

INSIGHT

NEWSLETTER

**FALL
WINTER
2010/2011**

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The Forest Refuge 2011

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IMS News & Developments

BCBS Schedule:

2011 Listing

A Dharma Life: The Extraordinary is Always Arising

A Profile of Ruth Denison

Dharma elder Ruth Denison, who celebrates her 88th birthday this year, has led courses at IMS since it opened in 1976. She is one of three Westerners who received permission to teach from Burmese master Sayagi U Ba Khin, and she was the first Buddhist teacher in the US to lead an all-women's Buddhist meditation retreat. Beloved by many for her unique teaching style, she reflects here on how she came to the Buddha's teachings and developed her own way of communicating them to her students, so that they too can taste the extraordinary in their lives.

My connection to the dharma started early in childhood. I was born in East Prussia, where my father had a large flower nursery. To help the people who came to work in the fields I would walk along a row giving water to the flowers. When I looked back and saw that the water was unevenly distributed, I would think, "This one will be very sad" – I animated everything and could feel the life of each being. So I would go back and bring more water to those young shoots that hadn't gotten enough. There was always something out of the ordinary in my relationship to plants and to nature – I never felt separate.

My family was not especially religious, but as a child I made prayers at night, and in my teens I sensed that there was another

atmosphere available to us than the ordinary way of being. I once read a woman's description of how things looked to her after she became a nun and went to live in a monastery. It was powerful – it shifted my awareness from the ordinary way of life, the ordinary way of seeing things, to the extraordinary that is always just right there, if you allow yourself to stop.

Many years later when I visited the renowned scholar monk Venerable Nyanaponika Thera in Sri Lanka (or Ceylon as it was then), I learned that the literal translation of the Pali word *sati* (mindfulness) is "to stop."

You have to stop in order to become aware of what you are doing.

(continued on page 2)



ELIZABETH VIGEON

Ruth Denison

(continued from page 1)

I also learned to teach while I was still very young. During World War II, with the men all in the military, there was a great need for teachers. I was given a year of training and a year of practice, and then I was assigned to a village school with 120 students. Teaching came naturally to me, and I worked hard at it. I led classes eight to ten hours a day, everything from reading to practical things like sewing and gardening. Once a month I'd make a play from what we were reading, and we would perform for the mothers.

After the war I came to America, where I met my husband, who had been an ordained monk for nine years in the Advaita Society. I went with him to Burma where I met U Ba Khin, who would become my teacher. Right away he told me, "You haven't come to a religion, you have come to a scientific way by which you can come to yourself."

U Ba Khin translated the monastic practice into a practice for householders. To initiate my study I made a formal address to him, as the monastics do, "Please teach me the dharma." From him I learned *anapanasati*, mindfulness of breathing, to gather the mind, and then the *jhānas*, or states of concentration. Over time I was able to become deeply absorbed and concentrated, and when U Ba Khin saw this he said that now I was doing the real *vipassana* or insight meditation practice.

While I was in Burma I learned that retreats of seven to ten days were an effective way to root the dharma so that lay people could develop a love for it and see its karmic effect – the growth and goodness that come from its practice. When the opportunity came, it was natural to me to teach courses for lay people at IMS. I knew what it could mean for them.

Something else that contributed to my particular way of teaching was the study of Sensory Awareness, which is a way of becoming more deeply connected to the experience of the body. This is not just a matter of the senses – through this practice you can know yourself as a moving energy field. I had always known this intuitively, but after the course this awareness allowed me

to have a deeper connection with my students as I worked with them. If there is confusion or anxiety arising I can connect with them where they are, and can guide them, calling their attention to feet, hands, head, skin, heart and so on, helping them to be in touch with what is happening in the body. That's my teaching style.

One practice I have people do is to bring the awareness up to the head and feel the sensations of the life force, then get concentrated and focus on the sensations of the body's aliveness. At first people often need to be guided, but then they learn that when they are caught up in something difficult, they can stop and reconnect with the experience of the body right in that moment. This can shift us from the ordinary way of handling our lives, and open us to the extraordinary which is right there.

You have three fabulous karmic effects or results from bringing your attention to the body sensations. First you have the physicists' experience – as the old masters said, "My body is all light. It doesn't have substance." This is *anatta*, or no-self. When you go in closer to your aliveness and your energy you see phenomena constantly arising and passing away. So then you realize the great natural law of existence – impermanence, *anicca*. By seeing these two things, *anatta* and *anicca*, you are brought face to face with the characteristic of life without wisdom – *dukkha*.

Getting deeply in touch with the body's aliveness is such a beautiful practice. Two monks brought 15 Thai women who were their guests to me, and said, "Now show us how you teach them."

INSIGHT NEWSLETTER

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So I spent two hours with them and afterwards one woman commented on how much her understanding of the teachings had been augmented by our work together.

The main feature of teaching the dharma, and of our practice, is awareness. In our ordinary lives we already have some attention and concentration – after all, even if you want to polish a floor nicely, you have to have concentration. But then with awareness you shift from this ordinary way of being into the extraordinary – you know what you are doing and you know that you know.

The teachings benefit us throughout our lives.

A few years ago I had a fall. I then developed a fever and there was a moment when I thought, “I won’t make it.” I saw the hindrances, close, almost materialized. But I did not allow them to come any closer – I was very much aware of the meaning of “Stop.” There



Ruth Denison (center) teaching in the Retreat Center lower walking room, late 1970s.

was a stillness in me. It was tangible. I could have slipped away, but in that moment I knew the power of mindfulness, and I had no fear of death. I noticed that I was noticing, but it was even more refined than that – the knowing knew itself. And it was so *precise*. Nothing could interfere. I didn’t want to die, but I had no conflict, no resistance. I saw that this is the way – to stay right here, sensing the life force. When the breath came, I wasn’t pulling it in or touching it. But I was being totally for it. I offered myself to it. And eventually I healed.

Even with my nurses and attendants there in the hospital, I injected a little of the other side of life, the extraordinary that is right here. And they would leave me little notes, “Thank you for sharing your mind.”

You see, wherever I am, I am always teaching.

Ruth Denison will offer her annual Labor Day Weekend at IMS’s Retreat Center, September 2-5, 2011. See page 21 or www.dharma.org for more information.



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

Online Teachings

Accessing IMS's online audio offerings allows you to get in touch with teachings on meditation practice before you come on retreat and after you return home. By clicking on "Teacher talks & meditations" on our homepage, you'll find links to various forms of audio dharma from both the Retreat Center and the Forest Refuge. You can download or stream any of the recent teacher talks listed on the Audio page, or automatically receive new talks by subscribing to a podcast. You'll also find links to teachers' guided meditations, selected picks and interviews from *Sangha News*, IMS's quarterly e-newsletter.

Interest in our audio offerings has been growing in leaps and bounds – by this fall, close to 100,000 dharma talks will have been downloaded or streamed from dharma.org since we launched this feature in the spring of 2009.

Greener Transport

Participants in our retreats are discovering the advantages of ride sharing. When you register for a course you'll receive a password to connect with fellow

retreatants through the ride board on IMS's website. If you're coming to a course and can give others a ride, we encourage you to post your offer on the ride board. This form of generosity greatly benefits everyone attending our programs.

Another way of reducing costs and environmental impact is to share a limo or taxi from and to the airport or bus and train station. This can also be set up through the ride board.

Dining Room Improvements

A modest refurbishment of the IMS Retreat Center dining area will begin in January, 2011. With funds already raised from our Spring Appeal for this project, we plan to relieve the congestion around the dishwashing area by constructing a dedicated dish station. As well, we will install environmentally sustainable flooring to replace the worn and cracked tiles. If donations allow, we will also improve the noise level on opening and closing days with an acoustical ceiling treatment.

We offer heartfelt thanks to all those who have generously supported this endeavor.

Help Create the Magic

Once again, we are seeking group leaders and volunteers to assist our operations during two unique 2011 courses – the Teen Retreat, June 24-28, and the Family Retreat, June 30-July 5. 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 if you 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 contribute towards the purchase of these items.

Teacher Training Graduates *In 2006, IMS and Spirit Rock Meditation Center initiated a Teacher Training Program to prepare another generation of teachers qualified to share the Buddha's teachings with anyone practicing meditation, both experienced and new. This summer, 22 trainees completed the four-year joint training. They now join a strong body of insight meditation teachers, all contributing to the depth and breadth of the Western Buddhist sangha.*



A Groundspring for Social Justice

The Impact of Retreat Life

The silence and peace of retreat life often nourish strong commitment to compassionate activism and ways to embody the teachings. Two IMS meditators, Rafi Santo and Amber Bemak, are involved in social justice work. They describe here how retreat practice has informed and motivated their engagement in the world.

Rafi Santo has attended a number of retreats at IMS and helped found the Young Adults Sangha at New York Insight Meditation Center. He is the former Director of Integral Activism at the Interdependence Project and Senior Program Associate for Global Kids.

When you look at what's going on in the world, it's a challenge not to be extremely angry and harrowed. The activists I know care passionately about the issues they're involved with, but we've found that if you try to make changes from a motivation of anger, if you're fueled by reactivity, you'll burn out – quickly. Being on retreat helps me clarify my intention with regard to activism. It's important to me to be coming from a place of compassion.

There is a relationship between your quality of mind and the work you do in the world. If you're speaking with the CEOs of a company that is doing something destructive to the environment, you can bring awareness to that moment. It will change how you respond if you are able to put yourself in their role and consider how things look to them.

Conviction in the efficacy of agency is a vital prerequisite for action. This is something that you can see when you're on retreat – if you put in effort, there will be a shift, and your practice becomes more powerful. I keep going back on retreat to get grounded, to understand how reality operates. The clearer I am, the more effective I'll be at making change in a world that needs it.

Amber Bemak literally took her first steps as a baby during an IMS family course. Over the decades since, she has returned frequently to practice at either the Retreat Center or the Forest Refuge. Currently she is an independent filmmaker and teaches video production and media literacy to teenagers internationally.

Time on retreat has provided a foundation for my work with urban teens. The students gain concrete video-making skills, as well as developing the ability to analyze and deconstruct the media that we watch. At the same time that we're focusing on film-making, I emphasize the importance of listening to and understanding each other's stories, which is based on the Buddha's teachings of compassion and kindness.

I love my students and believe in them – that's the basis for my teaching style. If teens are really listened to and believed in, they will be able to embody their best potential. They have a lot to say, and what they have to say is important. Finding a way to channel their thoughts and ideas through creative expression has so far been extremely beneficial for many of them, emotionally, creatively, and also

through feeling more empowered in the world. It is crucial for the world we live in right now to have a diverse range of voices that are being heard in the media, and that people learn how to represent themselves.



JILL SHEPHERD

Planned Giving

*“So with an unhesitant mind,
one should give where the gift
bears great fruit.”*

– The Buddha

Planned giving is a powerful way to ensure that meditation retreats will continue to transform the lives of our participants for generations to come. We invite you to join a growing community of supporters who have designated IMS in their estate plans.

For more information about planned giving options, please visit our website or contact our Development Office.
Call 978-355-4378 ext. 230
or email development@dharmia.org.

*Your generosity
is deeply appreciated*



JILL SHEPHERD

Insight Meditation Society
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www.dharma.org

The Retreat Center
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The Forest Refuge
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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 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 in ourselves, 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 three months. Most courses are open to both new and experienced meditators.

The Forest Refuge 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 give teachings.

General Information

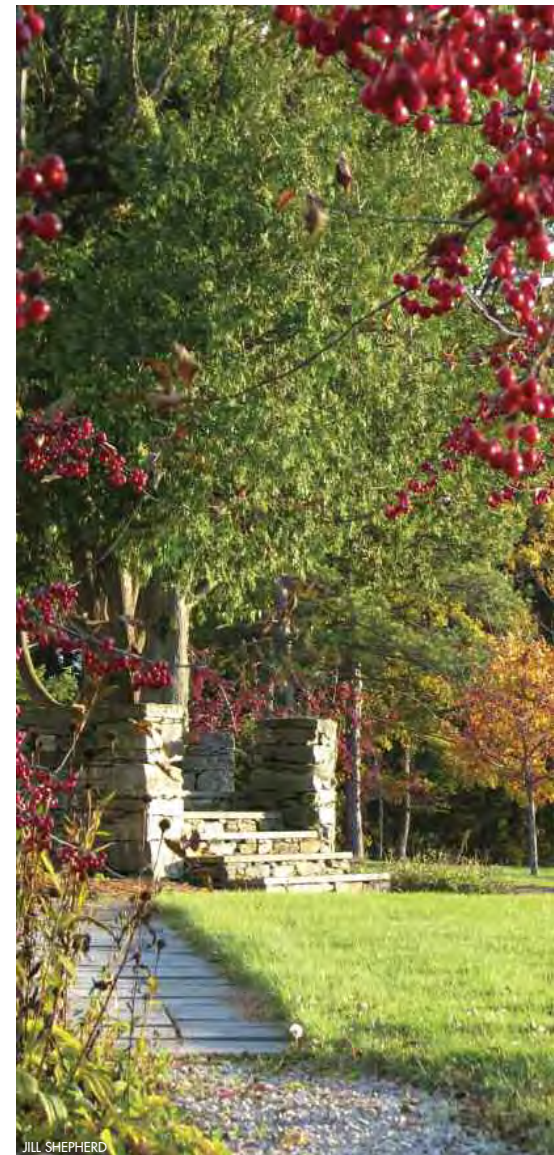
Retreat Center courses feature daily instruction in meditation and evening talks about the Buddha's teachings. Individual or group interviews with the teachers take place at regular intervals. Silence is maintained in most retreats at all times, except during question and interview sessions. A typical 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-as-practice 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 13), and space availability. In consultation with the teachers, a personalized program of meditation practice is created, designed to nurture the highest aspiration for liberation.

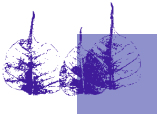
Support for a personal retreat includes two individual interviews with a teacher each week and twice-weekly dharma talks in the meditation hall. Recordings of talks are also available.

For those interested in practicing at the Forest Refuge, there is an application process. Guidelines and forms are available on our website where you can apply online, or from the office.

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.



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Teacher Talks

When a Retreat Center course is in progress, anyone is welcome to attend the evening talks about the teachings, known as *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.

Teacher talks given at both the Retreat Center and the Forest Refuge are also available at IMS's website for downloading, streaming or podcasting.

Individual Retreat

Self Retreat

If you have already participated in a course at the Retreat Center and want to build practice confidence, you can schedule an individual self retreat between courses. Your 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 \$63-\$111 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-as-practice – 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 scheduled courses. At the Forest Refuge, they are scheduled in calendar-month blocks.

A special application needs to be submitted; the only cost is a \$35 nonrefundable processing fee. Information and application forms are available on our website. If you have questions about a Retreat Center work retreat, please call 978-355-4378 ext. 175 or email registration@dharma.org. For the Forest Refuge, call 978-355-2063 or email fr@dharma.org.

Financial Information

Fees

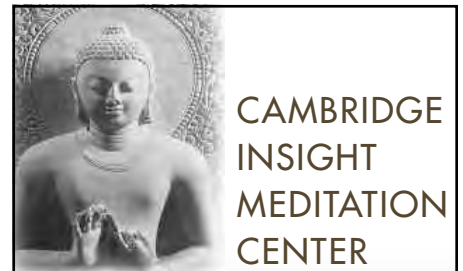
IMS course fees are on a sliding scale basis that allows participants to pay according to individual means. At the Retreat Center, there are four rates – Sustaining, Mid, Base and Scholarship. The Forest Refuge has three rates – Sustaining, Mid and Base, with some financial assistance available.

Payment at the Base rate covers just over 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 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 increase our fees for 2011, due to rising costs. **Any amount paid above the Base rate is a tax-deductible donation.**



CIMC is a non-residential urban center for the teaching and practice of insight meditation. Our 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 practice groups, teacher interviews, community activities, 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.

331 Broadway
Cambridge MA 02139

Office: **617-441-9038**

24-hour information and fax line:

617-491-5070

www.cambridgeinsight.org



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 may be restricted to one per person, per year.



NEW YORK INSIGHT MEDITATION CENTER

NYIMC 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. Events, except where noted, are suitable for beginning as well as experienced meditators.

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 information, or call
212-213-4802

For Retreat Center financial aid, you can apply online or check the relevant box when completing the registration form on page 22. 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, and has played a central role throughout Buddhism's 2,500-year-old history. The spirit of generosity guides all aspects of IMS's operations.

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,



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

Our teachers are continuing 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 a sustainable income. At the Forest Refuge, where there are fewer retreatants staying for longer periods, IMS supplements teacher dana to provide an adequate offering as needed. Your contributions help many teachers to 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 count on your generous support to operate our centers, to provide affordable rates and to give financial assistance to approximately 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 retreat. 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.



INSIGHT
MEDITATION
COMMUNITY OF
WASHINGTON

IMCW offers training in *Vipassana* (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 DC, MD and northern VA. We also offer workshops, residential and nonresidential weekend retreats, as well as a thriving community of peer-led groups.

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**

IMS FACULTY 2011

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 of the Vipassana Metta Foundation's dharma sanctuary on Maui shares the Buddha's teachings on human development and liberation of mind. Out of compassion for future generations he plants trees and directs the Burma Schools Project.

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 an IMS guiding teacher and co-founder of Gaia House in England. She has taught meditation since 1976 and has recently been involved in the dialogue between cognitive therapies and Buddhist practice. Her books include *Compassion 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. The author of *A Heart Full of Peace, One Dharma* and other publications, he is on sabbatical in 2011.

Myoshin Kelley began meditation practice in 1975. Studying with teachers in both the Theravada and Tibetan Buddhist traditions, she has offered retreats worldwide since 1995. Her teaching style emphasizes a relaxed, caring and attentive attitude combined with joyful interest.

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 practiced insight meditation since 1973. He also trained with the late Master Sheng Yen in the Chan tradition which emphasizes that each moment of your life is a practice opportunity. Michael is currently a guiding teacher at the Cambridge Insight Meditation Center.

Narayan Liebenson Grady is a guiding teacher of IMS and the Cambridge Insight Meditation Center and a regular contributor to *Buddhadharma* magazine. Her training includes over 30 years in the Theravada tradition as well as in Chan with the late Master Sheng Yen.

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'omāmalama, a sanctuary-hermitage for long-term practice.

Michele McDonald has taught insight meditation around the world for 29 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 of retreats for youth and Burma relief projects.

Larry Rosenberg studied with J. Krishnamurti and practiced Zen before coming to vipassana meditation. The founding teacher of Cambridge Insight Meditation Center and a former IMS guiding teacher, he is the author of *Living in the Light of Death* and *Breath by Breath*.

Sharon Salzberg, a co-founder of IMS and BCBS, has practiced Buddhist meditation since 1971 and has been teaching worldwide since 1974. She is an IMS guiding teacher and author of *Faith, Lovingkindness* and *Real Happiness*.

Rodney Smith has taught 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* and *Stepping out of Self-Deception*, he founded and guides Seattle Insight Meditation Society. He is also 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 has been practicing insight meditation since 1971 with a variety of teachers, including Sayadaw U Pandita and Ashin U Tejaniya, as well as spending a year as a nun in Thailand. An IMS guiding teacher, she has been offering retreats worldwide since 1986, including the annual 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.

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.

Sally Clough Armstrong began teaching insight meditation in 1996. She helped to found the Sharpham meditation community in England and has also served at Spirit Rock Meditation Center in several roles, including executive director. She is one of the guiding teachers of Spirit Rock's Dedicated Practitioner Program.

Pascal Audair enjoys sharing the Buddha's teachings with all curious people. In 2010 he graduated from the IMS/Spirit Rock Teacher Training Program and now teaches at these two centers. He is also a co-founder of True North Insight Meditation Centre in Canada.

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

Rebecca Bradshaw is the guiding teacher of the Insight Meditation Center of Pioneer Valley, MA. She leads vipassana retreats in the US and abroad and also works as a psychotherapist. Her teachings invite exploration of the convergence of love and wisdom.

Bhante Buddharakkhita was born in Uganda. Meditating since 1993, he was ordained as a Theravada Buddhist monk in 2002. Founder of the Uganda Buddhist Centre, he teaches worldwide. He is a Spiritual Director of Flowering Lotus in Magnolia, MS, and author of *Planting Dhamma Seeds*.

Pat Coffey has over 30 years of meditation experience, including intensive retreat practice under the guidance of Pa Auk Sayadaw. He teaches internationally and founded the Insight Meditation Community of Charlottesville, VA and the Blue Ridge Prison Project.

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 natural 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 guiding teacher at the Insight Meditation Center of Newburyport, MA.

Sky Dawson has practiced vipassana meditation since 1981, and also has extensive experience in hospice and palliative care. She has taught at IMS for several years and is now the Teacher-in-Residence at the Forest Refuge.

Chas DiCapua, currently the IMS Resident Teacher, has offered meditation since 2001. He is interested in how the personal and universal can be used towards awakening. He teaches regularly at IMS and at other centers in the Northeast.

Jean Esther has practiced vipassana meditation since 1982. She teaches regularly at the Insight Meditation Center of Pioneer Valley and Smith College. The Buddha's teachings on love and wisdom underlie her practice of psychotherapy in Northampton, MA.

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.

Andrea Fella has practiced insight meditation since 1996, studying with both Western and Asian teachers. With an emphasis on clarity and practicality, she teaches at the Insight Meditation Center in Redwood City, CA, and nationally.

Trudy Goodman has practiced Zen and vipassana with Asian and Western teachers since 1974. She founded InsightLA in Los Angeles, co-founded the Institute for Meditation and Psychotherapy in Boston, and serves both as guiding teacher.

Ed Hauben, a long-term meditator and friend of IMS for over 30 years, has served on its Board and assisted with the teen and family retreats since the 1980s.

Ajahn Jayanto entered the monastic community in 1989, training under Ajahn Sumedho and others in the Ajahn Chah forest monasteries in the UK and Thailand. He currently lives at Amaravati Buddhist Monastery in England.

Kittisarō, a Rhodes Scholar, spent 15 years as a monk in the Forest Sangha. A director of Dharmagiri Hermitage and Outreach in South Africa, he has completed two year-long self retreats and teaches worldwide.

Maddy Klyne teaches retreats, practice groups and beginners' workshops, as well as programs for young people at the Cambridge Insight Meditation Center, MA.

Ajahn Kusalo enjoys sharing his dharma experience with families, having lived a householder life before ordaining in New Zealand in 1992. He is co-abbot of Tisarana Buddhist Monastery in Canada in the Thai forest tradition.

Dori Langevin, Psy.D., has studied and practiced insight meditation since 1997 and completed the IMS/Spirit Rock Teacher Training Program in 2010. She is especially interested in the interface between Buddhist practice and addiction recovery.

Jesse Maceo Vega-Frey's meditation teaching aims to inspire the determination, faith and skills necessary to realize the deepest freedom. He is co-founder of The Stone House, a center for spiritual life and social justice in Mebane, NC.

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.

Pa Auk Sayadaw is the abbot of Pa Auk Forest Monastery in Burma. He has spent his life promoting the teachings of the Buddha through study, practice and realization. He teaches worldwide and is the author of *The Workings of Karma* and *Knowing and Seeing*.

Yanai Postelnik has practiced insight meditation for over 20 years and has been teaching internationally since 1992. He is inspired by the Thai forest tradition and the natural world, and is a guiding teacher of Gaia House, England.

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 around the country since 2001.

Greg Scharf has been meditating since 1992 and teaching since 2007. He has studied with Asian and Western teachers and trained as a monk in Burma. His teaching emphasizes the confluence of love and wisdom on the path to liberation.

Amita Schmidt, author of *Dipa Ma: The Life and Legacy of a Buddhist Master*, is a former IMS Resident Teacher. She has a private practice in psychotherapy and spiritual counseling.

Martina Schneider has studied and practiced vipassana meditation since 1996 in the US, India and Burma, where she was ordained as a nun. She has worked with the homeless, counseled people who are incarcerated, and been a hospice volunteer.

Richard Shankman has been meditating since 1970. He teaches nationally and is the author of *The Experience of Samadhi*. He is a co-founder of the Sati Center for Buddhist Studies and of Mindful Schools, bringing mindfulness training into low-income schools.

Gina Sharpe has studied and practiced Buddhism for over 30 years, across several traditions. She has been teaching since 1994 and co-founded New York Insight Meditation Center in 1998.

Bob Stahl, Ph.D., is a long-time insight meditator who lived in a Burmese Buddhist monastery in the forest tradition of Taungpulu Sayadaw for over eight years. He currently directs MBSR programs in three San Francisco Bay Area medical centers.

Thanissara, a practitioner since 1975, was a Buddhist nun for 12 years and teaches internationally. She is a director of Dharmagiri Hermitage and Outreach in South Africa and has an MA in Buddhist Psychotherapy Practice.

Lila Kate Wheeler attended her first vipassana retreat in 1977 and completed the IMS/Spirit Rock teacher training program in 2010. In addition to teaching retreats, she writes fiction, travel journalism and spiritual essays.

Assisted by

Éowyn Ahlstrom is a long-time student of yoga and meditation. She is a certified yoga teacher and massage therapist. Her retreat yoga classes encourage mindful movement and compassion for the body.



The Forest Refuge

General Information

A personal 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. 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 2011, outlined at right, are effective January 1. For those who cannot afford the entire cost, a limited number of 'You Choose' fee slots and scholarships are available. Conditions apply – please see our website or contact the office for further information.

A deposit of approximately one-third of your total retreat cost is due once your application has been approved. 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.

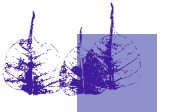
Please contact us as soon as possible if you need to cancel. If you let us know

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.

Pa Auk Sayadaw Returns

Continuing the tradition of inviting Asian teachers, the Forest Refuge is honored once again to host revered Burmese meditation master Ven. Pa Auk Sayadaw for four months, July – October, 2011. This will be a structured retreat, with Sayadaw's teachings focusing on the development of the *jhānas* (states of strong concentration) as a foundation for insight meditation practice.





2011 FOREST REFUGE TEACHING SCHEDULE

January 1 – January 31 ⁺	Gloria Taraniya Ambrosia & Sky Dawson
February 1 – February 28	Annie Nugent & Sky Dawson
March 1 – March 31	Susan O'Brien & Sky Dawson
April 1 – April 30	Myoshin Kelley & Greg Scharf
May 1 – May 31	Gloria Taraniya Ambrosia & Sky Dawson
June 1 – June 30	Annie Nugent & Sky Dawson
July 1 – October 31*	Pa Auk Sayadaw
November 1 – November 30	Carol Wilson & Sky Dawson
December 1 – December 31	Rebecca Bradshaw & Sky Dawson

⁺ Arrivals and departures will not be possible January 12-21.

* Participants are expected to follow Sayadaw's schedule and instructions, which include observance of the eight monastic precepts. Special deposit requirements and cancellation fees apply for this retreat. Please see website for more information.

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

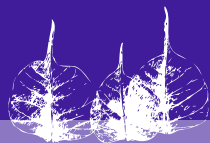
The teaching schedule may change without notice. It is our intention that retreatants will have the opportunity to practice with a variety of experienced and well-qualified insight meditation teachers.



2011 SLIDING SCALE FEES (PER NIGHT)

LENGTH OF STAY	SUSTAINING	MID	BASE
7-21 nights	\$111	\$93	\$75
22-30 nights <i>(effective from 1st night)</i>	\$111	\$88	\$63
31-90 nights <i>(effective from 31st night)</i>	\$111	\$84	\$56
More than 90 nights <i>(effective from 91st night)</i>	\$111	\$72	\$33

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



2011 Retreat Center Schedule

Dates	Length	Course Title	Teachers
Jan 8-Jan 11	3 days	Insight Meditation Retreat for Scientists and Educators	Sharon Salzberg & Gina Sharpe with Éowyn Ahlstrom (Yoga)
Jan 26-Jan 30	4 days	<i>The Buddha's Way to Happiness</i> : Insight Meditation Retreat	Howard Cohn & Lila Kate Wheeler with Éowyn Ahlstrom (Yoga)
Feb 4-Feb 11	7 days	<i>Metta</i> (Lovingkindness) Retreat	Sharon Salzberg, Gina Sharpe & Mark Coleman with Éowyn Ahlstrom (Yoga)
Feb 11-Feb 13	2 days	<i>Finding Joy and Inner Calm in Challenging Times</i> : Insight Meditation Weekend	Pat Coffey & Gina Sharpe
Feb 18-Feb 23	5 days	<i>The Art of Mindful Living</i> : Insight Meditation Retreat	Larry Rosenberg & Michael Liebenson Grady
Feb 25-Feb 27	2 days	<i>Resting the Weary Heart and Mind</i> : Insight Meditation Weekend	Maddy Klyne & Chas DiCapua
Mar 4-Mar 13	9 days	<i>The Mysterious Way of the Heart</i> : Where Wisdom and Compassion Meet	Thanissara & Kittisaro
Mar 18-Mar 25	7 days	<i>Insight Meditation and the Heart</i>	Rodney Smith & Narayan Liebenson Grady
Mar 25-Mar 27	2 days	Insight Meditation Weekend for New Students	Michael Liebenson Grady & Maddy Klyne
Apr 1-Apr 6	5 days	<i>The Freedom That Includes Everything</i> : Insight Meditation Retreat	Rebecca Bradshaw & Chas DiCapua with Éowyn Ahlstrom (Yoga)
Apr 8-Apr 17	9 days	<i>Awareness Pure and Simple</i> : Insight Meditation Retreat	Carol Wilson & Steve Armstrong
Apr 21-Apr 24	3 days	<i>A Resilient Heart</i> : Insight Meditation Weekend	Sharon Salzberg & Susan O'Brien with Éowyn Ahlstrom (Yoga)
Apr 29-May 8	9 days	<i>Holistic Awareness</i> : Monastic Retreat	Ajahn Sucitto & Ajahn Jayanto
May 13-May 20	7 days	<i>Steadying the Mind, Opening to Insight</i>	Richard Shankman & Bob Stahl
May 20-May 22	2 days	<i>The Art and Science of Mindfulness</i> : Insight Meditation Weekend	Mark Coleman with Éowyn Ahlstrom (Yoga)
May 27-Jun 3	7 days	<i>Loving Friendliness</i> : Metta Retreat	Michele McDonald, Rebecca Bradshaw, Greg Scharf & Jesse Maceo Vega-Frey with Éowyn Ahlstrom (Yoga)
Jun 3-Jun 12	9 days	<i>Liberation of Mind and Heart</i> : Insight Meditation Retreat	As above
May 27-Jun 12	16 days	<i>Metta & Insight Meditation Retreat</i>	As above
Jun 14-Jun 19	5 days	Insight Meditation Retreat	Jack Kornfield, Trudy Goodman, Gina Sharpe, Pat Coffey & Martina Schneider
Jun 24-Jun 28	4 days	Teen Retreat	Rebecca Bradshaw & Chas DiCapua with Jean Esther & Ed Hauben
Jun 30-Jul 5	5 days	Family Retreat ^ <i>Lottery course. Registration due by February 11, 2011.</i>	Deborah Ratner Helzer, Ajahn Kusalo & Dori Langevin
Jul 8-Jul 16	8 days	<i>Mindfulness, Insight, Liberation</i> : Insight Meditation Retreat	Christina Feldman, Fred von Allmen & Yanai Postelnik
Jul 17-Jul 24	7 days	<i>The Art of Mindful Living</i> : Insight Meditation Retreat for Experienced Students	Larry Rosenberg & Matthew Daniell
Jul 27-Aug 3	7 days	<i>Investigating Life</i> : Insight Meditation Retreat for 18-32 Year Olds	Rebecca Bradshaw, Chas DiCapua, Amita Schmidt, Pascal Auclair & Jesse Maceo Vega-Frey
Aug 5-Aug 14	9 days	<i>Insight and the Art of Equanimity</i>	Steve Armstrong, Kamala Masters & Deborah Ratner Helzer
Aug 19-Aug 26	7 days	<i>Your Life is Your Practice</i> : Insight Meditation Retreat	Narayan & Michael Liebenson Grady & Maddy Klyne with Éowyn Ahlstrom (Yoga)
Aug 27-Sep 2	6 days	People of Color Retreat °°	Sharon Salzberg, Gina Sharpe & Bhante Buddharakkhita
Sep 2-Sep 5	3 days	Labor Day Weekend	Ruth Denison
Sep 10-Oct 22	42 days	Part 1	Carol Wilson, Guy Armstrong, James Baraz, Sally Clough Armstrong & Andrea Fella
Oct 22-Dec 3	42 days	Part 2	Myoshin Kelley, Rebecca Bradshaw, Patricia Genoud-Feldman, Annie Nugent & Greg Scharf
Sep 10-Dec 3	84 days	Three-Month Retreat	As above
Dec 9-Dec 16	7 days	<i>Women in Meditation</i> : Insight Meditation Retreat	Christina Feldman, Narayan Liebenson Grady & Maddy Klyne with Éowyn Ahlstrom (Yoga)
Dec 16-Dec 18	2 days	<i>Cultivating a Wise Heart</i> : Insight Meditation Weekend	Annie Nugent
Dec 28-Jan 6, 2012	9 days	<i>Embodying the Heart of Wisdom</i> : New Year's Retreat	Yanai Postelnik & Myoshin Kelley

Please see pages 16-22 for retreat descriptions and registration information.

- * Fees for most Retreat Center courses do not include compensation for the teachings. There is an opportunity to offer donations to the teachers and to IMS at the end of each retreat.
- + Scholarships are awarded on a first-come, first-served basis. Paying a Scholarship rate above the listed amount helps IMS offer financial assistance to more people.
- ++ For shorter retreats, payment in full is required on registering.
- 'You Choose' means that you can establish your own course fee, based on your financial means. A minimum of \$15 per day is required.
- °° For the People of Color Retreat, we offer free bus transportation between New York City and IMS on a first-come, first-served basis.
- ^ Please refer to pages 19-20 for additional Family Retreat information.

Code	Deposit	Sliding Scale Fees*			
		Sustaining	Mid	Base	Scholarship ⁺
WSE	\$240 ⁺⁺	\$335	\$290	\$240	\$95
HC	\$180	\$445	\$375	\$305	\$125
SS	\$180	\$780	\$610	\$435	\$220
WPG	\$190 ⁺⁺	\$220	\$205	\$190	\$65
LR1	\$180	\$555	\$450	\$345	\$160
WCM	\$190 ⁺⁺	\$220	\$205	\$190	\$65
TK	\$180	\$1,000	\$780	\$560	\$285
RN	\$180	\$780	\$610	\$435	\$220
WNS	\$190 ⁺⁺	\$220	\$205	\$190	\$65
RB	\$180	\$555	\$450	\$345	\$160
CS	\$180	\$1,000	\$780	\$560	\$285
WSS	\$240 ⁺⁺	\$335	\$290	\$240	\$95
MR	\$135	\$1,000	\$780	You Choose •	N/A
RS	\$180	\$780	\$610	\$435	\$220
WMC	\$190 ⁺⁺	\$220	\$205	\$190	\$65
MM1	\$180	\$780	\$610	\$435	\$220
MM2	\$180	\$1,000	\$780	\$560	\$285
MM3	\$180	\$1,780	\$1,395	\$1,005	\$505
JK	\$180	\$555	\$450	\$345	\$160
TR	\$305	\$445	\$375	\$305	\$125
FAM	(Adult) \$180	\$625	\$545	\$460	\$160
	(Child)	\$315	\$265	\$215	\$160
CF	\$180	\$890	\$695	\$500	\$250
LR2	\$180	\$780	\$610	\$435	\$220
YA	\$105	\$780	\$610	You Choose •	N/A
SK	\$180	\$1,000	\$780	\$560	\$285
NMLG	\$180	\$780	\$610	\$435	\$220
POC	\$90	\$670	\$525	You Choose •	N/A
WRD	\$240 ⁺⁺	\$335	\$290	\$240	\$95
PT1	\$375	\$4,675	\$3,510	\$2,340	\$1,325
PT2	\$375	\$4,675	\$3,510	\$2,340	\$1,325
3MO	\$750	\$9,340	\$7,010	\$4,675	\$2,645
WOM	\$180	\$780	\$610	\$435	\$220
WAN	\$190 ⁺⁺	\$220	\$205	\$190	\$65
NY	\$180	\$1,000	\$780	\$560	\$285



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.





MARC HAMEL

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.

Insight Meditation Retreat for Scientists and Educators

Recent studies have demonstrated the positive influence that wisdom and compassion can have on our lives and in our society. These qualities form a foundation for emotional intelligence and balance of mind to arise, allowing humanity – in all its diversity – to live and work together in greater harmony.

In the company of researchers, educators, therapists and others involved in the broad areas of the mind and social sciences, participants will have an opportunity to develop the qualities of wisdom and compassion, through in-depth instruction in mindfulness practice. Conforming to the spirit of empirical science, this is simply a means of training our minds to become more keenly concentrated and aware. Although drawn from the Buddhist meditative tradition, the teachings do not in any way require an adherence to Buddhism or a rejection of personal faith.

Held mostly within a context of silence and simplicity, the course will include discussion groups towards the end. An optional daily period of yoga will be offered. CEs are available.

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. An optional daily period of yoga will be offered.



Finding Joy and Inner Calm in Challenging Times: Insight Meditation Weekend

Regardless of the conditions in one's life, it is possible to experience increasing joy and greater internal peace. This weekend course, suitable for both beginning and seasoned meditators, will explore the perspective and practices that allow and support inner radiance to prevail.

The Art of Mindful Living: Insight Meditation Retreat

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.

Resting the Weary Heart and Mind: Insight Meditation Weekend

Life is a stream of constantly changing experiences and events. Some of these we tend to embrace and some we push away. This weekend course will help us to connect with the utter simplicity of the present moment. Through this connection we can open to an inner spaciousness that is refreshing and healing, enabling us to live our lives with more balance, ease, kindness and wisdom. This retreat is suitable for both beginning and experienced meditators.

The Mysterious Way of the Heart: Where Wisdom and Compassion Meet

This retreat focuses on the embodiment of wisdom and compassion. Through the cultivation of *samadhi* (a gathering of our heart, mind and body energies), we establish a healing foundation for insight into our mistaken identification

with patterns of self. As structures of the self are gently released from grasping and aversion, our heart knows the emptiness and peace of its original nature. Authentic, compassionate response and intuitive understanding arise, and the non-dual nature of emptiness and appearance is recognized.

Pali chanting and mantra recitation will be included in the course's daily schedule. An optional early-morning bowing practice centered on Bodhisattva Kuan Yin and optional periods of *qigong* will also be offered.

Insight Meditation and the Heart

The way of meditation is the way of the heart. This retreat, open to both new and experienced meditators, will focus on the path of the heart, and how awareness gives access to the joys and sorrows of life with ever increasing sensitivity, stability and love. An optional daily period of yoga will be offered. The teachers will be assisted by Ron Denhardt.

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.





The Freedom That Includes Everything: Insight Meditation Retreat

The Buddha’s teachings offer us a way to open to the wide range of joy and sorrow that is part of our human life. This retreat will encourage a kindness-infused awareness of our experience as it arises in each moment. Extensive guidance will be provided in how to meet challenges of body, heart and mind with compassionate presence. In doing so, we can discover true freedom without rejecting any aspect of ourselves. Our mindfulness practice will be supported by periods of lovingkindness (*metta*) meditation and optional daily yoga.



ELIZABETH VIGEON

Offer a Meal

Help us to continue a tradition that has flourished in Asia 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 the IMS community.

You can select a date for your gift that might celebrate a birthday, honor someone who has died or commemorate another of life’s milestones.

Please visit our website for more information.

Thank you for your support

Awareness Pure and Simple: Insight Meditation Retreat

“The mind is not yours, but you are responsible for it.” With this paradoxical statement, Sayadaw U Tejaniya introduces us to the possibility of seeing deeply habituated patterns with less reactivity and living with a greater sense of well-being. When steady awareness observes the naturally-occurring experiences of the body, mind and mental activity, intuitive wisdom spontaneously arises.

This retreat offers teachings and instructions integrated from complementary Buddhist meditative traditions. These include recognizing obstructive mental habits, developing skillful attitudes, and cultivating awareness of mind leading to wise understanding. Suitable for beginning as well as experienced students, this course will also feature a slightly modified schedule and format from other IMS retreats.

A Resilient Heart: Insight Meditation Weekend

This weekend is an opportunity to rediscover the resiliency of the human spirit. Especially in the face of daily challenges, balance of heart and mind is key to sustaining ourselves.

To cultivate this equanimity, three essential meditative skills are needed – concentration, mindfulness and compassion. This course will guide us in developing these skills and move us towards deeper care, both for ourselves and for others.

Holistic Awareness: Monastic Retreat

Western nuns and monks from the Thai Buddhist monastic tradition teach each year at the Retreat Center. The 2011 course will focus on Holistic Awareness – 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 meditation. Each day, group practice will begin with an offering of flowers, light (in the form of candles) and fragrance (incense), as well as chanting to the Triple Gem.

Steadying the Mind, Opening to Insight

Concentration is often taught as a separate practice from insight meditation. This retreat, however, will integrate concentration, mindfulness and insight into a single meditative path, using mindfulness of breathing as the foundational practice.

Practicing in this way, the mind becomes more collected and centered, leading to deep states of concentration, peace, clarity and calm abiding. At the same time, awareness opens naturally into mindfulness of the body and states of the heart and the mind, revealing the Four Foundations of Mindfulness.

This retreat is suitable for both beginning and seasoned meditators.

The Art and Science of Mindfulness: Insight Meditation Weekend

What exactly is mindfulness? How do we cultivate it so we bring a kind, caring attention to all that we do and all that we are? Participants in this weekend course will gain an experiential understanding of how this quality can transform our lives. Through sitting and walking meditations, talks and discussions, we can develop our awareness and see the causes of both suffering and happiness. We can discover how mindfulness directly contributes to a genuine sense of well-being, joy, non-reactivity and ultimately profound freedom and peace.

This is an excellent retreat for anyone relatively new to mindfulness meditation as well as for those wishing to refresh and deepen their understanding of this essential Buddhist practice. Optional periods of mindfulness yoga will also be offered.

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 yoga 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 yoga will take place each day to deepen our ability to soften, relax and connect with our bodies.

Teen Retreat

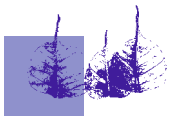
This retreat is specifically for teens, aged 14-19. It offers beginning meditation instruction, half-hour sitting and walking periods, facilitated discussion groups, meditative arts and free time. This allows young adults to develop and value their natural

spirituality within a supportive environment. Extensive supervision is provided.

Family Retreat

This course for families is an invitation to free our hearts and minds in the very midst of our roles and relationships. Guided by the teachings of the Buddha, we learn to nurture an attitude of kindness, care and attention in all activities, from traditional rituals in the hall to spontaneous play with friends. Through meditation, dharma teachings, discussions and community gatherings we explore the unfolding of wisdom, joy and compassion. The teachers will be assisted by Ofosu Jones-Quartey for this retreat.

A program for children aged 2-13 years 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. Regrettably, this retreat is not open to teens aged 14 or older unless they are invited to serve as Young Adult Helpers.



Each family unit pays an additional fee for the children's program. This is on a sliding scale basis, ranging from \$60 to \$175. Please specify the name, full date of birth and gender of all children when you register.

For those with allergies, please note that IMS serves peanut butter at some meals.

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 11, 2011 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



CHRISTAL BOGOTIS/TALBOT

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.

The Art of Mindful Living: 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.

Participants are required to have sat at least one meditation retreat lasting a week or longer in any Buddhist tradition. Please document this when registering.

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.

People of Color Retreat

This insight meditation course, co-sponsored by IMS and New York Insight Meditation Center, 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 \$15 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.*

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 assisted by Jain Hein, and will be celebrating her 89th birthday during this time.

Three-Month Retreat

This three-month course, including its six-week 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.

Every participant will be offered a private room.

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 16, 2011, \$100; afterwards, \$350 for 3MO and \$250 for Part 1. Part 2: up to August 27, 2011, \$100; afterwards, \$250. Please note that these amounts will apply even if you wish to move from any part of the course to another.

Women in Meditation: Insight Meditation Retreat

In the classical context of silence and sustained insight meditation practice, women have gathered together on this annual retreat for more than 25 years, creating a powerful sense of community that supports our capacity for deepening wisdom and compassion. There are daily talks, instructions, guided loving-kindness practice and meetings with the teachers. An optional period of yoga will be offered each day.

Dharma Seed

Listen online
or download teachings
and guided meditations
given at IMS and
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Freely offered at
www.dharmaseed.org

Cultivating a Wise Heart: Insight Meditation Weekend

Life presents us with the challenge of living from a place of wisdom and its resulting true happiness, rather than from delusion and its corresponding suffering. Insight meditation leads us towards that wisdom. By simply observing our bodies and minds, we begin to know experience as it presents itself. As understanding deepens, we can live life with a wiser and more loving heart. This retreat aims to strengthen our understanding, enabling us to use everything in life as food for freedom.

Embodying the Heart of Wisdom: New Year's Retreat

The Buddha's teachings offer a pathway to discover inner peace, freedom and the compassionate heart. Through understanding the way things are, we can come to know what it means to awaken in the midst of our life, to be deeply connected to our experience, and yet not bound by it.

This retreat will focus on cultivating a quality of conscious presence that embraces our heart, mind and body with acceptance and wisdom. Insight meditation practice will be supported by instructions, lovingkindness meditation and regular meetings with the teachers.

Retreat Center Registration

Mail your completed form to IMS, 1230 Pleasant Street, Barre MA 01005, USA
To register online and for ride sharing information, please visit 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 _____
Phone _____ Cell _____ Email _____
M F Year of birth _____ Do you smoke? _____ Do you snore? _____
Please indicate any physical disabilities or special needs to assist us in assigning your room. _____

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

I wish to apply for financial assistance

- 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?

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

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

Credit card # 3-digit verification code

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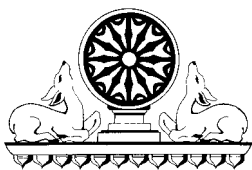
Total amount to charge credit card \$ _____ Cardholder signature _____

Information

- All retreats require a deposit on registering. Deposit and fee amounts are listed beside each course on the Retreat Center schedule (see pages 14-15). 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 weekend retreats, cancellation fees are \$50/\$125. For courses with a 'You Choose' rate option, cancellation fees are \$25/\$50.) *The cancellation policy for the Three-Month Retreat is more stringent – see page 21 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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Barre MA 01005
978-355-2347
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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 be added to our mailing list, please call or email us.

Integrated Study & Practice Program

BCBS offers a one-year program that integrates meditation practice with study of Buddhist thought, allowing experienced vipassana meditators to explore the Buddha's teachings and their relationship to practice.

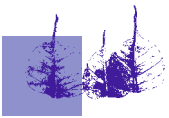
Admission to the program is by application only. The 2010-2011 ISPP is closed. For information about future programs, please email us at bcbs@dharma.org.

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.

2011 Schedule

Jan 7-9	Self & Our Unconscious Construction of Reality	Bill Waldron
Jan 14-16	Living Buddhist Ethics in the Home & Beyond	Christopher Ives
Jan 21-23	Natural Contentment & Brain Evolution	Rick Hanson
Jan 28-30	Buddhist Understanding of Teaching & Learning	Claire Stanley & Jack Millett
Feb 4-9	Bhāvāna Program: An Exploration of Experience	Andrew Olendzki, Gloria Taraniya Ambrosia
Feb 11-16	Course for ISPP Participants	Andrew Olendzki, Gloria Taraniya Ambrosia
Feb 19	Zen Teaching of No-Thought: the Platform Sutra	Peter Gregory
Feb 25-27	Metaphor, Meaning & Change: Finding Mindfulness	Arnold Kozak
Mar 3-6	Mindfulness & Psychotherapy (<i>by application</i>)	Paul Fulton & Kate Lila Wheeler
Mar 11-13	Expressing the Inexpressible in Zen Poetry	Roshi Pat O'Hara
Mar 18-21	Recognizing the Dhamma	Ajahn Thanissaro
Mar 25-27	Four Heavenly Abodes (for Helping Professionals)	Rebecca Bradshaw & Jean Esther
Apr 8-17	Paticca-samuppāda & Jhāna	Leigh Brasington
Apr 22-24	Right View: Seeing According to Dhamma	Ajahn Punnadhammo
Apr 30	Making Friends with the Thinking Mind	Myoshin Kelley
May 1	Paradoxes of Meditative Effort	Jake Davis
May 1-6	Study & Meditation for College-aged Students	Andrew Olendzki & Claire Stanley
May 6-8	Mindfulness & Children (for Classroom/Healthcare Professionals)	Susan Greenland
May 13-15	Mindfulness: Its Friends & Relatives	Ajahn Sucitto
May 20-22	Samādhi & Jhāna in Buddhist Meditation	Richard Shankman
May 27-29	Emptiness & Form: Exploring the Heart Sutra	Mu Soeng
Jun 3-8	Course for ISPP Participants	Andrew Olendzki, Gloria Taraniya Ambrosia
Jun 12-17	Essentials of Buddhist Psychology	Andrew Olendzki, Gloria Taraniya Ambrosia
Jun 19-24	Secular Dharma: Meditation & Study Retreat	Stephen Batchelor & Martine Batchelor
Jun 26-Jul 3	Unity of Love & Wisdom in Dzogchen Practice	John Makransky
Jul 22-24	Open Heart, Steady Hands: Buddhist Caregiving	Lama Willa Miller & Chris Berlin

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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PHOTOS: EMILY CARPENTER



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