

INSIGHT

NEWSLETTER

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WINTER
2008/2009

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Listing for 2009

Your Life is Your Practice: Liberation in Every Moment

An Interview with Narayan & Michael Liebenson Grady

Narayan and Michael Liebenson Grady have been involved with IMS for more than thirty years. Michael sat the first Three-Month Retreat held at the center, and in 1978 spent time as the organization's bookkeeper. He and Narayan met at IMS. Over the decades they have practiced and studied with a broad range of Asian and Western teachers. Narayan first began teaching in 1985, and currently serves on the IMS Board as a guiding teacher. Michael has been offering the Buddha's teachings since 1991. Both are guiding teachers at the Cambridge Insight Meditation Center, a thriving urban meditation community serving the greater Boston area.

Narayan and Michael, both of you teach a course each summer at IMS's Retreat Center titled "Your Life is Your Practice." What is the significance of this statement?

Narayan: First, we have found that certain attitudes of mind can greatly enhance our spiritual practice. "Your life is your practice" is one such approach. From this perspective, we understand that whatever conditions we find ourselves in, if we are attentive to our reactions and responses, learning can occur. If we can train our minds to do this with regularity, the meditative path of awakening unfolds of its own accord.

Michael: Many of us believe that awakening can only happen under certain conditions. We often think of meditation and spiritual growth as taking place only in contemplative environments and on the cushion. But this attitude limits our understanding of spiritual practice, and separates it from the rest of our lives. So many aspects of life then remain unexplored, and this leads to doubt in ourselves and in the practice.

Narayan: Actually, opportunities for practice and insight frequently arise in ordinary, everyday situations. If we can see that life – as it unfolds in the present moment – provides all the necessary

(continued on page 2)





Michael and Narayan Liebenson Grady

(continued from page 1)

material to awaken, we can then appreciate the importance of being mindful in any situation in which we may find ourselves. Even the smallest event offers the potential for liberation and can reveal the deepest and most profound truths.

Michael: If we can genuinely view life as containing the perfect conditions for practice – whatever those conditions may be – we won't always be looking outside ourselves for peace and happiness. Instead, we can develop a degree of confidence, knowing that each moment is rich with possibility. If we are able to bring a warm and loving attentiveness to the here and now, our practice will really flourish.

Narayan: Attitude alone, though, is not enough. We also need to train ourselves to be attentive in a sustained and openhearted way, with patience and perseverance. Setting aside time for formal meditation, whether at home or at a retreat center, is invaluable in encouraging a continuity of awareness. This is what gives our practice momentum.

Michael: Spending time quietly with oneself, with the sole intention to discover and learn about the nature of the mind, is a very powerful action. Time spent formally meditating helps train the mind to wake up when it gets lost in habitual conditioning.

Are there specific practice tools that you recommend, as we go about our daily lives?

Michael: There are many simple practices that support the transformation of the mind. These are easy to do at any time throughout the day and prevent us from getting caught in patterns of preoccupation. Instead, they help us live with greater freedom and wakefulness.

One practice is to relax the body, particularly the eyes and face, whenever we can remember. When the face is

more open and the eyes are soft, the mind tends to connect to the present moment with increasing ease. We've found that this particular practice supports the letting go of powerful and unconscious habits of mind. We can disentangle ourselves more rapidly from those thoughts, feelings and sensations that consistently propel us into the next moment. We can settle into the here and now without always attaching to some agenda of what should or shouldn't be happening. We are then in a better position to make wise and compassionate decisions.

Narayan: Another useful technique involves working with awareness of body touch-points. These are parts of the body that come into contact with other objects in the course of each day, such as the bottoms of our feet as we move about, or the felt sense of sitting in a chair, or of our hands touching something.

We simply bring our attention to a touch-point as often as we can remember. This is useful in breaking our habitual mental and emotional patterns. Accessible practices like these serve us well in the midst of everyday busyness and complexity.

Michael: Listening meditation can also be helpful. For those of us living in a fast-paced urban environment, sounds of traffic or construction, or any of the myriad noises produced by people living in close proximity to one another can often be jarring and irritating. But if we can hold both the sound itself *and* our reaction to it as objects of meditation – rather than as problems to be rid of in favor of external silence – then we can begin to taste the freedom of the unconditioned.

INSIGHT NEWSLETTER



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1230 Pleasant Street • Barre MA 01005 • USA
www.dharma.org
(978) 355-4378 • ims@dharma.org

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Narayan: When we inwardly resist sounds that we don't like, the result can be agitation and aversion to what is taking place. We become disconnected from our environment. By learning to relax the body and to simply receive sounds into our field of awareness, without attachment or contraction, we can more easily live in the present. This is a pathway to greater spaciousness and tranquility.

Often in everyday life, we experience destructive emotions. How can we open to awareness when this happens?

Narayan: The first step is to take a moment to acknowledge that strong feelings and reactivity are happening. Instead of resisting painful emotions or engaging in a struggle to avoid or get rid of them, we can pause and soften into the discomfort we are feeling.

Another step, this time of a more investigative nature, is to ask ourselves, "Who is reacting?" This form of practice is not meant to encourage analysis or conceptual thinking but rather to sustain inner observation and inquiry. It is a way of exploring how reactivity expresses itself and of understanding the nature of the reactive mind. Questions like this can bring about greater equanimity and deepen insight into the Buddha's key teaching of the essential emptiness of self.

Reactivity and tension are often results of clinging to some idea about how things are supposed to be. In relaxing the grip of our expectations and attachment to our agendas, a more balanced response can emerge, allowing us to better explore, comprehend and let go of the suffering

we are experiencing. If we can become more adept at being aware of our anger, fear or other challenging emotion, we can free ourselves from further suffering. The innate intelligence of awareness opens us up to the possibility of wise and appropriate action.

Michael: As dharma practice matures, we begin to take greater responsibility for life's difficulties. "Your life is your practice" means learning to investigate more deeply. It means learning to relate to the unfolding conditions of life with compassionate understanding. Any efforts we may make to effect real change become rooted in wisdom, rather than in reactivity.

What continues to inspire your own practice?

Michael: Driving in the city seems to teach me a lot! Sometimes when I'm sitting in traffic and find myself caught in a contracted state of mind, such as impatience, I take the time to look around at other drivers. What I often observe is suffering. It is reflected in body postures and facial expressions that convey sadness, confusion, rage, resignation, regret and loneliness. Very quickly, my impatience evaporates and my sense of separation dissolves. A feeling of connection with all of humanity arises in its place. At times like this, I can recognize the situation that all beings share – that we are all subject to conditions that are beyond our control.

Faced with this lack of control, the question I often ask myself is, "Does this mean we have to suffer?" The Buddha's answer was a resounding

"No." Now it is up to each of us to inquire and discover for ourselves whether it's possible to end suffering in the middle of changing and challenging conditions.

Narayan: I am inspired by the aspiration to be a blessing instead of a problem. As we face issues of survival on this beautiful planet, and as we endeavor to better care for it, self-knowing and a deep intimacy with our conditioned minds play a crucial role. When we find ourselves in any situation, we can always check how we are relating to it. This is how we realize the potential for lasting transformation and inner liberation.

To find out when Narayan and Michael will be teaching at IMS, please see pages 18-19 or visit www.dharma.org.



The Gift of Meditation

OFFER A RETREAT TO SOMEONE YOU LOVE

IMS GIFT CERTIFICATES

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@dharma.org or call (978) 555-4578 ext. 170



IMS NEWS

WORTH NOTING

Renovations Ahead

Thanks to your generous contributions to our Spring Fund Drive, plans to renovate the areas beneath the IMS Retreat Center meditation hall are moving along. Most of the project will be carried out next January, in between retreats, and will be finished before the start of our 2009 Retreat Center season. When the improvements are completed, retreatants will find lighter, roomier spaces to support mindful movement practice.

Help Create the Magic

Would you like to be part of the team that makes something very special happen at IMS? We are looking for group leaders and volunteers to assist our operations during the 2009 Teen Retreat, July 5-9, and the Family Retreat, July 11-16. 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 volunteering 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.

Funding is also needed for special materials such as dharma books and art supplies. Please contact us if you wish to offer a donation for the purchase of these items.

Keeping in Touch

Last spring we launched *Sangha News*, our quarterly e-news bulletin. This venture was inspired by requests from *yogis* (retreatants) and friends of IMS to hear about items of interest on

a more frequent basis. The goal of the e-newsletter is to help deepen our collective sense of *sangha*, or community, as we share the journey towards bringing greater wisdom and compassion into our world.

Please keep us updated with your current email address so that you can receive *Sangha News*. Go to 'Mailing List' in the 'About Us' section of our website or email sanghanews@dharma.org.



Offering Back Unconditional Love

A Donor's Story of Giving

Lorna Kelly was born and raised in England. Since arriving in the US in the '60s, she has made New York City her home. A fine arts auctioneer by profession, she became fascinated with the life of Christ, which led her into many incongruous and enriching adventures. Recently, she decided to include IMS in her will. Here she tells the story of her relationship to spiritual practice, to IMS and to giving.

I regard myself as a Christian, yet IMS, a Buddhist center, has been my spiritual home for twenty-five years. This began when a friend invited me to go with her on a silent weekend retreat. I agreed, imagining it would be with cloistered Christian monks or nuns. Instead, we came to Barre for what turned out to be Ruth Denison's Labor Day course.

My connection to the teachings was immediate. When I first heard Ruth describe insight meditation as moment-by-moment-by-moment awareness, I knew without a shadow of a doubt that this is what Jesus practiced on the cross. In Christian terminology, that's what broke the bonds of hell, of delusion, and opened the gates of heaven. As I listened to Ruth's words, I thought, "That's it, that's what Jesus did – and if that's what helped him, I'm going to learn to do it too!" That was the beginning of my Buddhist practice. Interestingly, this practice has actually deepened my fascination with Christ's life.



I have returned to IMS many times since then, sitting weeklongs and the Three-Month course as well as undertaking personal retreats at the Forest Refuge. I always feel welcomed. I vividly remember one occasion when I walked along the path from the Retreat Center Annex and came in the back entrance of the main building to the dishwashing area. As I opened that door, there arose an overpowering feeling of safety and security, of being home.

IMS supports me in becoming whatever I'm supposed to become. I return again and again, bringing all my questions, and each time I enter an atmosphere of love and acceptance. I have the sense that the buildings, the grounds, the other retreatants, the staff and the teachers – the whole of IMS – have extended unconditional love towards me, an equanimous love that makes me feel incredibly privileged to be there.

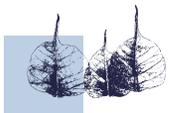
I return that love through my contributions. I tithe ten percent of any earnings that come across the threshold of my life. The basic idea of tithing is to offer financial support to those organizations and teachers that have offered us

spiritual support. Whether I earn \$3 or \$20,000, I set aside ten percent in a different account. Then, at the end of the year, I take that money and divide it among four recipients. IMS is one of them.

Including IMS in my estate planning was an extension of the tithing and part of my ongoing spiritual practice. It warms my heart knowing that others will benefit from my assets. I'm not talking about huge amounts here – but when I sat down with my lawyer and made my will, Rockefeller couldn't have felt any richer than I felt!

I want to bequeath as much as I possibly can to IMS, because it has supported me spiritually for many years. What I give to the center benefits so very many people – what blesses one truly blesses all.

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) 555-4578 ext. 250 or development@dharma.org. If you have designated IMS as the beneficiary of a legacy gift, we would love to hear from you.

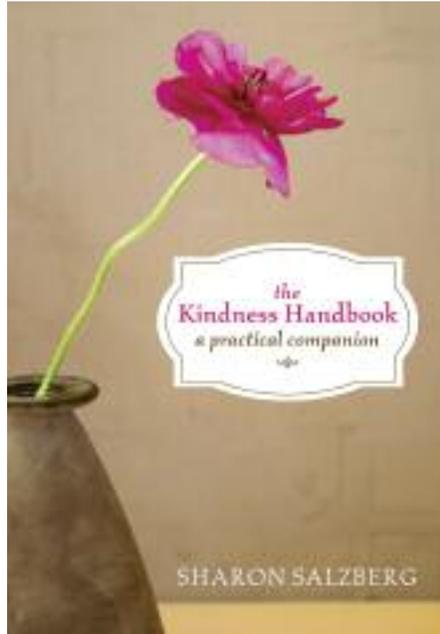


CAMBRIDGE INSIGHT MEDITATION CENTER

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 life 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. CIMC's guiding teachers are Narayan Liebenson Grady, Larry Rosenberg and Michael Liebenson Grady.

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



Book Review

*The Kindness Handbook:
A Practical Companion*
By Sharon Salzberg
Sounds True, 2008

This latest title from Sharon Salzberg begins with a radical proposal – that we approach the practice of kindness as “an enormous adventure of consciousness.” This sets the tone for the rest of the book, where we are taken on an illuminating exploration of the topic of kindness, from its nature and practice to its transformative power.

In *The Kindness Handbook* Sharon uses stories, poems, meditation exercises and teachings to revolutionize our understanding of lovingkindness. While this is a quality often associated with gentleness and softness, we are reminded that it also takes tremendous courage to live a life guided by the principle of kindness. It takes boldness to break out of our habitual mold of

reactivity and closed-mindedness and to open to ourselves and others in new ways.

At the same time Sharon warns us against setting unrealistic goals, or of trying to change by punishing ourselves. Rather, she encourages us to connect “to a bigger sense of possibility, to experience the power of fully engaging, of participating unstintingly in our lives.”

In fact, Sharon points out that the entry point to a kinder life is compassion toward ourselves. This too is a practice, something we must choose again and again, until the conditioned pattern of harsh self-judgment gives way to a more spacious generosity toward our own limitations and suffering.

The Kindness Handbook is both practical and visionary. When we begin to be truly kind to ourselves, kindness will naturally find expression in our interactions with others, demonstrating the wide impact that small gestures of kindness can have on the world. As Sharon assures us, “we can beckon a day where our own happiness and the happiness of others are seen as one, through the power of kindness.”

Reviewed by Daphne Slocombe





JOHN HOLLAND



IMS PROGRAM

HIGHLIGHTS

At the Forest Refuge...

Exploring Freedom

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, experienced insight meditators can follow their own schedule, settle into greater depths of practice and strengthen faith and self-reliance.

Financial Assistance

For those whose financial circumstances might otherwise prevent their participation, a number of 'You Choose' fee spaces are available for a Forest Refuge personal retreat of fourteen nights or longer. Awards are made on a first-come, first-served basis and a minimum fee of \$10 per night is required.

If your work in the US or overseas has helped 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.

Welcoming Asian Sayadaws

In 2009, IMS will host two senior Asian meditation masters at the Forest Refuge. Burmese teacher Sayadaw U Tejaniya will be in residence May 24 – June 14. He began his Buddhist training as a young teenager under the late Shwe Oo Min Sayadaw. Twelve years ago, following life as a householder with a business career, he ordained as a monk. His earlier householder experience has given him rare insight into the challenges faced by lay practitioners.

Vietnamese monk Bhante Khippapanno will offer the dharma for the month of July, 2009. Also mentored by Shwe Oo Min Sayadaw, Bhante has a gentle teaching style that emphasizes a relaxed and open awareness of the activities of the mind. His instruction and talks will focus on *citta* (mind) – the third of the Buddha's Four Foundations of Mindfulness.

Sayadaw U Tejaniya



Deepening Practice Confidence

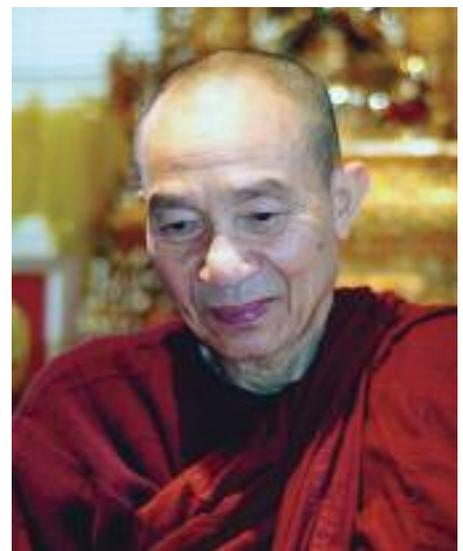
IMS senior teacher Kamala Masters will offer practice guidance at the Forest Refuge in September, 2009. Here she discusses how a personal retreat at the center strengthens confidence in our ability to sustain mindfulness. This, in turn, allows the fruit of liberating wisdom to ripen.

Kamala, how does retreat structure and schedule inform our practice?

For many of us, when we start meditating and come on our initial retreats, showing up in the meditation hall with a hundred other retreatants, or *yogis*, gives us a lot of support to explore our minds. Together, we learn a kind of discipline and begin to discover what supports our individual practice within this large container. We also learn perseverance.

But as meditation momentum grows, we can experiment with less structure. At the Forest Refuge, there are no bells to bring us to the hall. Instead, we discern what best works for us. We learn to determine for ourselves when to break from one kind of practice, like sitting, and move to another form.

Bhante Khippapanno





AHNA FENDER



MARC HAMEL

We learn to understand more about the constituents of this mind and body energy field. How does it work during certain times of the day or during a particular time in our life? How can we apply this understanding and make best use of it on a personal retreat?

Can you give us some examples?

We may start to notice that there are times when the mind is clearer and more alert, and that our practice naturally rolls along. At those times, we can sit for longer periods with a balance of concentration and energy supporting a continuity of mindfulness.

At the other end of the spectrum, we may discover there are periods when our minds are not as clear. Perhaps the body doesn't have as much energy, or there is a challenge with pain.

We learn to be more accepting of how our practice is naturally unfolding. We learn not to push or strive, but to keep a gentle continuity of awareness even through these difficult times.

Making use of energy when it's available and learning from when it's not are both parts of the strengthening of confidence in our practice.

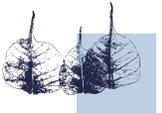
Why is this confidence so important?

Confidence in our ability to be truly mindful brings a deepening commitment to steadiness in our practice. This allows the flowering of interest, energy and a fulfilling joy to simply be with the truth of whatever is happening. Along with tranquility, concentration and equanimity, these give rise to the fruit of liberating insight. I have great respect for the role

of confidence in our spiritual journey. As a teacher, one of my aims is to nurture this growing confidence, and to encourage yogis to respect it for themselves.

Through this confidence, we can more easily connect with a profound innate wisdom. Whenever yogis express this wisdom in their own unique ways, I am deeply moved. It's not my wisdom. It's not even the Buddha's wisdom. It's the yogis' own wisdom, and it can be tremendously empowering and freeing for them to experience the flowering and fruit of their practice.

See our website and pages 16-17 for the Forest Refuge teaching schedule and further information. Kamala also teaches each year at the Retreat Center with her husband, Steve Armstrong —see pages 18-19.



At the Retreat Center...

The 2009 Retreat Center schedule includes many short courses, such as weekends and five-day retreats, in addition to opportunities for longer practice periods. This allows those with family and work commitments, for whom extended practice time is rare, the chance to experience the benefits of meditation, silence and tranquility.

Some highlights include a seven-day retreat led by **Phillip Moffitt** that will focus on the *Twelve Insights of the Four Noble Truths*, February 13-20. **Howard Cohn and Sharda Rogell** will teach a five-day course, *The Buddha's Way to Happiness*, April 10-15.

An exploration of love and wisdom as paths to profound acceptance and peace will be offered by **Rebecca Bradshaw** in another five-day retreat, April 24-29. This will be followed by *Relaxed Openness: Embodying Presence*, May 2-10, taught by **Yanai Postelnik, Myoshin Kelley and Patricia Genoud-Feldman**.

A **Two-Month Retreat**, with one-month partials, will replace the traditional Three-Month Retreat in 2009. Dates are September 26 – November 21.

See our website and pages 18-26 for the full 2009 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.

Look for us at www.imcw.org
or call us at (202) 986-2922



Insight Meditation Society
1230 Pleasant Street
Barre MA 01005, USA
www.dharma.org

The Retreat Center
(978) 355-4378
rc@dharma.org

The Forest Refuge
(978) 355-2063
Fax: (978) 355-4307
fr@dharma.org

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 countryside of central Massachusetts.

The Retreat Center offers a yearly schedule of meditation retreats lasting from a weekend to two months. Most courses are open to both new and experienced meditators.

The Forest Refuge opened in 2003 and is specifically designed to support the practice of more experienced meditators. Its program encourages the exploration of sustained, longer-term personal retreats – a key component in the transmission of Buddhism from Asia to the West. Participants can stay for periods ranging from one week to 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 generally designed for both new and experienced students. 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 sessions. 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.

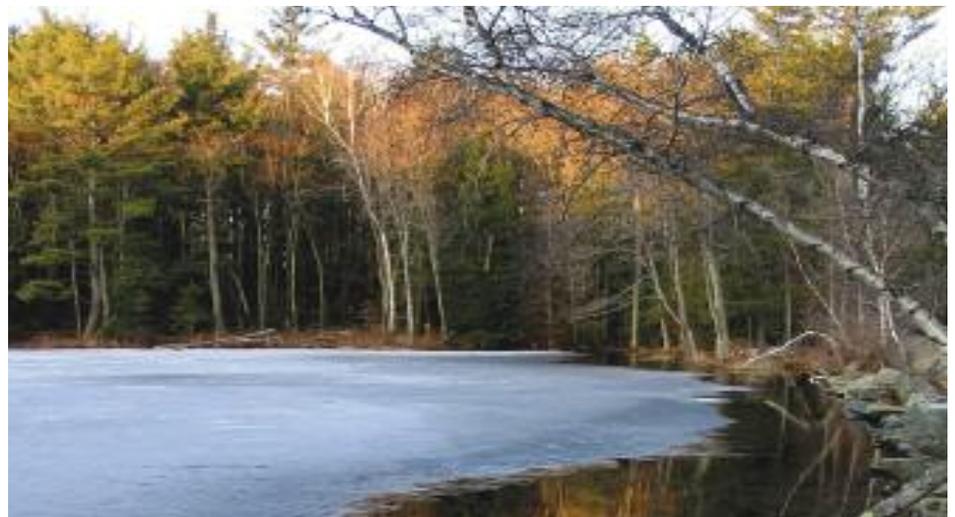
At the Forest Refuge, retreats are based on one's own schedule or a wish to work with a particular teacher (see the Teaching Schedule on page 17), and space availability. In consultation with the teachers,

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. Recordings of talks are also available.

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 \$58-\$105 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 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, work retreats usually coincide with the scheduled courses. At the Forest Refuge, a one-month commitment is ideal.

A special application needs to be submitted; the only 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. For the Forest Refuge, call (978) 355-2063 or email fr@dharma.org.



Financial Information

Fees

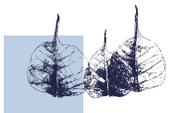
IMS course fees are on a sliding scale basis that allows participants to pay according to individual means. At the Retreat Center, there are four rates – Sustaining, Mid, Base and Scholarship. The Forest Refuge has three rates – Sustaining, Mid and Base, with some financial assistance available.

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

The Sustaining rate represents the actual cost for IMS to operate our programs. Payment at this rate lets us



MARC HAMEL



direct income from donations towards helping those with lesser means to 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 2009, 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.

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

For a Retreat Center scholarship, you can apply online 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 to the 2,500-year-old tradition of Buddhism and has played a major role throughout IMS's much shorter history.

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 sharing and 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.

It is this spirit of generosity that guides all aspects of IMS.





Our teachers are carrying on the ancient Buddhist monastic tradition of freely offering the teachings here in the midst of contemporary Western culture. Most Retreat Center teachers receive no compensation for teaching at IMS and must rely on the generosity of course participants. For those who teach at the Forest Refuge, where there are fewer retreatants staying for longer periods, IMS offers a monthly honorarium to augment donations. Your contributions help many teachers lead a life devoted to teaching both at IMS and in other parts of the world. Your gifts also allow teachers to take time for their own practice, ensuring that their teachings are continuously enriched.

One of IMS's deepest aspirations is to share the Buddha's teachings with all who are interested, regardless of their ability to pay. We rely on your generous support to operate our centers, to provide affordable rates and to give financial assistance to a third of our retreatants.

Whenever you are inspired to offer a donation, you join a community directly engaged in alleviating suffering and bringing greater wisdom and compassion to the world.

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 your practice, IMS may agree occasionally to requests from the media to visit us for reporting. Before any such request is granted, journalists will be carefully screened to ascertain, as best we can, their ability to report fairly on our work, and with minimal interference.

Notice will be given of any media visit that occurs during a course. 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.

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

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

Please check our website
www.nyimc.org
for event descriptions and
registration information, or call
(212) 213-4802

IMS FACULTY 2009

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 a governing teacher at Spirit Rock.

Steve Armstrong, a co-founding teacher at the Vipassana Metta Foundation's dhamma sanctuary-hermitage on Maui, encourages development of all good human qualities. He offers a variety of Buddhist mindfulness practices designed to strengthen an unshakeable sense of well-being.

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 *The Wise 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 a co-founder and guiding teacher of the Vipassana Metta Foundation on Maui and is currently developing Ho'omālamalama, a sanctuary-hermitage for long-term practice.

Michele McDonald has taught insight meditation around the world for 27 years, helping individuals to find their own natural entry points into stillness and deep liberation. She is a co-founder of Vipassana Hawai'i as well as a leader in retreats for youth and Burma relief projects.

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

Larry Rosenberg practiced Zen in Korea and Japan before coming to vipassana. He is the founding 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 Kindness Handbook, Faith* and *Lovingkindness*.

Rodney Smith has been teaching insight meditation since 1984. He is a former Buddhist monk and worked in hospice care for 17 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.

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 Three-Month course.

Visiting

Fred von Allmen has studied and practiced under Tibetan and Theravada teachers since 1970 in Asia, Europe and the US. He has taught retreats worldwide for 25 years. The author of several Buddhist books in German, he is a co-founder of the Meditation Center Beatenberg in the Swiss Alps.

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, Teen and Three-Month retreats.

Rebecca Bradshaw is the guiding teacher of the Insight Meditation Center of Pioneer Valley, MA. She is also a psychotherapist and the Buddhist Advisor at Mt Holyoke College. Her teachings invite exploration of the convergence of love and wisdom.

Bhante Buddharakkhita was born and raised in Uganda. Meditating since 1993, he was 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.

Rob Burbea has practiced and studied Buddhism since 1985. Teaching since 2004, he is currently the Gaia House Resident Teacher and a member of its Teacher Council. He is a co-founder of Sanghaseva, an organization exploring the dharma through international service work.

Hugh Byrne teaches with the Insight Meditation Community of Washington, DC and is a co-founder of the Washington Buddhist Peace Fellowship. He teaches classes on Buddhism and meditation for the Smithsonian Resident Associate Program.

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.

Howard Cohn has been leading vipassana retreats internationally since 1985. A psychotherapist and an original member of the Spirit Rock Teachers Council, he brings joy and passion to his teaching with an emphasis on reawakening our intrinsic freedom.

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 coaching, and is the author of *Awake in the Wild*.

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

Sky Dawson has practiced vipassana meditation since 1981 and completed the IMS Teacher Training Program in 2005. She lives in Western Australia where she teaches the dharma. She also has extensive experience in hospice and palliative care.



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.

Anushka Fernandopulle has practiced and studied meditation in the US and Asia for most of her life. In addition to retreat teaching, she is engaged with the arts, nature, service work and progressive social justice movements.

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 a co-founder and guiding teacher at the Meditation Centre Vimalakirti in Geneva, Switzerland.

Trudy Goodman has practiced in the Zen and Theravada traditions since 1974. She founded InsightLA and Growing Spirit (a family program) in Los Angeles. She is the guiding teacher of the Institute for Meditation and Psychotherapy in Cambridge, MA.

Ed Hauben, a long-term meditator and friend of IMS, has served on its board and assisted with the Teen and Family 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.

Bhante Khippapanno, ordained a Buddhist monk in 1949, practiced vipassana in India and Burma with Dipa Ma, Mahasi Sayadaw and Shwe Oo Min Sayadaw. He founded Jetavana Vihara, Washington, DC, 1982, and Sakyamuni Meditation Center, CA, 1988. He helped establish Phuoc Son Meditation Center, Vietnam, 1994.

Kittisaro, a Rhodes Scholar, spent 15 years as a monk in the forest tradition of Ajahn Chah. He is a co-founder of the Dharmagiri Hermitage in South Africa and teaches worldwide. He recently completed a year self retreat.

Maddy Klyne teaches classes and workshops as well as special programs for young people at the Cambridge Insight Meditation Center, MA.

Ajahn Kusalo has interest and experience in offering the teachings to families, having lived a householder life before ordaining in New Zealand in 1992. He is co-abbot at Tisarana, a Buddhist monastery in Canada in the Thai forest tradition.

Heather Martin has practiced meditation for over 30 years with Asian and Western teachers, and began teaching in 2000. A midwife for 20 years, she lives in B.C., Canada.

Ajahn Metta, born in Germany, received ordination in 1996 at Amaravati Buddhist Monastery in the UK. She has recently completed a year-long retreat in Asia.

Phillip Moffitt is a member of the Spirit Rock Teachers Council and the founder of the Life Balance Institute. He teaches vipassana meditation and is the author of *Dancing with Life*, a book exploring the Buddha's Four Noble Truths.

Wes Nisker is a dharma teacher, author, radio commentator and performer. He is the founder and co-editor of *Inquiring Mind* and a member of the Spirit Rock Teachers Council. His latest book is *Crazy Wisdom Saves the World Again!*

Annie Nugent has practiced since 1979 and was an IMS Resident Teacher, 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.

John Peacock, an academic and meditation teacher for 25 years, currently teaches Buddhist studies and Indian religions at the University of Bristol, UK. He is an Associate Director of The Oxford Mindfulness Centre, recognized by Oxford University.

Yanai Postelnik has been engaged in full-time dharma practice and service for 19 years. Inspired by the Thai forest tradition, he has taught internationally since 1992 and is the Dharma Director of Gaia House, England.

Sharda Rogell has been meditating since 1976 and teaching worldwide since 1987. She has been influenced by several Buddhist and Hindu traditions. She is on the Teachers Council at Spirit Rock and is a student in the Diamond Approach.

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, 1991-1995, and now teaches in the US and internationally.

Adrienne Ross, MD, has been involved with meditation and healing since 1978 and has offered retreats in Canada and the US since 1995. She also teaches MBSR to people with chronic pain and illness.

Ajahn Santacitta, born in Austria, received ordination at Amaravati Buddhist Monastery in the UK in 1998.

Greg Scharf has practiced extensively since 1992 in India, Thailand and in Burma, where he trained as a Buddhist monk. He is particularly interested in the role of service in the path of awakening.

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 over 30 years, across several traditions. She co-founded New York Insight in 1998 and is currently part of the IMS/Spirit Rock Teacher Training Program. She has been teaching since 1994.

Ajahn Thanasanti, a native of CA and senior nun at Chithurst Buddhist Monastery in the UK, received ordination in 1991. Her international teaching focuses on awakening compassion and using nature as a support for meditation.

Thanissara, a practitioner since 1975, was a nun for 12 years in the tradition of Ajahn Chah. She guides Dharmagiri Hermitage in South Africa and an affiliated HIV/AIDS program. She recently completed an MA in Buddhist Psychotherapy.

Sayadaw U Tejaniya began his Buddhist training as a young teenager in Burma under the late Shwe Oo Min Sayadaw (1913-2002). Twelve years ago, following life as a householder with a business career, he ordained as a monk. He teaches meditation at Shwe Oo Min Dhammasukha Tawya in Rangoon, Burma.

Arinna Weisman is a founding teacher of Insight Meditation Center of 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 an important part of her life; she has recently completed a second novel.

Larry Yang, a longtime meditator, trained as a psychotherapist, has taught meditation since 1999 and is a core teacher at 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. We will contact you when your application has been reviewed.

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 sometimes cancellations from those already confirmed and spaces open up.

Fees for 2009 are outlined in the box on the next page. 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. If you let us know more than 60 days before your retreat begins, fees are: \$100 (or full deposit if less than this was paid). Your full deposit is forfeited if you cancel 60 days or less before your starting date.



2009 FOREST REFUGE TEACHING SCHEDULE

January 1 – January 15	Marcia Rose & Myoshin Kelley
January 16 – January 21	Marcia Rose & Susan O’Brien
January 22 – February 14	Susan O’Brien & Annie Nugent
February 15 – March 31	Myoshin Kelley & Rebecca Bradshaw
April 1 – April 30	Joseph Goldstein & Myoshin Kelley
May 1 – May 25	Joseph Goldstein & Rob Burbea
May 24 – June 14	Sayadaw U Tejaniya *
June 15 – June 30	Patricia Genoud-Feldman & Annie Nugent
July 1 – July 31	Bhante Khippapanno *
August 1 – August 31	Annie Nugent & Sky Dawson
September 1 – September 30	Kamala Masters & Sky Dawson
October 1 – October 31	Marcia Rose & Myoshin Kelley
November 1 – November 30	Carol Wilson & Myoshin Kelley
December 1 – December 31	Myoshin Kelley & Annie Nugent

* Participants are expected to practice in the style offered by these monastic teachers; this may include observance of the eight 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.



2009 SLIDING SCALE FEES (PER NIGHT)

LENGTH OF STAY	SUSTAINING	MID	BASE
7-21 nights	\$105	\$87	\$69
22-30 nights <i>(effective from 1st night)</i>	\$105	\$82	\$58
31-90 nights <i>(effective from 31st night)</i>	\$105	\$78	\$51
More than 90 nights <i>(effective from 91st night)</i>	\$105	\$68	\$30



2009 Retreat Center Schedule

Dates	Length	Course Title	Teachers
Feb 1-Feb 8	7 days	<i>Metta</i> (Lovingkindness) Retreat	Sharon Salzberg, Mark Coleman & Gina Sharpe
Feb 13-Feb 20	7 days	<i>The Twelve Insights of the Four Noble Truths</i>	Phillip Moffitt, Adrienne Ross & Hugh Byrne
Feb 20-Feb 22	2 days	<i>Wisdom and Compassion: Insight Meditation Weekend</i>	Annie Nugent & Deborah Ratner Helzer
Feb 27-Mar 4	5 days	Insight Meditation Retreat	Larry Rosenberg & Michael Liebenson Grady
Mar 6-Mar 15	9 days	<i>The Heart of Wisdom: Monastic Retreat</i>	Ajahns Thanasanti, Metta & Santacitta
Mar 20-Mar 27	7 days	25 th Anniversary of the Women's Retreat	Christina Feldman, Narayan Liebenson Grady & Maddy Klyne
Mar 27-Mar 29	2 days	<i>A Taste of Freedom: Insight Meditation Weekend</i>	Christina Feldman
Apr 3-Apr 10	7 days	<i>Living Freedom: Insight Meditation Retreat</i>	Carol Wilson & Rodney Smith
Apr 10-Apr 15	5 days	<i>The Buddha's Way to Happiness: Insight Meditation Retreat</i>	Howard Cohn & Sharda Rogell
Apr 17-Apr 19	2 days	Insight Meditation Weekend for New Students	Michael Liebenson Grady & Maddy Klyne
Apr 24-Apr 29	5 days	<i>Love and Wisdom: Insight Meditation Retreat</i>	Rebecca Bradshaw & Greg Scharf with Éowyn Ahlstrom (Yoga)
May 2-May 10	8 days	<i>Relaxed Openness: Embodying Presence</i>	Yanai Postelnik, Myoshin Kelley & Patricia Genoud-Feldman with Éowyn Ahlstrom (Yoga)
May 15-May 24	9 days	Insight Meditation Retreat	Jack Kornfield, Wes Nisker, Trudy Goodman, Kate Lila Wheeler & Chas DiCapua
May 29-Jun 5	7 days	<i>Loving Friendliness: Metta Retreat</i>	Michele McDonald, Rebecca Bradshaw, Patricia Genoud-Feldman & Greg Scharf with Franz Moeckl (Qigong)
Jun 5-Jun 14	9 days	<i>Liberation of Mind and Heart: Insight Meditation Retreat</i>	As above
May 29 -Jun 14	16 days	<i>Metta & Insight Meditation Retreat</i>	As above
Jun 16-Jun 21	5 days	People of Color Retreat ^	Sharon Salzberg, Larry Yang & Bhante Buddharakkhita
Jun 26-Jul 3	7 days	Insight Meditation Retreat for Experienced Students	Larry Rosenberg, Corrado Pensa & Matthew Daniell
Jul 5-Jul 9	4 days	Teen Retreat	Rebecca Bradshaw & Chas DiCapua with Jean Esther & Ed Hauben
Jul 11-Jul 16	5 days	Family Retreat** <i>Lottery course. Registration due by February 13, 2009.</i>	Ajahn Kusalo, Deborah Ratner Helzer & Pascal Auclair
Jul 18-Jul 26	8 days	<i>Mindfulness, Insight, Liberation: Insight Meditation Retreat</i>	Christina Feldman, Fred von Allmen & Yanai Postelnik
Jul 29-Aug 5	7 days	<i>Investigating Life: Insight Meditation Retreat for 18-32 Year Olds</i>	Rebecca Bradshaw, Chas DiCapua, Amita Schmidt & Anushka Fernandopulle
Aug 7-Aug 9	2 days	<i>Insight and the Art of Equanimity: Weekend Retreat</i>	Steve Armstrong & Kamala Masters
Aug 7-Aug 16	9 days	<i>Insight and the Art of Equanimity</i>	As above
Aug 21-Aug 28	7 days	<i>Your Life is Your Practice: Insight Meditation Retreat</i>	Narayan & Michael Liebenson Grady & Maddy Klyne
Aug 29-Sep 3	5 days	<i>The Seven Factors of Awakening: Study and Practice Retreat</i>	Christina Feldman & John Peacock
Sep 4-Sep 7	3 days	Labor Day Weekend	Ruth Denison & Arinna Weisman
Sep 10-Sep 13	3 days	<i>Caring for the Caregivers: Insight Meditation Retreat for Home Health and Hospice Workers</i>	Sharon Salzberg & Susan O'Brien with Éowyn Ahlstrom (Yoga)
Sep 17-Sep 20	3 days	Insight Meditation Weekend for Scientists	Joseph Goldstein, Sharon Salzberg & Susan O'Brien
Sep 26-Nov 21	56 days	Two-Month Retreat	Joseph Goldstein
Sep 26-Oct 24	28 days	Part 1	Carol Wilson, Guy Armstrong, Sally Clough & Sharda Rogell
Oct 24-Nov 21	28 days	Part 2	Rebecca Bradshaw, Patricia Genoud-Feldman, Annie Nugent & Pascal Auclair
Nov 27-Nov 29	2 days	<i>Living an Awakened Life: Insight Meditation Weekend</i>	Sharda Rogell
Dec 11-Dec 16	5 days	<i>Wings of Awakening: Cultivating the Five Spiritual Faculties</i>	Thanissara & Kittisaro
Dec 18-Dec 23	5 days	<i>Metta</i> (Lovingkindness) and <i>Upekkha</i> (Equanimity) Retreat	Marcia Rose
Dec 28-Jan 6, 2010	9 days	<i>Resolutions of the Heart: New Year's Retreat</i>	Rodney Smith, Yanai Postelnik & Heather Martin with Éowyn Ahlstrom (Yoga)

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.

• **'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.

◦ **Proceeds will benefit IMS and the Home Care Alliance of Massachusetts. Nursing contact hours will be offered.**

Code	Deposit	Sliding Scale Fees*			
		Sustaining	Mid	Base	Scholarship ⁺
SS	\$175	\$735	\$570	\$405	\$210
PM	\$175	\$735	\$570	\$405	\$210
WAN	\$100	\$210	\$195	\$175	\$60
LR1	\$125	\$525	\$425	\$320	\$150
MR	\$50	\$945	\$735	You Choose •	N/A
WOM	\$175	\$735	\$570	\$405	\$210
WCF	\$100	\$210	\$195	\$175	\$60
CW	\$175	\$735	\$570	\$405	\$210
HC	\$125	\$525	\$425	\$320	\$150
WNS	\$100	\$210	\$195	\$175	\$60
RB	\$125	\$525	\$425	\$320	\$150
YMP	\$175	\$840	\$650	\$460	\$240
JK	\$175	\$945	\$735	\$520	\$270
MM1	\$175	\$735	\$570	\$405	\$210
MM2	\$175	\$945	\$735	\$520	\$270
MM3	\$175	\$1,680	\$1,305	\$925	\$480
POC	\$50	\$525	\$425	You Choose •	N/A
LR2	\$175	\$735	\$570	\$405	\$210
TR	\$265	\$420	\$350	\$280	\$120
FAM (Adult)	\$175	\$585	\$530	\$425	\$150
(Child)		\$295	\$270	\$200	\$150
CF1	\$175	\$840	\$650	\$460	\$240
YA	\$50	\$735	\$570	You Choose •	N/A
WSK	\$100	\$210	\$195	\$175	\$60
SK	\$175	\$945	\$735	\$520	\$270
NMLG	\$175	\$735	\$570	\$405	\$210
CF2	\$125	\$525	\$425	\$320	\$150
WRD	\$125	\$315	\$270	\$225	\$90
BHH	Full Fee	<i>Benefit Retreat^o</i>			
		<i>Flat Rate: \$600</i>			
WS	\$125	\$315	\$270	\$225	\$90
2MO	\$750	\$5,880	\$4,380	\$2,880	\$1,680
PT1	\$375	\$2,940	\$2,190	\$1,440	\$840
PT2	\$375	\$2,940	\$2,190	\$1,440	\$840
WSR	\$100	\$210	\$195	\$175	\$60
TK	\$125	\$525	\$425	\$320	\$150
MU	\$125	\$525	\$425	\$320	\$150
NY	\$175	\$945	\$735	\$520	\$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 have been 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.

The Twelve Insights of the Four Noble Truths

In the *Samyutta Nikaya*, the Buddha describes Twelve Insights that progressively lead us to a full understanding and integration of the Four Noble Truths. This retreat will offer an in-depth exploration of these insights, through silent meditation, talks about the teachings, interviews and optional periods of mindful movement. This time

of practice allows us to meet life's challenges with greater ease of heart and balance of mind.

Wisdom and Compassion: Insight Meditation Weekend

Insight meditation practice leads us to realize the essential nature of the mind. This understanding allows us to meet experience with a deepening wisdom and compassion – the essence of the Buddha's teachings. This weekend retreat, open to both new and experienced meditators, aims to strengthen these qualities, enabling us to embrace everything in life as food for freedom.

The Heart of Wisdom: Monastic Retreat

Each year, the ordained sangha from the Forest tradition offers a monastic retreat at IMS. Nuns will lead the 2009 course, focusing on the Buddha's Four Foundations of Mindfulness as a path to awakening. The retreat will support the opening of the heart, the experience of emptiness and the deepening of wisdom and compassion.

This course includes daily insight meditation practice, devotional chanting and optional periods of mindful movement (*qi gong*). The retreat is held within the context of the eight precepts, which includes abstaining from eating after noon.

25th Anniversary of the Women's Retreat

This year we celebrate the 25th gathering for the annual Women's Retreat at IMS – a milestone in establishing the lineage



of women in Western Buddhist practice. In the classical context of silence and sustained insight meditation practice, a powerful sense of community has been created that supports our capacity for deepening wisdom and compassion. There are daily talks, instructions, guided lovingkindness practice and meetings with the teachers.

A Taste of Freedom: Insight Meditation Weekend

This course will explore the taste of freedom that is the heart of insight meditation. The Buddha spoke of this in his teachings known as the Four Foundations of Mindfulness. Suitable for both beginning and experienced meditators, the retreat will offer talks, time for questions and a sustained schedule of silent meditation practice.

Christina Feldman will be assisted by Chas DiCapua for this weekend retreat.

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.

The Buddha's Way to Happiness: Insight Meditation Retreat

The Buddha was called 'the Happy One.' His life and practice provided the

foundation for what he later described as the Four Noble Truths and the Noble Eightfold Path. This retreat will follow the Buddha's path of mindfulness, concentration and lovingkindness, illustrating how each of us can move from attachment to freedom, from confusion to clarity and from tension to ease.

Sitting and walking in silence, and investigating the flow of experience moment by moment, we can relinquish the causes of suffering and reclaim our natural happiness.

Insight Meditation Weekend for New Students

This introductory weekend is designed for those who are new to insight meditation, as well as for those who may have a meditation practice but who have not yet attended this kind of retreat. A continuity of mindfulness will be emphasized in a supportive and silent atmosphere. Sitting and walking periods will be shorter than the standard IMS course format and the schedule will also include talks and periods of discussion.

Love and Wisdom: Insight Meditation Retreat

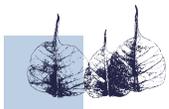
Meditation helps us bring kindness and awareness to each moment of life's experience, connecting us with true freedom. This five-day course will explore both love and wisdom as paths to profound acceptance and peace. It will include daily guided lovingkindness practice to warm our hearts and afternoon yoga to relax our bodies, and will

provide a good introduction for new students as well as an opportunity to deepen insight for experienced meditators.

Relaxed Openness: Embodying Presence

This insight meditation retreat will guide us towards strengthening qualities of mind that include receptivity, gentle continuity of energy, heartfulness and radiant clarity. Rather than emphasizing technique, we will learn to cultivate wise attitudes of practice that foster a steadfast trust in ourselves and in the naturally-emerging wisdom of our hearts. Suitable for beginners and experienced meditators, the course will also include an optional daily session of mindful yoga.





Loving Friendliness: Metta Retreat

This metta retreat will provide the support needed to touch 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.

Dharma Seed

Stream or download an extensive range of teachings and guided meditations from the Buddhist *vipassana* (insight) tradition

www.dharmaseed.org

Or call (800) 969-7333 for CDs and tapes



MARC HAMEL

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

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.*

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.

An optional period of Mindfulness Yoga will be offered each day.

Participants are required to have sat at least two meditation retreats lasting five days or longer in any Buddhist tradition. Please document this when registering.

Teen Retreat

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

periods, facilitated discussion groups, meditative arts and free time. This allows young adults to develop and value their natural spirituality within a supportive environment. Extensive supervision is provided.

Family Retreat

This course for families is an invitation to free our hearts and liberate our minds in the very midst of our lives, roles and relationships. Based on the teachings of the Buddha, the retreat will balance the formality of ritual and ceremony with the humor and playfulness to be found in everyday activities. Through meditation practice, dharma teachings and discussions, and family gatherings, we will explore the unfolding of wisdom, joy and compassion.

A 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 program. This is on a sliding scale basis, ranging from \$50 to \$150. Please specify the name, full date of birth and gender of all children when you register.

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, 2009 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.

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 and instructions, all within an environment of silence.

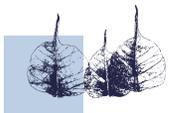
Investigating Life: Insight Meditation Retreat for 18-32 Year Olds

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 afternoon 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 nine days.

The Seven Factors of Awakening: Study and Practice Retreat

The Buddha describes the development of seven qualities of mind – mindfulness, investigation, energy, joy, tranquility, concentration and equanimity – as the direct path to freedom. Cultivated and brought to maturity, they liberate the heart from all suffering. This retreat will include extended periods of teaching about these qualities and small discussion groups, in addition to silent, sustained practice.

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 87th birthday during this time.

Caring for the Caregivers: Insight Meditation Retreat for Home Health & Hospice Workers

This retreat is an invitation for leaders and caregivers in the home care and hospice sectors to receive an in-depth training in meditation. This practice can develop a balance of mind that helps to center and sustain us in our work with people who are sick and dying. Through guided meditations, Q&A sessions, periods of silence (including during meals), talks on cultivating equanimity in the face of daily suffering, and optional daily yoga, we will move towards deeper care for ourselves and more compassionate care for others.

The course will benefit the missions of both IMS and the Home Care Alliance of Massachusetts. It is also sponsored by Fazzi Associates. Nursing contact hours will be offered.

Please document your home health or hospice employer affiliation when registering.

Insight Meditation Weekend for Scientists

This course is designed 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 three-day retreat will be conducted in silence, except for some discussion towards the end about various research projects. The practices taught are nonsectarian and do not require adopting Buddhism as a religion or dogma.

Please document your scientific affiliation when registering.

Two-Month Retreat

This two-month course, including its one-month partials, is a special time for practice. Because of its extended length and ongoing guidance, it is an 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 Buddha's 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 lengths 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. 2MO and Part 1: up to July 26, \$100; afterwards, \$350 for 2MO and \$250 for Part 1. Part 2: up to August 24, \$100; afterwards, \$250. Please note that these amounts will apply even if you wish to move from any part of the course to another.



Living an Awakened Life: Insight Meditation Weekend

This course is an opportunity to practice a way of being that embraces the path of wisdom and compassion. Centered in dynamic present aliveness with a grounded awareness in our bodies and minds, we will connect directly with a living field of awakening through our mind and five senses. This allows for a spontaneous, skillful and open-hearted relationship with the moment-to-moment changing flow of life's experience.

Through sitting and walking meditation, as well as talks about the Buddha's teachings and group interviews, old and new students alike are invited to explore what it means to live an awakened life. All are welcome.

Sharda Rogell will be assisted by Chas DiCapua for this weekend retreat.

Wings of Awakening: Cultivating the Five Spiritual Faculties

The Buddha highlighted five spiritual faculties that need to be developed for awakening to manifest: trust, persistence, mindfulness, concentration and wisdom. As these qualities mature, their power carries us inexorably to the goal of *nibbana*, the timeless freedom from suffering that is always present. This retreat will explore and cultivate these faculties, using the body and mind as the ground of practice. Within an atmosphere of silent contemplation, daily instruction, meditation, chanting, discussion and optional *qigong* will be offered.

Metta (Lovingkindness) and Upekkha (Equanimity) Retreat

This retreat begins with the teachings and practice of *metta*, bringing a focus and steadiness to our heart and mind. As we open to a more accepting, expansive and loving heart, fearlessness and self-confidence are strengthened and our fundamental interconnectedness with all life is revealed. With *metta* as our ground, the course will gradually take us towards the teachings and practice of *upekkha*. This brings a clear-seeing acceptance and balance of mind,

allowing us to relate to all that comes and goes within and around us with greater understanding and ease.

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 lives should take 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	<i>The Retreat Center</i>	<i>The Forest Refuge</i>
Breakfast	\$145	\$95	\$50
Lunch	\$220	\$140	\$80
Tea	\$85	\$60	\$25
Entire Day	\$450	\$295	\$155

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 Development office – call (978) 355-4378 ext. 250 or email mealdana@dbarma.org

We deeply appreciate your generosity

Retreat Center Registration

Mail your completed form to IMS, 1230 Pleasant Street, Barre MA 01005, USA

Or register online at 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 us in assigning your room. _____

Retreat Experience (for LR2, PT1, PT2 & 2MO courses). Please list teacher names, dates, course length and locations.
(attach extra pages 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
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YES NO

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- by email
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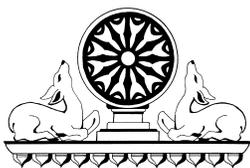
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Information

- 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 Two-Month Retreat is more stringent – see page 24 for details.*
- All cancellation fees support our Scholarship Funds.



Barre Center for Buddhist Studies

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

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Year-Long Study Program

BCBS offers a one-year program integrating meditation practice with the study of Buddhist thought. The Integrated Study and Practice Program's curriculum is structured on readings from a sourcebook, mentoring and several on-campus study-retreats. The first two courses for the next program will be **June 5-10** and **October 9-14, 2009**, followed by two more in 2010. There is a single application process for the entire program. Please visit the BCBS website for 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.

2009 Schedule

Jan 10	Buddhist Art	Elison Findly
Jan 16 – 19	Mindfulness & Psychotherapy Program	Paul Fulton, Bill & Susan Morgan, et al.
Jan 22 – 25	Working with Addiction	Paul Simons & Gregory Bivens
Jan 30 – Feb 1	Mindfulness for Educators	Claire Stanley
Feb 15 – 20	Buddhist Psychology	Andrew Olendzki & Taraniya Ambrosia
Feb 21	Suffering, Joy & the Meaning of Life	Phillip Moffitt
Feb 27 – Mar 1	The Ten Perfections	Ajahn Thanissaro
Mar 7	Mindful Parenting for Professionals	Susan Greenland
Mar 8	Mindful Parenting for Parents	Susan Greenland
Mar 15 – 20	Abhidhamma: Buddhist Psychology	Andrew Olendzki
Mar 21	Self, No-Self & the Unconscious	Bill Waldron
Mar 27 – 29	Lotus Sutra	Roshi Pat O'Hara
Apr 3 – 5	How to Become a Bodhisattva	Jan Willis
Apr 14 – 19	Mindfulness for Mental Health Professionals	Bill & Susan Morgan, Jack Engler, Ron Siegel
Apr 24 – 26	Understanding Practice & Liberation	Mu Soeng
May 2	Zen & Brain Transformation	James Austin
May 3	Buddhism & Cognitive Science	Rajesh Kasturirangan
May 10	Buddhist Activism: At Home & in Asia	Elison Findly
May 15 – 17	Putting Your Practice into Words	Paul Fleischman
Jun 13 – 20	Bhavana Program	Andrew Olendzki & Taraniya Ambrosia
Jul 17 – 26	Dependent Origination & Jhāna	Leigh Brasington
Sep 6 – 11	Desire in Buddhist Thought & Practice	John Peacock
Sep 12	Compassion Beyond Fatigue	John Makransky
Sep 25 – 27	Interdependence of Personal & Social Transformation	David Loy
Oct 2 – 6	Buddhism, Agnosticism & Atheism	Martine & Stephen Batchelor
Oct 17	Mind at Ease	Joseph Goldstein
Oct 18 – 23	Buddhist Psychology	Andrew Olendzki & Taraniya Ambrosia
Oct 30 – Nov 1	Dharma Contemplation: Bhāva	Gregory Kramer
Nov 2 – 8	Insight Dialogue	Gregory Kramer
Nov 13 – 15	Patanjali, Yoga Sutra & Insight Practice	Chip Hartranft
Dec 4 – 9	Brahma Vihāras	DaeJa Napier
Dec 11 – 13	Restlessness, Narcissism, Ignorance	Mu Soeng

For full course descriptions and registration information, please request our catalog by emailing bcbs@dharma.org or visiting www.dharma.org/bcbs.



INSIGHT NEWSLETTER

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