

INSIGHT

NEWSLETTER

**SPRING
SUMMER**
2009

Schedules:

*The Retreat Center 2009
The Forest Refuge 2009/2010*

Teacher Interview

News & Developments

The Foundation for Service: Uniting Compassion with Wisdom

An Interview with Myoshin Kelley

Myoshin Kelley attended her first insight meditation retreat in 1975, at the age of 20. Over the decades since, she has received dharma teachings from several Burmese meditation masters, notably Sayadaws U Pandita, U Janaka and more recently, U Tejanya. In the Tibetan tradition, she also practices with Mingyur Rinpoche. She started teaching in 1995 and has served as teacher-in-residence at the Forest Refuge since it opened in 2003. In late winter, Myoshin spoke with *Insight Newsletter* about uncovering our wise and compassionate heart.

Myoshin, what is the Buddhist understanding of compassion?

Compassion is classically described as the quivering of the heart in response to suffering. It's that movement of mind and heart that sees pain, whether in others or in ourselves, and wants to alleviate it. Compassion is a willingness to stand in the space of suffering, rather than turning away from it.

Many of us are familiar with the voice inside us that says, "This is suffering. How can I help?" or, "What can be done about this?" It is compassion that asks these questions.

But we need wisdom as well to help us see the whole picture and not just the

symptom. Then we can better discern what action is most appropriate. Otherwise we may react out of a grief that is easily overwhelmed by the suffering, or a pity that feels itself separate, holding pain at arm's length.

How can we tell the difference between compassion and pity?

In Buddhist teachings pity is seen as the 'near enemy' of compassion. Wisdom helps us distinguish between the two. With pity, there's a sense of self – of "Look at me, I'm saving you," or of fear and separation – "Poor so-and-so. I'm glad that's not happening to me." But true compassion has a sweetness from connection that gives it buoyancy. It's supportive, like, "We're in this together."

(continued on page 2)



Myoshin Kelley

(continued from page 1)

How do meditation and retreat life help us to develop wise compassion?

Meditation practice allows us to repeatedly open to our thoughts, sensations and feelings, rather than turning away from them. On retreat, without the distractions of worldly life, we can calmly come face-to-face with uncomfortable feelings, such as loss, vulnerability or physical pain. We notice that these feelings come and go, and we begin to see how much our lives are constantly subject to change beyond our control.

As we continue to practice, we also see that our suffering comes more from how we are *relating* to our experience rather than from the circumstances themselves. We realize that despite our challenges, we have an innate capacity for deep happiness. The Dalai Lama is an example of someone who is truly happy, even though he has had to endure and witness great suffering.

Meditation strengthens our understanding of the interdependence of all life. This leads to a sense of empathy with all beings – for our shared predicament in the face of suffering, as well as our shared capacity for true happiness. Out of this, compassion naturally emerges.

What else supports the unfolding of compassion?

Another essential element of wise compassion is equanimity. When we can simply be with whatever is arising in our minds, we discover that we can bear witness to suffering in ourselves or others without pushing it away. This clear seeing stabilizes the mind and prevents it from drowning in pity or grief. From this balanced place we can then act compassionately and wisely on behalf of others, in whatever ways that are available to us.

When the mind is in balance, our compassionate action doesn't get undermined by reactivity. For instance, if we're with somebody who's in a lot of pain, we can watch to see if there's a reaction within ourselves – perhaps some constriction or holding separate. If we aren't aware of what's happening inside us, it's going to create a stress on our system and may shape our response in ways we don't intend. But if there's equanimity, the reaction is simply recognized for what it is. There's no added layer of judgment. Then we can be present with another's suffering and respond from a place of deep caring.

Why is it important to do this inner work?

What I see in my life is this: the more deeply I understand my own suffering, the more service I can truly offer to the world. If we're not at home with our own pain, then as soon as we meet suffering in the world, we'll fall into our habitual ways of dealing with it – denying, suppressing, covering over, blaming or acting out of self-righteous anger.

Our practice of looking within whenever there is pain, noticing how the mind is reacting, helps us to be with feelings

even when they are very strong. This gives us the clarity to see what is needed in each moment. Inner work is vital if our actions on behalf of others are going to come from a wise and caring heart.

When we are moved by compassion, it can be helpful to focus on the small ways we can express our love and concern. Then we don't fall into the trap of carrying the world's troubles on our shoulders or of thinking there's a right way for things to be. This can lead to compassion burnout. Instead, we look towards what can bring authentic happiness.

We need to remind ourselves that, in reality, we don't have control over the results of our actions. They become part of a whole melting pot of conditions over which we have no power. But we can each individually do our utmost to work with the roots of suffering – with the greed, aversion, and delusion that is so pervasive. Then, even though we can't control what happens in the world, we are doing the best that we can.

What are the fruits of this inner work?

As we surrender our views and opinions about how things should be, we can meet suffering with a stability of mind and heart. We simply respond to how things are. How that response manifests won't come from habitual reaction but from a deep place of caring. When we are not lost in delusion, this caring is something natural and uncontrived. Essentially, all we need to do is to get out of our own way!

To find out when Myoshin will be teaching at the Retreat Center and the Forest Refuge, see pages 4, 5 & 7 or visit www.dharma.org.



IMS NEWS

WORTH NOTING

Share a Ride

If you can offer a ride to or from IMS, or are seeking a ride to or from your retreat, please check out the new online Ride Board at our website. This feature allows anyone confirmed into a course to make ride sharing arrangements directly with other participants.

Catskills Renovations

As soon as is realistically possible, given the state of the economy, IMS intends to raise funds to fully renovate the Retreat Center 'Catskills' building. For 33 years, this dormitory, including the 'Gym,' has housed many thousands of retreatants and is clearly showing its age. The time has come for much-needed improvements, especially to air quality, heat retention and bathroom conditions. We will update you as plans progress.

Help Someone Sit

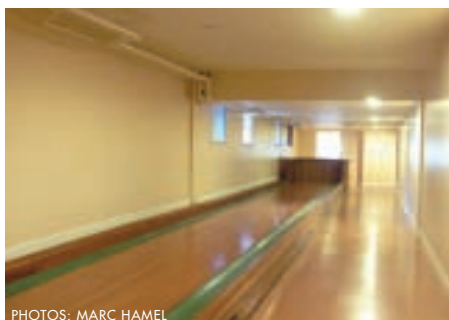
Due to the current economic downturn, IMS is experiencing a significant increase in the number of retreatant requests for financial assistance. In response, we are dedicating much of our fundraising action this year,

including our Spring Appeal, to meeting this need. Please support our efforts to offer a path of transformation to all, regardless of financial means. To make a contribution, you can donate online at our website or mail your gift to IMS.

Retreat Center Improvements



Late last year, a beautiful new walnut altar (above) was installed in the Retreat Center meditation hall. In harmony with the peaceful colors and lines of its surroundings, it now gracefully supports the statue of the Buddha and relics of his disciples Sariputta and Moggallana.



A freshly renovated lower walking room (top) and bowling alley corridor (above) have welcomed those arriving for our 2009 Retreat Center season. Thank you to all our generous supporters for making this possible.

PHOTOS: MARC HAMEL

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, 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 or call (617) 441-9038.



Dharma Seed freely offers a growing archive of talks and guided meditations by leading teachers of the vipassana (insight) and metta (lovingkindness) practices of Theravada Buddhism. Stream, download, or order CDs by visiting www.dharmaseed.org.

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/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 or call (202) 986-2922.



New York Insight Meditation Center, 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, (212) 213-4802.



2009 Retreat Center Schedule

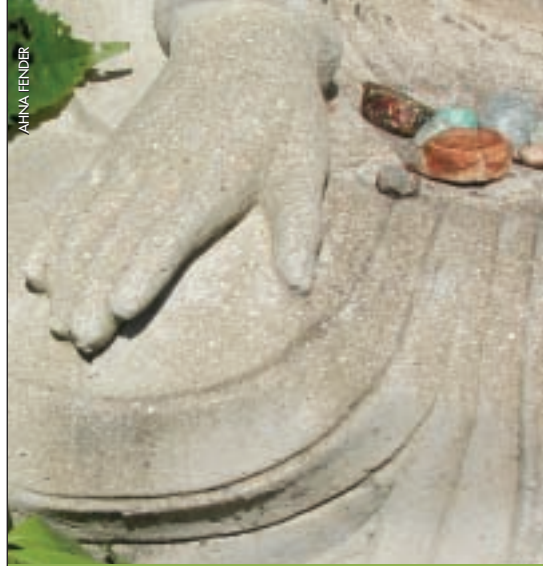
Dates	Length	Course Title	Teachers
Feb 1-Feb 8	7 days	<i>Metta</i> (Lovingkindness) Retreat	Sharon Salzberg, Mark Coleman, Gina Sharpe & Kate Lila Wheeler
Feb 13-Feb 20	7 days	<i>The Twelve Insights of the Four Noble Truths</i>	Phillip Moffitt, Adrienne Ross, Hugh Byrne & Kate Lila Wheeler
Feb 20-Feb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

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

- * **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.**
- **'You Choose'** means that you can establish your own course fee, based on your financial means. **A minimum of \$10 per day is required.**
- ^ **Free bus transportation** is offered between New York City and IMS on a first-come, first-served basis for this retreat.
- **Proceeds will benefit IMS and the Home Care Alliance of Massachusetts. Nursing contact hours will be offered.**
- ** **Proceeds will benefit IMS.**



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MONTHLY GIVING

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

— The Buddha

Join a growing community of donors who regularly contribute to IMS's *Sustaining the Sangha* monthly giving program. Pledging a monthly donation by credit card or through automatic withdrawal from your bank account generates a steady stream of support for IMS's mission. Monthly amounts of any size add up to a significant gift over the year and help us keep retreat fees affordable for all.

For more information, please visit our website or contact our Development Office. Call (978) 355-4378 ext. 230 or email development@dharma.org.

Your generosity is deeply appreciated

INSIGHT

NEWSLETTER



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PHOTOS AT LEFT: LIBBY VIGEON, JOHN HOLLAND & MARC HAMEL

Code	Deposit	Sliding Scale Fees*			
		Sustaining	Mid	Base	Scholarship ⁺
SS	\$175	\$735	\$570	\$405	\$210
PM	\$175	\$735	\$570	\$405	\$210
WAN	\$100	\$210	\$195	\$175	\$60
LR1	\$125	\$525	\$425	\$320	\$150
MR	\$50	\$945	\$735	You Choose •	N/A
WOM	\$175	\$735	\$570	\$405	\$210
WCF	\$100	\$210	\$195	\$175	\$60
CW	\$175	\$735	\$570	\$405	\$210
HC	\$125	\$525	\$425	\$320	\$150
WNS	\$100	\$210	\$195	\$175	\$60
RB	\$125	\$525	\$425	\$320	\$150
YMP	\$175	\$840	\$650	\$460	\$240
JK	\$175	\$945	\$735	\$520	\$270
MM1	\$175	\$735	\$570	\$405	\$210
MM2	\$175	\$945	\$735	\$520	\$270
MM3	\$175	\$1,680	\$1,305	\$925	\$480
POC	\$50	\$525	\$425	You Choose •	N/A
LR2	\$175	\$735	\$570	\$405	\$210
TR	\$280	\$420	\$350	\$280	\$120
FAM (Adult)	\$175	\$585	\$530	\$425	\$150
(Child)		\$295	\$270	\$200	\$150
CF1	\$175	\$840	\$650	\$460	\$240
YA	\$50	\$735	\$570	You Choose •	N/A
WSK	\$100	\$210	\$195	\$175	\$60
SK	\$175	\$945	\$735	\$520	\$270
NMLG	\$175	\$735	\$570	\$405	\$210
CF2	\$125	\$525	\$425	\$320	\$150
WRD	\$125	\$315	\$270	\$225	\$90
BHH	Full Fee	Benefit Retreat ^o Flat Rate: \$600			\$315
WS	\$125	\$315	\$270	\$225	\$90
2MO	\$750	\$5,880	\$4,380	\$2,880	\$1,680
PT1	\$375	\$2,940	\$2,190	\$1,440	\$840
PT2	\$375	\$2,940	\$2,190	\$1,440	\$840
WSR	\$100	\$210	\$195	\$175	\$60
WB	Full Fee	Benefit Retreat ^{**} Flat Rate: \$500			
TK	\$125	\$525	\$425	\$320	\$150
MU	\$125	\$525	\$425	\$320	\$150
NY	\$175	\$945	\$735	\$520	\$270



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 _____

Day Phone _____ Evening Phone _____ Email _____

M F Year of birth _____ Do you smoke? _____ Do you snore? _____

Please indicate any physical disabilities or special needs to assist in assigning your room. _____

Retreat Experience (for CF2, PT1, PT2 & 2MO courses). Please list teacher names, dates, course length and locations.
(attach extra paper if necessary)

I wish to apply for a scholarship:

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

Do you wish to receive our mailings?

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

I wish to receive my confirmation packet

- by email
- by postal mail

Do you wish to be on our emailing list?

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

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

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

Credit Card # 3-Digit Verification Code

Expiration Date _____ / _____ Exact name on Credit Card _____

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

Information

- All retreats require a deposit on registering. Deposit and fee amounts are listed beside each course on the Retreat Center Schedule (see pages 4-5). Our sliding scale fee structure allows you to pay according to your means.
- Any amount paid above the Base rate is a tax-deductible donation.
- We will advise you of your course status within two weeks of receiving your registration.

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

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



Phone: (978) 355-2063
 Fax: (978) 355-4307
 Email: fr@dharma.org

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.

Sliding scale fees for 2009 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. Fees for 2010 are not yet established.

A deposit of approximately one-third of your retreat cost is due once your application has been approved. (If you register for a 2010 retreat, the deposit will be calculated based on 2009 rates until 2010 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.



JOHN HOLLAND

2009 SLIDING SCALE FEES (PER NIGHT)

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

The Forest Refuge

Teaching Schedule

2009

<i>Apr 1 – Apr 30</i>	Joseph Goldstein & Myoshin Kelley
<i>May 1 – May 25</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

2010

<i>Jan 1 – Jan 31</i>	Gloria Taraniya Ambrosia & Annie Nugent
<i>Feb 1 – Feb 28</i>	Rebecca Bradshaw & Sky Dawson
<i>Mar 1 – Mar 31</i>	Kamala Masters & Sky Dawson
<i>Apr 1 – May 31</i>	Joseph Goldstein & Myoshin Kelley
<i>Jun 1 – Jun 30</i>	Sayadaw U Pandita & Sayadaw U Vivekananda * +
<i>Jul 1 – Jul 31</i>	Myoshin Kelley & Patricia Genoud-Feldman
<i>Aug 1 – Aug 31</i>	Myoshin Kelley & Annie Nugent
<i>Sep 1 – Sep 30</i>	Myoshin Kelley & Phillip Moffitt
<i>Oct 1 – Oct 31</i>	Ven. Ariya Ñani & Marcia Rose
<i>Nov 1 – Nov 30</i>	Susan O'Brien & Sky Dawson
<i>Dec 1 – Dec 31</i>	Myoshin Kelley & Sky Dawson

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

° Both wise concentration (as taught by Pa Auk Sayadaw) and insight practices will be offered during this month. The possibility of working with just one teacher will be available.

+ Lottery course. Application due by October 15, 2009.

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.



Insight Meditation Society
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If you would prefer to read this newsletter online, please email newsletter@dharmadharma.org and we will stop sending you the print version.



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

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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
visit www.dharma.org or contact **Human Resources:**
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