

# INSIGHT

NEWSLETTER

FALL  
WINTER

2005/2006

IMS Schedules:

The Retreat Center 2006

The Forest Refuge 2006

Teacher Interviews

IMS News

and Developments

BCBS 2005/06

Course Schedule Outline

## Practicing Emptiness, Experiencing Fullness

An Interview with Guy Armstrong

*The world is empty because it is empty of self or of what belongs to self.  
– The Buddha*

Guy Armstrong was introduced to the Buddha's teachings in 1974. Since then, he has trained as a Buddhist monk with meditation masters in Thailand and Burma. He began teaching the dharma over twenty years ago, and is currently a member of the IMS Guiding Teacher Council. With an abiding interest in the depth and implications of *suññatā*, or emptiness, he offers us insights into this essential Buddhist teaching.

**Guy, the teachings on 'emptiness' can be difficult for many of us in the West to grasp. What did the Buddha mean by this term?**

People frequently imagine 'emptiness' as blankness, where nothing happens in the mind, where there's just a big vacancy. That's not what the Buddha was pointing to with this term.

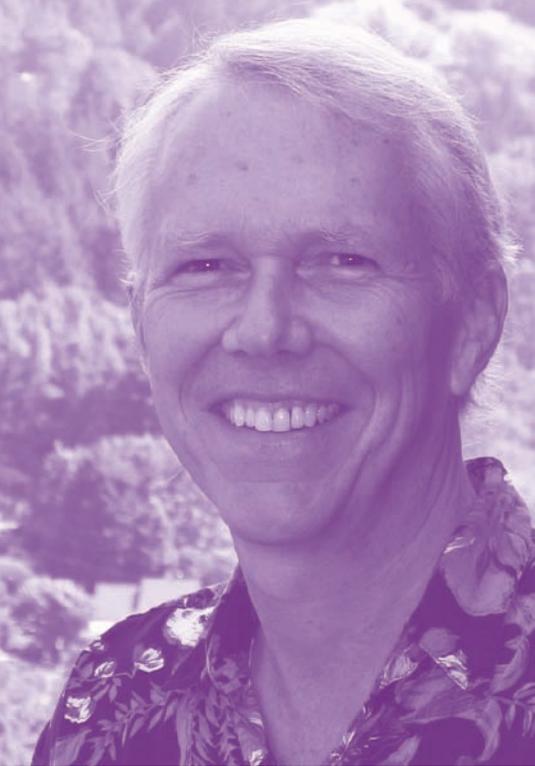
As we practice, we start to come in contact with emptiness in different ways.

Yogis – those on retreat – often report three experiences that indicate a growing understanding of emptiness: spaciousness, absence of a tangible self, and insubstantiality. You might say that as the truth of emptiness dawns, the *fullness* of life comes into awareness.

**Can you describe each of these?**

When we begin to meditate, we may feel that thoughts are occurring all the time. After a while, as our bodies and minds settle, we become aware of small spaces

*(continued on page 2)*



Guy Armstrong



## INSIGHT NEWSLETTER

A twice-yearly publication of the Insight Meditation Society, a tax-exempt nonprofit organization whose mission is to provide a spiritual refuge for those wishing to free themselves from the suffering of mind and heart. IMS offers meditation retreats and practices, in the Theravada Buddhist tradition, that cultivate our capacity to live in the world with wisdom and compassion, for the benefit of all beings.

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between our thoughts and emotions. As we continue to practice, these gaps can expand until we have a sense of the vastness of our own minds, of our own consciousness. This vastness then becomes a large container for everything that passes through the mind. It also lends increasing calm to the practice and to our lives.

The second important element is that of ‘not self.’ This aspect is at first unusual and can take a few years for a meditator to fully understand.

If we reflect on our lives, we notice the tendency to place an overlay of ‘I’ or ‘mine’ on all our experiences of the world. Whenever we hear something, or see something, or think something, it is in terms of ownership. Yet as we closely examine reality, as the mind gets quiet, we start to realize for ourselves that there is no evidence for this ‘I’ or ‘mine.’ As the Buddha said, “In the seen, let there be just what is seen; in the heard, let there be just what is heard.”

Sometimes there can be so much silence, so much spaciousness in a moment that we can actually feel a little adrift. The ‘I’ has become so weak that we’re not quite sure we’re still here. Sometimes anxiety or unsettledness can arise at this point; but it’s a good sign that the usual assumptions of self have shifted.

The third aspect of emptiness is the quality of reality as being insubstantial and not solid. Usually, the initial place we can see this is in relation to our own body. When we first meditate, we feel the body is really dense, like a rock or a piece of wood. But as we investigate further and look directly at the experience of bodily sensation, we find there’s

nothing hard or fixed in the body at all. Rather, wherever we turn our attention, sensations have the nature of vibration, pulsation, impermanence, shifting, changing, rising, falling. The Buddha pointed to this in a teaching in the *Samyutta Nikāya* (the Connected Discourses) called ‘The Mass of Foam.’

He said, “If you see a mass of foam floating on the surface of a river and you look at it closely you’ll see it’s void, hollow and insubstantial. In the same way, if you examine the whole world of matter, you’ll see that it’s also void, hollow and insubstantial, just like this mass of foam.”

As the understanding of insubstantiality grows, the world can seem softer, less fixed, and not something that we so easily grasp onto.

### **Does the concept of insubstantiality apply to our emotions as well as our physical senses?**

Absolutely. When meditators start to see their emotions in terms of the three characteristics – that they are always changing, that they’re unsatisfactory because none of them ultimately last, and that there’s not an owner of any feeling – then they can view emotions as passing clouds. As clouds move across the sky, they coalesce, they persist for a while, and then they break up. We realize that emotions are formed in exactly the same way. This is the realization of the emptiness of emotions, which can unhook us from taking them quite so seriously. We let them arise, form and pass away within the spaciousness of understanding. This is one of the biggest areas of freedom for meditators.



## When the Buddha speaks of 'empty of self', doesn't that imply nihilism?

Well, the Buddha was actually accused in his lifetime of being nihilistic. One time he replied to that question by saying, "I don't teach the annihilation of an existing being." While this is absolutely right, it is also a bit cryptic and invites reflection. It's important to understand that, with insight, what goes out of our experience is a false and limiting sense of who we are that confines and constricts our full functioning. Many yogis say that when the false sense of self goes, even temporarily, a weight is lifted off their shoulders. So the experience isn't one of nihilism, but one of relief, greater happiness and ease.

Every meeting with every person is experienced more fully. Every time we hear a bird's song it's experienced more directly. Every taste of food comes across more clearly. As the Zen master Dogen put it, "To study the way is to study the self. To study the self is to forget the self. To forget the self is to be enlightened by all things."

## Can you offer some techniques that help cultivate a deeper understanding of emptiness?

Let's talk about the absence of self, because in some ways it's the most subtle of the three aspects I mentioned earlier. The direct way to seeing the emptiness of self is the practice of mindfulness as described in the *Satipatthāna Sutta* – the Four Foundations of Mindfulness. It leads naturally into an understanding of not self, but there is a particular addition that can help to cultivate this understanding.

In doing our usual mindfulness practice, we might note "hearing," "seeing," "in" for an in-breath, "sensing," "thinking," and so on for the various arisings at the sense doors. Every time we make a note like that, we might try adding the comment, "Not I, not mine." Practicing like this, over and over, inclines the mind to see things the way they actually are, and to cease the extra habit of claiming experience as self or belonging to self.

## At the time of the Buddha, were these teachings on emptiness unusual?

They were very original. The existing religious world view most in favor 2,500 years ago in India was an early form of Hinduism which posited that the work of the spiritual path was to unite the *atman*, or individual self, with the *brahman*, or universal self. The actual existence of the individual self was never questioned. The Buddha's presentations of the teachings of 'not self' were very radical in his day, and unsettling to many at the time, just as they are radical and can be unsettling today.

Since the teachings on emptiness are about the very nature of the human heart and mind, they're just as true today as they were in the time of the Buddha; they are the doorways to liberation. The entire path of awakening can be seen as the unfolding of emptiness.

## What are the qualities of a mind that abides in emptiness?

Abiding in emptiness is a very purifying practice. It's really at the heart of our meditation because it combines right understanding with right mindfulness and right concentration. The more we

practice abiding in emptiness the more we experience awakened qualities of heart and mind – peace, contentment, joy, lovingkindness and wisdom. You could say these are the fruits of emptiness.

## How has this aspect of the teachings inspired your own practice?

Emptiness has been a frequent theme for my own reflection and study. On a study retreat in my home a few years ago, I read about emptiness every day. The concept began to really sink into my bones. One night I dreamed that I was standing in front of a full-length mirror, looking at my reflection. I asked my reflection, "Why is emptiness important?" The reflection answered, "Because it means that you don't exist." At that point I woke up, because it was quite startling. I appreciated the answer, though, because it came out of the mirror and not out of my own mouth.

It also pointed to the way of liberation. When the sense of a separate self goes, the very difficulties of life also dissolve. The mirror's reply doesn't mean that I literally die. Rather it reminds me of a comment from an old Sri Lankan monk who was asked the secret of his great happiness and joy. The monk replied, "No self, no problem."

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*Guy Armstrong is part of the teaching team for a five-week Vipassana Intensive at the IMS Retreat Center, October 13 – November 18, 2006. Following this, he'll co-teach a Mudita Weekend, November 24-26. For registration and course description information, please see pages 18-25.*



# IMS News Worth Noting

## Sustaining the Sangha

*An open letter from Dianne Horgan,  
IMS Executive Director*

Dear Friends,

Thank you for your support in the last year – our campaign to raise funds to renovate the IMS Retreat Center meditation hall has borne great fruit. As of this writing, we have raised over 95% of our \$108,000 goal.

Next January, the project will begin. The work will unfold in stages, in between programs throughout 2006 – our 30<sup>th</sup> anniversary year. Retreatants who attend the annual Vipassana and Metta retreats in February may be the first to see the newly resurfaced walls, while those who come to the summer Family Retreat may inaugurate the new platform for the Buddha statue. By the end of 2006, our venerable meditation hall will be renewed, and, in our own practice there, we too can renew a commitment to deepen mindfulness and compassion in every passing moment.

I'd like to offer my heartfelt appreciation – we could not do this without you.

In our efforts to keep IMS programs affordable for all, I'm happy to announce a new fundraising initiative. Beginning

this autumn we are offering an additional membership option – *Monthly Giving*: donors may now choose whether to give monthly or once a year.

All revenue from monthly gifts will be used towards operating expenses such as meals, heating and electricity. As you probably understand, running two centers such as ours is expensive, and even while we work diligently to control costs, price increases in items such as oil, insurance and food present a challenge. The intention is to create a steady stream of support for these necessities while simultaneously increasing the overall membership revenue.

To arrange an automatic monthly contribution, please visit our website, use the enclosed envelope to request more information or contact our Development Coordinator at [EowynA@dharm.org](mailto:EowynA@dharm.org) or (978) 355-4378, ext. 230.

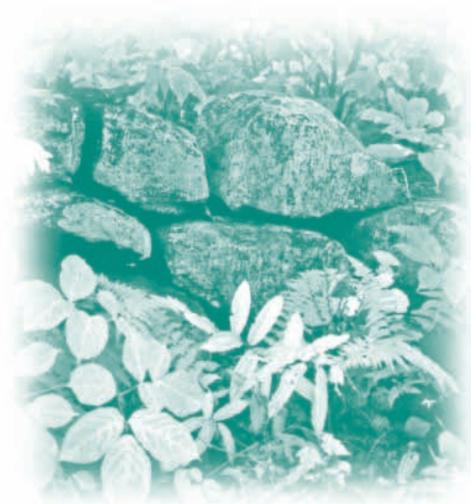
I hope you will join me in sustaining our sangha by offering monthly donations. Once again, thank you for your commitment to our community.

With lovingkindness,

## Assistance for Teen & Family Retreats

Each year, IMS endeavors to cultivate the mindfulness, compassion and wisdom of the next generation through the Teen and Family Retreats. If you have experience in working with teenagers or children, are an experienced meditator and would like to be a group leader, please call us at (978) 355-4378 or email [RC@dharm.org](mailto:RC@dharm.org). We offer sitting days in return for your service.

In addition, funding is needed to cover the cost of special materials for these retreats, such as dharma books for teens and art supplies for children. Please contact us if you are interested in becoming a 2006 benefactor for one or both of these courses.



LIBBY VIGEON



## Training of IMS Teachers

Seven practiced, knowledgeable, sincere and committed senior students have just completed an intensive four-year dharma teacher training program under the guidance of core IMS faculty. The newly trained meditation teachers hail from around the world – Rebecca Bradshaw from Massachusetts, Sky Dawson from Australia, DhammaRuwan Chandrasiri from Sri Lanka, Patricia Genoud-Feldman from Switzerland, Linda McDonald from Canada, Annie Nugent, originally from South Africa and Debbie Ratner from Washington, DC.

“We see growing numbers of people interested in Buddhism and wanting to explore their own minds,” explained Steve Armstrong who, together with Joseph Goldstein, Carol Wilson, Michele McDonald and Kamala Masters formed the training team. “Our intention in training this group was to prepare another generation of senior students qualified to share the dharma to anyone practicing meditation, whether experienced or new.”

“The teacher training program included extensive study of traditional and contemporary dharma texts, ongoing mentoring, onsite assisting at retreats, a continuing annual commitment to intensive practice and ongoing study of the psychological dimension of meditation,” Steve added. “They are now fully prepared to offer the teachings. We have given them the knowledge and lessons of our collective ten decades’ worth of teaching experiences. We have every confidence that they will contribute to the widening and deepening of the Western Buddhist sangha.”

Some of the graduates offered *Insight Newsletter* the following details about their teaching and practice experience:

**Rebecca Bradshaw** commenced practicing vipassana at the ripe old age of 23. Teaching now for over ten years, she continually finds inspiration in sharing the dharma with teens and young adults, as well as supporting efforts to combine deep meditation practice with living a lay life. She lives in Western Massachusetts with her partner Bob, and their cat Maud, and works as a Spanish-speaking psychotherapist. In any spare time she gardens, bikes, goes wilderness camping and canoes.

*Two of the courses Rebecca will teach in 2006 at IMS include the Teen Retreat (June 30–July 4) and the Vipassana Retreat for Ages 18–32 (August 11–18).*

**Sky Dawson** sat her first vipassana retreat with S.N. Goenka in 1981. Over the last twenty years, Western Buddhist teachers Joseph Goldstein, Steve Armstrong and Kamala Masters have guided her practice. She is a member of the Perth Insight Meditation Group in Western Australia, and has worked for fifteen years teaching and researching in the areas of palliative care, loss and grief at two universities and a community hospice.

“There are strong parallels between the dharma and palliative care,” Sky explains. “How we live our lives in this moment will influence how we approach the end of our lives. The inner peace that develops in our meditation practice can flow into all aspects of our lives, transforming them at the deepest levels, and preparing us for death.”



## Cambridge Insight Meditation Center

CIMC is a non-residential urban center for the teaching and practice of insight meditation.

CIMC’s programs are designed to provide a strong foundation in formal meditation as well as daily practice. Our schedule includes daily sittings, weekly Dharma talks, ongoing classes and practice groups, teacher interviews, and a variety of weekend workshops and meditation retreats.

An open invitation is extended to all to stop by CIMC and browse through the library or join in any of the public sittings or Wednesday evening Dharma talks. A growing number of out-of-town yogis have enrolled in our weekend retreats. Contact us for a list of bed and breakfasts in the area.

**331 Broadway  
Cambridge, MA 02139**

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

**Website: [www.cimc.info](http://www.cimc.info)**



**Patricia Genoud-Feldman's** spiritual quest arose at a very early age. Raised in Africa amidst extreme poverty and civil unrest, she began a search for the meaning and purpose of life. In 1984 she found answers in Asia and was introduced to Buddhist study and practice. In the decades since, two traditions have influenced her – Tibetan Vajrayana with her root guru, H.H. Dilgo Khyentse Rinpoche and Theravada, mainly with Sayadaw U Pandita and Joseph Goldstein.

In 1999, she co-founded the Meditation Center Vimalakirti in Geneva, Switzerland where she is based. She teaches around the world, often with her husband Charles. Her style emphasizes innate natural awareness and an approach of gentle relationship to oneself. She has also received training and has worked in Gestalt psychotherapy.

*Patricia will teach at the Forest Refuge in April and November, 2006. At the Retreat Center, she will co-teach the Metta & Vipassana courses in June, 2006.*

**Annie Nugent** was introduced to Buddhist meditation in 1979 in South Africa, her country of birth. Since then, she has received teachings in both the Theravada and Tibetan traditions. She moved to England in 1988 and spent some considerable time earning a living in the antiques business. The pull of the dharma, however, drew her to Barre, MA, where she participated almost annually in the Three-Month Retreat and where she now makes her home. From 1999-2003, she served as one of IMS's resident teachers.

"This period allowed me to bring my own practice style into my teaching," she says. "There's a powerful phrase

that resonates deeply for me – 'use everything'. When we use everything in our lives as an opportunity to develop mindfulness, wisdom and compassion, we can come to a clear and direct understanding of the Truth."

*Next year, Annie will teach alongside Steve Armstrong and Kamala Masters at the Parami/Concentration & Vipassana Retreats (April 14-30), and at the Forest Refuge in January, February and August.*

After dabbling in meditation for most of her life, **Debbie Ratner** finally began practicing vipassana in 1995. Soon after, she left her career as a telecom engineer in order to spend long periods in intensive retreat, including a year as a nun in Burma with Sayadaw U Pandita. Debbie lives with her husband in Maryland, where she teaches with the Insight Meditation Community of Washington.

**Graduates and teachers of the IMS Teacher Training Program.**

*Back row L-R: Carol Wilson, Linda McDonald, Sky Dawson, Rebecca Bradshaw, Joseph Goldstein, Steve Armstrong and DhammaRuhan Chandrasiri. Front row L-R: Debbie Ratner, Patricia Genoud-Feldman, Annie Nugent and Kamala Masters.*



*The Gift of Meditation  
Offer a retreat to someone you love*

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are now available!**

Support friends or family members to participate in any IMS program 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 any retreat.

For more information, contact IMS at registrar@dharma.org or (978) 355-4378 ext. 170.



## The Practice of Generosity

### A Donor's Story

The teachings of the Buddha become far more than philosophical or theoretical when significant events undermine the structure of our lives and seemingly deprive us of what we most cherish. When Jim Alford's life-partner of twenty-eight years, Oscar Hinojosa, died in 1997, Jim faced the challenge we must all, sooner or later, confront: how do we respond from deep within and use suffering as an opportunity to move wholeheartedly along the path of wisdom, compassion and love? Jim sought insight through the exploration and practice of Eastern spirituality.

When he read Joseph Goldstein's first book, *The Experience of Insight*, Jim was drawn toward IMS. His interest led him to attend the Three-Month Retreat in 2000. Describing his emotional state at the time as "awash in grief, a sense of betrayal and depression," Jim says he was deeply responsive to the Buddha's teaching on *anatta* (not self) and to Joseph's direct challenge to him to investigate the empty nature of the self. The experience was a turning point, the beginning of a transformative process.

Since then, Jim has continued to strengthen his practice, cultivating acceptance, freedom and joy. He has learned to relate with deep compassion to his experiences – understanding them as ever-changing, worthy of care, and empty of an identifiable self. He is attending another three-month course in 2005, before entering a long-term personal retreat at the Forest Refuge in 2006.



Recently Jim put his estate plans in order. Recognizing the pivotal role IMS has played in his healing and spiritual development, he decided to make IMS the primary beneficiary of his estate. This is how Jim describes what motivates him: "My partner's life and awesome death left me with an enormous legacy of love and generosity. Oscar was always actively engaged in community life, and he was loved by many people. He was a generous man, and his generosity rebounded to us beyond any expectation on our part.

"Now, I feel blessed with a wonderful sense of planting another seed at IMS through my practice of *dana* (generosity). I believe that when any of us becomes more present and fully alive, it makes a positive difference for the universe. So, I can think of no place on this planet where that seed has a better chance of growing and flowering than at IMS.

I feel blessed simply because I can make this offering. It makes me happy, deeply happy." Jim's sentiments recall the Buddha's teaching to give where the gift will bear the greatest fruit.

IMS is very grateful to Jim Alford and to all those who include IMS in their estate plans. Planned giving is a powerful way to help make certain that the Buddha's teachings will be offered here for many years to come. Please consider joining the community of people who want IMS to span generations.

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*For more information about the variety of ways to include IMS in your estate plan, from bequests to giving through retirement assets, contact Éowyn Ahlstrom, Development Coordinator, at (978) 355-4378 ext. 230 or [EowynA@dharma.org](mailto:EowynA@dharma.org).*

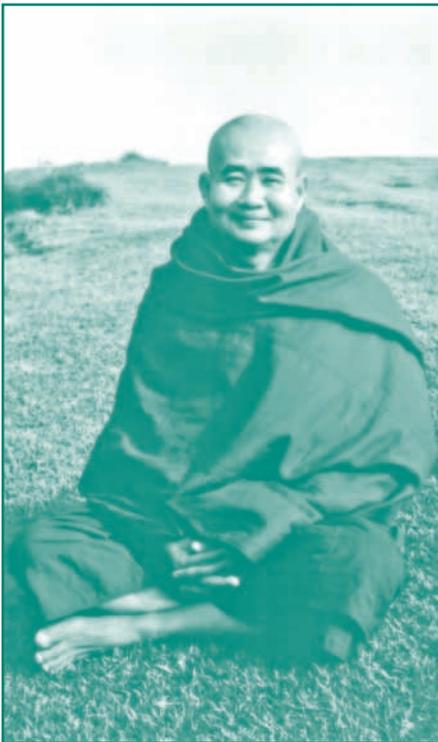


# IMS Program Highlights

## At the Forest Refuge...

Many respected vipassana teachers from around the world will be in residence throughout 2006 to guide the practice of those undertaking a personal retreat.

During the months of May and June, we are honored to host, for the first time, the eminent Burmese meditation master **Ven. Pa-Auk Sayadaw**. Since ordaining at the age of ten, Sayadaw has spent his life promoting the teachings of the Buddha through study,



Ven. Pa-Auk Sayadaw

practice and realization. The abbot of Pa-Auk Tawya Forest Monastery in southeastern Burma, he speaks fluent English, teaches throughout the world and is the author of *Knowing and Seeing*.

The two-month course led by Pa-Auk Sayadaw will focus on the development of strong concentration (*jhana*) as a foundation for vipassana practice.

A lottery has already been conducted for this retreat. You are still welcome to apply; if your application is successful, we will add you to the wait list.

From January 16-31, **Marcia Rose** and **Annie Nugent** will conduct a two-week intensive vipassana course. Instead of the usual two interviews and dharma talks given each week at the center, they will offer three weekly interviews and talks on the teachings, providing an increased level of teacher support. Yogis can also choose to follow a suggested schedule and participate in some guided sittings. "This can be a helpful way to begin a longer retreat, or to be introduced to the personal retreat format at the Forest Refuge," notes Marcia.

## Why Sit a Personal Retreat?

*IMS founding and guiding teacher Joseph Goldstein and Forest Refuge teacher-in-residence Myoshin Kelley respond to questions about personal retreat at the Forest Refuge.*

For some, the format of traditional retreats with set schedules and group practice provides the necessary discipline and structure to explore the mind. What are the benefits of undertaking a less-structured personal retreat at the Forest Refuge?

*Myoshin:* When we begin meditation practice and come on a retreat, a structure is not only beneficial but essential. The schedule, including daily instructions and teachings, provides the indispensable support to start investigating the mind. Though the techniques taught are quite simple, it isn't always easy to practice all day, and having others around helps keep us going.

At a certain point in practice, however, embarking on a personal retreat with minimal structure can cultivate important qualities necessary for the continuing unfolding of the dharma. A personal retreat strengthens faith, self-reliance and confidence. As well, it allows the discovery of an intuitive practice rhythm that arises from a deeper understanding of our own motivation.

The development of these qualities then encourages practice in daily life, where we often don't have access to group support. In daily life, what we've learned about our minds is frequently put to the test!



*Joseph:* Since the time of the Buddha, one traditional way of deepening meditation has been for students to receive instructions from a teacher and then go off by themselves to practice. After some time, a review with the teacher takes place, and further instruction is given. During my years in India, I often practiced this way with my teacher, Munindraji, and found it to be tremendously enriching. There's a feeling of inner exploration that inspires an engaged interest, effort and confidence as we find our own balance of sitting and walking.

The very lack of structure often reflects back different nuances and patterns in the mind. We see ever more clearly how our own minds create suffering, and how the possibilities for genuine peace and happiness are not dependent on external conditions, but on inner transformation. For people with a good meditation background, the Forest Refuge provides a unique balance of solitude and support, aloneness and community.

There is a perception among some experienced meditators that their practice is not yet stable enough to sustain a personal retreat. Do you have any comments about this?

*Myoshin:* It is important to build a foundation of how to do the practice, as well as having some retreat experience, before coming to the Forest Refuge. However, mastery is not required! We are all still learning. The Forest Refuge offers both tangible and intangible kinds of support. On the tangible level, there is a fair amount of teacher guidance – two personal interviews and two dharma talks are given each week.

Yogis also have access to a tape library. If practice difficulties should arise, a qualified Forest Refuge teacher is always available.

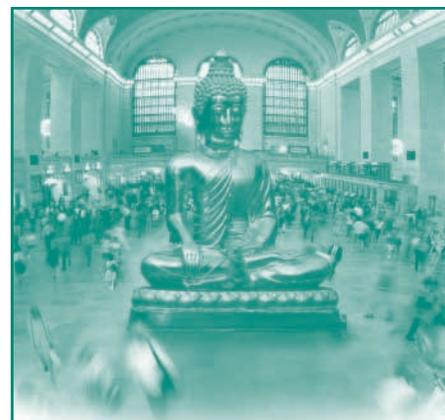
It's also helpful to remember that the *sangha* (community) is much in evidence at the Forest Refuge – support is felt from fellow yogis on their own personal retreats and from the wonderful staff looking after the center.

*Joseph:* I can appreciate that doing a personal retreat may at first appear daunting. "How will I manage without a schedule, without bells?" But it has been quite amazing to discover, as have many yogis – to their own great surprise – that the stillness and silence of the Forest Refuge is an intangible but deeply felt presence that radiates a sense of safety and protection. Often within just a few days, this atmosphere of calm abiding and peace seems to help meditators settle effortlessly into greater depths of practice. It is quite a remarkable experience.

### At the Retreat Center...

The 2006 Retreat Center schedule provides a rich opportunity for new students and experienced meditators alike to deepen their practice and cultivate the qualities of mind needed to generate more peace and happiness in the world.

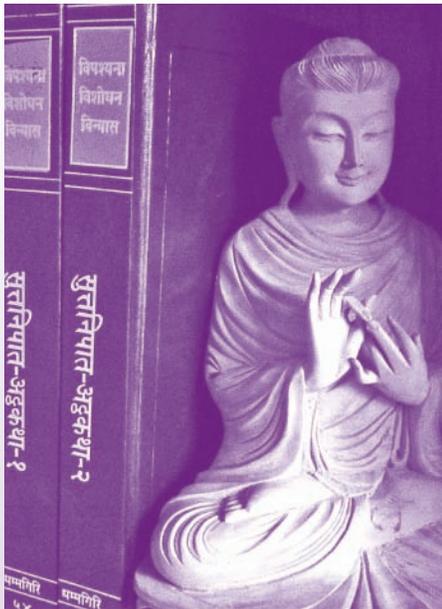
Starting off the year is a vipassana retreat led by **Joseph Goldstein**, **Sharon Salzberg** and others, February 3-12. This will be the only Retreat Center course taught by Joseph in 2006 – he will take a sabbatical from April, 2006 through April, 2007.



## New York Insight

New York Insight (NYI) was founded as a nonprofit center for the practice of mindful awareness (*vipassana* or insight meditation). NYI 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. The events, except where noted, are suitable for beginning as well as experienced meditators. NYI welcomes the participation of all interested people.

NYI is located in central Chelsea. Our spacious and peaceful center is at **28 W 27th St, 10th Floor** (between 6th Ave & Broadway), **New York, NY 10001**. Please check our website **[www.nyimc.org](http://www.nyimc.org)** for event descriptions and registration information, or call **(212) 213-4802**.



## Advanced Study and Practice Program

*IMS, together with the Barre Center for Buddhist Studies (BCBS) will offer a unique, one-year program of advanced dharma study and practice. The program provides experienced dharma students the opportunity to delve more deeply into the meaning and significance of the Buddha's teachings, and to creatively explore the relationship of these teachings with meditation practice.*

### Program Highlights

- Four weekends of study, discussion and practice at BCBS  
*Led by Andrew Olenzki and Mu Soeng*
- A 7-day study/meditation retreat at IMS in December, 2006  
*Led by Christina Feldman and John Peacock*
- Personal mentoring from a qualified meditation teacher
- A sourcebook containing reading, homework assignments and guided meditations
- Regular discussions with other participants

*This program is intended for those with considerable meditation experience.*

**Dates: June 2006 – June 2007**

**Cost: \$1,650 plus optional dana**

**ASPP is limited to 50 participants and is by application only, due December 1, 2005.**

*To download an information packet and application, please visit the BCBS website at [www.dharma.org/bcbs](http://www.dharma.org/bcbs). To have these emailed or postal mailed to you, please contact BCBS by calling (978) 355-2347 or by emailing [bcbs@dharma.org](mailto:bcbs@dharma.org).*

**Michele McDonald** will lead a Metta & Vipassana Intensive for four weeks, September 15 – October 13. A five-week Vipassana Intensive, October 13 – November 18, led by **Steve Armstrong, Carol Wilson** and others will immediately follow. Students can choose to participate in one or both of these courses. This nine-week option replaces the traditional Three-Month Retreat for 2006.

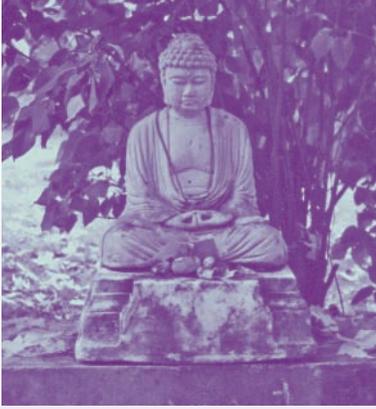
**Tara Brach**, founder of the Insight Meditation Community of Washington, DC will offer a vipassana course, March 31 – April 9. **Steve Armstrong & Kamala Masters** will teach a Parami & Concentration Retreat from April 14-21, followed by a vipassana course, April 21-30. **Jack Kornfield** returns to IMS to lead a vipassana retreat, May 19-28.

For those participating in the Advanced Study and Practice Program (ASPP), **Christina Feldman** and **John Peacock** will teach a meditation and study course, December 1-8, 2006. This retreat is also open to graduates of Spirit Rock Meditation Center's Dedicated Practitioners Program (DPP).

*See pages 18-25 for the full 2006 Retreat Center schedule, course descriptions and registration information.*



LIBBY VIGEON



# About IMS

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Fax: (978) 355-4307  
Office hours: Mon.-Fri., 9am-5pm

The Insight Meditation Society was founded in 1975 as a nonprofit organization to uphold the possibility of liberation for all beings. Its Buddhist meditation retreats provide spiritual refuge, allowing the in-depth exploration of freedom from the sufferings of mind and heart.

IMS operates two retreat facilities – the Retreat Center and the Forest Refuge – which are set on some 200 secluded wooded acres in the quiet country of central Massachusetts.

The Retreat Center, which commenced a program of silent courses in 1976, offers a yearly schedule of meditation retreats lasting in duration from a weekend to more than a month. Most courses run for 7-9 days.

The Forest Refuge opened in May 2003. For experienced vipassana meditators, its calm and peaceful environment establishes the sense of harmony most conducive to sustained, long-term personal retreat. Retreatants can practice for periods ranging from two weeks to stays of 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 offer teachings.

## General Information

Retreat Center courses are designed for both new and experienced meditators. Instruction in meditation and evening talks about the Buddha's teachings are given daily. 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 periods. A typical daily schedule starts at 5am and ends at 10pm. The entire day is spent in silent practice comprising alternate periods of sitting and walking meditation, as well as a one-hour work period.

At the Forest Refuge, retreats are based either on one's own schedule, a wish to work with a particular teacher (see the Teacher Schedule on page 17), and availability. In consultation with the teachers, a personalized program of meditation practice is created, designed to nurture the highest aspiration for liberation.

Support for a personal retreat includes two individual interviews with a teacher each week and twice-weekly dharma talks in the meditation hall. Tapes are also available on evenings without talks.

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

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.

## Evening Discourses

When a Retreat Center course is in progress, anyone is welcome to attend the evening dharma talks; meditators with vipassana experience are also welcome to attend group sittings. Some restrictions apply. Please call the Retreat Center office for a daily schedule.

## Lotteries

Due to the popularity of certain courses, admission is by lottery. Each lottery course has a deadline (see schedule on pages 18-19). All registrations received by the deadline are included in the lottery. Those not selected by lottery, as well as any late registrations, are put on a wait list.



At the Retreat Center, anyone who has applied for a particular lottery course two or more times without getting in is eligible for automatic inclusion – however, you must notify us if this is the case, prior to the lottery deadline.

At the Forest Refuge, lottery participation is dependent on an approved application.

## Individual Retreats

### Self-Retreat

If you have participated in a course at the Retreat Center, you may schedule an individual self-retreat between courses. The 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 \$50-\$65 per day, depending on your means.

For self-retreats of up to six days immediately before or after a specific group course, you can put the dates on your registration form. For self-retreats of longer than six days, please call the office for an application form.

### Work Retreat

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

Participation is limited to experienced meditators and requires 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, the timing of work retreats usually corresponds with the schedule of teacher-led courses. At the Forest Refuge, a one-month commitment is ideal.

A special application needs to be submitted; the cost is a \$25 nonrefundable processing fee. Information and application forms are available online at [www.dharma.org/ims/jobs](http://www.dharma.org/ims/jobs). You can also contact the IMS Human Resources Coordinator about a Retreat Center work retreat by calling (978) 355-4378, ext. 335 or emailing [hrc@dharma.org](mailto:hrc@dharma.org). For the Forest Refuge, call (978) 355-2063 or email [FR@dharma.org](mailto:FR@dharma.org).

## Financial Information

### Scholarships

Our Scholarship funds assist those who are genuinely unable to afford the cost of a retreat. Each request is carefully assessed in terms of financial need, previous history and funds available.

Due to limited resources, we recommend that you apply for a scholarship as early as possible. **Awards are distributed on a first come, first serve basis** and are generally restricted to one scholarship per person, per year. (Please note that applications for the Metta and Vipassana Intensives need to be received by June 1, 2006.)

You can apply online for a scholarship at the Retreat Center, or check the relevant box when completing the registration form on page 25. 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 scholarship information. A scholarship form will be sent to you, if your retreat application is approved.



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

**Dana**

At IMS, the teachings are offered according to the principle of *dana*, the Pali word for generosity, giving or gift. Dana is central to the 2,600-year-old tradition of Buddhism. In the days of the Buddha, the teachings were considered priceless and so were offered freely. Early dharma teachers received no payment for their instruction. Instead, the lay community, through voluntary generosity, provided monks and nuns with

food, clothing, shelter and medicine.

Dana is not only a practical matter; it also plays a crucial role in the spiritual life of a dharma practitioner. Generosity is the first of the ten *paramis*, or qualities of character, to be perfected in spiritual life. The very act of giving benefits the person who gives, for it opens the heart and serves the well-being of others. Simply offering a small favor, a kind thought, a meal or a flower may be a sincere form of spiritual practice.

We rely on your generous support. An opportunity to offer donations to the teachers, to the staff and to the operation of IMS is provided at each retreat.

**Fees and Rate Increase**

IMS fees are on a sliding scale basis that allows retreatants to pay in a way that is more in accordance with individual means. At the Retreat Center, there are four rates – Sponsor, Mid, Low and Scholarship. The Forest Refuge has three rates – Sponsor, Mid and Low, with some scholarship support available.

Despite our best efforts to absorb the rising costs of basic necessities such as food, oil and insurance, IMS must regrettably raise its course fees in 2006, after not doing so for two years. Just one year ago, we had hoped to receive \$250,000 from our last membership appeal; this would have enabled us to begin to lower rates. We did not raise this amount, however, nor did we receive enough to keep fees at existing rates.

To balance our budget, we are doing our utmost to reduce departmental expenses

and meet various fiscal challenges, while still remaining committed to providing the same levels of quality service.

The Low rate has increased only marginally, with the Sponsor and Mid rates bearing most of the impact. This way, if you can afford the Mid level or higher, you help to make it possible for others with lesser financial means to attend.

At the Retreat Center, registration income at the Low rate goes toward operating expenses only. Forest Refuge fees also include an honorarium for the teachers.

Even with charging higher amounts, revenues from registrations cover less than 50% of the cost of our operations. The balance of our income comes from your generous donations, for which we are deeply grateful.

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

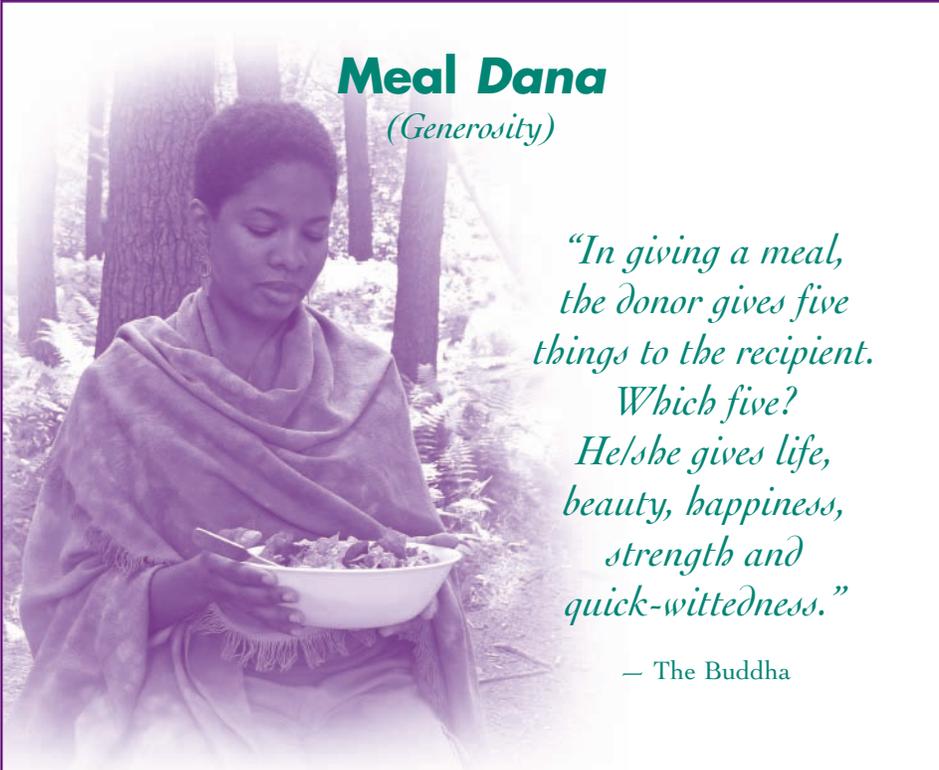


**The Insight Meditation Community of Washington**

IMCW offers training in *Vipassana* – or *Insight* – meditation and related Buddhist practices that awaken the heart and mind. We serve the entire DC metro area. In addition to our flagship Wednesday night class in Bethesda, IMCW's programs include weekly classes and sitting groups in Washington; Takoma Park and Frederick, MD; northern Virginia and Shepherdstown, WV. We also offer nonresidential weekend retreats and workshops, as well as a thriving community of peer-led *Kalyana Mitta* – or spiritual friends – groups. Longer residential retreats, held several times a year, are open to out-of-towners as well as DC-area residents. IMCW is guided by founder and senior teacher, Tara Brach, in addition to a Teachers Council and Board of Directors.

IMCW extends a warm welcome to both newcomers and experienced meditators. There are many ways to participate in our community and deepen your practice. 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**



## Meal Dana

*(Generosity)*

*“In giving a meal,  
the donor gives five  
things to the recipient.  
Which five?  
He/she gives life,  
beauty, happiness,  
strength and  
quick-wittedness.”*

— The Buddha

Help us to continue a tradition of offering meals to spiritual practitioners that has flourished in Asia since the time of the Buddha. Donating the cost of a meal is a direct way to support the IMS community. On the day of your gift, your generosity will nourish each meditator who practices here, each teacher who shares the dharma, and all the staff members who serve IMS.

You have the choice of funding an individual meal or a group of meals, at both our programs or just at one, as outlined at right:

	IMS	Retreat Center	Forest Refuge
<b>Breakfast</b>	<b>\$120</b>	\$80	\$40
<b>Lunch</b>	<b>\$180</b>	\$115	\$65
<b>Tea</b>	<b>\$50</b>	\$35	\$15
<b>Entire Day</b>	<b>\$350</b>	\$230	\$120

If you or your group of friends would like to offer Meal Dana, we will acknowledge your gift – if you wish – by inscribing your name(s) on the menu board for a particular day or meal. The date chosen for this often celebrates a birthday, honors someone who has died, or commemorates another of life’s milestones. If you do not specify a date, we can advise you in advance when your donation will be used, allowing you to take joy in your gift.

If you would like to make a meal donation online, visit our website and click on *Ways to Support IMS*. To receive additional information or to request that a Meal Dana form be sent to you, please contact the IMS Kitchen Manager – call (978) 355-2063, ext. 13 or email [mealdana@dharma.org](mailto:mealdana@dharma.org).

*We deeply appreciate your generosity*

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

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



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# IMS Faculty 2006

## Core

**Guy Armstrong** has practiced insight meditation for over 30 years. His training includes practice as a Buddhist monk in Thailand with Ajahn Buddhadasa and in Burma with Pa-Auk Sayadaw. He began teaching in 1984 and has led retreats worldwide; he is also an IMS guiding teacher.

**Steve Armstrong** has practiced mindfulness since 1975 and has led retreats internationally since 1990. A former Buddhist monk under the guidance of Sayadaw U Pandita, he is a co-founding director and guiding teacher of Ho'omāmalama, a Dharma sanctuary and hermitage on Maui. He is also a member of the IMS Guiding Teacher Council.

**Ruth Denison** studied in Burma in the early 1960s with the meditation master Sayagi U Ba Khin. She has been teaching since 1973 and is founder of Dharma Dena, a desert retreat center in Joshua Tree, CA, and The Center for Buddhism in the West in Germany.

**Christina Feldman** is a co-founder of Gaia House in England and an IMS guiding teacher. Following training in the Theravada and Mahayana Buddhist traditions, she has taught meditation since 1976 and has an ongoing commitment to the long-term retreat program at Gaia House. Her books include *Compassion, Silence* 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 *One Dharma, The Experience of Insight* and *Insight Meditation*.

**Myoshin Kelley** began practice in 1975 and has worked with masters in the Theravada and Vajrayana Buddhist traditions. Her own teaching emphasizes simplicity and lovingkindness. She is teacher-in-residence at the Forest Refuge.

**Jack Kornfield** trained as a Buddhist monk in Asia. He is a co-founder of IMS and Spirit Rock Meditation Center, and has taught meditation internationally since 1974. He is the author of a number of books, including *A Path with Heart* and *After the Ecstasy, the Laundry*.

**Michael Liebenson Grady** has been practicing vipassana since 1973. He is a guiding teacher at the Cambridge Insight Meditation Center.

**Narayan Liebenson Grady**, an IMS guiding teacher, is also a guiding teacher at the Cambridge Insight Meditation Center where she has taught since 1985. She is the author of *When Singing, Just Sing: Life As Meditation* and a regular contributor to *Buddhadharma* magazine.

**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 co-founder and guiding teacher of the Vipassana Metta Foundation on Maui and is currently developing Ho'omāmalama, a sanctuary-hermitage for long-term practice.

**Michele McDonald** has practiced vipassana meditation since 1975 and has been teaching at IMS and worldwide since 1982. She has a deep interest in preserving the ancient teachings and in finding ways of expression that make them more accessible and authentic in our time.

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

**Larry Rosenberg** practiced Zen in Korea and Japan before coming to vipassana. He is a guiding teacher of the Cambridge Insight Meditation Center and the author of *Living in the Light of Death* and *Breath By Breath*.

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

**Rodney Smith** has been teaching insight meditation since 1984. He is a former Buddhist monk and worked in hospice care for 16 years. He is the author of *Lessons From the Dying* and is the founding and guiding teacher for the Seattle Insight Meditation Society.

**Carol Wilson** began meditation practice in 1971. She has studied with a variety of teachers, including practice as a Buddhist nun in Thailand. An IMS guiding teacher, she has been offering retreats around the world, including the IMS Three-Month course, since 1986.

## Visiting

**Fred von Allmen** has studied and practiced under Tibetan and Theravada teachers since 1970 in Asia, Europe and the US. He has taught retreats worldwide for 20 years. The author of several Buddhist books in German, he is also the co-founder of the Meditation Center Beatenberg in the Swiss Alps.

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

**Rachel Bagby** has practiced and studied meditation for 25 years and began leading vipassana retreats in 1997. She is a vocal artist, composer and the author of *Divine Daughters: Liberating the Power and Passion of Women's Voices*.

**James Baraz** has practiced meditation since 1974 and taught since 1980. A founding teacher of Spirit Rock Meditation Center, he coordinates their Community Dharma Leader program and is the teacher-advisor to their Family and Teen programs.

**Marvin Belzer** has practiced vipassana since 1982, studying primarily with Sayadaw U Pandita since 1986. He teaches philosophy at Bowling Green University.

**Tara Brach** is the founder and senior teacher of the Insight Meditation Community of Washington. She has practiced meditation since 1975 and leads Buddhist meditation retreats throughout North America. Tara is the author of *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*.

**Rebecca Bradshaw** has been practicing vipassana meditation since 1983 and teaching since 1993. She is a guiding teacher of the Insight Meditation Center of Pioneer Valley, MA and works as a Spanish-speaking psychotherapist.

**Russell Brown**, a long-time meditator in the Theravada and Vajrayana traditions, has been a practicing psychiatrist for 23 years. Since 1998, he has worked primarily in correctional facilities in NM.



**Ajahn Candasiri** joined the monastic community at Chithurst, England in 1979 as one of its first four nuns. Born in Scotland, she had encountered the Buddha's teachings through Ajahn Sumedho. She currently serves as senior nun at Amaravati Buddhist Monastery.

**Sally Clough** began practicing vipassana meditation in India in 1981. Since moving to the Bay Area in 1988, she has served at Spirit Rock in a number of roles. She began teaching in 1996, and is one of the guiding teachers of Spirit Rock's Dedicated Practitioner Program.

**Pat Coffey**, a current IMS board member and 25-year practitioner, leads sitting groups in Charlottesville, VA. A graduate of Spirit Rock's Community Dharma Leaders program, he teaches retreats in Eastern states and offers meditation to prisoners.

**Howard Cohn**, an original member of the Spirit Rock Teachers Council, has been leading vipassana retreats internationally since 1985. Based in the Bay Area, he also has a private counseling practice.

**Mark Coleman** has been teaching vipassana retreats since 1997, following extensive training over the last 20 years in several Buddhist traditions. He also leads Wilderness Meditation courses on the West coast and has a private practice in counseling.

**Chas DiCapua**, currently an IMS Resident Teacher, has offered meditation to teens and young adults since 1998.

**Anna Douglas**, Ph.D., is a founding teacher of Spirit Rock and leads retreats nationwide. In addition to 25 years of vipassana practice, she has studied with teachers in the Zen, Advaita and Dzogchen traditions.

**Jean Esther** has been practicing vipassana meditation since 1982. She has a psychotherapy practice in Northampton, MA and teaches locally.

**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 co-founder and a guiding teacher at the Meditation Center Vimalakirti in Geneva, Switzerland.

**Trudy Goodman** has studied meditation since 1974 and taught for 15 years. She founded Insight LA and co-founded Growing Spirit, a family program, and the Center for Mindfulness and Psychotherapy. She is the guiding teacher of the Institute for Meditation and Psychotherapy in Cambridge, MA.

**Bhante Gunaratana** has been a Buddhist monk for over 50 years, and is the founder of Bhavana Society in rural West Virginia. He is the author of a number of books, including *Mindfulness in Plain English* and his autobiography *Journey to Mindfulness*.

**Ed Hauben**, a long-term meditator and friend of IMS, has served on its board and assisted with the Family and Teen retreats for the past 25 years.

**Bhante Khippapanno**, ordained a Buddhist monk in 1949, has practiced vipassana in India and Burma since 1967. He founded Jetavana Vihara, Washington, DC, 1982, and Sakyamuni Meditation Center, CA, 1988. He helped establish Phuoc Son Meditation Center, Vietnam, 1994.

**Maddy Klyne**, a long-time vipassana practitioner, teaches beginners' classes and workshops for adults and young people at CIMC.

**Dori Langevin**, Psy.D., has studied and practiced vipassana meditation since 1997 and teaches for the Insight Meditation Community of Washington in DC.

**Linda McDonald**, a graduate of the IMS teacher training program, has been practicing meditation since 1987 and teaching since 2001. She is a psychotherapist and the executive director of the Westcoast Dharma Society in Vancouver, BC.

**Catherine McGee** has been teaching insight meditation since 1997 both at Gaia House in England and internationally. She is also a student of the Diamond Approach of A.H. Almaas.

**Wes Nisker** is a member of the Spirit Rock Teachers Council and teaches nationally. He is founder and co-editor of *Inquiring Mind* and author of *The Essential Crazy Wisdom* and *The Big Bang, The Buddha, and the Baby Boom*.

**Annie Nugent** has practiced since 1979 and was an IMS resident teacher from 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**, an academic and meditation teacher for 25 years, currently teaches Buddhist studies and Indian religions at the University of Bristol. He is the Director of Sharpham Centre for Contemporary Buddhist Enquiry in England.

**Yanai Postelnik** has practiced meditation for many years in Asia and the West. He has been teaching since 1992 and leads retreats worldwide. He is a Teacher Council member and the Dharma Director of Gaia House in England.

**Sharda Rogell** began meditating in 1976 and teaching worldwide in 1985. She is on the Teachers Council at Spirit Rock in CA, and a student of A.H. Almaas' Diamond Approach.

**Marcia Rose** has practiced Buddhist meditation since 1970. She is a guiding teacher in Taos, NM for The Mountain Hermitage and founded Taos Mountain Sangha. She was IMS resident teacher from 1991-95 and now teaches in the US and internationally.

**Gina Sharpe** has studied and practiced Buddhism for over 30 years, across several traditions. She is a graduate of the first Spirit Rock Community Dharma Leaders program, and a co-founder of New York Insight. She has taught meditation since 1994.

**Larry Yang**, a longtime meditator, psychotherapist and consultant in diversity and cultural competency has taught meditation since 1999. He wrote "Directing the Mind Towards Practices in Diversity," included in *Friends on the Path: Living Spiritual Communities*, by Thich Nhat Hanh.

## Assisted By

**Franz Moeckl**, a vipassana practitioner since 1985, has studied and practiced Tai Chi and Qigong for more than 25 years and now teaches in the US, Europe and Asia.



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# 2006 Forest Refuge Teaching Schedule

## Application Information

For those interested in practicing at the Forest Refuge, 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.

If there is no accommodation available at the time you wish to come, we encourage you to keep your application in process. You may like to change your dates, or we can put you on a wait list, if your application is approved. There are often cancellations from those already confirmed, and spaces open up. You can also check the IMS home page on our website, where we post updates about space availability.

Please read pages 11-14 for general IMS retreat and payment information.

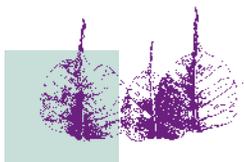
Fees for 2006 are outlined in the box to the right. Payment is due once your application has been approved, and is accepted by mail, phone or in person. Please make your check or money order payable to IMS, or include Visa or MasterCard information.

For scholarship information, please see page 12.

<i>Jan 1 - Jan 31</i>	Marcia Rose & Annie Nugent (Includes a Vipassana Intensive, Jan 16-Jan 31)
<i>Feb 1 - Feb 14</i>	Myoshin Kelley & Annie Nugent
<i>Feb 15 - Mar 31</i>	Joseph Goldstein & Myoshin Kelley
<i>Apr 1 - Apr 30</i>	Myoshin Kelley & Patricia Genoud-Feldman
<i>May 1 - Jun 30</i>	Ven. Pa-Auk Sayadaw
<i>Jul 1 - Jul 31</i>	Yanai Postelnik & Myoshin Kelley
<i>Aug 1 - Aug 31</i>	Gloria Taraniya Ambrosia & Annie Nugent
<i>Sep 1 - Sep 30</i>	James Baraz & Myoshin Kelley
<i>Oct 1 - Oct 31</i>	Sharda Rogell & Myoshin Kelley
<i>Nov 1 - Nov 30</i>	Myoshin Kelley & Patricia Genoud-Feldman
<i>Dec 1 - Dec 31</i>	Carol Wilson & Myoshin Kelley

*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 vipassana teachers.*

LENGTH OF STAY	SLIDING SCALE FEES		
	Sponsor	Mid	Low
<b>Two weeks</b>	\$1,120	\$1,050	\$870
<b>First month (30 days)</b>	\$2,100	\$1,950	\$1,560
<b>Second month (31-60 days)</b>	\$2,040	\$1,890	\$1,500
<b>Third month (61-90 days)</b>	\$1,950	\$1,800	\$1,410
<b>Long-term daily rate (after 90 days)</b>	\$45	\$40	\$27



# 2006 Retreat Center Schedule

Dates	Length	Course Title	Teachers
Feb 3-Feb 12	9 days	Vipassana Retreat *	Joseph Goldstein, Sharon Salzberg, Susan O'Brien & Mark Coleman
Feb 12-Feb 19	7 days	Metta Retreat *	Sharon Salzberg, Mark Coleman & Linda McDonald
Feb 3-Feb 19	16 days	Metta & Vipassana Retreat *	As above
<i>* Lottery courses. Registration due by December 12, 2005</i>			
Feb 24-Mar 3	7 days	Vipassana Retreat	Larry Rosenberg & Michael Liebenson Grady
Mar 4-Mar 9	5 days	Men's Retreat	Yanai Postelnik & Pat Coffey
Mar 10-Mar 13	3 days	Vipassana Retreat	Rodney Smith & Narayan Liebenson Grady
Mar 18-Mar 26	8 days	Women's Retreat	Christina Feldman, Narayan Liebenson Grady & Maddy Klyne
Mar 31-Apr 9	9 days	Vipassana Retreat	Tara Brach, Susan O'Brien, Mark Coleman & Dori Langevin
Apr 14-Apr 21	7 days	Parami & Concentration Retreat	
Apr 21-Apr 30	9 days	Vipassana Retreat	Steve Armstrong, Kamala Masters & Annie Nugent
Apr 14-Apr 30	16 days	Parami/Concentration & Vipassana Retreat	
May 5-May 14	9 days	Monastic Retreat	Ajahn Candasiri & Others
May 19-May 28	9 days	Vipassana Retreat	Jack Kornfield, Wes Nisker, Anna Douglas, Trudy Goodman & Gina Sharpe
Jun 2-Jun 9	7 days	Metta Retreat	
Jun 9-Jun 18	9 days	Vipassana Retreat	Michele McDonald, Rebecca Bradshaw, Patricia Genoud-Feldman & Linda McDonald with Franz Moeckl ( <i>Qigong</i> )
Jun 2-Jun 18	16 days	Metta & Vipassana Retreat	
Jun 23-Jun 30	7 days	Vipassana Retreat for Experienced Students	Larry Rosenberg & Corrado Pensa
Jun 30-Jul 4	4 days	Teen Retreat	Rebecca Bradshaw & Chas DiCapua with Ed Hauben & Jean Esther
Jul 9-Jul 16	7 days	Vipassana Retreat	Christina Feldman, Fred von Allmen & Rodney Smith
Jul 19-Jul 24	5 days	Family Retreat *	Yanai Postelnik & Catherine McGee
<i>* Lottery course. Registration due by February 8, 2006</i>			
Jul 27-Aug 1	5 days	People of Color Retreat **	Kamala Masters, Gina Sharpe, Rachel Bagby, Larry Yang & Russell Brown
Aug 4-Aug 9	5 days	Vipassana Retreat	Howard Cohn & Anna Douglas
Aug 11-Aug 18	7 days	Vipassana Retreat for Ages 18-32	Michele McDonald, Rebecca Bradshaw & Marvin Belzer
Aug 19-Aug 27	8 days	Vipassana Retreat	Narayan & Michael Liebenson Grady
Sep 1-Sep 4	3 days	Labor Day Dana Weekend	Bhante Gunaratana
Sep 6-Sep 12	6 days	Vipassana Retreat	Ruth Denison
Sep 15-Oct 13	28 days	Metta & Vipassana Intensive	Michele McDonald, Rebecca Bradshaw & Others
Oct 13-Nov 18	36 days	Vipassana Intensive	Steve Armstrong, Carol Wilson, Kamala Masters, Guy Armstrong & Sally Clough
Sep 15-Nov 18	64 days	Metta & Vipassana Intensive	As above
Nov 24-Nov 26	2 days	Mudita Weekend	Carol Wilson, Guy Armstrong & Sally Clough
Dec 1-Dec 8	7 days	ASPP Retreat ^	Christina Feldman & John Peacock
Dec 15-Dec 22	7 days	Vipassana Retreat	Bhante Khippapanno
Dec 27-Jan 5, 2007	9 days	New Year's Retreat	Rodney Smith, Narayan Liebenson Grady & Yanai Postelnik

Please see the following pages for retreat descriptions and registration information.

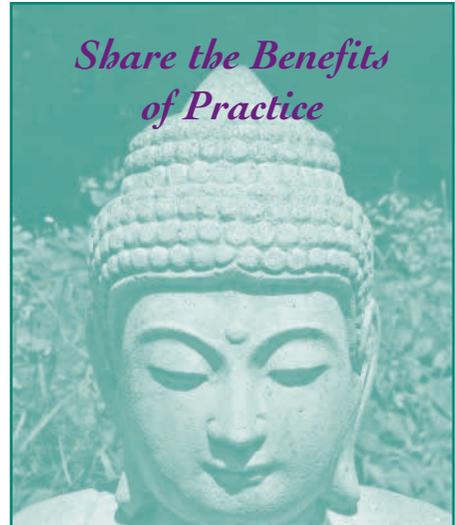
+ Scholarship awards are distributed on a first come, first serve basis. Please refer to page 12 for scholarship application information.

\*\* We offer reduced rates for the People of Color Retreat; no one will be turned away due to a lack of funds. Co-sponsored by IMS and New York Insight.

^ ASPP = Advanced Study & Practice Program – please see page 10 for details. DPP graduates may register for this retreat – see page 23.



Code	Deposit	Sliding Scale Fees			
		Sponsor	Mid	Low	Scholarship +
JS	\$175	\$675	\$610	\$470	\$270
SS	\$175	\$525	\$475	\$365	\$210
SJ3	\$175	\$1,200	\$1,085	\$835	\$480
LR1	\$175	\$525	\$475	\$365	\$210
MEN	\$125	\$400	\$360	\$285	\$150
RN	\$125	\$290	\$255	\$210	\$90
WOM	\$175	\$600	\$540	\$420	\$240
TB	\$175	\$675	\$610	\$470	\$270
SK1	\$175	\$525	\$475	\$365	\$210
SK2	\$175	\$675	\$610	\$470	\$270
SK3	\$175	\$1,200	\$1,085	\$835	\$480
MR	Donation	\$675	\$610	Donation	Donation
JK	\$175	\$675	\$610	\$470	\$270
MM1	\$175	\$525	\$475	\$365	\$210
MM2	\$175	\$675	\$610	\$470	\$270
MM3	\$175	\$1,200	\$1,085	\$835	\$480
LR2	\$175	\$525	\$475	\$365	\$210
TR	\$250	\$340	\$310	\$250	\$120
CF	\$175	\$525	\$475	\$365	\$210
FAM	(Adult) \$175	\$500	\$460	\$385	\$150
	(Child)	\$250	\$230	\$175	\$150
POC	Donation	\$375	\$300	Donation	Donation
HC	\$125	\$400	\$360	\$285	\$150
YA	Donation	\$525	\$420	Donation	Donation
NLG	\$175	\$600	\$540	\$420	\$240
DANA	Donation	D o n a t i o n			
RD	\$175	\$450	\$405	\$315	\$180
4WK	\$375	\$2,050	\$1,840	\$1,400	\$840
5WK	\$375	\$2,630	\$2,360	\$1,800	\$1,080
9WK	\$750	\$4,540	\$4,065	\$3,075	\$1,920
CW	\$100	\$210	\$190	\$160	\$60
ASPP	\$175	\$525	\$475	\$365	\$210
BK	\$175	\$525	\$475	\$365	\$210
NY	\$175	\$675	\$610	\$470	\$270



*Share the Benefits of Practice*

**Donate for Scholarships**

Each year, generous contributions support the practice of many participants in our programs – from the new student attending a first weekend course to the experienced practitioner spending a year in noble silence. Please consider joining the community of donors who help make IMS retreats possible for those who cannot afford the entire cost.

You may give to our general scholarship fund or direct your gift to a specialized scholarship, such as Danic (for those in pain), People of Color, Ryan (for teens), or Youth Outreach (for those aged 18-32).

IMS is committed to offering scholarships to retreatants as needed, and we appreciate your support of that commitment. Contributions can be sent to IMS, Attn: Donations, 1230 Pleasant St., Barre, MA 01005. To donate online, visit our website and click on *Ways to Support IMS*.



LIBBY VIGEON

## Retreat Center Course Descriptions

### Vipassana

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, and the retreats at IMS are all rooted in this ancient and well-mapped path to awakening.

### Metta

*Metta* is the Pali word for friendship or lovingkindness. It is taught as a meditation that cultivates our natural capacity for an open and loving heart. With its roots in practices said to be 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.

### Men's Retreat

A vipassana course for men, continuing the 2,500-year tradition of men coming together to practice the Buddha's teachings. As this retreat becomes established at IMS, the traditional format of sustained meditation, group interviews and evening dharma talks helps foster a powerful and supportive sense of community. While the essence of practice is the same for all, the experience of being men offers specific strengths to be harnessed and particular challenges to be understood.

This retreat is offered to deepen the practice of experienced meditators and to provide an introduction for those new to the practice.

### Vipassana Retreat – *Insight Meditation & the Heart* With Rodney Smith & Narayan Liebenson Grady

The way of meditation is the path of the heart. This insight meditation retreat will focus on how awareness allows access to the joys and sorrows of life with ever-increasing sensitivity, stability and love. Special attention will be given to the role our daily life experiences play in our spiritual journey. The course is appropriate for both beginning and experienced meditators.

### Women's Retreat

In the classical context of silence and sustained meditation practice, women have gathered together on this annual retreat for more than twenty years, creating a powerful sense of community in which our capacity for deepening in wisdom and compassion is supported. There are daily talks, instructions, lovingkindness practice and meetings with the teachers. Over the decades, this course has played a seminal role in honoring the long tradition of women in the meditative life.

### Vipassana Retreat – *Radical Acceptance* With Tara Brach

At the heart of Buddhist practice is cultivating the two wings of mindfulness and compassion. In this retreat we will explore how befriending our moment-to-moment experience with radical



acceptance leads to intimacy with life and genuine freedom. The course will include sitting and walking practice, guided heart meditations, dharma talks and meetings with the teachers.

### **Parami & Concentration Retreat – The Flowering of Faith**

With Steve Armstrong & Kamala Masters

The flowering of faith emerges from the developed *paramis*, the forces of purification found in “good human beings.” Parami practices concentrate the mind, clarify our aspiration, refine our speech and behavior and prepare the mind for insight.

### **Vipassana Retreat – The Fruit of Freedom**

With Steve Armstrong & Kamala Masters

Vipassana practice bears fruit when the ground of our heart is prepared with love and understanding. The sure heart’s release is the result of purifying our understanding through liberating insight. On this retreat we will practice metta (lovingkindness) along with vipassana – or insightful seeing – with refined, continuous mindfulness.

### **Monastic Retreat**

Western nuns and monks from the Thai Buddhist monastic tradition teach a vipassana retreat each year at the center. The 2006 course will focus on The Foundations of Mindfulness in Daily Life. Retreatants are asked to observe the eight monastic precepts (which include abstaining from eating after noon each day) and to participate fully in the daily routine

of sitting, standing and walking meditation. Each day, group practice will begin with an offering of flowers, light (in the form of candles) and fragrance (incense), as well as chanting to the Triple Gem.

### **Vipassana Retreat for Experienced Students**

The core of vipassana meditation is the practice of mindfulness, that quality of awareness that sees without judgment. Sitting and walking meditation, the first steps in formal practice, become the foundation and continuous inspiration for meeting all aspects of life with a greater openness and willingness to learn. The ordinary activities of retreat life become a part of the practice because the challenges they offer help us develop the art of mindful living.

**Retreatants are required to have sat at least two week-long courses at IMS. 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, discussion groups, meditative arts and free time. The aim is to allow young adults to develop and value their natural spirituality within a supportive environment. Extensive supervision is provided.

### **Vipassana Retreat With Christina Feldman**

Insight meditation is a path of awakening, and a retreat is an invitation to nurture our capacity for the vastness of heart and mind that is possible for each

of us. Attending to our body, mind, heart and each unique moment with a mindful and compassionate attention, we walk an ancient path that leads to the end of sorrow and the emergence of joy, serenity and freedom. Daily instructions, dharma talks, lovingkindness meditations, as well as regular meetings with the teachers are offered during the course.

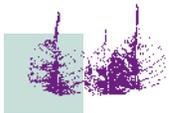
### **Family Retreat**

This course is an invitation to honor, nurture and deepen the natural spirituality of family life. Through formal meditation practice, discussions, family meditations and dharma teachings, we will explore what it means to practice wisdom and compassion in the very midst of our lives, roles and relationships.

A dharma program for children over 2 years old is included; it is staffed by volunteers who coordinate age-appropriate activities. A parent or friend needs to stay with any child under 2 years old at all times.

**Each family unit pays an additional fee for the children’s dharma program. This is on a sliding scale basis, ranging from \$50 to \$150. You MUST specify name, full date of birth and gender of all children on your registration.**

*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 8, 2006 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 refer to the lottery information on page 12. The balance of places will be drawn by lottery from all remaining registrations.

### People of Color Retreat

This retreat, co-sponsored by IMS and New York Insight provides an in-depth experience of insight meditation, fostering support and understanding among people of color who find nourishment and inspiration in this practice. It is also an introduction to the Buddha's teachings on mindful awareness for those without previous meditation experience. Beginners are encouraged to attend.

We offer reduced rates for this course (see page 18-19). No one will be turned away due to lack of funds; we will accept whatever you can afford to contribute.

### Vipassana Retreat With Howard Cohn

Insight meditation helps us use whatever is occurring in our minds and bodies as a means of stabilizing awareness and making us more conscious of the ever-changing flow of life. Sitting and walking in silence, we can discover a great natural peace and ease as we let go of the stream of distress and learn to rest our attention in the present moment. The course is suitable for both beginning and experienced meditators.

### Vipassana Retreat for Ages 18-32

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 as well as opportunities for questions and discussion.

### Labor Day Dana Weekend

This course is offered by IMS to affirm the spirit and practice of generosity (*dana*). There is no fixed fee. Participants are asked to offer whatever contribution fits their means.

### Retreat with Ruth Denison

The style of teaching of this retreat is unique in the IMS schedule. In addition to traditional sittings and dharma talks, Ruth leads her students into the phenomenology of sound and movement, which then become the subjects of insight and wisdom. Individual and group-as-a-whole activities such as chanting, dance and playful celebration, done with respectful mindfulness, become vehicles for vipassana attention and awakening. This is accomplished with Ruth's ever-present, skillful support.

Participants can help Ruth celebrate her 84<sup>th</sup> birthday during this time.

connection to the dharma... connection to the oral tradition... connection to your practice

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When you subscribe to the *Inspired Teachings Series*, we will choose four offerings from among the latest, most powerful and inspiring dharma talks and send them to you on CD or audio cassette throughout the year. Our goal is to support you in staying connected to your practice, which in turn, benefits everyone.

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it's what we do: preserve the Buddha's teachings... share the dharma



## Metta and Vipassana Intensives

These 4- and 5-week courses offer a special time for practice. Because of their extended length and the continuity of guidance, they present a rare opportunity to deepen the powers of concentration, wisdom and compassion, and cultivate the qualities of loving-kindness, generosity and equanimity. The teachings are in the style of Mahasi Sayadaw, refining the skillful means of mental noting, slow movement and precise, open awareness.

For the first ten days of the 4-week course, there will be an optional emphasis on developing metta practice.

**Prerequisite is three retreats of a week or more in duration with a recognized vipassana teacher, or special permission. This experience, including teachers' names, as well as dates and length of retreats must be documented on the registration form.**

*Special cancellation fees and deadlines apply for these retreats. Full 9WK or 4WK: up to April 15, \$50; from April 16 to May 31, \$150; after May 31, \$500 for 9WK and \$200 for 4WK. 5WK: up to May 31, \$50; from June 1 to July 15, \$150; after July 15, \$200. Please note that these amounts will apply even if you wish to move from any part of the course to another.*

## A Weekend of Mudita Practice – Giving Thanks, Giving Joy

This weekend retreat will focus on the development of joy and gratitude through the traditional Buddhist practice of *mudita*, usually translated as appreciative or sympathetic joy.

Mudita is in the same family as lovingkindness (metta), which along with compassion and equanimity make up the four divine abidings. The retreat is suitable for both new and experienced meditators.

## ASPP Retreat

This course combines meditation with study, and is designed specifically for those taking part in the year-long Advanced Study & Practice Program (ASPP) – see page 10. The format includes study and discussion sessions exploring core Buddhist principles, sustained formal practice periods, group meetings and dharma talks. The faculty of the Barre Center for Buddhist Studies, Andrew Olendzki and Mu Soeng will contribute teachings.

**We are offering a limited number of places in this retreat to those who have completed Spirit Rock Meditation Center's Dedicated Practitioners Program (DPP).**

*If your application for ASPP has been approved, you do not need to register separately for this course; it is part of the ASPP curriculum. If you are a DPP graduate and wish to attend this retreat, you will need to register. Please document your DPP experience on the IMS Retreat Center registration form.*

## Vipassana Retreat – Satipatthāna With Bhante Khippapanno

This course, open to both beginning and experienced meditation students, will place special emphasis on *Citta* (Mind), the fourth of the Buddha's Four Foundations of Mindfulness (*Satipatthāna* in Pali). Bhante Khippapanno's dharma talks may cover other areas of the *Sutta Pitaka* (teachings delivered by the Buddha and his close disciples), as well as the *Abhidhamma* (Buddhist Psychology) that are considered helpful to *Satipatthāna* practice.

## New Year's Retreat

The New Year is an opportunity for both reflection and establishing intention. Before deciding the direction our life should head in the future, it is helpful to thoroughly investigate where we are now. This vipassana retreat will gently explore the terrain of our lives with compassion and wisdom.





## Retreat Center Registration Information

### Registrations

- Are accepted online, by mail or in person. **For security reasons, we do not accept registration by email.** Incomplete applications, including those without sufficient deposit, will be returned.
- Are processed by date received or by lottery.
- If **registering online**, an email is sent immediately acknowledging receipt of your application.
- Whether registering by mail or online, within two weeks of your registration being processed you should receive further correspondence indicating your registration status. **If you do not hear from us within this time please contact our office.**
- **All retreatants are expected to participate in the entire course.** Prior approval of both the teacher and the office is required for those wishing to arrive late or leave early. Once a retreat is in process, such movement is disruptive to others and places an additional burden on other retreatants with regard to work periods. **Your room cannot be guaranteed if you arrive late; the full course fee will be charged regardless of length of stay.**
- Please contact the office if you are chemically sensitive.
- IMS strives to provide a safe, peaceful and efficient environment for meditators. It is with regret that we find, at times, the need to turn someone away. Please know that we take great care in such situations – the discernment process is thorough and always with the intention to protect the majority of those who practice here.

### Wait List

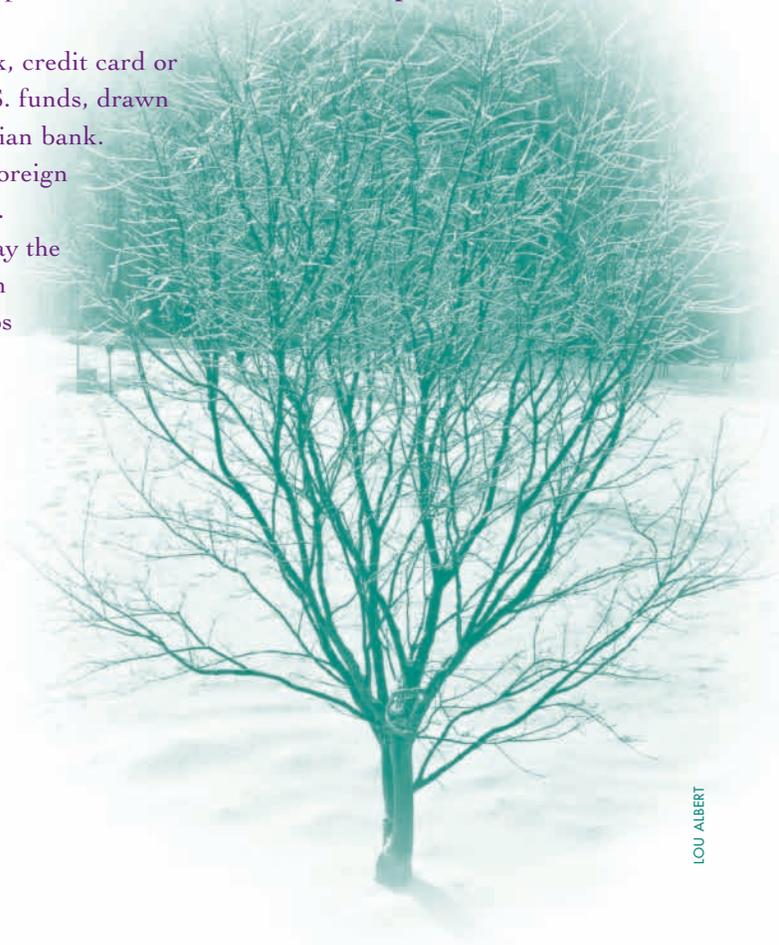
- If a course is full, you will be placed on a wait list and notified if an opening occurs. If you do not get into a course, your deposit will be refunded.

### Payments

- Retreat fees and deposits are listed beside each course on the schedule (see pages 18-19). Pricing is on a sliding scale basis – this allows you to pay according to your means. **Any amount paid above the Low rate is a tax-deductible donation.**
- The full deposit is required even if you are applying for a scholarship, except for those applying through the Youth Outreach Program, in which case a \$50 deposit is accepted.
- Please pay by check, credit card or money order in U.S. funds, drawn on a U.S. or Canadian bank. We cannot accept foreign cash or bank drafts.
- If possible, please pay the entire retreat cost on registering; this helps our efficiency.
- Make check or money order payable to IMS, or include Visa or MasterCard information on the form.

### Cancellation

- If you need to cancel your registration, please contact us as soon as possible. Fees are: \$25 if you cancel six or more weeks before a course begins; \$100 four to six weeks before; and the full deposit less than four weeks before.
- The cancellation policy for the Metta and Vipassana Intensives is more stringent. (Please see page 23 for information.)
- **Cancellation fees apply if you are confirmed into a course from the wait list and do not accept.** So please notify us immediately if you decide you no longer wish to attend.
- **All cancellation fees support the Scholarship Fund.**



LOU ALBERT



# Retreat Center Registration Form

**PLEASE COMPLETE IN FULL AND PRINT CLEARLY**

**If you are registering for more than one course, photocopy this form and send a separate form for each retreat.**

**Mail to IMS, 1230 Pleasant St., Barre, MA 01005, USA**  
**Or, you may prefer to register online at [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 \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_ Email \_\_\_\_\_

M  F  Year of Birth \_\_\_\_\_ Do you smoke? \_\_\_\_\_ Do you snore? \_\_\_\_\_ Can you offer a ride? YES  NO

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

Retreat or DPP Experience (for LR2, 4WK, 5WK, 9WK & ASPP courses).  
Please list teacher names, dates 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

**I wish to receive my confirmation packet :** by email

by postal mail

**May we add your street address to our mailing list?** YES  NO

May we share it with similar organizations? YES  NO

**May we add your email address to our emailing list?** YES  NO

May we share it with similar organizations? YES  NO

I have added \$ \_\_\_\_\_ as a donation to IMS.

## **Payment Information**

My check is enclosed for \$ \_\_\_\_\_



Credit Card #

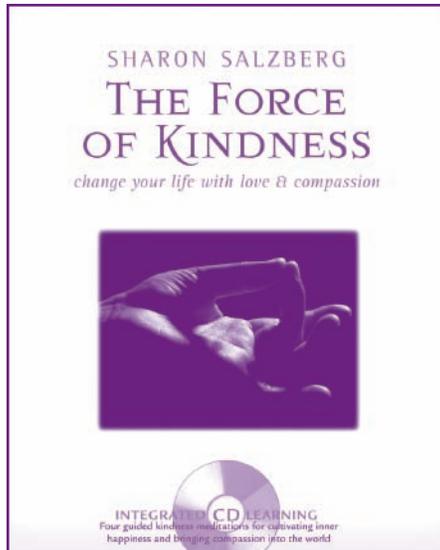
Expiry Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Exact Name on Credit Card \_\_\_\_\_

3-Digit Verification Code (last 3 digits of the sequence on back of Credit Card)

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



# Book Reviews



## The Force of Kindness: Change Your Life with Love & Compassion

By Sharon Salzberg  
A Book/CD publication  
from Sounds True, 2005

In truth, kindness often gets a bad rap. When considered alongside more prominent and glamorous virtues, it is easily dismissed as the meek little fellow with a limp handshake. Let's just say that as for qualities esteemed by the general public, it hasn't made the top ten charts – at least for a few centuries. So is kindness for sissies?

Sharon Salzberg, one of IMS's founding and guiding teachers, doesn't think so. In her latest book, *The Force of Kindness*, she illuminates the many intricacies of this oft-overlooked quality and reveals its

potential as a galvanizing and transformative force in our lives.

In an especially provocative passage of the book, Sharon describes the force of kindness as “a movement of the heart so deep and subtle that it is like a movement of the sea close to the ocean floor, all but hidden yet affecting absolutely everything that happens above.”

Through a commitment to kindness, we can take abstract ideals like compassion or unconditional love, and make them a palpable part of our everyday lives. At the end of each chapter of the book, Sharon provides a set of practical, meaningful exercises and reflections that can help the reader realize the force of kindness in daily living. Accompanying the book is a CD containing guided meditations that enable one to further put into practice these compelling teachings.

While presented in clear, direct language that those new to meditation can appreciate, the message of this book also appeals to more experienced practitioners. To truly embody the force of kindness takes great courage and radical intention. Sharon quotes a friend as saying: “If you really want to be a rebel, practice kindness.” So is kindness the new cool? Maybe not, but it just may change your life.

*Reviewed by Abna Fender*

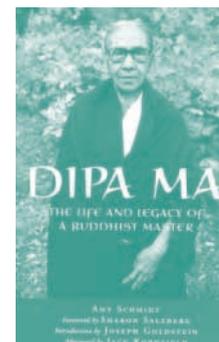
## Dipa Ma: The Life and Legacy of a Buddhist Master

By Amy Schmidt  
BlueBridge Books, 2005

She's back. The extraordinary presence of beloved teacher, Dipa Ma, is now available in a new incarnation. Formerly titled *Knee Deep in Grace*, this revised edition tells the inspiring story of the remarkable Indian woman whose life and practice have deeply impacted the growth of Buddhism in the West.

Bringing Dipa Ma's love and wisdom vividly to the present moment, this fresh publication includes five additional black and white photos; a vibrant color photo insert; eleven new contributions from Carol Wilson, Patricia Genoud-Feldman and Wendy Palmer; a foreword by Sharon Salzberg and an afterword by Jack Kornfield. This book overflows with the inner strength and compassion of Dipa Ma, who invites each of us to experience freedom for ourselves.

*Reviewed by Rebecca Kushins*

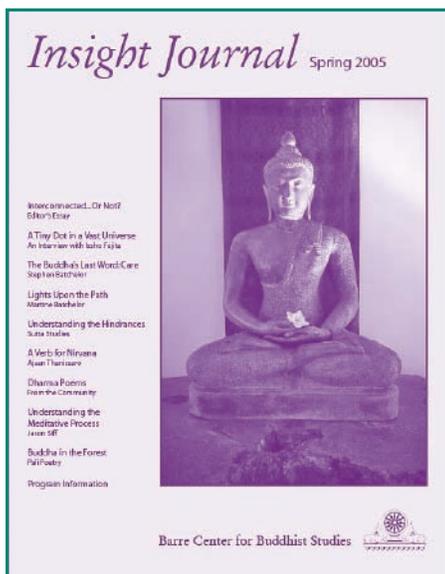




# Barre Center for Buddhist Studies

...for the integration of scholarly understanding and meditative insight...

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Fax: (978) 355-2798  
Email: bcbs@dharma.org  
Website: www.dharma.org/bcbs



The Barre Center for Buddhist Studies (BCBS) offers a variety of study and research opportunities: 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.

## BCBS Schedule for 2005/2006

Oct 22	Sharon Salzberg	Peace
Oct 28-Nov 4	Andrew Olendzki & Taranika	Insight Into What?
Nov 6-11	Andrew Olendzki & Taranika	Buddhist Psychology
Nov 12	Harvey Aronson & Anne Klein	Working with Anger
Nov 13	Anne Klein & Harvey Aronson	Knowing Body, Glowing Mind
Nov 18-20	Mark Hart	The Paradox of Suffering
Nov 27-Dec 4	DaeJa Napier	The Brahma Viharas
Dec 9-11	Susan Stone	Mindfulness & Caregiving
Jan 22-27	Paul Fulton, Trudy Goodman, et al.	Meditation & Its Clinical Applications
Feb 5-10	Mu Soeng	Nagarjuna & Dogen
Feb 17-20	Ajaan Thanissaro	The Potentials of the Breath
Feb 24-26	Chris Queen, Bernie Glassman, et al.	Zen, Peacemaking & Social Action
Mar 3-5	Pat Enkyo O'Hara	The Koan of Everyday Life
Mar 9-12	Bill & Susan Morgan, Chris Germer	Meditation for Psychotherapists
Mar 17-19	Claire Stanley	Mindfulness for Educators
Mar 24-26	Jason Siff	Unlearning Meditation
Apr 2	Jack Engler	Seeking the Seeker
Apr 7-9	DaeJa Napier	Patience
Apr 14-16	Gregory Kramer	Cultivating the Wholesome
Apr 21-30	Leigh Brasington	Satipatthana & Jhana
May 8-13	Andrew Olendzki, Claire Stanley, et al.	Program for College Students
May 14-19	Andrew Olendzki, Taranika, et al.	Essentials of Buddhist Psychology
May 21	Ajahn Candasiri, Sister Cittapala	Dhammapada Wisdom Teachings
Jun 16-18	ASPP, Group A	(For program information, see page 10)
Jun 23-25	ASPP, Group B	(For program information, see page 10)
Jul 14-16	Taitetsu & Mark Unno	Shin Buddhism

For full course descriptions and registration, please request our program catalog by writing to [bcbs@dharma.org](mailto:bcbs@dharma.org) or visiting [www.dharma.org/bcbs](http://www.dharma.org/bcbs).

## Insight Journal

The *Insight Journal* is a free BCBS publication, containing articles of lasting interest on the integration of scholarly understanding with meditative insight.

### Articles in the Spring 2005 issue include:

#### Teacher Interview with Issho Fujita

**The Buddha's Last Word: Care**  
by Stephen Batchelor

**Lights Upon the Path**  
by Martine Batchelor

**Sutta Studies:**  
**Understanding the Hindrances**  
by Andrew Olendzki

**A Verb for Nirvana**  
by Ajaan Thanissaro

**Understanding the Meditative Process**  
by Jason Siff

...and more.

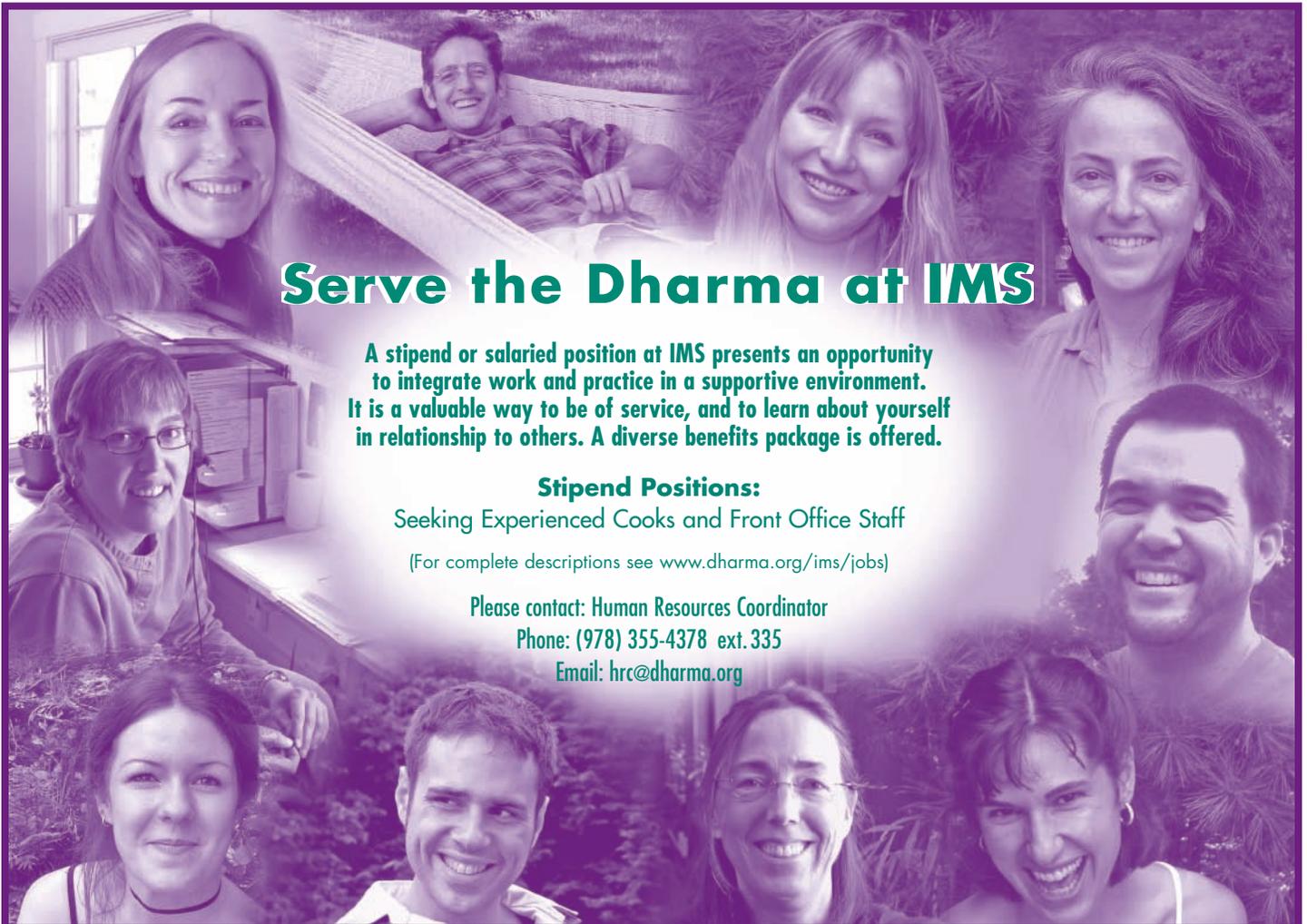
If you would like to receive your **free** subscription to *Insight Journal*, please call or email us. The Fall 2005 issue will be published in early November.



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(For complete descriptions see [www.dharma.org/ims/jobs](http://www.dharma.org/ims/jobs))

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Phone: (978) 355-4378 ext. 335

Email: [hrc@dharma.org](mailto:hrc@dharma.org)