



# INSIGHT

## NEWSLETTER

**FALL  
WINTER**  
**2011/2012**

*IMS Schedules:*

*The Retreat Center 2012*  
*The Forest Refuge 2012*

*Teacher Interview*

*IMS News & Developments*

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## **Busy Life, No-Self: Everyday Practices to Realize *Anatta***

**Recent thoughts from Joseph Goldstein**

IMS co-founder and guiding teacher Joseph Goldstein is taking 2011 off from his usual full teaching schedule to practice and write. Earlier this year he spent several months in self retreat. Shortly after it finished, he spoke with *Insight Newsletter* about an approach to meditation that came to him during this time. Here he offers this tool especially for the benefit of those wanting to deepen their practice in the midst of everyday life.

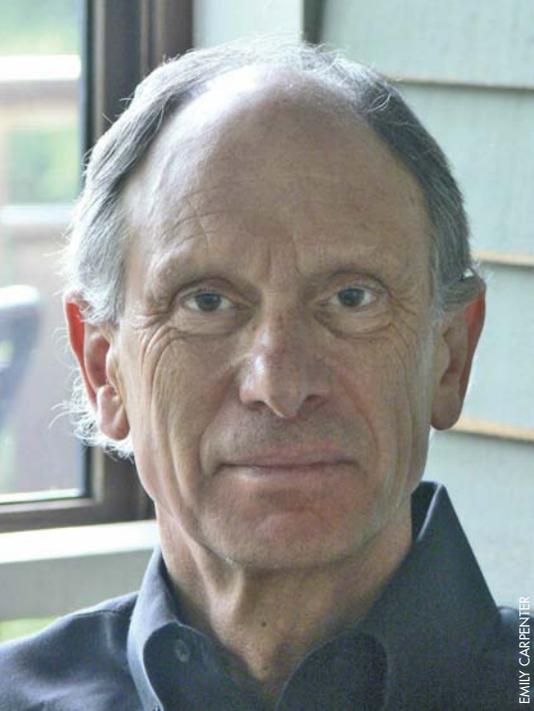
Recently I was thinking about some close friends who are younger than I am, raising families, with busy lives in the world. I could appreciate that it might be quite some time before they would be able to sit a long retreat. So I started wondering if there was a way that people in those circumstances could integrate some kind of meditation technique into their daily activities that could really touch the transformative power of the practice. On longer retreats it's easier to access meditative depths; but when we're otherwise intensely engaged, it can be quite a challenge.

Before I describe the approach that occurred to me, some background might be helpful. The foundation of the Buddha's path to liberation is

known as Right Understanding, and it consists of two main strands. One is the understanding and application of the teachings on the law of *karma* – that is, that our actions have consequences. Seeing this we undertake the practice of generosity and the practice of the precepts. We take care with what we do so that we're creating conditions for happiness rather than suffering, both for ourselves and others. This strand is frequently talked about, and covers a lot of what people who are committed to the path usually practice.

But, in the context of one's daily life, the second strand is more difficult to work with. This is the basic understanding of *anatta*, or 'no-self' – the absence of an inherently existing self. In Pali, the language of the oldest

*(continued on page 2)*



Joseph Goldstein

(continued from page 1)

written Buddhist teachings, the belief in some core notion of self is called *sakkaya ditthi*; this is sometimes translated as ‘personality belief.’ It’s said to be the most dangerous of all the defilements, more dangerous than greed or even hatred, because these are rooted in this mistaken belief. This wrong view of self is central to how we go about in the world, and all kinds of unskillful actions come out of it.

Of course, the Buddha is talking about the unwholesome effects of acting out of this wrong view – this personality

view – not only in terms of one life, but of many lifetimes. It’s an extremely powerful conditioning force. And the aim of the practice, central to everything we’re doing, is to free the mind from this misconception.

So the question then arose, how can we really address this issue as lay people caught up in our day-to-day activities? Quite spontaneously a nine-minute-a-day plan came to me, a way to ‘turbo-charge’ our ongoing practice by doing three short meditations a day, each three minutes long. Each of these sessions targets a particular area of identification where the mistaken sense of self is created and strengthened.

### Session One: Who is Knowing?

During the first three-minute session we simply sit and listen to sounds, in whatever surroundings we find ourselves. It makes no difference whether we’re on a noisy street or in a quiet room. As we open and relax into the awareness of the various sounds, we ask ourselves a question, “Can I find what’s knowing these sounds?” Clearly, we’re aware of them. But can we find *what* is knowing? When we investigate, we see there’s nothing to find. There’s no *knower*, even though knowing is happening.

This seems a very straightforward way of loosening and hopefully breaking the identification with the knowing as a knower. All that’s going on is just hearing. There’s no ‘I’ behind it. No knower can be found.

So that’s the first three-minute exercise: listen to sounds, see if you can find

what’s knowing them, and then explore the experience of not being able to find a knower, even though knowing is still there.

### Session Two: Breaking Identification with the Body

The second three minutes help break through the very deep identification with the body. For this there are two exercises that could be alternated, or the time could be divided between them.

The friends I had in mind had both lost one of their parents recently, so the focus of one session is to reflect on anyone we know who has died. If we were with them during that process, what was happening as they were dying, during their last days? Or if we don’t have this personal experience, we can reflect on the great sweep of generations over time, that birth inevitably ends in death. Really try to take in the truth of the body dying, take in what our bodies are and what happens to them. This is something that will come to pass for us all.

The idea of this exercise is to reflect on dying in as vivid a way as possible, and to apply it to our partner, to our children, to our friends – seeing that this is what naturally happens to all of us. It isn’t morbid, but rather a way of keeping front and center the truth that we all die. This can serve as a powerful reminder that our body is not ‘self.’ It’s simply going through its own process. One day, it’s going to decay and die – that’s nature. It’s just how it is.

The other exercise for loosening identification with the body is carried out in

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motion. When I walk somewhere, for example, if I'm mindful and really feeling the body moving, I notice that I'm simply experiencing sensations in space – pressure, motion, lightness. That's all that's happening. There's not the sense of a solid body, and certainly not the sense of an 'I' that's doing the walking.

When sensations in space are being known, through the act of walking or any other movement, we begin to get a sense of the body as a fluid energy field. This can be illuminating – it can free the mind from being caught in the notion of the solidity of the body.

These two approaches are a good way of weakening the identification with the body as being self.

### Session Three: As the Thought Arises...

The last area where we get caught a lot in terms of self is the identification with our thoughts. We have thousands of thoughts a day, most of which are casual and low key. Often, we're not even aware of them. And almost all have to do with self – our activities, our future projects, our memories and imagined events that involve us.

During an earlier retreat, I noticed that this more subtle stream of thought is like a dream state, and the thought arose, "I'm just dreaming myself into existence." Reflecting on this since, I see that we're continually dreaming ourselves into existence because we're not aware of thoughts as they're coming through. So the sense of self is continually being reinforced.



Joseph Goldstein teaching at the Retreat Center.

For the third three minutes, then, we simply watch for thoughts arising and passing, as we often do in meditation, but with a further turbo charge: we pay more careful attention so that we're right there, *precisely* as the thought arises. If the awareness is sharp, we'll observe a thought arise and vanish in the moment. That experience repeatedly weakens the identification with thought. We discover that there's hardly anything there, just a wisp. In our normal lives, with our usual level of attention, we're not conscious of this. But for three minutes we can bring enough focus so that we actually see it.

This is what I call 'the nine-minute-a-day turbo-charged path to enlightenment!' It's important to add, though, that nine minutes a day by itself wouldn't be enough. It needs to be built on the foundation of a daily meditation practice, together with the cultivation of the first strand of Right Understanding mentioned earlier: the awareness that our actions have consequences.

If this nine-minute-a-day program is combined with other aspects of a daily practice, then I believe it can really enliven our understanding of how to apply the teachings in the midst of a very busy life.

*Joseph will teach at IMS's Forest Refuge in April and May, 2012. For details of his Retreat Center courses, see page 14 or visit [www.dharma.org](http://www.dharma.org).*

## The Gift of Meditation

OFFER A RETREAT TO SOMEONE YOU LOVE

### IMS GIFT CERTIFICATES

Support friends or family members to participate in any IMS retreat for which they qualify. We will send a certificate for the value of the gift; it is valid for seven years from the date of issue and can be applied as full or partial payment for a selected course.

*For more information,  
email [registration@dharma.org](mailto:registration@dharma.org)  
or call 978-555-4578 ext. 170*



JILL SHEPHERD

# IMS NEWS

## WORTH NOTING

### New Construction Plans ~ Single Rooms for All

Over the years, members of our community have frequently spoken about how retreat accommodation privacy better supports deeper practice and a sense of refuge.

For many, a single room is the perfect space for meditating alone and for reflecting on the teachings. Some also appreciate the fairness of offering the same kind of housing to anyone attending an IMS course. For others, private sleeping accommodation is essential for a feeling of safety, and allows ease in attending to various medical and physical needs.

We have listened to your comments, and in response, plans are now underway to provide single rooms for all our retreatants. We'll accomplish this by undertaking two significant building projects at our Retreat Center. One is to construct a brand new dormitory, and the other is a thorough and long-overdue renovation of the Catskills dormitory. Total capacity will remain unchanged.



*The New Dormitory, on the left in the illustration above, is designed to meet LEED (Leadership in Energy and Environmental Design) standards for energy efficiency. A covered walkway connects it to the Annex (at the back) and the Catskills (far right).*

The new building will consist of 28 simple single rooms on two floors, all suitable for anyone with chemical sensitivities. In the renovated Catskills, all 1<sup>st</sup> and 2<sup>nd</sup> floor rooms will become singles, with new flooring, ceiling and

wall surfaces throughout. Additional insulation will be installed for greater energy efficiency, and bathrooms will be completely redesigned. The Gym will no longer be used for accommodations.

*Retreat Center Site Plan This bird's eye view shows where the new dormitory will be placed in relation to the Annex and the Catskills. For accessibility, the dining room, the 1<sup>st</sup> floors of the Catskills and the Annex, the walkway and the 2<sup>nd</sup> floor of the new building will all be on the same level.*





We would like to break ground in the late summer of 2012 and to celebrate the completed facilities in mid-2013. We are committed to staying operational throughout construction – the new dormitory will go up first, and as retreatants settle into it, the Catskills will be redone.



**Typical Bedroom** Layout of bedrooms in the new dormitory increases a sense of refuge. The placement of the wardrobe creates a 'nook' for the bed, offering privacy from the doorway and reducing any hallway noise. Walls will be constructed to isolate sound.



**Bathroom Block** In both the new dormitory and the renovated Catskills, bathroom blocks contain fully private rooms for each toilet and shower stall.

Please consider supporting our efforts – if you are inspired to offer a gift, you can donate online at our website [www.dharma.org](http://www.dharma.org) or mail it to IMS.

## A Safe Space to Explore the Mind

### A Donor's Story

Bruce Lockhart, MD became interested in meditation while in India. Back in the US a few years later, he discovered IMS and began coming on retreat. Here he describes the impact of this experience, and why he recently decided to include IMS in his estate planning.

In 1989 I began to serve on the medical staff of several different AIDS centers in New York City, and I continued to work in that area for ten years. It was a very stressful time. After my first retreat at IMS in 1990 I came back often – the center became a real refuge for me, and has felt like my spiritual home ever since.

From my retreat time I've learned the ability to sit back and let go. In my VA clinic office, if I have half an hour at lunchtime, I close my door and sit, watching my thoughts. Seeing how the mind works makes a big difference in how much importance you place on what's passing through it. Throughout the day I often take a moment to come back into the body and feel a kind of connection.

I can see the impact of this practice on my life. Before I started meditating I felt isolated. Now I have very strong feelings of being an integral part of everything and everybody, and I have a better connection with the people that I see in my work and daily life, and with my spouse.

My practice is renewed whenever I sit retreats. At IMS I feel at home

and at peace – as soon as I walk into the dining room I can feel myself unwinding and slowing down. For many, many people, including myself, IMS is a safe space to go to explore the mind and the teachings. What I find at both centers is a tremendous amount of support for yogis to simply be there and receive the teachings. There's a purity about the place.

Recently when my spouse and I made our wills, we thought about where we would want our funds to go. When I think about what's been most valuable in my life, it's really IMS. It's not just gratitude for what I've gained from retreat time there, but when I look at all the people I've seen sitting over the years, and all the people who were there before me, and all the thousands of people who will be there after me, I really can't think of any better place to leave some of our funds. For me, my IMS retreat experience is the most profound thing that's happened in my life.

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*Please consider including IMS in your estate or monthly giving plans. For more information, contact our Development office at 978-555-4378 ext. 250 or [development@dharma.org](mailto:development@dharma.org). If you have already designated IMS as the beneficiary of a legacy gift, we would love to hear from you.*





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

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

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

## ABOUT IMS

The Insight Meditation Society first opened its doors in 1976. Its mission is to provide a spiritual refuge for all who seek freedom 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 242 secluded wooded acres in the quiet countryside of central Massachusetts.

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

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

A group of senior teachers provides regular guidance and direction to both programs, as well as teaching each year themselves. In addition, recognized insight meditation teachers from all over the world come to give teachings.

### General Information

Retreat Center courses feature daily instruction in meditation and evening talks about the Buddha's teachings. Individual or group interviews with the teachers take place at regular intervals. Silence is maintained in most retreats at all times, except during question and interview sessions. A typical daily schedule starts at 5am and ends at 10pm. The entire day is spent in silent practice comprising alternate periods of sitting and walking meditation, as well as a one-hour work-as-practice period.

The Forest Refuge facility has been designed to nurture the highest aspiration for liberation. There, in consultation with the teachers, a personal program of meditation practice is developed (see the Teaching Schedule on page 13). Teacher support includes two

individual interviews each week and twice-weekly dharma talks in the meditation hall.

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

All IMS meals are vegetarian. Accommodations at the Retreat Center are simple single and double rooms; all spaces at the Forest Refuge are single. Men and women do not share rooms. Camping is not available.

### 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.





If you haven't been to IMS before, please arrange with the Retreat Center office for an orientation prior to attending a talk or sitting period.

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

### Self Retreat

If you have already participated in a course at the Retreat Center and want to build practice confidence, you can schedule an individual self retreat between courses. Your length of stay may not exceed the longest period of teacher-led retreat that you have done at the center.

During this time, you are expected to meditate in silence, observe the five precepts and maintain a continuity of practice. The sliding scale fee is \$63-\$113 per day, depending on your means. For self retreats of up to five days immediately before or after a specific group course, you can add the dates on your registration form. For self retreats of longer than five days, please call the office for an application form.

### Work Retreat

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

self-reliance. Since the work can be physically demanding, a moderate level of physical fitness is required.

At the Retreat Center, work retreats usually coincide with scheduled courses. At the Forest Refuge, they are scheduled in calendar-month blocks.

A special application needs to be submitted; the only cost is a \$35 nonrefundable processing fee. Information and application forms are available on our website.

If you have questions about a Retreat Center work retreat, please call 978-355-4378 ext. 175 or email registration@dharma.org. For the Forest Refuge, call 978-355-2063 or email fr@dharma.org.

### Financial Information

#### Fees

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

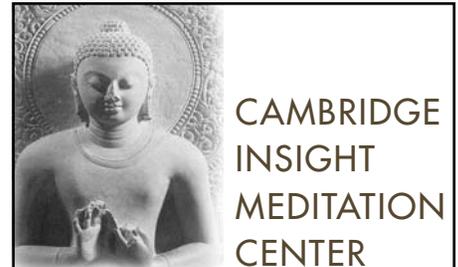
Payment at the Base rate covers just over 50% of what is needed to run our centers. To balance our budget and to provide wise stewardship of our resources, donations must supplement any fee income received at this level.

The Sustaining rate represents the actual cost for IMS to operate our programs. Payment at this rate lets us direct income from donations towards

helping those with lesser means to attend our retreats. If you can afford this level or higher, you assist our efforts to offer lower sliding-scale rates and ongoing financial subsidies.

Despite rising costs, only our Sustaining and Mid rates have increased for 2012. All other fees remain unchanged from 2011.

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



**CIMC** is a non-residential urban center for the teaching and practice of insight meditation. Our programs are designed to provide a strong foundation in formal meditation as well as daily life practice. Our schedule includes daily sittings, weekly Dharma talks, ongoing practice groups, teacher interviews, community activities, and a variety of weekend workshops and meditation retreats. CIMC's guiding teachers are Narayan Liebenson Grady, Larry Rosenberg and Michael Liebenson Grady.

An open invitation is extended to all.

331 Broadway  
Cambridge MA 02139

Office: **617-441-9038**

24-hour information and fax line:  
**617-491-5070**

**www.cambridgeinsight.org**

## Financial Assistance

IMS provides financial assistance in the form of scholarships and 'You Choose' fee options to those who are genuinely unable to afford the cost of a retreat.

Due to limited resources, we recommend that you apply for assistance as early



## NEW YORK INSIGHT MEDITATION CENTER

**NYIMC** provides a place where all are welcome to begin or deepen meditation practice based on the liberation teachings of the Buddha. Programs include evenings with renowned meditation teachers, ongoing classes, daylong retreats and weekend courses for the integration of meditation teachings in daily life. Events, except where noted, are suitable for beginning as well as experienced meditators.

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

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

For information check our website

**www.nyimc.org**

or call

**212-213-4802**

as possible. Awards are distributed on a first-come, first-served basis and may be restricted to one per person, per year.

For Retreat Center financial aid, you can apply online or check the relevant box when completing the registration form on page 22. Please include the appropriate deposit. Forms can also be downloaded from our website or requested from the office.

For the Forest Refuge, complete the retreat application and indicate interest in receiving financial assistance. We will contact you if your retreat application is approved.

We cannot guarantee that every application will result in an award; please be assured, however, that we will do our best to help you attend a retreat with us.

## Dana

*Dana*, a Pali term meaning generosity or giving freely, has played a central role throughout Buddhism's 2,500-year-old history. And today, 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, a kind thought, a meal, or funds to help



JILL SHEPHERD

sustain a meditation teacher or center is a sincere form of spiritual practice.

Our teachers are continuing the ancient Buddhist monastic tradition of freely offering the teachings here in the midst of contemporary Western culture. Most Retreat Center teachers receive no compensation for teaching at IMS and must rely on the generosity of course participants for a sustainable income. At the Forest Refuge, where there are fewer retreatants staying for longer periods, IMS supplements teacher dana to provide an adequate offering as needed. Your contributions help many teachers to lead a life devoted to teaching both at IMS and in other parts of the world. Your gifts also allow teachers to take time for their own practice, ensuring that their teachings are continuously enriched.



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

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

*May your practice be for the benefit of all.*

### Media Visits

As the dharma takes root in our society, various media are expressing interest in the work that we do at IMS. This presents our community with a valuable opportunity to introduce the teachings to a wider audience.

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

Notice will be given of any media visit that occurs during a retreat. We will advise participants as far in advance as is practically possible. We will respect the wishes of anyone who prefers not to be included, and work to minimize any impact on our meditative environment and on our retreatants. We appreciate your understanding of our efforts to share the dharma in this way, and welcome any suggestions or questions you may have.



JILL SHEPHERD



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](http://www.imcw.org)  
or call us at 202-986-2922**

# IMS FACULTY 2012

## Core

**Guy Armstrong** has practiced insight meditation for over 30 years, including training as a Buddhist monk in Thailand with Ajahn Buddhadasa. He began teaching in 1984 and has led retreats worldwide. He is an IMS guiding teacher and a governing teacher at Spirit Rock.

**Steve Armstrong**, a co-founding teacher of the Vipassana Metta Foundation's dharma sanctuary on Maui shares the Buddha's teachings on human development and liberation of mind. Out of compassion for future generations he plants trees and directs the Burma Schools Project.

**Christina Feldman** is an IMS guiding teacher and co-founder of Gaia House in England. She has been teaching insight meditation retreats 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* and other publications.

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

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

**Kamala Masters** began practicing in 1975. Trained by Anagarika Munindra and Sayadaw U Pandita, she offers the dharma in the US and abroad. She is a co-founder and guiding teacher of the Vipassana Metta Foundation on Maui and is currently developing Ho'omālamalama, a sanctuary-hermitage for long-term practice.

**Michele McDonald** has taught insight meditation around the world for 30 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.

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

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

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

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

**Rodney Smith** has taught insight meditation since 1984. He is a former Buddhist monk and worked in hospice care for 17 years. The author of *Lessons From the Dying* and *Stepping Out of Self-Deception*, he founded and guides Seattle Insight Meditation Society. He is also an IMS guiding teacher.

**Carol Wilson** has been practicing insight meditation since 1971 with a variety of teachers, including Sayadaw U Pandita and Sayadaw U Tejaniya, as well as spending a year as a nun in Thailand. An IMS guiding teacher, she has been offering retreats worldwide since 1986, including the annual IMS Three-Month course.

## Visiting

**Akincano** lived as a monastic for 20 years in the Forest monasteries of Thailand and Europe. He has studied Pali and scriptures, holds an M.A. in Buddhist psychotherapy and now lives in Cologne, Germany. He teaches dharma and meditation internationally.

**Ajahn Anandabodhi** trained in Amaravati and Chithurst Buddhist monasteries, 1992-2009, after which she moved to the US to help establish a training monastery for women. She currently resides at Aloka Vihara, San Francisco, CA.

**Sally Clough Armstrong** worked at Spirit Rock Meditation Center in several roles in the 1990s, including executive director. She began teaching insight meditation in 1996. Now a guiding teacher at Spirit Rock, she also leads its Dedicated Practitioners Program.

**Pascal Auclair** has been immersed in the dharma since 1997, studying with revered Asian monastic and lay Western teachers. A co-founder of True North Insight Meditation Centre in Canada, he enjoys sharing the Buddha's teachings with all curious people.

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

**Eugene Cash** has taught meditation since 1992. He is the founding teacher of San Francisco Insight and co-leads Spirit Rock Meditation Center's Community Dharma Leaders training. He also teaches the Diamond Approach in the Bay Area with A.H. Almaas.

**Pat Coffey** has over 30 years of meditation experience, including intensive training with Pa Auk Sayadaw. He teaches internationally, founded the Insight Meditation Community of Charlottesville, VA and the Blue Ridge Prison Project, and co-founded The Meditation Teacher Training Institute.

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

**Mark Coleman** has taught retreats since 1997, following extensive training in several Buddhist traditions. He leads Wilderness Meditation courses, has a private practice in counseling and coaching, and is the author of *Awake in the Wild*.

**Matthew Daniell**, a Buddhist meditation and yoga practitioner since 1984, teaches vipassana and Mindfulness Yoga, inspired by the tradition of T.K.V. Desikachar. He is a founder and the guiding teacher at the Insight Meditation Center of Newburyport, MA.



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

**Chas DiCapua**, a graduate of the IMS/Spirit Rock Teacher Training, has offered meditation since 2001. He is interested in how all aspects of the personal can be used towards awakening. Currently the IMS Resident Teacher, he teaches throughout the US.

**Jean Esther** has trained in meditation since 1975. Informed and inspired by the integration of the Buddha's teachings within modern life, she teaches at the Insight Meditation Center of Pioneer Valley, MA, Smith College and nationally, and is a psychotherapist.

**Anushka Fernandopulle** has practiced and studied meditation for most of her life. She teaches regularly at East Bay Meditation Center, San Francisco Insight and Spirit Rock Meditation Center, and also works as an executive/life coach and management consultant.

**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.

**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.

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

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

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

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

**Dori Langevin**, Psy.D., has studied and practiced insight meditation since 1997, and has taught since 2003. She enjoys teaching family, young adult and women's retreats, and is also interested in the interface between Buddhist practice, addiction recovery and emotional healing.

**Jesse Maceo Vega-Frey's** meditation teaching aims to inspire the faith, determination and skill necessary to realize the deepest human freedom.

**Winnie Nazarko** started dharma practice 30 years ago, asking, "Why does there have to be suffering in the world?" A graduate of the IMS/Spirit Rock Teacher Training Program, she teaches to help individuals realize their full potential for clarity, balance, kindness and wisdom.

**Annie Nugent** has practiced since 1979 and was an IMS Resident Teacher, 1999-2003. Her teaching style aims to reveal how all aspects of our lives can help us come to a clear and direct understanding of the Truth.

**Susan O'Brien** has been practicing vipassana meditation since 1980 and has studied with a variety of Asian and Western teachers. She began teaching in 1996 and coordinates the *Insight Meditation* correspondence course.

**John Peacock** has taught meditation for almost 30 years. He currently teaches Buddhist Psychology at Oxford University in the MBCT masters program. He is also Associate Director of the Oxford Mindfulness Centre and is a member of Gaia House's Teacher Council.

**Deborah Ratner Helzer** has practiced with Western and Asian teachers in the Theravada tradition since 1995, including a year as a nun in Burma. She has been teaching in the Washington, DC area and around the country since 2001.

**Sharda Rogell** has been teaching insight meditation worldwide since 1987 and is a governing teacher at Spirit Rock Meditation Center. Influenced by many spiritual traditions, including the Diamond Approach, her primary interest is integrating the awakening heart/mind with embodied presence.

**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, 1991-1995. Her international teaching is rooted in the Pa Auk Forest Monastery and Mahasi lineages.

**Ajahn Santacitta** trained in Amaravati and Chithurst Monasteries, 1993-2009, after which she moved to the US to help establish a training monastery for women. She currently resides at Aloka Vihara in San Francisco, CA.

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

**Gina Sharpe** has studied and practiced the dharma for many years in Asia and the US. She has been teaching since 1994 and is the guiding teacher of New York Insight Meditation Center, which she co-founded in 1998.

**Sayadaw U Tejanaya** trained in Burma under the late meditation master Shwe Oo Min Sayadaw. After a career in business and life as a householder, he became a monk in 1996. He now teaches worldwide and is the author of several books, including *Dhamma Everywhere*.

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

**Sayadaw U Vivekananda** has trained under Ven. 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.

**Spring Washam** has been practicing meditation since 1997. She is a founding teacher of the East Bay Meditation Center in Oakland, CA and currently teaches retreats and workshops nationally.

**Pamela Weiss** has practiced Buddhism for over 20 years and is a graduate of the IMS/Spirit Rock Teacher Training Program. She is a pioneer in bringing the principles and practices of mindfulness to the workplace.

**Lila Kate Wheeler** attended her first vipassana retreat in 1977 and completed the IMS/Spirit Rock Teacher Training Program in 2010. In addition to teaching meditation, she writes fiction, travel journalism and spiritual essays.

**Larry Yang** practiced in Southeast Asia, was a Buddhist monk in Thailand, and has taught meditation since 1999. He is a Spirit Rock teacher and a core teacher at the East Bay Meditation Center in Oakland, CA.



MARC HAMEL

# The Forest Refuge

## General Information

A personal retreat at the Forest Refuge facilitates the natural emergence of wisdom and compassion. With teacher guidance and support, experienced insight meditators can settle into greater depths of practice and strengthen faith and self-reliance. The facility's tranquil and harmonious environment includes private dormitory accommodations. 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 your application is approved, but there is no accommodation available at the time you wish to come, we encourage you to keep your application in process. You can change your dates if you're able, or we can put you on a wait list for your requested time, as space may open up due to cancellations.

Fees for 2012, outlined at right, are effective January 1. For those who cannot afford the entire cost, a limited number of 'You Choose' fee slots and scholarships are available. Conditions apply – please see our website or contact the office for further information. A deposit of approximately one-third of your total retreat cost is due once your application has been approved.

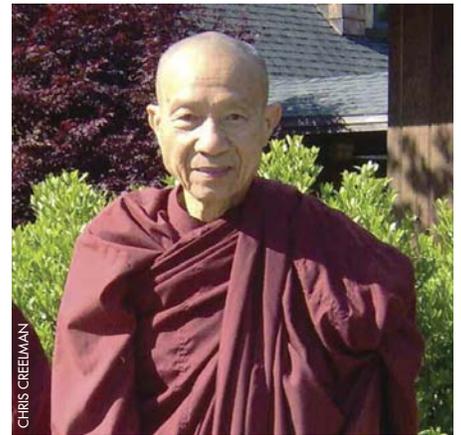
Please contact us as soon as possible if you need to cancel. If you let us know more than 60 days before your retreat begins, fees are \$100, or full deposit if less than this was paid. Your full deposit is forfeited if you cancel 60 days or less before your starting date.



JILL SHEPHERD

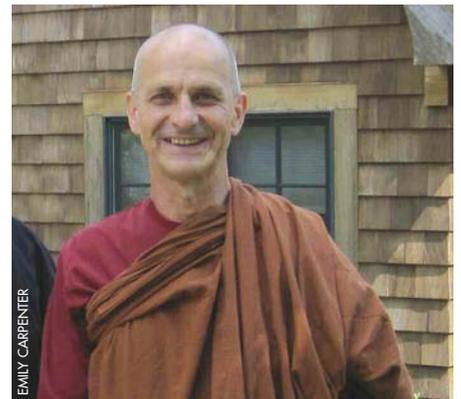
## Monastic Teachers

In 2012 IMS will host two senior Asian meditation masters at the Forest Refuge. Ven. Sayadaw U Vivekananda will be in residence in June and Vietnamese monk Ven. Bhante Khippapanno in July.



CHRIS GREEDMAN

*Ven. Bhante Khippapanno practiced vipassana in India and Burma with Dipa Ma, Mahasi Sayadaw and Shwe Oo Min Sayadaw. He has a gentle teaching style that emphasizes a relaxed and open awareness of the activities of the mind.*



EMILY CARPENTER

*Sayadaw U Vivekananda is a long-time student of Ven. Sayadaw U Pandita. He was born in Germany and is the resident teacher at Panditarama Lumbini International Vipassana Meditation Center in Nepal.*

## 2012 FOREST REFUGE TEACHING SCHEDULE

January 1 – January 31 <sup>+</sup>	Patricia Genoud-Feldman & Sky Dawson
February 1 – February 29	Susan O'Brien & Rebecca Bradshaw
March 1 – March 31	Rodney Smith & Sky Dawson
April 1 – April 30	Joseph Goldstein & Sky Dawson
May 1 – May 31	Joseph Goldstein & Kamala Masters
June 1 – June 30 <sup>*^</sup>	Sayadaw U Vivekananda
July 1 – July 31 <sup>*</sup>	Bhante Khippapanno
August 1 – September 30	Annie Nugent & Sky Dawson
October 1 – October 31	Marcia Rose & Sky Dawson
November 1 – November 30	Sky Dawson & Greg Scharf
December 1 – December 31	Sky Dawson & Pascal Auclair

+ Arrivals and departures will not be possible January 18-28, 2012.

\* Participants are expected to follow Sayadaw's schedule and instructions, which include observance of the eight monastic precepts.

^ Priority will be given to anyone applying for the entire month.

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.



EMILY CARPENTER

## 2012 SLIDING SCALE FEES (PER NIGHT)

LENGTH OF STAY	SUSTAINING	MID	BASE
<b>7-21 nights</b>	\$113	\$94	\$75
<b>22-30 nights</b> <i>(effective from 1st night)</i>	\$113	\$88	\$63
<b>31-90 nights</b> <i>(effective from 31st night)</i>	\$113	\$85	\$56
<b>More than 90 nights</b> <i>(effective from 91st night)</i>	\$113	\$73	\$33

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



EMILY CARPENTER



# 2012 Retreat Center Schedule

Dates	Length	Course Title	Teachers
Jan 13-Jan 16	3 days	<i>Living a Mindful and Compassionate Life: Insight and Metta Weekend</i>	Mark Coleman & Spring Washam
Feb 2-Feb 5	3 days	<i>Living an Awakened Life: Insight Meditation Weekend</i>	Sharda Rogell & Lila Kate Wheeler
Feb 10-Feb 17	7 days	<i>Metta: Lovingkindness Retreat</i>	Sharon Salzberg, Mark Coleman & Gina Sharpe
Feb 18-Feb 26	8 days	<i>An Integrated Awakening: Insight Meditation Retreat</i>	Thanissara & Kittisaro
Mar 2-Mar 7	5 days	<i>The Art of Mindful Living: Insight Meditation Retreat</i>	Larry Rosenberg & Michael Liebenson Grady
Mar 9-Mar 11	2 days	<i>The Five Spiritual Faculties: Insight Meditation Weekend</i>	Annie Nugent
Mar 16-Mar 23	7 days	<i>Insight Meditation Retreat for Scientists and Educators</i>	Sharon Salzberg, Guy Armstrong & Sally Clough Armstrong
Mar 24-Mar 31	7 days	<i>Women in Meditation: Insight Meditation Retreat</i>	Christina Feldman, Narayan Liebenson Grady & Maddy Klyne
Apr 6-Apr 15	9 days	<i>Wisdom and Compassion Are the Gifts of Mindfulness: Monastic Retreat</i>	Ajahn Anandabodhi & Ajahn Santacitta
Apr 17-Apr 22	5 days	<i>Kindhearted Awareness: Insight Meditation Retreat</i>	Rebecca Bradshaw & Greg Scharf
Apr 27-May 11	14 days	<i>Dhamma Everywhere: Awareness with Wisdom Retreat</i> <i>Lottery course. Registration due by December 27, 2011</i>	Sayadaw U Tejaniya with Steve Armstrong & Carol Wilson
May 16-May 20	4 days	<i>The Buddha's Way to Happiness: Insight Meditation Retreat</i>	Howard Cohn & Lila Kate Wheeler
May 25-Jun 10	16 days	<i>Lovingkindness and Insight Meditation Retreat</i>	Michele McDonald, Rebecca Bradshaw, Greg Scharf & Jesse Maceo Vega-Frey
May 25-Jun 1	7 days	Part 1 – <i>Lovingkindness: Metta Retreat</i>	As above
Jun 1-Jun 10	9 days	Part 2 – <i>Liberation of Mind and Heart: Insight Meditation Retreat</i>	As above
Jun 13-Jun 19	6 days	<i>People of Color Retreat</i> <sup>oo</sup>	Joseph Goldstein, Gina Sharpe & Larry Yang
Jun 21-Jun 28	7 days	<i>The Art of Mindful Living: Insight Meditation Retreat for Experienced Students</i>	Larry Rosenberg, Corrado Pensa & Matthew Daniell
Jun 30-Jul 4	4 days	<i>Teen Retreat</i>	Rebecca Bradshaw & Chas DiCapua with Jean Esther & Ed Hauben
Jul 7-Jul 12	5 days	<i>Refuge: A Meditation Retreat for Families</i> <sup>^</sup> <i>Lottery course. Registration due by February 15, 2012</i>	Dori Langevin, Ajahn Kusalo & Chas DiCapua
Jul 14-Jul 22	8 days	<i>Mindfulness, Insight, Liberation: Insight Meditation Retreat</i>	Christina Feldman, Akincano & John Peacock
Jul 25-Aug 1	7 days	<i>Investigating Life: Insight Meditation Retreat for 18-32 Year Olds</i>	Rebecca Bradshaw, Chas DiCapua, Pascal Auclair, Spring Washam & Jesse Maceo Vega-Frey
Aug 3-Aug 12	9 days	<i>Awareness and Dhamma Wisdom: Insight Meditation Retreat</i>	Steve Armstrong, Kamala Masters & Deborah Ratner Helzer
Aug 17-Aug 24	7 days	<i>Your Life Is Your Practice: Insight Meditation Retreat</i>	Narayan & Michael Liebenson Grady & Maddy Klyne
Aug 24-Aug 26	2 days	<i>Your Life Is Your Practice: Insight Meditation Weekend</i>	Narayan & Michael Liebenson Grady
Aug 31-Sep 3	3 days	<i>Uncovering Innate Freedom: Labor Day Meditation Weekend</i>	Pascal Auclair & Anushka Fernandopulle
Sep 8-Dec 1	84 days	<i>Three-Month Retreat</i> <sup>**</sup>	Joseph Goldstein
Sep 8-Oct 20	42 days	Part 1 <sup>**</sup>	Carol Wilson, Guy Armstrong, Sally Clough Armstrong & Greg Scharf
Oct 20-Dec 1	42 days	Part 2 <sup>**</sup>	Rebecca Bradshaw, Annie Nugent, Pascal Auclair & Winnie Nazarko
Dec 7-Dec 14	7 days	<i>Insight Meditation and the Heart</i> <sup>**</sup>	Rodney Smith & Narayan Liebenson Grady
Dec 18-Dec 23	5 days	<i>Wise Concentration: Steadying the Mind</i> <sup>**</sup>	Marcia Rose & Pat Coffey
Dec 28-Jan 6, 2013	9 days	<i>Embodying the Heart of Wisdom: New Year's Retreat</i> <sup>**</sup>	Yanai Postelnik, Eugene Cash & 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.

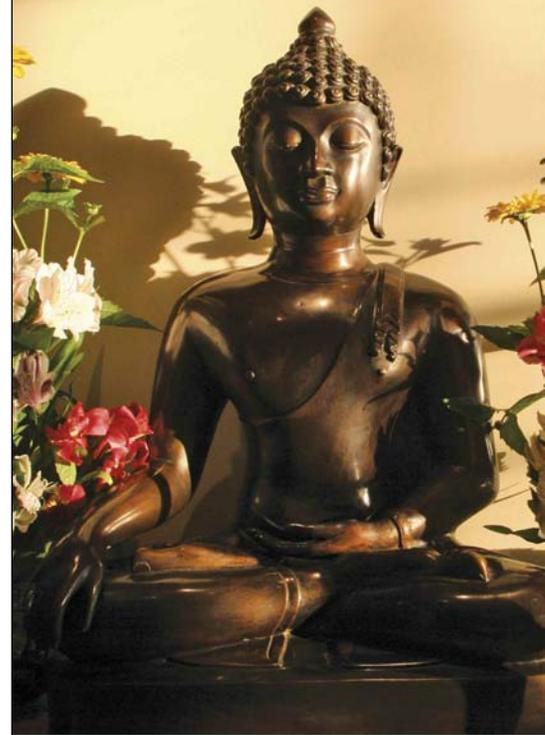
• 'You Choose' means that you can establish your own course fee, based on your financial means. A minimum of \$15 per day is required.

oo For the People of Color Retreat, we offer free bus transportation between New York City and IMS on a first-come, first-served basis.

^ Please refer to page 20 for additional Family Retreat information.

\*\* Construction of our new dormitory may be underway during this course. Some noise is to be expected during working hours – we will do our best, however, to keep it to a minimum. May your retreat be of great benefit!

Code	Deposit	Sliding Scale Fees*			
		Sustaining	Mid	Base	Scholarship <sup>+</sup>
WMLK	\$240 <sup>++</sup>	\$340	\$290	\$240	\$95
WSR	\$240 <sup>++</sup>	\$340	\$290	\$240	\$95
SS	\$180	\$790	\$615	\$435	\$220
TK	\$180	\$905	\$705	\$500	\$250
LM	\$180	\$565	\$455	\$345	\$160
WAN	\$190 <sup>++</sup>	\$225	\$210	\$190	\$65
SE	\$180	\$790	\$615	\$435	\$220
WOM	\$180	\$790	\$615	\$435	\$220
MR	\$135	\$1,015	\$790	You Choose •	N/A
RB	\$180	\$565	\$455	\$345	\$160
SUT	\$180	\$1,580	\$1,225	\$870	\$440
HC	\$180	\$450	\$380	\$305	\$125
MM3	\$180	\$1,810	\$1,405	\$995	\$505
MM1	\$180	\$790	\$615	\$435	\$220
MM2	\$180	\$1,015	\$790	\$560	\$285
POC	\$90	\$680	\$535	You Choose •	N/A
LR	\$180	\$790	\$615	\$435	\$220
TR	\$305	\$450	\$380	\$305	\$125
FAM	(Adult) \$180	\$635	\$550	\$460	\$160
	(Child)	\$320	\$270	\$215	\$160
CF	\$180	\$905	\$705	\$500	\$250
YA	\$105	\$790	\$615	You Choose •	N/A
SK	\$180	\$1,015	\$790	\$560	\$285
NMLG	\$180	\$790	\$615	\$435	\$220
WNM	\$190 <sup>++</sup>	\$225	\$210	\$190	\$65
WLD	\$240 <sup>++</sup>	\$340	\$290	\$240	\$95
3MO	\$750	\$9,490	\$7,085	\$4,675	\$2,645
PT1	\$375	\$4,745	\$3,545	\$2,340	\$1,325
PT2	\$375	\$4,745	\$3,545	\$2,340	\$1,325
RN	\$180	\$790	\$615	\$435	\$220
MP	\$180	\$565	\$455	\$345	\$160
NY	\$180	\$1,015	\$790	\$560	\$285



## SHARE THE BENEFITS OF PRACTICE

*Offer Financial Assistance*

Each year, generous contributions support the practice of many participants in our retreats – from a new student attending an initial weekend course to an experienced meditator spending a year or more in silence. Please consider joining the community of donors who help make time at IMS 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 Development Office  
 1250 Pleasant Street  
 Barre MA 01005  
 978-555-4578 ext. 250  
 development@dharm.org

*To donate online, visit our website.*

PHOTO ABOVE: ELIZABETH VIGEON  
 PHOTOS AT LEFT: JILL SHEPHERD AND EMILY CARPENTER





## 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.

#### Living a Mindful and Compassionate Life: Insight and Metta Weekend

Awareness and lovingkindness (*metta*) are essential to living a spiritual life. Awareness as developed through mindfulness practice leads to clarity, insight and understanding. Love opens the heart, allows a kind embrace of ourselves and connects us intimately with life. The fusion of these qualities helps us to respond more compassionately to the challenges that we encounter in ourselves and in life.

This weekend course will be held largely in silence, and is suitable for beginning and experienced meditators. We will draw guidance from the teachings and practices of the Buddha, and inspiration from the life of Martin Luther King, Jr. Through comprehensive meditation instruction, talks and group discussions, we will discover how awareness and *metta* are intimately related and mutually

supportive. We will explore how they help us to live more wisely and kindly in the world. An optional daily period of yoga will be offered by Éowyn Ahlstrom. CEs are available.

#### Living an Awakened Life: Insight Meditation Weekend

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

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

#### Metta: Lovingkindness Retreat

*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. An optional daily period of yoga will be offered by Éowyn Ahlstrom. CEs are available.

## **An Integrated Awakening: Insight Meditation Retreat**

This silent retreat, suitable for both beginning and experienced meditators, focuses on the embodiment of wisdom and compassion. Through the cultivation of tranquility (the unification of heart, mind and body), we establish a stable foundation for exploring the patterns of self. As 'who we think we are' is gently released, the heart recognizes the spaciousness and peace of its original nature. Intuitive understanding and authentic response arise naturally when the non-dual reality of life is recognized.

Pali chanting and mantra recitation will be included in the daily schedule. Optional periods of qigong will be offered, along with a bowing practice centered on the Bodhisattva Kuan Yin. The teachers will be assisted by Jill Shepherd. CEs are available.

## **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. Silent 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.

This retreat is suitable for both beginning and experienced meditators.



## **The Five Spiritual Faculties: Insight Meditation Weekend**

The qualities of confidence, energy, mindfulness, concentration and wisdom are known in Buddhist teachings as the Five Spiritual Faculties. Like good friends, they unite to support us in our meditation practice, harnessing our ability to stay present with whatever arises.

This silent weekend retreat, open to all, will focus on balancing and strengthening these faculties on our path to awakening, especially throughout the busyness of our everyday lives.

## **Insight Meditation Retreat for Scientists and Educators**

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

In the company of researchers, educators, therapists and others involved in the broad areas of the mind and social sciences, participants will have an opportunity to develop the qualities of

wisdom and compassion, through in-depth instruction in mindfulness practice. Conforming to the spirit of empirical science, this is simply a means of training our minds to become more keenly concentrated and aware. Although drawn from the Buddhist meditative tradition, the teachings do not in any way require an adherence to Buddhism or a rejection of personal faith.

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

## **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.

An optional daily period of yoga will be offered by Éowyn Ahlstrom.



### **Wisdom and Compassion Are the Gifts of Mindfulness: Monastic Retreat**

Each year, the ordained sangha from the Forest tradition offers a monastic retreat at IMS. Two bhikkhunis will lead the 2012 course, focusing on the Buddha’s Four Foundations of Mindfulness as a path to awakening. The retreat will support the deepening of wisdom and compassion, opening the heart and touching the experience of emptiness.

This course is an invitation to all to experience a taste of monastic life, through observing the eight precepts as

a community – this includes abstaining from eating after noon. Each day’s schedule includes devotional chanting and offerings of flowers and candles, silent sitting and walking meditation, dharma talks and responses to questions.

An optional daily period of yoga will be offered by Éowyn Ahlstrom.

### **Kindhearted Awareness: Insight Meditation Retreat**

The practices of mindfulness and lovingkindness help us to connect with and accept all experiences of life that arise in body, heart and mind. Throughout this silent retreat, we will explore infusing mindfulness with kindness, discovering for ourselves a deeper sense of relaxation, clarity and peace. Optional afternoon yoga offered by Éowyn Ahlstrom will extend this sense of kindness to our bodies.

This course is suitable for both new and experienced meditators. CEs are available.

### **Dhamma Everywhere: Awareness with Wisdom Retreat**

Throughout this two-week retreat, open to all, we will practice seeing that *dhamma* – the true nature of reality – is revealed everywhere. When the mind is clouded by defilements, or negative states such as anger, fear, greed, confusion and ignorance, we are unable to recognize reality accurately because the quality of wisdom is dimmed. When the mind is unclouded, we can recognize the nature of cause and effect

and this further strengthens wisdom. Nature is not ‘I,’ not ‘us,’ nor ‘them,’ nor ‘others.’ Whatever happens in the present moment is nature; even defilements become dhamma. If we experience nature as it really is, the mind is free.

Sayadaw U Tejaniya’s teachings will be translated by Moushumi Ghosh (Ma Thet). Observance of the eight monastic precepts, which include abstaining from eating after noon, will be optional. The daily schedule may include periods of open group sittings.

*Due to the popularity of this retreat, a lottery will be conducted. All applications are due by December 27, 2011.*

### **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, open to all, will follow the Buddha’s path of mindfulness, concentration and lovingkindness, illustrating how each of us can move from attachment to freedom, from confusion to clarity, and from tension to ease.

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

An optional daily period of yoga will be offered by Éowyn Ahlstrom. CEs are available.



EMILY CARPENTER

## **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*



### Lovingkindness and Insight Meditation Retreat

This 16-day course, held in an environment of silence, is an opportunity to experience the depth of practice and resulting benefits that a longer retreat allows. It consists of two parts, *Lovingkindness* and *Liberation of Mind and Heart*.

The first part is a week-long *metta*, or lovingkindness, retreat which 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.

The second part, a nine-day insight meditation retreat, 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 and support from the teachers, participants will be encouraged to develop trust in their own practice.

All are welcome, whether for the full 16 days or for one part. An optional period of mindful yoga will offered daily by Éowyn Ahlstrom to deepen our ability to soften, relax and connect with our bodies.

### People of Color Retreat

This insight meditation course, co-sponsored by IMS and New York Insight Meditation Center, creates a space of ease and support for people of color to meditate together and cultivate inner freedom. It provides an in-depth experience of the Buddha's teachings on mindful awareness, illuminating a path

toward healing and greater happiness. Those without previous meditation experience are encouraged to participate.

Our wish is to make this retreat accessible to any person of color who would like to attend. We offer a 'You Choose' fee option, charging a minimum of just \$15 per day. Those who can contribute more, however, help ensure that the community of POC meditators continues to flourish. *Free bus transportation is provided on a first-come, first-served basis between New York City and IMS.*

### 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. Silent sitting and walking meditation, the first steps in formal practice, become the foundation and continuous inspiration for meeting all aspects of life with a greater openness and willingness to learn. The ordinary activities of retreat life become a part of the practice because the challenges they offer help us develop the art of mindful living.

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

### 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.



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This allows young adults to develop and value their natural spirituality within a supportive environment. Extensive supervision is provided.

### **Refuge: A Meditation Retreat for Families**

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

This retreat gives parents of young children the chance for supported practice time. An adult dharma program and a simultaneous, separate program for children aged 2-13 years take place each morning and evening. (This course is not open to teens aged 14 or older unless they are invited to serve as Young Adult Helpers.) Families gather all together three times daily. A parent or friend needs to stay with any child under two years old at all times.

For the children's program, which is staffed by volunteers who coordinate age-appropriate activities, a sliding scale fee applies: each family unit pays \$60 – \$175. Please specify the name, full date of birth and gender of all children when you register.

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

*Due to the popularity of this retreat and our wish to support continuity for regulars as well as accessibility for new participants, all applications received by February 15, 2012 will be processed as follows: half of available spaces will be given to families who have attended three out of the past five years, or two out of the last three years, by lottery from all qualifying registrations. Families who have registered for the last two years without getting a place are automatically confirmed – please notify us if this is the case, prior to the lottery deadline. The balance of places will be drawn by lottery from all remaining registrations; those not selected, as well as any late registrations will be put on a wait list.*

### **Mindfulness, Insight, Liberation: Insight Meditation Retreat**

This insight meditation retreat, open to all, will explore the Four Foundations of Mindfulness, as taught in the *Satipatthāna* discourse given by the

Buddha. It is a profound teaching that encourages us to place the path of freedom and compassion into the classroom of our lives, nurturing a heart that is receptive and unshakeable. Each day will offer a sustained schedule of formal meditation practice (both insight and lovingkindness), meetings with the teachers, talks and instructions, all within an environment of silence.

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

This retreat specifically addresses the practice needs of new and experienced meditators in the challenging years of early adulthood. The format includes daily meditation instruction, group and individual interviews, opportunities for questions and discussion as well as afternoon yoga sessions, offered by Natasha Judson. The course will end with a day of activities centered on supporting community and integrating the practice into our daily lives.

### **Awareness and Dhamma Wisdom: Insight Meditation Retreat**

On this silent retreat, suitable for all, we will emphasize a relaxed yet alert continuity of awareness, whether in the stillness of sitting or in the movement of walking and general activities. This balance of gentle yet energized attention to the direct experience of the mind and body is a powerful cause and condition for deep meditative insights to arise. Over time, this wisdom beneficially transforms our relationship to life. We grow in the peace of an enduring sense of well-being in all situations.



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### Uncovering Innate Freedom: Labor Day Meditation Weekend

What does it mean to be present, connected and awake? How do we experience true freedom of body, heart and mind? This silent weekend retreat is an opportunity to explore these questions through Buddhist philosophy and practice. Guidance in *metta* (lovingkindness) and *vipassana* (insight) meditations will be offered, encouraging greater awareness, calm abiding and loving friendliness. Through these practices, compassion and wisdom deepen, and our innate freedom is revealed.

Both beginners and experienced meditators are welcome. Optional daily yoga sessions led by Éowyn Ahlstrom will be included to support our openness and vitality.

### Three-Month Retreat

This three-month course, including its six-week partials, is a special time for practice. Because of its extended length and ongoing guidance, it is an opportunity for students to deepen the powers of concentration, wisdom and compassion. Based on the meditation instructions of Mahasi Sayadaw and supplemented by a range of skillful means, this retreat will encourage a balanced attitude of relaxation and alertness, and the continuity of practice based on the Buddha's Four Foundations of Mindfulness.

Every participant will be offered a private room.

**Prerequisite is two retreats of a week or more with a recognized insight meditation teacher, or special permission. Please document this experience, including teachers' names, dates and length of courses when registering. You will also need to submit a questionnaire when signing up – your course participation cannot be confirmed until this is received and approved.**

*Special cancellation fees and deadlines apply. 3MO and Part 1: up to July 14, 2012, \$100; afterwards, \$350 for 3MO and \$250 for Part 1. Part 2: up to August 25, 2012, \$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 silent 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.

The teachers will be assisted by Keri Pederson. An optional daily period of yoga will be offered.

### Wise Concentration: Steadying the Mind

As we cultivate concentration, we develop purification, tranquility and equanimity of mind and heart. These qualities prepare the ground for a penetrating insight into the nature of existence. This course will offer an

introduction to and support for the practice of concentration (*samatha* in Pali), as taught by Burmese meditation master Pa Auk Sayadaw.

Open to both new and experienced meditators, the retreat will consist of alternate periods of silent sitting and walking meditation, daily dharma talks, and small group practice interviews. An optional daily period of yoga will be offered by Éowyn Ahlstrom.

### 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 silent 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. All are welcome.

**Dharma Seed**

Listen online or download teachings and guided meditations given at IMS and other dharma centers.

Freely offered at [www.dharmaseed.org](http://www.dharmaseed.org)

# 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](http://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 LR, 3MO, PT1 & PT2 courses). Please list teacher names, dates, course length and locations.  
(Attach extra paper if necessary.)

## I wish to apply for financial assistance

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

## Do you wish to receive our mailings?

YES  NO

May we share your address with similar organizations?

YES  NO

## I wish to receive my confirmation packet

- by email
- by postal mail

## Do you wish to be on our emailing list?

YES  NO

May we share your email address with similar organizations?

YES  NO

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

I am paying by      My check payable to IMS is enclosed for \$ \_\_\_\_\_

Credit card #             3-digit verification code

Expiration date \_\_\_\_/\_\_\_\_/\_\_\_\_ Exact name on credit card \_\_\_\_\_

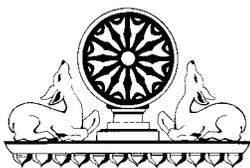
Total amount to charge credit card \$ \_\_\_\_\_ Cardholder signature \_\_\_\_\_

## Information

- All retreats require a deposit on registering. Deposit and fee amounts are listed beside each course on the Retreat Center schedule (see pages 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 one week 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 full 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...

149 Lockwood Road  
Barre MA 01005  
978-355-2347  
bcbs@dharma.org  
www.dharma.org/bcbs



BCBS has made a transition from printing *Insight Journal* to incorporating its familiar features into our monthly email, now called *full moon Insight Journal*. For more information and to be added to our mailing list, email us or see *Request Catalog/Journal* on our website.

## 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.

The next program will run June 2012 – June 2013. Admission is by application only (due on or before March 1, 2012) and is limited to 30 students. Please email us for further information.

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.

## 2012 Course Schedule

*(Registration opens in October; more courses will be added; please see our website for details.)*

Jan 27-29	Buddhist Frameworks for Teaching & Learning	Claire Stanley & Jack Millet
Feb 3-5	Buddhist Engagements with Power & Authority	Christopher Ives
Feb 10-12	Our Unconscious Construction of Reality	Bill Waldron
Feb 17-19	Metaphors, Meaning & Mindfulness	Arnold Kozak
Mar 4-9	Pali Language & Literature	Andrew Olendzki
Mar 16-19	Breath Meditation: Theory & Practice	Ajahn Thanissaro
Mar 20-25	Mindfulness for Mental Health Professionals	Bill & Susan Morgan, Jan Surrey
Mar 30-Apr 1	Expressing the Inexpressible in Zen Poetry	Roshi Pat O'Hara
Apr 6-8	Going Forth: A Buddhist Approach to Retirement	Mu Soeng
Apr 19-22	Mindfulness & Children (classroom & healthcare)	Susan Kaiser Greenland
Apr 26-29	Certificate Prog., Meditation & Psychotherapy	Paul Fulton
May 25-27	Dhammapada: The Song the Buddha Sang	Mu Soeng
Jun 10-15	Integrated Study & Practice Program	Andrew Olendzki & Gloria Taraniya Ambrosia
Jun 17-22	Essentials of Buddhist Psychology	Andrew Olendzki & Gloria Taraniya Ambrosia
Jun 24-Jul 1	Dzogchen Practice: Unity of Love & Wisdom	Lama John Makransky
Jul 8-13	A Meditator's Guide to the Abhidhamma	John Peacock
Jul 20-29	<i>Jhāna</i> Practice	Leigh Brasington
Aug 3-8	Human Development, Teaching & Learning	Claire Stanley & Jack Millet
Sep 1	<i>(Topic to be determined)</i>	Joseph Goldstein
Sep 18-23	Certificate Prog., Meditation & Psychotherapy	Andrew Olendzki & Paul Fulton
Sep 28-30	Knowing Persons in Their Deepest Goodness	Lama John Makransky
Oct 7-12	Integrated Study & Practice Program	Andrew Olendzki & Gloria Taraniya Ambrosia
Oct 14-19	For ISPP Graduates: The Matrix of Experience	Andrew Olendzki & Gloria Taraniya Ambrosia
Oct 27-Nov 1	Bhavana Program: Factors of Awakening	Andrew Olendzki & Gloria Taraniya Ambrosia
Nov 2-11	Insight Dialogue	Greg Kramer
Nov 25-30	Abhidhamma	Andrew Olendzki
Nov 30-Dec 2	Awareness of Body, Mind, Heart & Brain	Claire Stanley & Jack Millet



Insight Meditation Society  
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Barre MA 01005

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PHOTOS: EMILY CARPENTER AND MARC HAMEL



# Work at IMS

## in service of awakening

**IMS IS MORE THAN JUST A WORKPLACE. WE OFFER**

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

**For current openings and further information see [www.dharma.org](http://www.dharma.org)**

Please contact Human Resources • 978-355-4378 ext. 335 • [hr@dharmadharma.org](mailto:hr@dharmadharma.org)