

# INSIGHT

## NEWSLETTER

**SPRING  
SUMMER**  
**2008**

*Schedules:*

*The Retreat Center 2008*

*The Forest Refuge 2008/2009*

*Interview with Teachers*

*News & Developments*

## **Equanimity:**

### **Balance of Mind and Peace of Heart**

**An Interview with Rebecca Bradshaw,  
Patricia Genoud-Feldman and Annie Nugent**

What is equanimity? How is it strengthened, and why is it significant? *Insight Newsletter* put these questions to three IMS teachers who frequently lead courses at both the Retreat Center and the Forest Refuge. Here are their responses.

**Annie:** In the language of meditation, equanimity is the term given to a balanced mind. In this state, the mind is non-preferential and non-reactive. It doesn't cling to pleasant thoughts, sensations or feelings and it doesn't push away unpleasant thoughts, sensations or feelings. It understands that whatever arises doesn't last. It is the mind of wisdom.

**Rebecca:** We can also describe equanimity as the capacity to connect more fully with what each moment presents, with a heart and mind free of contraction. Only when we learn how to relate skillfully to this world of impermanence, or *anicca* as the Buddha called it, can we find real peace. We begin to let go of struggling against the ever-changing process of life.

It's important, however, not to interpret equanimity as indifference or disconnection. It doesn't imply inaction or an uncaring

attitude. On the contrary, injustices must be righted. When equanimity is present, we can act more wisely and more compassionately.

**Patricia:** Equanimity is often felt as a deep and complete peace. It is a factor of enlightenment and a fruit of our practice. It is what allows the mind to hold steady, no matter what may arise. It is the capacity to be attentive and open to an ever-widening range of experience – without valuing pleasure over pain, or gain over loss. Mindfulness is a key to its development.

**Rebecca:** In my own life, I have found chronic health issues to be a rich and fascinating area for strengthening equanimity. For example, when there are unpleasant physical experiences, it is very easy to get reactive and extrapolate into the future, imagining how horrible we're going to feel for

*(continued on page 2)*



Rebecca Bradshaw

*(continued from page 1)*

the rest of our lives. In such situations, I have learned to quietly ask myself, “Is this particular moment okay?” This can be a helpful mantra to use in many challenging circumstances. I have surprised myself at how often the answer to this question is “Yes.” Then I am more able to focus on the actual moment at hand and how I’m relating to it, without getting swept away. This mindfulness helps develop equanimity, an abiding peace that manifests as the ability to flow gracefully with the inevitable ups and downs of life.



Annie Nugent

**Annie:** When I first started sitting retreats, I had a tremendous amount of fear in my practice, with a lot of frightening images coming to mind. The first step that I had to take toward both mindfulness and equanimity was to recognize that fear was present. Sometimes it’s very difficult for us to acknowledge this. Working with mindfulness I came to understand, “Oh, this is simply an image arising in the mind, it’s not a reality.” I was able to look those disturbing pictures in the eye and see them for what they were: empty projections. And so their power over me dissipated. I saw for myself how wise attention to whatever is arising helps to bring about equanimity.



Patricia Genoud-Feldman

**Patricia:** I had a similar experience in relation to loss. Some years ago, the lease on my apartment was terminated. For a few days I was caught in reactivity – I felt aversion toward the owners, and suffered from the sense of having no secure place in the world. The event brought back childhood experiences growing up in Africa during times of war, when again and again my family had to move to avoid conflicts. When I recognized these old feelings, I was able to extend compassion towards both the landlord and myself. Out of this, equanimity returned and I could

acknowledge that “things are as they are.” I could then get on with finding skillful solutions to the problem.

**Rebecca:** If we are willing to explore our reactivity, we will see, over and over again, that it need not run our lives. Equanimity naturally unfolds through repeatedly bringing mindfulness and awareness to how we are relating to our experience in the moment.

**Annie:** I have found nature particularly helpful in experiencing this balance of mind. When turmoil would sometimes arise on retreat, I would go outside and simply stand there, sensing the earth under my feet and the air around me. I felt its peace flowing into me.

On many other occasions I have sat in the meditation hall, looking at the statue of the Buddha. He would almost come to life; I could feel his strong equanimity as if it were radiating out toward me. And I would become imbued with a little more ease, a little more balance of mind that allowed me to work with the difficulty of whatever was going on within.

**Patricia:** It requires an unwavering fearlessness to face the reality of life. It’s important to appreciate this as we practice meditation and look directly into our minds – we are undertaking something truly courageous. It’s also important to understand that it takes time for equanimity to unfold; little by little, if we can observe what arises with awareness, we see that everything also passes. As we begin to let go of our reactivity – whether it’s fear, anger, excitement or pleasure – what remains is the peace of equanimity.

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*To find out when Annie, Patricia and Rebecca will be teaching at IMS, see pages 4, 5 & 7 or visit [www.dharma.org](http://www.dharma.org).*



## IMS NEWS

### WORTH NOTING

#### Forest Refuge 'You Choose' Fee Program to Continue

Since July of last year, IMS has piloted a 'You Choose' fee program at the Forest Refuge. It has allowed many retreatants – who could not otherwise afford the cost – the chance to practice there. With the pilot coming to an end in October, IMS is pleased to announce it will continue offering a number of 'You Choose' fee spaces for the foreseeable future. This is part of our commitment to make the Buddha's teachings accessible to all, regardless of means.

For stays of fourteen nights or longer, applicants can select their own fee amount based on what they can afford (a minimum of \$10 per night is required). Spaces are awarded on a first-come, first-served basis. To find out more, visit our website, email [fr@dharma.org](mailto:fr@dharma.org) or call (978) 355-2063.

#### Help Complete the Vision

Thanks to many supporters, our IMS Retreat Center meditation hall was beautifully renovated in 2006. The basement space beneath it, however, has remained in its original state, patiently

awaiting its turn at transformation. That time has now come! We hope to start renovations later this year.

Plans include a refreshed lower walking room, a new yoga room, new paint and cork flooring throughout, and a ventilation system to circulate the air and reduce moisture. Bathrooms, corridors and stairways will be refurbished. When the renovation is completed, retreatants will have access to lighter, roomier and healthier areas for walking meditation and other forms of mindful movement.

This project is the focus of our Spring Fund Drive – our goal is to raise \$65,000. Please help us turn this space into one of beauty, where we can all practice peacefully and breathe freely! To make a contribution, please donate online at our website or mail your gift to IMS.

#### Retreat Center Facelift



PHOTOS: MARC HAMEL

*Over the last few months, the Retreat Center foyer and dining room have received a much-needed facelift. Light and warmth from fresh paint and new wallpaper, in addition to new dining room tables and chairs, have welcomed those arriving for our 2008 retreat season.*

## CENTERS & RESOURCES



Barre Center for Buddhist Studies, located adjacent to IMS, offers a wide range of one-day, weekend and longer courses integrating scholarly understanding with meditative insight. [www.dharma.org](http://www.dharma.org), [bcbs@dharma.org](mailto:bcbs@dharma.org) or (978) 355-2347.



Cambridge Insight Meditation Center is an urban non-residential center for the teaching and practice of insight meditation, offering daily sittings, Dharma talks, meditation classes, workshops and retreats. For more information, visit [www.cimc.info](http://www.cimc.info) or call (617) 441-9038.



Dharma Seed freely offers a large archive of talks and guided meditations from the Buddhist vipassana (insight) tradition. Stream or download these priceless teachings from [www.dharmaseed.org](http://www.dharmaseed.org), or call (800) 969-7333 for CDs and tapes.

The Gift of Lovingkindness is an online discussion group for anyone interested in lovingkindness (metta) meditation. Share experiences, ask questions, lend and receive support – visit [new.groups.yahoo.com/group/giftoflovingkindness](http://new.groups.yahoo.com/group/giftoflovingkindness).



The Insight Meditation Community of Washington, serving the entire DC area, offers training in mindfulness (vipassana) meditation and related Buddhist practices that awaken the heart and mind. Look for us at [www.imcw.org](http://www.imcw.org) or call (202) 986-2922.



New York Insight, located in Chelsea, provides a place where all are welcome to begin or deepen meditation practice based on the liberation teachings of the Buddha. [www.nyimc.org](http://www.nyimc.org), (212) 213-4802.



# 2008 Retreat Center Schedule

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

Please see page 6 for registration information. Retreat descriptions are on our website.

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

+ **Scholarships** are awarded on a first-come, first-served basis.

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

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



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



## PLANNED GIVING

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

– *The Buddha*

Join a growing community of supporters who have designated IMS in their estate plans. Planned giving is a powerful way to ensure that meditation will be practiced and taught at our centers for many years to come.

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@dharma.org](mailto:development@dharma.org)

*Your generosity is deeply appreciated*

## INSIGHT NEWSLETTER



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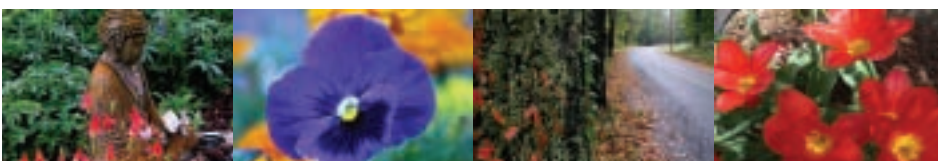
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PHOTOS AT LEFT: LIBBY VIGEON, JOHN HOLLAND & AHNA FENDER







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Fees for 2009 are not yet established. Sliding scale fees for 2008 are outlined in the box below. For those who cannot afford the entire cost, a limited number of 'You Choose' fee spaces are available for stays of fourteen nights or more.

A deposit of approximately one-third of your retreat cost is due once your application has been approved. (If you register for a 2009 retreat, the deposit will be calculated based on 2008 rates until 2009 fees are set.) If you need to cancel, fees are: \$100 (or full deposit if less than this was paid) for notice given more than 60 days before your retreat begins. Your full deposit is forfeited after that.

# The Forest Refuge

## General Information

For experienced practitioners, a personal retreat at the Forest Refuge is an opportunity to discover an intuitive practice

rhythm, and to strengthen faith and self-reliance. Stays range from seven nights to a year or more. For those interested, there is an application process – visit our website or contact us for more information.

## Teaching Schedule

### 2008

<i>Apr 16 – May 31</i>	Joseph Goldstein & Myoshin Kelley
<i>Jun 1 – Jun 30</i>	James Baraz & Myoshin Kelley
<i>Jul 1 – Oct 31</i>	Pa Auk Sayadaw*
<i>Nov 1 – Nov 30</i>	Myoshin Kelley & Patricia Genoud-Feldman
<i>Dec 1 – Dec 31</i>	Marcia Rose & Myoshin Kelley

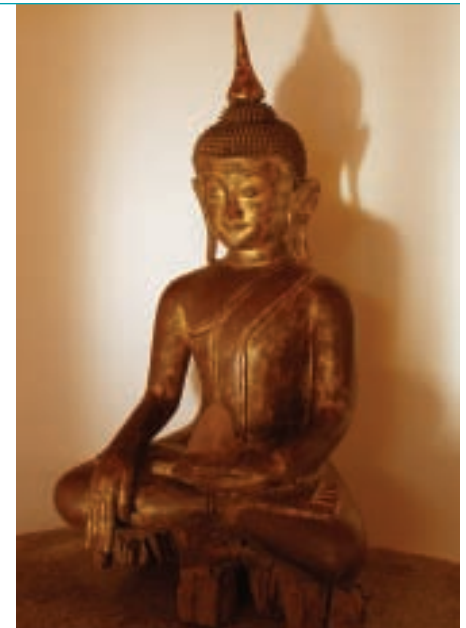
### 2009

<i>Jan 1 – Jan 15</i>	Marcia Rose & Susan O'Brien
<i>Jan 16 – Jan 31</i>	Susan O'Brien & Patricia Genoud-Feldman
<i>Feb 1 – Feb 14</i>	Myoshin Kelley & Patricia Genoud-Feldman
<i>Feb 15 – Mar 31</i>	Myoshin Kelley & Rebecca Bradshaw
<i>Apr 1 – Apr 30</i>	Joseph Goldstein & Myoshin Kelley
<i>May 1 – May 23</i>	Joseph Goldstein & Rob Burbea
<i>May 24 – Jun 14</i>	Sayadaw U Tejaniya**
<i>Jun 15 – Jun 30</i>	Patricia Genoud-Feldman & Annie Nugent
<i>Jul 1 – Jul 31</i>	Bhante Khippapanno*
<i>Aug 1 – Aug 31</i>	Annie Nugent & Sky Dawson
<i>Sep 1 – Sep 30</i>	Kamala Masters & Sky Dawson
<i>Oct 1 – Oct 31</i>	Marcia Rose & Myoshin Kelley
<i>Nov 1 – Nov 30</i>	Carol Wilson & Myoshin Kelley
<i>Dec 1 – Dec 31</i>	Myoshin Kelley & Annie Nugent

\* Participants in these retreats are expected to follow the schedule and instructions, which may include observance of the 8 monastic precepts.

\*\* Lottery course. Application due by September 30, 2008.

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.



### 2008 SLIDING SCALE FEES (PER NIGHT)

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



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## Offer a Meal

Help us 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*



PHOTOS: MARC HAMEL & LIBBY VIGEON

## Work at IMS

and cultivate awakening

IMS is more than just a workplace. We offer

- a friendly and caring environment
- fair pay and great benefits
- meditation resources and support
- a way to combine practice with service to others

**For current openings and further information**  
see [www.dharma.org/ims](http://www.dharma.org/ims) or contact **Human Resources:**  
call (978) 355-4378 ext. 335 or email [hr@dharma.org](mailto:hr@dharma.org)