

INSIGHT

NEWSLETTER

FALL
WINTER
2009/2010

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Interviews with Teachers

IMS News & Developments

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2010 Listing

Developing *Samadhi*: Practicing Concentration

An Interview with Marcia Rose & Pat Coffey

Teachers Marcia Rose and Pat Coffey have over 60 years' meditation experience between them. Marcia has led retreats at IMS for 18 years; she is also the founder and guiding teacher of The Mountain Hermitage in Taos, New Mexico. Pat began teaching in 1997; he is the founder of the Insight Meditation Community of Charlottesville, Virginia and the Blue Ridge Prison Project. More recently, both have been drawn to the concentration and insight practices offered by Burmese meditation master Pa Auk Sayadaw and, in 2008, he authorized them to teach according to his method. Here they explore the topic of *samadhi* – meditative concentration – and its benefits.

Marcia & Pat, what is the Buddhist understanding of concentration?

Marcia: In Buddhist practice, concentration is defined as a gathering together of the energy of the mind. Usually, our minds wander randomly from one thing to another and this potentially powerful energy is dispersed. In order to harness and stabilize it, we need to focus our attention on an object. The breath is often used as such an object since it's always with us and is readily available.

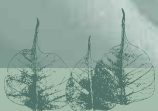
As we repeatedly attend to an object of concentration, the mind becomes

increasingly focused, clear, relaxed, serene and peaceful.

Pat: The word 'concentration,' although a frequent translation of the Pali term *samadhi*, is a bit limited. When the mind is well established in *samadhi*, a rich range of mental factors simultaneously arise, including tranquility, equanimity, lightness, flexibility, faith and mindfulness.

There's also an ethical element, the sense of right and wrong, as well as honesty. For example, successful thieves have great concentration – they can really focus on the task at hand, but they certainly don't have *samadhi*.

(continued on page 2)





ROBIN LOZNAK

Marcia Rose

(continued from page 1)

Can you give some examples of concentration practices?

Pat: The collection of techniques that cultivate concentration can be sorted into two baskets. You're either developing samadhi through continuous mindfulness of changing phenomena, or through maintaining awareness on a single point or object.

With the breath, we can pay attention to its many features, such as movement, vibration and pressure, and remain mindful with the entire moment-to-moment flow of experience as each breath unfolds. When we do that, we're deepening concentration through continuous mindfulness.



KERRY LEAVITT

Pat Coffey

Or, we can develop samadhi by placing our attention on one specific aspect of the breath, such as a small spot under the nostrils. In this case, we're not paying attention to all the breath's various sensations, but instead simply resting the mind on that particular point as each in-breath and out-breath crosses back and forth. Imagine sawing a log. As the saw moves back and forth, there are many elements involved with that movement. But in this case, we're resting our attention solely on where the cut is happening.

Marcia: Practicing lovingkindness, compassion and other qualities known as the *Brahma Viharas*, or 'divine abodes,' can also develop and deepen concentration. If we're repeating phrases, we can pay attention to their meaning and visualize the beings that are receiving the good wishes we're sending. We can also notice the felt sense of each quality in itself. We can choose any one of these objects, or use all three of them at times. As we practice, the mind becomes filled with samadhi.

Walking meditation can also contribute to the deepening of concentration. It is often one of the first and easiest ways for people to develop samadhi. During a period of somewhat slowed-down walking, we simply bring a focused attention

directly to the movement of the legs and feet, and the sensations taking place there.

Does attitude play a role in cultivating samadhi?

Marcia: Definitely! Relaxation, humor and interest are very helpful and in fact necessary in concentration practice. I would start with relaxation – it's at the crux. This is because it prevents difficulties from arising as concentration deepens. Trying too hard and striving to achieve certain pleasant mind states can result in tightness and suffering. We can lose a flexibility of mind and a lightness of being.

Pat: I love the paradox that the very deepest levels of samadhi described by the Buddha require a light, relaxed countenance toward the whole process. We need to bring to it both a robust energy yet also profound relaxedness. If students approach concentration practice with curiosity and ease of heart, they will fare much better. What's helpful is an attitude of, "Hey, this is interesting, let's see what this practice is all about!" It's simply unproductive to attempt to force the mind into one concentrated state or another.

How does concentration help insight to unfold?

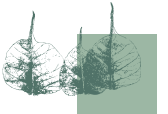
Marcia: In beginning a mindfulness-based meditation practice our mind needs to learn to be at least somewhat concentrated. To connect with our experience, to truly know what is coming in through the sense doors of the eyes, the ears, the nose, the tongue, the touch, and the mind itself requires focus and stability. A tranquil and steady mind allows this kind of intimacy with

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our experience and is absolutely necessary for insight to arise.

The ability to stay focused develops over time. What happens is that we're connecting with and concentrating on our object one moment, but in the next, the mind has suddenly veered off somewhere. We've lost touch with the immediacy of our direct experience and have become absorbed in fantasy or memory or planning. At that point we need to gather the attention back again to the object. Every time we do this, concentration gets stronger and the mind becomes a little bit brighter and clearer.

This cycle happens again and again, throughout all the years of our practice. It's like a graceful dance – concentration and mindfulness continually interweaving back and forth with each other.

How does samadhi benefit our everyday lives?

Pat: Concentration is a very practical tool for living. Last year, while I was sitting a long retreat of samadhi practice at the Forest Refuge with Pa Auk Sayadaw, the economy went through a meltdown. When I got home, I had to deal with significant financial changes as well as a difficult set of relational and emotional issues going on around me. But what I noticed in myself was a pronounced increase in equanimity. As I endeavored to sort through everything and help where I could, I was able to remain present with my own and others' suffering in a much deeper way than before. As the ability to collect the mind's energy increases, we can stay present in intense situations without reacting or running away. We can make more skillful choices and act constructively with greater wisdom and compassion.

Marcia: Within less than a week after returning home from a three-month concentration retreat, also with Pa Auk Sayadaw, my income taxes were due. I have to admit that I dread tax preparation every year. Sure enough, old habits of mind went into full gear with thoughts coming up such as, "There's just no way I can do this. I can't think like this now, especially after my retreat."

But to my great surprise and delight, when I eventually sat down at my desk and began the work, I found the task amazingly easy. Completing my return went more quickly than ever before. I was well focused, and simply did what needed to be done without resistance. It was actually almost fun!

Pat: When the mind is more relaxed, rested and unified through concentration practice, we have a wonderful tool to help us live our lives. We can aim this integrated energy toward all kinds of exploration. We can contemplate the big spiritual questions like the nature of suffering, impermanence or the self, or the quality of love. Or, we can direct this clearer, cohesive, malleable mind toward more everyday questions like how to work with a troubled relationship, how to solve a gnawing problem, or how to hit a ball! Whatever we're dealing with, the gathered, tranquil mind is more likely to offer skillful insights into the challenges at hand than a scattered, reactive mind.

Can concentration practice improve our health?

Pat: Concentration reduces stress. It's restorative. When the mind is gathered into a concentrated state, and not off in the future, rehashing the

past, or fantasizing, the whole mind-body system gets a rest. Research has verified the healing benefits of basic mindfulness practice, which includes the development of concentration, of samadhi. Studies show an increase in the immune function as well as the ability to recover more quickly from the emotional wear and tear of suffering and loss.

Marcia: Concentration practice, leading to a mind more steeped in the qualities of samadhi, helps infuse our everyday activities with wisdom and lends an openheartedness and spaciousness to our interactions. Contentment, joy and ease are more often and more readily available. These beautiful and wholesome qualities profoundly reduce restlessness and agitation – destructive emotions such as worry and regret have nowhere to abide.

Marcia and Pat will lead a 5-day course, Wise Concentration: Steadying the Mind at IMS's Retreat Center, December 18-23, 2009. Visit www.dharma.org for more information.

INSIGHT NEWSLETTER

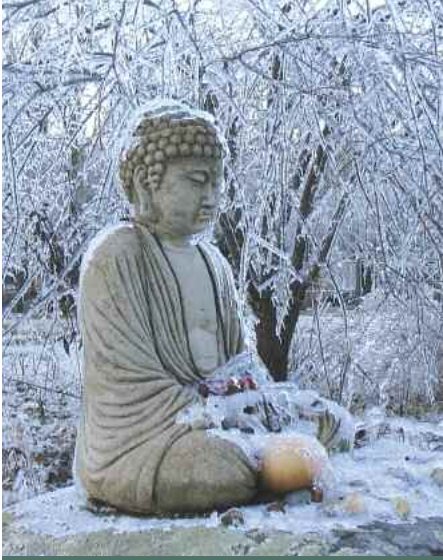


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IMS NEWS

WORTH NOTING

Extra Assistance Efforts

In addition to the one-third of all IMS retreatants who already receive some form of financial aid each year, the recession has resulted in an increased number of requests coming in for financial assistance.

Our annual **Spring Appeal**, usually dedicated to building improvements, raised funds instead this year to help meet this need. Thanks to your generosity, we have been able to provide greater levels of support, making retreat time available to those who could not otherwise afford the cost.

For several years now, we have offered a **scholarship** rate at the Retreat Center of \$30 a day. To stretch our various scholarship funds further, we have introduced a sliding scale scholarship fee structure, with the \$30 daily rate as the base scholarship fee. For anyone wishing to apply for this form of assistance, you can now choose a rate that best suits your means. By paying at a higher level, you make more funds available for others.

And for those experiencing extreme economic hardship as a result of the

recession, we have begun implementing a limited number of **'You Choose'** fee slots for certain Retreat Center courses. If your situation meets these requirements, please check our online Retreat Center schedule on a regular basis for updates.

Audio Offerings

It is now possible to download, stream or subscribe to podcasts of IMS teacher talks directly from our website – simply click on the "Teacher talks & meditations" link on our homepage. Following the ancient Buddhist tradition of *dana* (generosity), these talks are freely offered. Thank you to Dharma Seed for providing this service.

Consider burning CDs as gifts for friends and family, or for mindful listening as you drive!

Help Create the Magic

Once again, we are seeking group leaders and volunteers to assist our operations during two unique 2010 courses – the Teen Retreat, June 24-28, and the Family Retreat, July 1-6. 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.



Finding a Spiritual Home

A Donor's Story

Constance Sable was a professional cook until 1985, when she took a degree in accounting and financial planning. For the past ten years she has worked in the trusts and estates department of a law firm and volunteers at the Cambridge Insight Meditation Center. Here she tells what moved her to donate to IMS.

Throughout my life, volunteering has given me tremendous satisfaction. If someone is needed to put on an event or to organize a group to do something, my hand goes up. I know what a difference volunteers can make. But until relatively recently, I didn't know how to take care of myself while also giving to others.

Several years ago, I was struggling with a lot of stress. To feel good about myself, I'd taken on too much. So I started looking online for information about Buddhist teachings and discovered IMS. I searched through the retreats being offered and signed up for one. I didn't know the teachers, I didn't understand the title, but it fit my schedule and I knew I wanted to give it a try.

When I first arrived at IMS I immediately felt a sense of coming home. The grounds reminded me of the woods and fields where I spent time as a child. And my yogi job was in the kitchen, which was perfect for me – I was a professional cook for many years and I love to feed people.



The retreat turned out to be a terrific experience. During interviews, the teachers would ask me if I had any questions. I'd feel moved to tears and simply say, "I'm just so happy to be here."

One of the teachers at that initial course spoke about renunciation. He said it wasn't only about giving up the usual stuff, but also about letting go of everything that stands in the way of our spiritual practice. I thought, "Yes, I can do that."

I then made a decision to attend a retreat each year. During the second course, I began to ask, "Who am I when I'm not volunteering?" The third year, I sat a *metta* (lovingkindness) retreat and found that sending metta to myself helped balance the time and energy I gave to others. My stress levels have gone down.

At some point, it became important to give back to IMS. I realized that I would be able to offer a lot more by having an amount charged automatically to my credit card each month than waiting until the end of the year to make an annual donation. Having worked with non-profits, I know

the value of even small contributions – every bit helps. I decided to join IMS's *Sustaining the Sangha* monthly giving program.

In the course of my work as a paralegal, I have learned what happens to the property of someone who dies intestate, without making a will. I knew that I didn't want this to happen to my own estate. I don't have a lot to leave, but I want it to go to organizations whose work I value. IMS is one of these.

Being on retreat and having time with the teachers is very meaningful for me. I'm grateful that I'm in a position to contribute, whether through the *Sustaining the Sangha* program or through a bequest, to help ensure that IMS continues to be here, for others and for myself.

Please consider including IMS in your estate or monthly giving plans. For more information, contact our Development office at (978) 355-4578 ext. 250 or development@dharm.org.

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



JILL SHEPHERD

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ABOUT IMS

The Insight Meditation Society first opened its doors in 1976. Its mission is to provide a spiritual refuge for all who seek freedom 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 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.

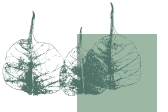
Support for a personal retreat includes two individual interviews with a teacher each week and twice-weekly dharma talks in the meditation hall. Recordings of talks are also available.

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



PASCAL AUCLAIR



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.

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 \$60-\$108 per day, depending on your means. For self retreats of up to six days immediately before or after a specific group course, you can add the dates on your registration form. For self retreats of longer than six days, please call the office for an application form.

Work Retreat

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

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

At the Retreat Center, work retreats usually coincide with 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. 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 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 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 modestly increase some of our fees for 2010, due to rising costs. However, the minimum rates for scholarships and the ‘You Choose’ option remain unchanged.

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

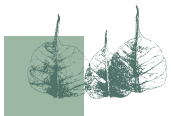


NYIMC provides a place where all are welcome to begin or deepen meditation practice based on the liberation teachings of the Buddha. Programs include evenings with renowned meditation teachers, ongoing classes, daylong retreats and weekend courses for the integration of meditation teachings in daily 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:

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



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.



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**

For a Retreat Center scholarship, 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,



MARC HAMEL

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 offers its teachers a monthly honorarium. 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



STANLEY SAGOV

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.



CAMBRIDGE INSIGHT MEDITATION CENTER

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 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.

331 Broadway
Cambridge MA 02139

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

Website: www.cimc.info

IMS FACULTY 2010

Core

Ajahn Amaro began his training in Thailand in 1978 with Ajahn Chah. He was a senior monk at Amaravati Buddhist Monastery in England, and now is the co-abbot at Abhayagiri Monastery in Redwood Valley, CA, a branch monastery in the forest meditation tradition.

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 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. He is the author of *A Heart Full of Peace*, *One Dharma*, *The Experience of Insight* and *Insight Meditation*.

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 been practicing insight meditation since 1973. He is 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'omalalama, 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 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 has been practicing meditation since 1971 with a variety of renowned teachers, including Sayadaw U Pandita and Ashin U Tejaniya. An IMS guiding teacher, she has been offering retreats worldwide since 1986, including the annual IMS Three-Month course.

Visiting

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

Ven. Ariya Nani was born in Switzerland, and ordained with Sayadaw U Janaka in Burma in 1992. She leads retreats worldwide, and currently lives at Sayadaw U Indaka's center where she teaches and translates for foreign meditators.

Pascal Auclair has practiced meditation since 1997 and is finishing the 4-year IMS/Spirit Rock Teacher Training Program. He enjoys sharing the Buddha's teachings with all curious people, and especially delights in witnessing their liberating insights.

Tara Brach is the founder and senior teacher of the Insight Meditation Community of Washington, DC. She has practiced meditation since 1975 and leads Buddhist meditation retreats throughout North America. She is a clinical psychologist and the author of *Radical Acceptance*.

Rebecca Bradshaw is a senior teacher at 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.

Eugene Cash is the founding teacher of San Francisco Insight. He is a Spirit Rock teacher where he co-founded and leads the Dedicated Practitioners Program. He also teaches the Diamond Approach® in the Bay Area with A.H. Almaas.

Sally Clough Armstrong 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.

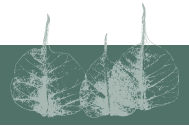
Pat Coffey has over 30 years of meditation experience, including intensive retreat practice under the guidance of Pa Auk Sayadaw. He teaches nationally and founded the Insight Meditation Community of Charlottesville, VA and the Blue Ridge Prison Project.

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 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.

Mark Epstein, M.D., has practiced insight meditation since meeting IMS founders in 1974. He is a psychiatrist and author of a number of books about the interface of Buddhism and psychotherapy, including *Thoughts without a Thinker* and *Going to Pieces without Falling Apart*.

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.

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 Zen and Vipassana with Asian and Western teachers since 1974. Trudy 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.

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

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.

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

Catherine McGee has practiced and studied Buddhist meditation since 1992, and has taught at Gaia House in England and internationally since 1997. She is also a student of the Diamond Approach of A.H. Almaas.

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.

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.

Sayadaw U Pandita is one of the foremost living masters of insight meditation and has guided many IMS teachers in the Theravada Buddhist tradition. The author of several books, including *In This Very Life*, he continues to offer the dharma in Burma and worldwide.

Yanai Postelnik has been practicing insight meditation for 20 years. He has been teaching internationally since 1992, and is inspired by the Thai forest tradition and the natural world. He is the Dharma Director of Gaia House, England.

Ajahn Punnadhammo is the abbot of Arrow River Forest Hermitage in northern Ontario. He has studied and practiced Buddhism since 1979, and was ordained in Thailand in the forest tradition of Ajahn Chah in 1992.

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.

Marcia Rose has practiced Buddhist meditation since 1970. She is the guiding teacher for The Mountain Hermitage in Taos, NM and was IMS Resident Teacher from 1991-1995. Marcia's US and international teaching is rooted in the Pa Auk Forest Monastery and Mahasi lineages.

Greg Scharf has been meditating since 1992. He has studied with a variety of teachers both in Asia and the West, and trained as a Buddhist monk in Burma. He is particularly interested in the role of service in the path of awakening. Greg has been teaching residential retreats since 2007.

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.

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 co-founded New York Insight in 1998, and has been teaching since 1994.

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 five 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 & Outreach in South Africa and has an MA in Buddhist Psychotherapy Practice.

Sayadaw U Vivekananda has trained under Sayadaw U Pandita since 1988. He has taught internationally since 1998, guiding meditators in English, Burmese, German and French. He is the resident teacher at Panditarama Lumbini International Vipassana Meditation Center in Nepal.

Pamela Weiss is a meditation teacher and executive coach. She has practiced Buddhism for over 20 years, including several years of Zen monastic training. She is currently part of the IMS/Spirit Rock Teacher Training Program.

Lila Kate Wheeler has practiced Dharma since 1977 in Asia and the West, and began teaching meditation in the mid-1980s. A writer of fiction and journalism, she is completing her second novel about Buddhists in the US.

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 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 2010, outlined at right, are effective January 1. 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.

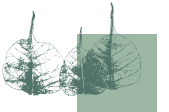
Please contact us as soon as possible if you need to cancel. If you let us know more than 60 days before your retreat begins, fees are: \$100 (or full deposit if less than this was paid). Your full deposit is forfeited if you cancel 60 days or less before your starting date.

2010 Program Highlights

Continuing the tradition of inviting Asian teachers, the Forest Refuge is honored once again to host revered Burmese meditation master **Sayadaw U Pandita** for the month of June, 2010. Together with **Sayadaw U Vivekananda**, he will guide a structured retreat, based on the practice methods of Mahasi Sayadaw.

A lottery will be conducted for this special course. If interested, please commit to the entire month of practice and ensure that your application reaches us by October 15, 2009.

In September, 2010, **Phillip Moffitt** will teach at the Forest Refuge for the first time, together with **Myoshin Kelley**. And in October, **Ven. Ariya Ñani** will return to offer the dharma with **Marcia Rose**. Ordained as a nun 17 years ago, Ariya Ñani's teachings emphasize "a continuity of awareness – a steady flow of mindfulness – throughout the day, throughout all the different body postures and activities."



2010 FOREST REFUGE TEACHING SCHEDULE

January 1 – January 31 ⁺	Gloria Taraniya Ambrosia & Annie Nugent
February 1 – February 28	Rebecca Bradshaw & Sky Dawson
March 1 – March 31	Kamala Masters & Sky Dawson
April 1 – April 30	Joseph Goldstein & Myoshin Kelley
May 1 – May 31	Joseph Goldstein & Greg Scharf
June 1 – June 30 [*]	Sayadaw U Pandita & Sayadaw U Vivekananda
July 1 – July 31	Patricia Genoud-Feldman & Susan O'Brien
August 1 – August 31	Annie Nugent & Pascal Auclair
September 1 – September 30	Myoshin Kelley & Phillip Moffitt
October 1 – October 31	Ven. Ariya Ñani & Marcia Rose
November 1 – November 30	Susan O'Brien & Sky Dawson
December 1 – December 31	Myoshin Kelley & Sky Dawson

⁺ Arrivals and departures will not be possible January 18 – 24.

^{*} Lottery course – application due by October 15, 2009. Participants are expected to follow the Sayadaws' schedule and instructions, which include observance of the 8 monastic precepts.

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

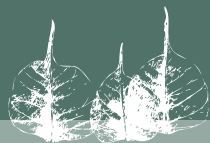
The teaching schedule may change without notice. It is our intention that retreatants will have the opportunity to practice with a variety of experienced and well-qualified insight meditation teachers.



JILL SHEPHERD

2010 SLIDING SCALE FEES (PER NIGHT)

LENGTH OF STAY	SUSTAINING	MID	BASE
7-21 nights	\$108	\$90	\$71
22-30 nights <i>(effective from 1st night)</i>	\$108	\$84	\$60
31-90 nights <i>(effective from 31st night)</i>	\$108	\$81	\$53
More than 90 nights <i>(effective from 91st night)</i>	\$108	\$70	\$31



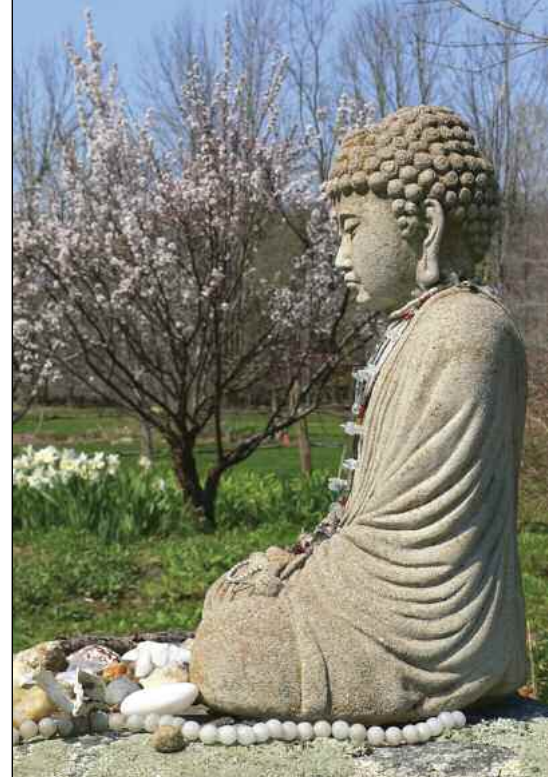
2010 Retreat Center Schedule

Dates	Length	Course Title	Teachers
Jan 8-Jan 15	7 days	<i>Metta</i> (Lovingkindness) Retreat for Scientists and Educators	Sharon Salzberg, Guy Armstrong, Sally Clough Armstrong & Mark Coleman
Jan 29-Feb 3	5 days	<i>Uncovering the First Foundation of Mindfulness: Insight Meditation Retreat</i>	Richard Shankman & Bob Stahl
Feb 7-Feb 14	7 days	<i>Metta</i> (Lovingkindness) Retreat	Sharon Salzberg, Mark Coleman, Gina Sharpe & Lila Kate Wheeler with Éowyn Ahlstrom (Yoga)
Feb 19-Feb 24	5 days	<i>The Art of Mindful Living: Insight Meditation Retreat</i>	Larry Rosenberg & Michael Liebenson Grady
Feb 25-Feb 28	3 days	<i>True Refuge: Realizing and Embodying Loving Presence</i>	Tara Brach & Pat Coffey
Mar 5-Mar 14	9 days	<i>The Mysterious Way of the Heart: Where Wisdom and Compassion Meet</i>	Thanissara & Kittisaro
Mar 19-Mar 26	7 days	<i>Women in Meditation: Insight Meditation Retreat</i>	Christina Feldman, Narayan Liebenson Grady & Maddy Klyne with Éowyn Ahlstrom (Yoga)
Mar 26-Mar 28	2 days	<i>The Power of Mindfulness: Insight Meditation Weekend</i>	Christina Feldman & Chas DiCapua
Mar 31-Apr 4	4 days	<i>The Buddha's Way to Happiness: Insight Meditation Retreat</i>	Howard Cohn & Lila Kate Wheeler
Apr 8-Apr 11	3 days	<i>The Platform of Joy: A Benefit Weekend</i>	Sharon Salzberg & Mark Epstein with Éowyn Ahlstrom (Yoga)
Apr 15-Apr 18	3 days	<i>The Wisdom of Letting Go: Insight Meditation Weekend</i>	Annie Nugent & Sky Dawson
Apr 20-Apr 25	5 days	<i>The Power of Presence: Insight Meditation Retreat</i>	Rebecca Bradshaw & Pascal Auclair with Éowyn Ahlstrom (Yoga)
Apr 30-May 9	9 days	Monastic Retreat	Ajahn Amaro, Ajahn Punnadhammo & Gloria Taraniya Ambrosia
May 14-May 23	9 days	Insight Meditation Retreat	Jack Kornfield, Trudy Goodman, Gina Sharpe, Lila Kate Wheeler & Chas DiCapua
May 28-Jun 4	7 days	<i>Loving Friendliness: Metta Retreat</i>	Michele McDonald, Rebecca Bradshaw & Greg Scharf with Éowyn Ahlstrom (Yoga)
Jun 4-Jun 13	9 days	<i>Liberation of Mind and Heart: Insight Meditation Retreat</i>	As above
May 28-Jun 13	16 days	<i>Metta & Insight Meditation Retreat</i>	As above
Jun 14-Jun 20	6 days	People of Color Retreat [∞] ^	Joseph Goldstein, Gina Sharpe & Larry Yang
Jun 24-Jun 28	4 days	Teen Retreat	Rebecca Bradshaw & Chas DiCapua with Jean Esther & Ed Hauben
Jul 1-Jul 6	5 days	Family Retreat** <i>Lottery course. Registration due by February 12, 2010.</i>	Ajahn Kusalo, Pascal Auclair, Deborah Ratner Helzer & Dori Langevin
Jul 9-Jul 16	7 days	<i>The Art of Mindful Living: Insight Meditation Retreat for Experienced Students</i>	Larry Rosenberg & Matthew Daniell
Jul 18-Jul 25	7 days	<i>Mindfulness, Insight, Liberation: Insight Meditation Retreat</i>	Christina Feldman & Rodney Smith
Jul 28-Aug 4	7 days	<i>Investigating Life: Insight Meditation Retreat for 18-32 Year Olds</i> ^	Rebecca Bradshaw, Chas DiCapua, Amita Schmidt, Anushka Fernandopulle & Pascal Auclair
Aug 6-Aug 15	9 days	<i>Insight and the Art of Equanimity</i>	Steve Armstrong, Kamala Masters & Sky Dawson
Aug 20-Aug 27	7 days	<i>Your Life is Your Practice: Insight Meditation Retreat</i>	Narayan & Michael Liebenson Grady & Maddy Klyne with Éowyn Ahlstrom (Yoga)
Aug 27-Aug 29	2 days	<i>Your Life is Your Practice: Insight Meditation Weekend</i>	Narayan & Michael Liebenson Grady
Sep 3-Sep 6	3 days	Labor Day Weekend	Ruth Denison
Sep 11-Dec 4	84 days	Three-Month Retreat	Joseph Goldstein
Sep 11-Oct 23	42 days	Part 1	Carol Wilson, Guy Armstrong, Sally Clough Armstrong & Sky Dawson
Oct 23-Dec 4	42 days	Part 2	Rebecca Bradshaw, Patricia Genoud-Feldman, Annie Nugent & Greg Scharf
Dec 10-Dec 17	7 days	<i>Insight Meditation and the Heart</i>	Rodney Smith & Narayan Liebenson Grady with Éowyn Ahlstrom (Yoga)
Dec 17-Dec 19	2 days	<i>Meditating with a Light Heart: Insight Meditation Weekend</i>	Gloria Taraniya Ambrosia
Dec 28-Jan 6, 2011	9 days	<i>Embodying the Heart of Wisdom: New Year's Retreat</i>	Yanai Postelnik, Eugene Cash, Catherine McGee & Pamela Weiss

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 weekend retreats, payment in full is required on registering.
- o Proceeds will benefit IMS.
- 'You Choose' means that you can establish your own course fee, based on your financial means. A minimum of \$10 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.
- ^ This retreat is supported in part by a grant from the Frederick P. Lenz Foundation For American Buddhism.
- ** Please refer to page 19 for additional Family Retreat information.

Code	Deposit	Sliding Scale Fees*			
		<i>Sustaining</i>	<i>Mid</i>	<i>Base</i>	<i>Scholarship⁺</i>
MSE	\$180	\$755	\$580	\$405	\$210
RS	\$180	\$540	\$435	\$330	\$150
SS	\$180	\$755	\$585	\$415	\$210
LR1	\$180	\$540	\$435	\$330	\$150
WTB	\$230 ⁺⁺	\$325	\$280	\$230	\$90
TK	\$180	\$970	\$755	\$535	\$270
WOM	\$180	\$755	\$585	\$415	\$210
WCF	\$180 ⁺⁺	\$215	\$200	\$180	\$60
HC	\$180	\$430	\$360	\$290	\$120
WB	Full Fee	<i>Benefit Retreat^o</i> <i>Flat Rate: \$600</i>			
WAN	\$230 ⁺⁺	\$325	\$280	\$230	\$90
RB	\$180	\$540	\$435	\$330	\$150
MR	\$50	\$970	\$755	You Choose •	N/A
JK	\$180	\$970	\$755	\$535	\$270
MM1	\$180	\$755	\$585	\$415	\$210
MM2	\$180	\$970	\$755	\$535	\$270
MM3	\$180	\$1,730	\$1,345	\$955	\$480
POC	\$50	\$650	\$515	You Choose •	N/A
TR	\$290	\$430	\$360	\$290	\$120
FAM	(Adult) \$180	\$605	\$545	\$440	\$150
	(Child)	\$305	\$280	\$205	\$150
LR2	\$180	\$755	\$585	\$415	\$210
CF	\$180	\$755	\$585	\$415	\$210
YA	\$50	\$755	\$585	You Choose •	N/A
SK	\$180	\$970	\$755	\$535	\$270
NMLG	\$180	\$755	\$585	\$415	\$210
WNM	\$180 ⁺⁺	\$215	\$200	\$180	\$60
WRD	\$230 ⁺⁺	\$325	\$280	\$230	\$90
3MO	\$750	\$9,070	\$6,655	\$4,450	\$2,520
PT1	\$375	\$4,540	\$3,385	\$2,230	\$1,260
PT2	\$375	\$4,540	\$3,385	\$2,230	\$1,260
RN	\$180	\$755	\$585	\$415	\$210
WT	\$180 ⁺⁺	\$215	\$200	\$180	\$60
NY	\$180	\$970	\$755	\$535	\$270



SHARE THE BENEFITS OF PRACTICE

Offer Financial Assistance

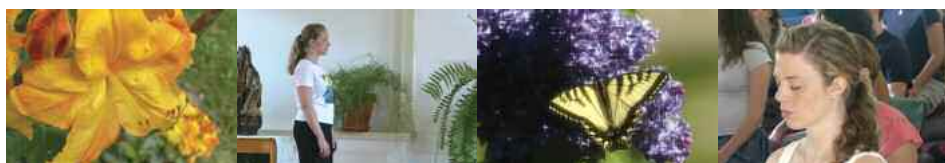
Each year, generous contributions support the practice of many participants in our programs – from a new student attending an initial weekend retreat to an experienced practitioner spending a year or more in silence. Please consider joining the community of donors who help make IMS retreats possible 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.





EDWIN AHLSTROM

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.

Metta (Lovingkindness) Retreat for Scientists & Educators

This retreat is an opportunity to advance the study of the human mind, in the company of researchers, educators, therapists and others involved in the broad areas of the mind and social sciences.

Recent studies have demonstrated the positive influence that love and

compassion can have on our lives and in our society. These qualities form a foundation for empathy and emotional intelligence to arise, allowing humanity – in all its diversity – to live and work together in greater harmony.

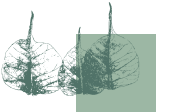
Participants will receive an in-depth training in *metta* meditation. Conforming to the spirit of empirical science, it is simply a means of training our minds to become more keenly concentrated and aware while cultivating our innate capacity for an open and loving heart. Although drawn from the Buddhist meditative tradition, the practices taught do not in any way require an adherence to Buddhism or a rejection of personal faith.

Please document your professional affiliation when registering.

Uncovering the First Foundation of Mindfulness: Insight Meditation Retreat

Mindfulness of the body is the first of the Buddha's teachings known as the Four Foundations of Mindfulness. This retreat will explore its six distinct groups of practices – the breath, the four postures of the body, mindfulness of all activities, the 32 parts of the body, the four material elements and nine cemetery meditations.

Many meditators are familiar with the first three practices. The last three, however, are rarely taught in the West. Participants in this course will gain a systematic and comprehensive exposure to the entire range of these body practices.



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.

True Refuge: Realizing and Embodying Loving Presence

Our suffering is rooted in not realizing who we are. This retreat explores how the practices of unconditional presence and compassion can awaken us from the trance of separate self and free us to live from the love and awareness that is our essence.

The teachers will be assisted by Jonathan Foust for this weekend.

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.

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 lovingkindness practice and meetings with the teachers.

The Power of Mindfulness: Insight Meditation Weekend

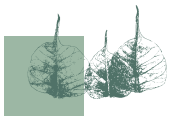
Learning to be present wholeheartedly, with kindness and mindfulness, is a gateway to the deepest understanding that transforms our minds and lives. Suitable for both beginning and experienced meditation students, this weekend will offer talks about the Buddha's teachings, instructions for practice and times for questions.

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



JOHN HOLLAND



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.

**The Platform of Joy:
A Benefit Weekend**

Within longing, behind addiction, beneath rage and under confusion lies a joy accessible to all. Uncovered by the Buddha during a period of self-investigation preceding his awakening, this joy became the wellspring of his psychology and the foundation of his



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

Middle Path. The Buddha called it 'the way to enlightenment.' This retreat, celebrating Buddhist practice but also drawing on the wisdom of contemporary psychotherapy, will create opportunities to experience this joy for ourselves and to use it to deepen our understanding.

This insight meditation course, suitable for both beginners and experienced meditators, is offered as a benefit to support IMS's mission. Periods of optional daily yoga will be included.

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

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

**The Power of Presence:
Insight Meditation Retreat**

As mindfulness deepens, wholehearted presence is cultivated, giving us the opportunity to discover for ourselves what leads to happiness and peace. This five-day course, open to both new and experienced meditators, will include daily guided lovingkindness practice to warm our hearts and afternoon yoga to relax our bodies.

Monastic Retreat

Western nuns and monks from the Thai Buddhist monastic tradition teach each year at the Retreat Center.

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.

**Loving Friendliness:
Metta Retreat**

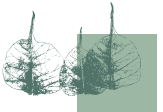
This metta retreat will provide the support needed to touch into the wordless depths of our own heart. There, we can experience its essential boundlessness and our capacity to love and embody kindness. Teachings and practices on compassion, joy in the happiness of others and equanimity will also be offered.

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

The teachers will be assisted by Jesse Maceo Vega-Frey for this course.

**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.

The teachers will be assisted by Jesse Maceo Vega-Frey for this course.

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.*

This retreat is supported in part by a grant from the Frederick P. Lenz Foundation For American Buddhism.



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 \$55 to \$165. 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 12, 2010 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.



MARC HAMEL

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

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.

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 teachers will be assisted by Will Kabat-Zinn for this course.

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. This retreat is supported in part by a grant from the Frederick P. Lenz Foundation For American Buddhism.

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.

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 88th 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



JILL SHEPHERD



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 18, \$100; afterwards, \$350 for 3MO and \$250 for Part 1. Part 2: up to August 29, \$100; afterwards, \$250. Please note that these amounts will apply even if you wish to move from any part of the course to another.

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.

Meditating with a Light Heart: Insight Meditation Weekend

This weekend retreat, suitable for both beginning and experienced meditators, will be an opportunity to develop awareness, wellbeing and tranquility within a silent and supportive environment. Instructions and reflections on the Buddha's teachings will focus on inspiring relaxation and a softening of the heart and mind. Participants will practice mindfulness meditation while sitting and walking, as well as throughout all daily activities. Optional periods of gentle yoga will be offered.

Gloria Taraniya Ambrosia will be assisted by Doreen Schweizer for this course.

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.

Dharma Seed

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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 a scholarship

- Please send me an application form
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Do you wish to receive our mailings?

YES NO

May we share your address with similar organizations?

YES NO

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- by email
- by postal mail



Do you wish to be on our emailing list?

YES NO

May we share your email address with similar organizations?

YES NO

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

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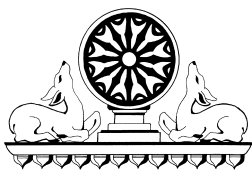
Total amount to charge credit card \$ _____ Cardholder signature _____

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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(978) 355-2347
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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 current course, June 2009 to June 2010, is full. The deadline for the 2010-2011 program is June 2010, with a start date in September 2010.

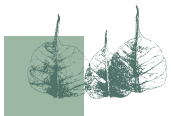
For more information, please email us at bcbs@dharma.org.

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.

2010 Schedule

Jan 8-10	Buddhist Psychology & Therapy in Action	David and Caroline Brazier
Jan 17-22	Abhidhamma: Classical Buddhist Psychology	Andrew Olendzki
Jan 29-31	Mindfulness for Educators	Claire Stanley and Jack Millett
Feb 4-7	Mindfulness & Psychotherapy (by application)	Paul Fulton, Gloria Taraniya Ambrosia
Feb 20-27	Seven Factors of Awakening	Andrew Olendzki, Gloria Taraniya Ambrosia
Mar 5-10	Becoming & the End of Becoming (ASPP/ISPP prior students)	Ajaan Thanissaro
Mar 12-15	Exploring Dependent Co-Arising	Ajaan Thanissaro
Mar 19-21	Self & No-Self in Buddhism & Neuroscience	Rick Hanson, Bill Waldron
Apr 3	Metaphors, Meaning, Language & Mindfulness	Arnie Kozak
Apr 9-11	Mindfulness & Children (for Professionals in the Classroom & Healthcare)	Susan Kaiser Greenland
Apr 17	Meditating Self-lessly toward Insight-Wisdom	James Austin
Apr 18	How to do Buddhist Ethics	Christopher Ives
Apr 23-25	Universal Wisdom of the Householder	Roshi Pat O'Hara
Apr 30-May 2	Entering into the Bodhisattva Path	Jan Willis
May 7-9	Working with Addiction: Spiritual Self-Schema Therapy	Paul Simons
May 14-16	Upekkhā: Being at Peace in the World	Ajahn Amaro
May 19-23	Insight Dialogue for Psychotherapists	Gregory Kramer & Jan Surrey
Jun 13-18	Buddhist Psychology	Andrew Olendzki, Gloria Taraniya Ambrosia
Jun 26-Jul 3	Unity of Love & Wisdom in Dzogchen Practice	John Makransky
Jul 9-14	Awareness & the Structure of Experience	John Peacock
Jul 16-25	Jhānas & Wisdom Practices	Leigh Brasington
Sep 4	Insights from the Four Noble Truths	Phillip Moffitt
Sep 5	Daylong	Joseph Goldstein
Sep 24-26	Brahmavihāras for Psychotherapists	Rebecca Bradshaw
Oct 1-3	Knowing Persons in their Deepest Goodness	John Makransky
Oct 16-23	Ignorance & Wisdom	Andrew Olendzki, Gloria Taraniya Ambrosia
Oct 24-28	Dependent Arising (ASPP/ISPP prior students)	Christina Feldman
Oct 31	Thinking About the Buddha's Inner Life	Mark Epstein & Joseph Goldstein: Dialogue
Nov 5-14	Dependent Arising: Insight Dialogue	Gregory Kramer

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



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PHOTOS: MARC HAMEL & LIBBY YIGFON



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