching insight meditation since 1997 both at Gaia House in England and internationally. She is also a student of the Diamond Approach of A.H. Almaas.

**Annie Nugent** has practiced since 1979 and was an IMS Resident Teacher from 1999-2003. Her teaching style aims to reveal how all aspects of our lives can help us come to a clear and direct understanding of the Truth.

**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.

**Pa Auk Sayadaw** is the abbot of Pa Auk Tawya Forest Monastery in southeastern Burma. Since the age of ten, he has spent his life promoting the teachings of the Buddha through study, practice and realization. He speaks fluent English, teaches worldwide and is the author of *Knowing and Seeing*.

**Douglas Phillips** has practiced Zen and vipassana for over 30 years. He has taught at Kripalu and is the founder and guiding teacher of the Empty Sky Vipassana Sangha in Newton, MA.

**Yanai Postelnik** has practiced meditation for many years in Asia and the West. He has been teaching since 1992 and leads retreats worldwide. He is a Teacher Council member and the Dharma Director of Gaia House in England.

**Marcia Rose** has practiced Buddhist meditation since 1970. She is a guiding teacher in Taos, NM for The Mountain Hermitage and founded Taos Mountain Sangha. She was IMS Resident Teacher from 1991-1995 and now teaches in the US and internationally.

**Amita Schmidt**, author of *Dipa Ma: The Life and Legacy of a Buddhist Master*, is a former Resident Teacher at IMS. She currently combines the teaching of non-dual awareness with her foundation in Buddhist practice.

**Gina Sharpe** has studied and practiced Buddhism for many years, across several traditions. She is a co-founder of New York Insight Meditation Center and a graduate of the first Spirit Rock Community Dharma Leaders program. She has been teaching since 1994.

**John Teasdale**, Ph.D., has practiced insight meditation since 1993, and taught mindfulness internationally. A co-developer of MBCT, he has co-authored *Mindfulness-Based Cognitive Therapy for Depression* and *The Mindful Way through Depression*.

**Arinna Weisman** is a founding teacher of Insight Meditation Center of the Pioneer Valley in Easthampton, MA, and co-author of *A Beginner's Guide to Insight Meditation*. Her practice and teaching have been infused with her life experiences as an environmental and political activist.

**Kate Lila Wheeler** began teaching meditation in the mid-1980s and continues to practice with teachers in Theravada and Tibetan Buddhist lineages. Writing is another important part of her life; she is at work on her second novel.

**Larry Yang**, a longtime meditator, trained as a psychotherapist, has taught meditation since 1999 and is a teacher at the East Bay Meditation Center in Oakland, CA. He has practiced in Southeast Asia and was a Buddhist monk in Thailand.

## Assisted by

**Éowyn Ahlstrom** is a certified yoga teacher and massage therapist whose primary interest is in teaching awareness of and compassion for the body. She has served on staff at IMS for several years, and is a dedicated dharma practitioner.

**Franz Moeckl** has practiced and studied insight meditation, Tai Chi and Qigong for more than 25 years, including time as a Buddhist monk in Thailand. He now teaches in the US, Europe and Asia.



# The Forest Refuge



## General Information

The Forest Refuge allows the exploration of a more independent and less structured form of retreat life. For experienced practitioners, its peaceful and secluded environment establishes the sense of harmony most conducive to sustained, long-term personal retreat. Stays range from one week to a year or more.

For those interested, there is an application process. Guidelines and an application form are available on our website or from our office. You can apply online, or mail or fax a completed form to us.

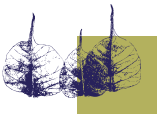
If there is no accommodation available at the time you wish to come, we encourage you to keep your application in process. You may want to change your dates, or we can put you on a wait list, if your application is approved. There are often cancellations from those already confirmed and spaces open up.

Fees for 2008 are outlined in the box to the right. For those who cannot afford the entire cost, a limited number of 'You Choose' fee spaces are available, allowing you to establish your own course rate based on your financial means. A minimum of \$10 per night is required.

A deposit of approximately one third of your total retreat cost is due once your application has been approved. (The minimum deposit for anyone on a 'You Choose' fee option is \$50.) Deposits are accepted online, by mail, by phone or in person. Please make your check or money order payable to IMS, or include Visa or MasterCard information.

Please contact us as soon as possible if you need to cancel. Fees are: \$100 (or full deposit if less than this was paid) if you cancel two or more months before your retreat begins. Your full deposit is forfeited after that.





## 2008 FOREST REFUGE TEACHING SCHEDULE

|                          |  |
|--------------------------|--|
| January 1 – January 31   | Gloria Taraniya Ambrosia & Annie Nugent  |
| February 1 – February 29 | Myoshin Kelley & Annie Nugent            |
| March 1 – March 15       | Myoshin Kelley & Rebecca Bradshaw        |
| March 16 – March 31      | Susan O'Brien & Rebecca Bradshaw         |
| April 1 – April 15       | Joseph Goldstein & Susan O'Brien         |
| April 16 – May 31        | Joseph Goldstein & Myoshin Kelley        |
| June 1 – June 30         | James Baraz & Myoshin Kelley             |
| July 1 – October 31      | Pa Auk Sayadaw*                          |
| November 1 – November 30 | Myoshin Kelley & Patricia Genoud-Feldman |
| December 1 – December 31 | Marcia Rose & Myoshin Kelley             |

\* Participants in this retreat are expected to follow Sayadaw's schedule and instructions, which may include observance of the 8 monastic precepts.

*A self-sustaining practice is necessary to undertake a Forest Refuge retreat.*

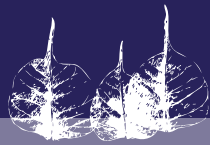
*The teaching schedule may change without notice. It is our intention that retreatants will have the opportunity to practice with a variety of experienced and well-qualified insight meditation teachers.*



PHOTOS: SUSAN BEHRENS

## SLIDING SCALE FEES (PER NIGHT)

| LENGTH OF STAY   | SUSTAINING | MID  | BASE |
|--|------------|------|------|
| <b>7-21 nights</b>   | \$98       | \$82 | \$66 |
| <b>22-30 nights</b><br><i>(effective from 1st night)</i>         | \$98       | \$77 | \$55 |
| <b>31-90 nights</b><br><i>(effective from 51st night)</i>        | \$98       | \$74 | \$49 |
| <b>More than 90 nights</b><br><i>(effective from 91st night)</i> | \$98       | \$64 | \$29 |



# 2008 Retreat Center Schedule

| Dates              | Length  | Course Title   | Teachers   |
|--------------------|---------|--|--|
| Jan 8-Jan 15       | 7 days  | Insight Meditation Retreat for Scientists  | Joseph Goldstein, Sharon Salzberg, Guy Armstrong & Susan O'Brien                                 |
| Feb 1-Feb 9        | 8 days  | Insight Meditation Retreat for MBSR & MBCT Professionals<br><i>By application only</i> | Christina Feldman & Jon Kabat-Zinn with John Teasdale  |
| Feb 10-Feb 17      | 7 days  | <i>Metta</i> (Lovingkindness) Retreat  | Sharon Salzberg, Mark Coleman, Gina Sharpe & Maddy Klyne   |
| Feb 22-Feb 27      | 5 days  | Insight Meditation Retreat   | Larry Rosenberg & Michael Liebenson Grady  |
| Mar 1-Mar 8        | 7 days  | <i>Women in Meditation</i> : Insight Meditation Retreat                                | Christina Feldman, Narayan Liebenson Grady & Maddy Klyne with Éowyn Ahlstrom ( <i>Yoga</i> )     |
| Mar 14-Mar 23      | 9 days  | <i>From Awareness to Wisdom</i> : Exploring the Mind                                   | Joseph Goldstein, Guy Armstrong, Myoshin Kelley & Patricia Genoud-Feldman                        |
| Mar 28-Apr 6       | 9 days  | <i>Living Freedom</i> : Insight Meditation Retreat                                     | Carol Wilson, Rodney Smith & Guy Armstrong   |
| Apr 11-Apr 20      | 9 days  | <i>Jhānas</i> (Meditative Absorptions) Retreat for Experienced Students                | Bhante Gunaratana  |
| Apr 25-Apr 27      | 2 days  | <i>Loving What Is</i> : Insight Meditation Weekend                                     | Tara Brach & Jonathan Foust  |
| May 2-May 11       | 9 days  | <i>Entering the Sacred</i> : Monastic Retreat  | Ajahn Sucitto & Others   |
| May 16-May 25      | 9 days  | Insight Meditation Retreat   | Jack Kornfield, Trudy Goodman, Grove Burnett, Gina Sharpe, Kate Lila Wheeler & Chas DiCapua      |
| May 30-Jun 6       | 7 days  | <i>Loving Friendliness</i> : Metta Retreat   | Michele McDonald, Rebecca Bradshaw & Patricia Genoud-Feldman with Franz Moeckl ( <i>Qigong</i> ) |
| Jun 6-Jun 15       | 9 days  | <i>Liberation of Mind and Heart</i> : Insight Meditation Retreat                       | As above   |
| May 30 -Jun 15     | 16 days | Metta & Insight Meditation Retreat   | As above   |
| Jun 20-Jun 27      | 7 days  | Insight Meditation Retreat for Experienced Students                                    | Larry Rosenberg, Matthew Daniell & Douglas Phillips  |
| Jun 28-Jul 3       | 5 days  | People of Color Retreat ^  | Joseph Goldstein, Gina Sharpe, Larry Yang, Bhante Buddharakkhita & Others                        |
| Jul 5-Jul 9        | 4 days  | Teen Retreat   | Rebecca Bradshaw & Chas DiCapua with Jean Esther & Ed Hauben                                     |
| Jul 11-Jul 19      | 8 days  | <i>Mindfulness, Insight, Liberation</i> : Insight Meditation Retreat                   | Christina Feldman & Rodney Smith with Éowyn Ahlstrom ( <i>Yoga</i> )                             |
| Jul 22-Jul 27      | 5 days  | Family Retreat **<br><i>Lottery course. Registration due by February 15, 2008</i>      | Yanai Postelnik, Catherine McGee, Deborah Ratner Helzer & Pascal Auclair                         |
| Jul 30-Aug 6       | 7 days  | <i>Investigating Life</i> : Insight Meditation Retreat for 18-32 Year Olds             | Rebecca Bradshaw, Marvin Belzer, Chas DiCapua & Amita Schmidt                                    |
| Aug 8-Aug 10       | 2 days  | <i>Insight and the Art of Equanimity</i> : Weekend Retreat                             | Steve Armstrong, Kamala Masters & Deborah Ratner Helzer  |
| Aug 8-Aug 16       | 8 days  | <i>Insight and the Art of Equanimity</i>   | As above   |
| Aug 16-Aug 24      | 8 days  | <i>Your Life is Your Practice</i> : Insight Meditation Retreat                         | Narayan & Michael Liebenson Grady & Maddy Klyne with Éowyn Ahlstrom ( <i>Yoga</i> )              |
| Aug 29-Sep 1       | 3 days  | Labor Day Weekend  | Ruth Denison & Arinna Weisman  |
| Sep 2-Sep 7        | 5 days  | <i>The Engaged Mystic</i> : Meditation for Life  | Christina Feldman & Narayan Liebenson Grady  |
| Sep 12-Sep 14      | 2 days  | <i>Cultivating a Happy and Peaceful Heart</i> : Insight Meditation Weekend             | Rebecca Bradshaw   |
| Sep 20-Dec 13      | 84 days | Three-Month Retreat  | Joseph Goldstein & Annie Nugent  |
| Sep 20-Nov 1       | 42 days | Part 1   | Myoshin Kelley, Rebecca Bradshaw & Patricia Genoud-Feldman                                       |
| Nov 1-Dec 13       | 42 days | Part 2   | Carol Wilson, Guy Armstrong & Sally Clough   |
| Dec 19-Dec 21      | 2 days  | <i>The Wisdom of Letting Go</i> : Insight Meditation Weekend                           | Annie Nugent   |
| Dec 28-Jan 6, 2009 | 9 days  | <i>Resolutions of the Heart</i> : New Year's Retreat                                   | Rodney Smith, Narayan Liebenson Grady & Yanai Postelnik  |

Please see the following pages for retreat descriptions and registration information.

\* **Fees** for most Retreat Center courses do not include payments to the teachers. There is an opportunity to offer donations for the teachings and for IMS at the end of each retreat.

+ **Scholarships** are awarded on a first come, first served basis. Please refer to page 11 for further information.

o **By application only.** Proceeds will benefit IMS and the Center for Mindfulness at UMass Medical School, Worcester, MA.

• **'You Choose'** means that you can establish your own course fee, based on your financial means. **A minimum of \$10 per day is required.**

^ **Free bus transportation** is offered between New York City and IMS on a first come, first served basis for this retreat.

\*\* Please refer to page 23 for additional **Family Retreat** information.

| Code | Deposit       | Sliding Scale Fees*                                |         |              |              |
|------|---------------|--|---------|--------------|--------------|
|      |               | Sustaining   | Mid     | Base         | Scholarship+ |
| ML   | \$175         | \$575  | \$510   | \$375        | \$210        |
| MBSR | N/A           | Benefit Retreat <sup>o</sup><br>Flat rate: \$1,500 |         |              | \$450        |
| SS   | \$175         | \$685  | \$535   | \$385        | \$210        |
| LR1  | \$125         | \$490  | \$400   | \$305        | \$150        |
| WOM  | \$175         | \$685  | \$535   | \$385        | \$210        |
| JG   | \$175         | \$880  | \$690   | \$495        | \$270        |
| CW   | \$175         | \$880  | \$690   | \$495        | \$270        |
| BG   | \$175         | \$880  | \$690   | \$495        | \$270        |
| WE1  | \$100         | \$195  | \$180   | \$165        | \$60         |
| MR   | \$50          | \$880  | \$690   | You Choose • | N/A          |
| JK   | \$175         | \$880  | \$690   | \$495        | \$270        |
| MM1  | \$175         | \$685  | \$535   | \$385        | \$210        |
| MM2  | \$175         | \$880  | \$690   | \$495        | \$270        |
| MM3  | \$175         | \$1,570  | \$1,225 | \$880        | \$480        |
| LR2  | \$175         | \$685  | \$535   | \$385        | \$210        |
| POC  | \$50          | \$490  | \$400   | You Choose • | N/A          |
| TR   | \$265         | \$390  | \$330   | \$265        | \$120        |
| CF1  | \$175         | \$785  | \$615   | \$440        | \$240        |
| FAM  | (Adult) \$175 | \$555  | \$505   | \$405        | \$150        |
|      | (Child)       | \$280  | \$255   | \$190        | \$150        |
| YA   | \$50          | \$685  | \$535   | You Choose • | N/A          |
| SKW  | \$100         | \$195  | \$180   | \$165        | \$60         |
| SK   | \$175         | \$785  | \$615   | \$440        | \$240        |
| NLG  | \$175         | \$785  | \$615   | \$440        | \$240        |
| RD   | \$125         | \$295  | \$255   | \$215        | \$90         |
| CF2  | \$125         | \$490  | \$400   | \$305        | \$150        |
| WE2  | \$100         | \$195  | \$180   | \$165        | \$60         |
| 3MO  | \$750         | \$8,230  | \$6,175 | \$4,115      | \$2,520      |
| PT1  | \$375         | \$4,115  | \$3,090 | \$2,060      | \$1,260      |
| PT2  | \$375         | \$4,115  | \$3,090 | \$2,060      | \$1,260      |
| WE3  | \$100         | \$195  | \$180   | \$165        | \$60         |
| NY   | \$175         | \$880  | \$690   | \$495        | \$270        |



## SHARE THE BENEFITS OF PRACTICE

*Offer Financial Assistance*

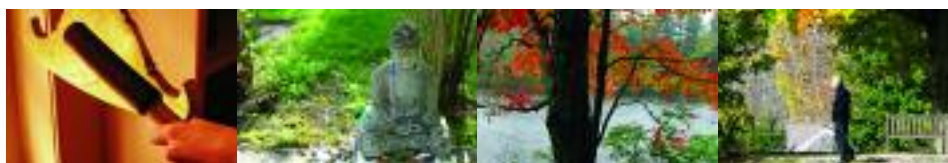
Each year, generous contributions support the practice of many participants in our programs – from a new student attending an initial weekend retreat to an experienced practitioner spending a year or more in silence. Please consider joining the community of donors who help make IMS retreats possible for those who cannot afford the entire cost.

IMS is committed to offering financial assistance – in the form of ‘You Choose’ fee spaces or scholarships – to retreatants as needed, and we appreciate your support of that commitment.

*Contributions can be sent to:*

*IMS, Attn: Donations,  
1250 Pleasant Street,  
Barre MA 01005*

*To donate online, visit our website.*





# The Retreat Center

## COURSE DESCRIPTIONS

### Insight Meditation

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. IMS retreats are all rooted in this ancient and well-mapped path to awakening and draw on the full spectrum of this tradition's lineages.

### 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.

### Insight Meditation Retreat for Scientists

Jointly sponsored by IMS and the Mind and Life Institute, this course has been organized by scientists for scientists – neuroscientists, cognitive scientists, psychologists and others who study the mind. It is open to academics and professionals working in the broad area of the mind sciences. Its goals are to help researchers in this field experience

in-depth training in meditation and to explore ways in which a rigorous and systematic approach to introspection can inform research.

The retreat will be conducted in silence, except for some discussion towards the end about various research projects. The practices taught are non-sectarian and do not require adopting Buddhism as a religion or dogma.

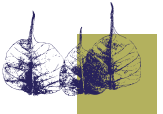
**Please document your scientific affiliation when registering.**

### Insight Meditation Retreat for MBSR & MBCT Professionals

This retreat – the first of its kind in North America – is specifically for clinicians, researchers and educators engaged in mindfulness-based interventions in the fields of health care, education, the law and similar disciplines. It is an invitation to extend and deepen one's personal experience of mindfulness meditation, via intensive practice, together with peers and colleagues.

The retreat is offered as a benefit to support the missions of both IMS and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. It will emphasize the Four Foundations of Mindfulness with a full daily schedule of sitting and walking practice, as well as periods of lying down meditation and mindful hatha yoga.

**By application only.** *Please contact us for further information.*



**Women in Meditation:  
Insight Meditation Retreat**

In the classical context of silence and sustained meditation practice, women have gathered together on this annual retreat for more than 20 years, creating a powerful sense of community in which our capacity for deepening in wisdom and compassion is supported. There are daily talks, instructions, lovingkindness practice and meetings with the teachers. A session of yoga will also be offered each day. Over the decades, this course has played a seminal role in honoring the long tradition of women in the meditative life.

**From Awareness to Wisdom:  
Exploring the Mind**

This course will explore the nature of consciousness, awareness and wisdom. Inspired in part by one description of the path as “sudden awakening, gradual cultivation,” we will consider the dimension of freedom that is inherent in the mind as well as progressive aspects of deepening this understanding. This retreat, open to both new and experienced meditators, will feature instructions and talks somewhat different from other insight meditation courses, highlighting perspectives from various lineages and traditions.

**Living Freedom:  
Insight Meditation Retreat**

The whole of the Buddha’s teaching can be seen as showing us ways to live with more ease and joy, freeing ourselves from the constraints of unhappiness.

Throughout this retreat, talks about the teachings and meditation instructions will emphasize the theme of liberation and help us nurture a living experience of freedom.

**Jhānas (Meditative Absorptions)  
Retreat for Experienced Students**

The *jhānas* are the deep states of tranquil concentration that the Buddha taught for the development of insight. Bhante Gunaratana will explain what the scriptures and ancient commentaries have to say about these states. He will also give practical advice how to enter into them and use them in meditation practice.

Sittings during this course may last one hour or longer. There will be an opportunity to observe the eight monastic precepts, which include abstaining from food after noon each day. An exception will be made for those who prefer to eat in the late afternoon – a tea meal will be served.

**Participants are required to have sat at least one week-long insight meditation course. Please document this when registering.**

**Loving What Is:  
Insight Meditation Weekend**

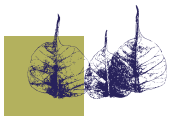
As we develop the capacity to recognize and allow life to be just as it is, we discover the loving presence that expresses our deepest nature. This weekend will include Buddhist mindfulness and heart practices, yoga, dharma talks and the opportunity for questions and dialogue.

**Entering the Sacred:  
Monastic Retreat**

Western nuns and monks from the Thai Buddhist monastic tradition offer an insight meditation retreat each year at IMS. The 2008 course will focus on “Entering the Sacred”– accessing an awareness that supports and balances the body, heart and mind. Retreatants are asked to observe the eight monastic precepts, which include abstaining from eating after noon each day, and to participate fully in the daily routine of sitting, standing and walking meditations. Group practice will begin every day with an offering of flowers, light (in the form of candles) and fragrance (incense), as well as chanting to the Triple Gem.



EFUA MORGAN



### **Loving Friendliness: Metta Retreat**

This metta retreat will provide the support needed to touch into the wordless depths of our own heart. There, we can experience its essential boundlessness and our capacity to love and embody kindness. Teachings and practices on compassion, joy in the happiness of others and equanimity will also be offered.

An optional period of mindful *qigong* will take place each day to deepen our ability to soften, relax and connect with our bodies.

### **Liberation of Mind and Heart: Insight Meditation Retreat**

This course will explore the Buddha's teachings on liberation of mind and heart. Through learning to connect with our mind/body process with interest and acceptance, we develop greater understanding and compassion, thereby extending our ability to meet life's changes with graceful ease and serenity. With

guidance from the teachers, participants will be encouraged to develop trust in their own practice.

An optional period of mindful *qigong* will be offered each day to deepen our ability to soften, relax and connect with our bodies.

### **Insight Meditation Retreat for Experienced Students**

The core of insight meditation is the practice of mindfulness, that quality of awareness that sees without judgment. Sitting and walking meditation, the first steps in formal practice, become the foundation and continuous inspiration for meeting all aspects of life with a greater openness and willingness to learn. The ordinary activities of retreat life become a part of the practice because the challenges they offer help us develop the art of mindful living.

There will be an optional period of yoga offered each day. Mindfulness Yoga – inspired by the tradition of T.K.V. Desikachar of India – emphasizes the

coordination of awareness, breath and movement. It prepares us for sitting meditation by bringing more vividness into the breathing process and more energy and ease into the body and mind. We will learn to enter fully into each posture so that it becomes an authentic dharma practice. Please bring a yoga mat.

**Retreat participants are required to have sat at least two week-long courses at IMS. Please document this when registering.**

### **People of Color Retreat**

This insight meditation course, co-sponsored by IMS and New York Insight, creates a space of ease and support for people of color to meditate together and cultivate inner freedom. It provides an in-depth experience of the Buddha's teachings on mindful awareness, illuminating a path toward healing and greater happiness. Those without previous meditation experience are encouraged to participate.



Our wish is to make this retreat accessible to anyone who would like to attend. We offer a 'You Choose' fee option, charging a minimum of just \$10 per day. Those who can contribute more, however, help ensure that the community of POC meditators continues to flourish.

*Free bus transportation is provided on a first come, first served basis between New York City and IMS.*

### Teen Retreat

This retreat is specifically for teens, aged 14-19. It offers beginning meditation instruction, half-hour sitting and walking periods, discussion groups, meditative arts 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.

### **Mindfulness, Insight, Liberation: Insight Meditation Retreat**

This insight meditation retreat will explore the Four Foundations of Mindfulness, as taught in the *Satipatthāna* discourse given by the Buddha. It is a profound teaching that encourages us to place the path of freedom and compassion into the classroom of our lives, nurturing a heart that is receptive and unshakeable. Each day will offer a sustained schedule of formal meditation practice (both insight and lovingkindness), meetings with the teachers, talks, instructions and an optional yoga period, all within an environment of silence.



### Family Retreat

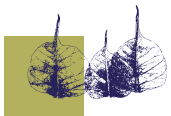
This course is an invitation to honor, nurture and deepen the natural spirituality of family life. Through formal insight meditation practice, discussions, family meditations and dharma teachings, we will explore what it means to practice wisdom and compassion in the very midst of our lives, roles and relationships.

A dharma program for children over two years old is included; it is staffed by volunteers who coordinate age-appropriate activities. A parent or friend needs to stay with any child under two years old at all times.

**Each family unit pays an additional fee for the children's dharma program.**

**This is on a sliding scale basis, ranging from \$50 to \$150. You must specify name, full date of birth and gender of all children on your registration.**

*Due to the popularity of this retreat and our wish to support continuity for regulars as well as accessibility for new participants, all applications received by February 15, 2008 will be processed as follows: half of available spaces will be given to families who have attended three out of the past five years, or two out of the last three years, by lottery from all qualifying registrations. Families who have registered for the last two years without getting a place are automatically confirmed – please notify us if this is the case, prior to the lottery deadline. The balance of places will be drawn by lottery from all remaining registrations; those not selected, as well as any late registrations will be put on a wait list.*



### **Investigating Life: Insight Meditation Retreat for 18-32 Year Olds**

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, opportunities for questions and discussion as well as yoga sessions. The course will end with a day of activities centered on supporting community and integrating the practice into our daily lives.

### **Insight and the Art of Equanimity**

In insight meditation, we practice moment-to-moment observation of our experiences through an open, precise and accepting awareness. In the practice of equanimity, we develop a non-reactive and engaged

mind. Together, these two practices provide a stable foundation for investigating attitudes that condition understanding. Momentum in insight practice and the art of equanimity foster clarity and confidence from which we can live with wisdom and compassion. This course is suitable for beginners and experienced meditators; a warm welcome is extended to all.

Two retreat options are available – participants can select either the weekend course or the full eight days.

### **Labor Day Weekend**

Ruth Denison is a vipassana dharma elder whose style of teaching is unique in the IMS schedule. Her body-focused teachings invite students to drop below the level of concept into the direct experience of life. In addition to sitting and walking

meditation, Ruth spontaneously guides the moment-to-moment development of awareness in movement, chanting and playful celebration. While the retreat is held in noble silence, continuous meditation instruction will be given during her teaching periods.

Ruth will be joined in teaching by Arinna Weisman, and will be celebrating her 86<sup>th</sup> birthday during this time.

### **The Engaged Mystic: Meditation for Life**

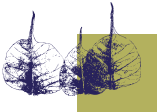
What does it mean to bring a meditative spirit to every area of our lives? This question evokes one of the biggest challenges and greatest invitations facing each of us on our spiritual journey. This course, held primarily in silence with daily instructions and talks, will focus on ways to integrate formal meditation practice into life outside of retreat. Small discussion groups will meet each day, investigating how to embody our path as we engage with life – in our speech, our actions and our relationships.

### **Cultivating a Happy and Peaceful Heart: Insight Meditation Weekend**

This course will explore how opening to all of our arising experiences with mindfulness and kindness can help us live with greater peace and happiness. For new students it is an opportunity to learn the basics of insight meditation; for experienced students it offers the chance to reconnect with our heart's innate tranquility.







### Three-Month Retreat

The annual three-month course, including its six-week partials, is a special time for practice. Because of its extended length and ongoing guidance, it is a rare opportunity for students to deepen the powers of concentration, wisdom and compassion. Based on the meditation instructions of Mahasi Sayadaw and supplemented by a range of skillful means, this retreat will encourage a balanced attitude of relaxation and alertness, and the continuity of practice based on the Four Foundations of Mindfulness.

Prerequisite is two retreats of a week or more with a recognized insight meditation teacher, or special permission. Please document this experience, including teachers' names, dates and length of courses when registering. You will also need to submit a questionnaire when signing up – your course participation cannot be confirmed until this is received and approved.

*Special cancellation fees and deadlines apply. 3MO and Part 1: up to July 20, \$100; after July 20, \$350 for 3MO and \$250 for Part 1. Part 2: up to September 1, \$100; after September 1, \$250. Please note that these amounts will apply even if you wish to move from any part of the course to another.*



### The Wisdom of Letting Go: Insight Meditation Weekend

Insight meditation is an opportunity to understand how suffering and its causes manifest. With this understanding, we can experience life from a place of authentic wisdom and learn to let go of the burdens we carry. This brings an increasing sense of ease and well being into all aspects of our lives.

### Resolutions of the Heart: New Year's Retreat

The New Year is an opportunity for both reflection and establishing intention. Before deciding the direction our life should head in the future, it is helpful to thoroughly investigate where we are now. This insight meditation retreat will gently explore the terrain of our lives with compassion and wisdom.

*“In giving a meal, the donor gives five things to the recipient. Which five? He or she gives life, beauty, happiness, strength and quick-wittedness.” – The Buddha*

## Offer a Meal



Help us to continue a tradition that has flourished since the time of the Buddha – the offering of meals to spiritual practitioners. Donating toward the cost of a meal is a direct way to support IMS. On the day of your gift, your generosity will nourish each meditator, each teacher and all the staff members who serve the IMS community.

You have the choice of funding an individual meal or a group of meals, at both our centers or just at one, as outlined at right:

|                   | IMS          | The Retreat Center | The Forest Refuge |
|-------------------|--------------|--------------------|-------------------|
| <b>Breakfast</b>  | <b>\$130</b> | \$85               | \$45              |
| <b>Lunch</b>      | <b>\$195</b> | \$125              | \$70              |
| <b>Tea</b>        | <b>\$75</b>  | \$55               | \$20              |
| <b>Entire Day</b> | <b>\$400</b> | \$265              | \$135             |

If you or your group of friends would like to offer Meal Dana, we will acknowledge your gift – if you wish – by inscribing your name(s) and dedication on the menu board for a particular day or meal. The date chosen often celebrates a birthday, honors someone who has died or commemorates another of life's milestones.

*To make a meal donation online, visit our website. To receive additional information or to request that a Meal Dana form be sent to you, please contact the IMS Kitchen Manager – call (978) 355-4378 ext. 160 or email mealdana@dharma.org*

*We deeply appreciate your generosity*

# Retreat Center Registration

Mail your completed form to IMS, 1230 Pleasant Street, Barre MA 01005, USA  
Or, you may prefer to register online at [www.dharma.org](http://www.dharma.org)

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 BG, LR2, PT1, PT2 & 3MO courses). Please list teacher names, dates, course length and locations.  
(attach extra paper if necessary)

## I wish to apply for a scholarship:

- Please send me an application form
- I have downloaded the form already

## Do you wish to receive our mailings?

- YES  NO
- May we share your address with similar organizations?  
YES  NO

## I wish to receive my confirmation packet:

- by email
- by postal mail

## Do you wish to be on our emailing list?

- YES  NO
- May we share your email address with similar organizations?  
YES  NO

I am including \$ \_\_\_\_\_ as a donation to IMS.

I am paying by      My check is enclosed for \$ \_\_\_\_\_

Credit Card #             3-Digit Verification Code

Expiration Date \_\_\_\_\_ / \_\_\_\_\_ Exact Name on Credit Card \_\_\_\_\_

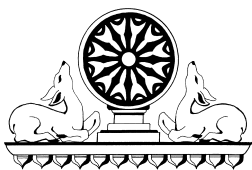
Total amount to charge Credit Card \$ \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

## Information

- All retreats require a deposit on registering. Deposit and fee amounts are listed beside each course on the Retreat Center schedule (see pages 18-19). Our sliding scale fee structure allows you to pay according to your means.
- Any amount paid above the Base rate is a tax-deductible donation.
- We will advise you of your course status within two weeks of receiving your registration.

- All participants are expected to stay for the duration of the retreat. The full course fee will be charged, regardless of length of stay.
- If a course is full, you will be placed on a wait list. If an opening occurs, you will be confirmed into the course and notified. If you do not accept, a cancellation fee will apply. If no opening occurs, your deposit will be refunded.

- Please contact us as soon as possible if you need to cancel. Fees are: \$50 if you cancel four or more weeks before a course begins. Your full deposit is forfeited after that. (For any retreat with a 'You Choose' rate option, cancellation fees are \$25/\$50.) *The cancellation policy for the Three-Month Retreat is more stringent – see page 25 for details.*
- All cancellation fees support our Scholarship Funds.



# Barre Center for Buddhist Studies

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

149 Lockwood Road  
Barre MA 01005  
(978) 355-2347  
bcbs@dharma.org  
www.dharma.org/bcbs



The *Insight Journal* is a free BCBS publication, containing articles of lasting interest on the integration of scholarly understanding with meditative insight.

If you would like to receive your **free** subscription to *Insight Journal*, please call or email us.

## New Year-Long Program

BCBS is offering a one-year program integrating meditation practice with the study of Buddhist thought. The Integrated Study and Practice Program's supported curriculum is structured on readings from a sourcebook, mentoring and four five-day study-retreats.

Study-retreat dates:

Feb 1-6, 2008  
Jun 6-11, 2008  
Oct 3-8, 2008  
Feb 6-11, 2009

Application for admission due 11/15/07.

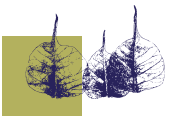
Please visit the BCBS website for full details.

The Barre Center for Buddhist Studies (BCBS) offers a variety of opportunities for investigating the teachings of the Buddha: lectures, classes, workshops, retreats and independent study programs. While rooted in the classical Buddhist tradition, the BCBS mission calls for the study of all 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.

## 2008 Schedule

|                |  |  |
|----------------|--|--|
| Jan 18 – 20    | Paul Simons & Gregory Bivens               | Working with Addiction                         |
| Jan 26         | Ellison Findly                             | Buddhist Art                                   |
| Jan 27         | Mu Soeng                                   | The Ox-Herding Pictures                        |
| Feb 10 – 15    | Andrew Olendzki, Taraniya Ambrosia, et al. | Essentials of Buddhist Psychology              |
| Feb 17         | Susan Kaiser Greenland                     | Practicing Mindfulness with Children           |
| Feb 22 – 24    | David Loy                                  | Personal and Social Transformation             |
| Feb 29 – Mar 2 | Claire Stanley                             | Mindfulness for Educators                      |
| Mar 13 – 16    | John Peacock                               | Rich Beyond Material Wealth                    |
| Mar 21 – 23    | Roshi Pat Enkyo O'Hara                     | The Heart Sutra                                |
| Mar 28 – 30    | Jan Willis                                 | How to Become a Bodhisattva                    |
| Apr 6 – 11     | Andrew Olendzki                            | Abhidhamma: Buddhist Psychology                |
| Apr 12         | Carol Wilson                               | Meeting Aversion with Wisdom                   |
| Apr 18 – 21    | Ajaan Thanissaro                           | Bringing Wisdom to the Brahmvihāras            |
| Apr 25 – 27    | Rebecca Bradshaw                           | Four Heavenly Abodes for Helping Professionals |
| Apr 28 – May 3 | Andrew Olendzki & Claire Stanley           | Program for College-Aged Students              |
| May 6 – 11     | Bill & Susan Morgan, Jack Engler, et al.   | Meditation for Mental Health Professionals     |
| May 16 – 19    | Ajahn Sucitto                              | Working with Perception                        |
| May 30 – Jun 1 | Mu Soeng                                   | Satori/Nirvana                                 |
| Jun 14 – 20    | Andrew Olendzki & Taraniya Ambrosia        | Five Aggregates of the Grasping Mind           |
| Jun 28         | Nona Olivia                                | Poems of the First Nuns                        |
| Jun 29         | Margo McLoughlin                           | Exploring the Jātaka                           |
| Jul 4 – 6      | Jason Siff                                 | Learning Meditation from Within                |
| Jul 11 – 13    | Taitetsu Unno & Mark Unno                  | Shin Buddhism                                  |
| Jul 18 – 27    | Leigh Brasington                           | Dependent Co-Origination and Jhāna             |
| Sep 13         | Jack Engler                                | Seeking the Seeker                             |
| Sep 14         | Joseph Goldstein                           | A Path of Practice                             |
| Sep 19 – 21    | Mark Hart                                  | Relaxing the Compulsion to Control             |
| Sep 23 – 28    | Paul Fulton, Trudy Goodman, et al.         | Meditation and its Clinical Applications       |
| Oct 12 – 17    | Andrew Olendzki, Taraniya Ambrosia, et al. | Essentials of Buddhist Psychology              |
| Oct 19         | Narayan & Michael Liebenson Grady          | Inner Freedom & Nonreactivity                  |
| Oct 24 – Nov 2 | Gregory Kramer                             | Right Effort                                   |
| Nov 7 – 9      | Dean Sluyter                               | Cinema Nirvana                                 |
| Dec 5 – 10     | DaeJa Napier                               | Brahma Vihāras (Bhāvana)                       |

For full course descriptions and registration, please request our catalog by writing to [bcbs@dharma.org](mailto:bcbs@dharma.org) or visiting [www.dharma.org/bcbs](http://www.dharma.org/bcbs).



Insight Meditation Society  
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