

# INSIGHT

NEWSLETTER

SPRING  
SUMMER

2006

IMS Schedules:

The Retreat Center 2006

The Forest Refuge 2006/07

IMS News

and Developments

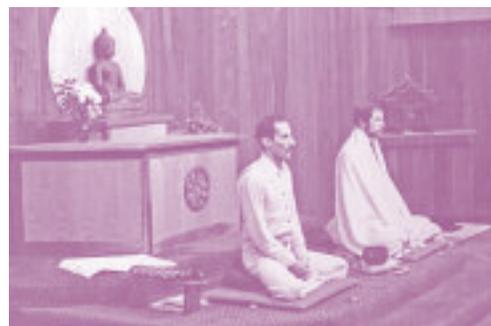
BCBS 2006/07

Course Schedule Outline

## IMS Celebrates 30 Years 1976-2006

In 1975, a group of young teachers – Joseph Goldstein, Sharon Salzberg and Jack Kornfield – decided to start a meditation retreat center. Having traveled and taught around the country the previous year, they recognized the value and support that a dedicated facility would provide.

So the search began for a suitable environment. On hearing of a Catholic novitiate for sale in Barre, Massachusetts, they came to take a look. As they traveled through the picturesque New England town, its motto, displayed on the town common, came into view: *Tranquil and Alert*. This seemed a fitting sign and captured the spirit of meditation.



*Jack Kornfield (L) and Joseph Goldstein.*

Generous friends and supporters provided enough funds to purchase the property, priced at \$150,000. On February 14, 1976, a small band of teachers and staff moved in.

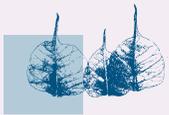
Over the last three decades, IMS has offered the Buddha's teachings of freedom from suffering and provided spiritual refuge to thousands of individuals interested in learning and practicing meditation. It has witnessed significant change and growth. Meditation is no longer viewed as a fringe, off-beat endeavor; it is now familiar to the mainstream of Western culture.

In honor of this 30<sup>th</sup> anniversary, *Insight Newsletter* asked various teachers, yogis (retreatants) and former staff members to share some memorable moments from their association with the organization.

*(continued on page 2)*



*IMS teachers and staff, December, 1978. Joseph Goldstein is in the back row (2nd from R), Sharon Salzberg is in the middle row (R) and Jack Kornfield is on the far left. This photo also shows four staff members who are now recognized dharma teachers – Steve Armstrong is in the back row (2nd from L), Michele ‘Mikey’ McDonald is in the middle row (2nd from L), Carol Wilson is in the front row (C) and Guy Armstrong is next to her (2nd from R).*



## 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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 Printed in Canada on recycled paper using soy-based inks

*(continued from page 1)*

### The ‘Instant’ Meditation Society

“Shortly after we opened IMS, we received numerous requests for information. Two remain etched in my mind for how they were addressed. One had been written to ‘The Hindsight Meditation Society,’ seeming to convey either that our retrospection was perfect or that we started IMS as an afterthought.

The other was addressed to ‘The Instant Meditation Society.’ What I find interesting here is that the only ‘instant’ part of meditation is this instant, now, followed by the next instant, and then the next. The most important quality in ‘instant meditation’ is patience.”  
 — Sharon Salzberg, IMS co-founder

### Hot Soup!

“Soon after IMS opened, I came on staff, roving between the kitchen and maintenance departments. It was bad enough having to put up with rover jokes (‘Here, Rover, Rover, Rover’),

but far worse was my ineptitude, especially as a cook – a fact I’d not fully disclosed during the hiring process.

For my maiden lunch, I selected a spicy stew recipe. I multiplied the amounts for each ingredient by 13, to cook enough for 100 yogis. Since cayenne and hot mustard were the specified spices, I happily multiplied their quantity by 13 and stirred them into the mix. I had no idea that real cooks never add so much. A half an hour before lunch, I tasted my delicacy... As tears rolled down my cheeks, I poured in gallons of milk, trying to soften the heat of the spices



*Anagarika Munindra visits IMS in 1978. Sharon Salzberg is on the left.*



and attempting to turn the dish into a soup. This did not improve the taste.

I'd run out of time to prepare anything else. I had no choice but to place my cuisine out in the serving area. At meal's end, we had the same quantity of 'soup' as at the beginning. Not long afterwards, it was suggested that I move into a full-time maintenance position.

Though it seemed like a tragedy at the time, in perspective it was a great opportunity for learning. With understanding and the willingness to look honestly at my mistakes, forgiveness and acceptance were not far behind."  
— *Rodney Smith, teacher and former IMS staff member, 1977-1978*

### Family Practice

"1982 was the beginning of the family retreat at IMS. It was a considerable diversion from the usual silent retreat format and was greeted with a mixture of curiosity and apprehension. It was hard to imagine IMS with fifty children in the building. The Asian tradition offered few clues for including children and parents together in a meditative environment. With tremendous good will from the staff, volunteers and parents it became a regular offering at IMS, with many families attending yearly.

For numerous children these few days at IMS become a much treasured part of their year. They are introduced to the Buddha's teachings, their parents have the opportunity to explore the complexity of integrating the dharma into their family lives and IMS echoes with the laughter and the tears of the young.

One child once told me, 'IMS is the only place I feel completely accepted as I am.' A young woman, attending a regular retreat at IMS, recounted that the seeds of her path were sown in the courses she attended as a child. The family retreat continues to nurture the meditative life of many parents. Beneath the apparent chaos of these few days, both children and adults find some moments to pause, to cultivate a sense of *sangha*, of community, and to practice together."

— *Christina Feldman, IMS guiding teacher*

### Dharma Dogs

"For many who come to IMS, the beloved local Dogs of the Dharma have found a place in our hearts.

Duke was IMS' first darling. When His Holiness the Dalai Lama visited in 1979, Duke showed up for an audience.

Brandy followed next. She had a gift for quietly approaching at just the right moment and gazing at you with soulful eyes. She lived at what would later become the Barre Center for Buddhist Studies and dutifully trotted up the drive every morning. IMS was like day-care for Brandy, except she was running it.

Overlapping with Brandy was Lizzie – lovely Lizzie, whose image managed to arouse the feeling of lovingkindness on my first *metta* retreat, when all else failed.

Roscoe, a big and rambunctious being who was confined to his yard but knew a good thing was going on down at IMS, occasionally got free and charged over, letting himself in by bursting right through the old back screen door.

Max, the trailer dog, was a fearsome rottweiler. In 2000, another Max arrived; he looked as terrifying as his predecessor but had a huge heart.

Kelsey, with his smiling face and twinkling eyes, always captured the affections of the yogis. Once, during a *metta* retreat, I saw two yogis worshipping him. Kelsey was standing, they were seated at his feet, one in front and one at his side, each slowly stroking him and silently showering him with *metta*. He was in a state of bliss. And so were they."

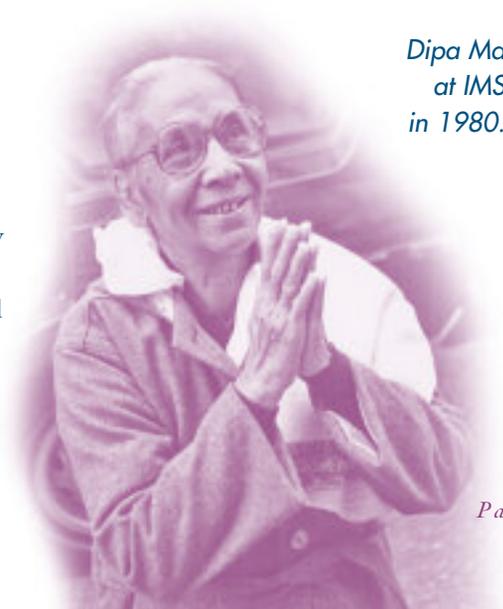
— *Susan O'Brien, teacher and former staff member, 1986-1988*

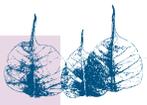
### Looking Deeply

"It was late in the three-month course. After spending a full week practicing alone in my room in the Annex, emerging only for meals, I decided to take a walk around the long IMS driveway. The tall, dark trees, the cold air, the texture of the driveway beneath my feet hit my heightened senses with massive impact. Returning to the building, I felt as if I'd just walked halfway around the world. I thought, 'This will help me when I'm old, when I may no longer be able to travel or carry out the intense exercise I now enjoy.'

Preparing for old age, sickness and death was part of it, but even beyond

*Dipa Ma  
at IMS  
in 1980.*





*Joseph Goldstein gives Mahasi Sayadaw (2nd from left in robes) and his monks a tour of the IMS grounds, 1979.*

that, the practice has shown me again and again that there is an extraordinary amount to see and appreciate in life. This doesn't depend on how far you travel or what is going on, but rather on whether you are really looking deeply, inwardly and outwardly."

— *Kate Wheeler, IMS board member*

### **Pitching In**

"I joined IMS staff in January, 1978, as a manager responsible for the finances and operations of the center. There were eleven of us on staff at that time, so we had to do a lot of different things. The managers washed the linens after

every course in a big commercial washing machine on what is now the ground residential floor of the Retreat Center Annex. All staff took turns in picking up yogis from Worcester, since there was no public transport to Barre then. Everything was so new to us, we were so excited about living and working in a dharma center (a what?!), and we just pitched in to do whatever was needed.

The summer of 1978 was not a good season financially. Three courses were cancelled because the teachers, for various reasons, were unable to come. That was the bulk of our summer schedule, so we operated at a deficit for most of that year. Of course, it made for a rather pleasant summer for the staff as we had a light work load. I recall that our three maintenance guys spent most of that summer fixing their own cars, which were parked on the driveway by the office.

*His Holiness the Dalai Lama in the IMS meditation hall, 1979.*

In the era before the resident teacher, there was often no one for staff to turn to when interpersonal conflicts arose. Heated words were sometimes exchanged, and I remember a time when a cook threw a pot at one of the maintenance crew in the kitchen. We were not very sophisticated in our communication skills back then, but we were really passionate about the dharma. The time I spent on staff was one of the most rewarding periods of my life."

— *Guy Armstrong, IMS guiding teacher and former staff member, 1978-1979*

### **Ancient Teachings, New World**

"Over the years, IMS has hosted many renowned Asian Buddhist masters. Some have come for short visits to give their blessings and offer teachings. Others have stayed for months at a time leading yogis in intensive practice.

These great teachers have represented many traditions: His Holiness the Dalai Lama, His Holiness the Sixteenth Karmapa, Nyoshul Khen Rinpoche, and Tara Tulku from the Tibetan tradition; Seung Sahn Sunim and Venerable Ku San from the Korean Zen lineages; and from our own Theravada tradition,



*Thai meditation master Ajahn Chah at IMS, 1979.*



Sayadaw U Pandita at the Forest Refuge in 2003.

Anagarika Munindra and Dipa Ma, the Venerable Mahasi Sayadaw, Sayadaw U Pandita, Ajahn Chah, Bhante Gunaratana, Sayadaw U Janaka, Sayadaw U Lakkhana and others. We particularly value this deep and ongoing connection with the Asian roots of our practice.

All these wonderful teachers have been an inspiration on many levels and have helped nourish the growth of the dharma in the West. At present, the Forest Refuge is providing a venue conducive to longer retreats taught by our Asian elders, while the Retreat Center continues to host shorter offerings from them.

One particularly vivid image comes to mind. In 1979, His Holiness the Dalai Lama visited IMS and we gave him a tour. When we got to the old bowling alley, left from the time when this was a Catholic novitiate, His Holiness demonstrated the joy and ease of heart for which he is so well known. He took a ball and sent it flying down the lane. As far as I know, he's the last person to have bowled at IMS."  
— Joseph Goldstein, IMS co-founder

### Dharma Jewel

"IMS is one of the great dharma portals and jewels on this planet. I have been going there to sit retreats whenever I can since it began thirty years ago. The teaching is uniformly superb, and the conditions for deep practice optimal. The vision for mindfulness-based stress reduction arose there one afternoon, while I was sitting in my room in the Catskills dormitory.

A retreat at IMS is potentially the best vacation you could ever give yourself – a true vacating, a thorough washing of

the accumulated detritus of obsessive and deluded mind states, a reconnecting with what has always been deepest and most beautiful in your being. It is also the hardest work in the world. On the other hand, what else is there to do? As Kabir put it, 'Don't let a chance like this go by.'"

— Jon Kabat-Zinn, IMS yogi and founder of UMass Medical School's Mindfulness-Based Stress Reduction Program

**Visit our website for a more extensive photo history of IMS.**

## Invitation to our 30<sup>th</sup> Anniversary Celebration

You are warmly invited to attend our 30<sup>th</sup> anniversary celebration on **Saturday, July 8, 2006.**

Join us for a delicious lunch, hear reminiscences from community members, and sit together as a sangha. Mingle with past vipassana romances, talk to those whose shoes you've come to know so well, and break bread with lively conversation.

The day is open to anyone who wishes to come.

We expect a large number of people. To help us project our catering needs, please complete the reply information below, and mail it back to us by **June 1.**

If you prefer, you may **RSVP** by calling **(978) 355-4378 ext. 300** or emailing **30th@dharm.org**. Please be sure to include your name, contact details, and the number of people you will bring.

Further information about the event such as times, directions, and local B&Bs is available at [www.dharma.org/ims](http://www.dharma.org/ims).



**Please RSVP by June 1 to:**

**IMS 30<sup>th</sup> Anniversary  
1230 Pleasant St., Barre, MA 01005**

*Yes! I will be attending the July 8 celebration.*

Name \_\_\_\_\_

Number of adults \_\_\_\_\_ Number of children \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_



# IMS News Worth Noting

## **Impermanence Unfolding:** *IMS' Executive Director Takes Her Leave*

Like many IMS staff members, Dianne Horgan came to work here in 2002 out of a deep wish to serve the dharma and to participate in a supportive community of meditators. As Executive Director since 2003, she has helped steer the organization through a period of rapid growth and development.

Dianne guided us through the commencement of the Forest Refuge program. She played an integral role in the execution of our recent strategic planning process and helped implement more course offerings at the Retreat Center. She oversaw fundraising to renovate the Retreat Center Catskills dormitory and the meditation hall, expanded the organization's technological capabilities and planned the introduction of online registrations. Her dedicated involvement in directing all the varied components of IMS activities has been essential.

And, the work has been strenuous. Regarding her decision to leave, Di says, "Over the past few years the pace of change at IMS has been

significant, and my responsibilities here have been considerable. It's time for me to allow someone with fresh energy to take the helm."

This spring, Di returned to WGBH (public television and radio) in Boston, where she worked before IMS. She has accepted the position of senior financial analyst supporting a few production units, including her favorites, *American Experience*, *Frontline* and *NOVA*. "It's a job I have dreamed of," she says. "I simply couldn't pass up the opportunity to directly support a form of free press and to work with innovative, socially conscious minds. And, I'll take much of IMS with me.

"I intend to start a sitting group at WGBH. Both WGBH and IMS are my homes." Her presence at IMS is certainly missed, and we wish her well.

Di asked that her morning Pali chant be her final words to us: "*Anicca vata sankhara. Uppada vaya dhammino. Uppajjitva nirujjhanti. Tesam vupasamao sukho.*" In English this means, "All conditioned things are impermanent. Their nature is to arise and pass away. When this arising

and passing away, itself, passes away, there is true happiness."

Bob Trammell, formerly IMS Operations Director, has stepped in as Acting Executive Director while a search is underway to replace Dianne. Bob has worked at IMS for the last sixteen years, and we appreciate the considerable experience and willingness he brings to the post.



*Dianne Horgan*

LIBBY VIGEON



## Meditation Hall Renovation

As we go to print, renovations to the Retreat Center meditation hall are well underway. The walls have been stripped of their dark plywood paneling, and now the space fills with light. Construction of a new teaching platform has begun as well as curved screens in the front and back of the hall. Other changes to come include a hardwood floor and an arched ceiling. The majority of the work will be completed by our 30<sup>th</sup> anniversary celebration on July 8. Many thanks to all who generously contributed to make this project possible.



LIBBY VIGEON

*The new Retreat Center meditation hall takes shape.*

## Opportunity for Right Livelihood

### *Executive Director*

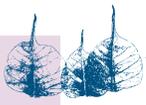
The Insight Meditation Society is seeking an Executive Director to lead the operation of its two practice centers – the Retreat Center and the Forest Refuge.

We are looking for a skilled professional who has proven experience heading a non-profit organization. The successful candidate will have excellent management and communications skills, and demonstrated experience in fiscal management, fundraising, strategic planning and program visioning.

Further information is available at [www.dharma.org](http://www.dharma.org).  
Qualified candidates may email a resume and cover letter to the search committee at [EDSearch@dharma.org](mailto:EDSearch@dharma.org).

*IMS is an equal opportunity employer*

LIBBY VIGEON



## 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)**

### New Website

IMS about to launch a fresh-looking website. New features will include a search function, a ride-share board, online dharma talks and guided meditations, and a photo tour.

Please keep visiting [www.dharma.org](http://www.dharma.org) – sometime soon you'll find a bright new site awaiting you!

### Gardening Days

Calling all green thumbs and other enthusiastic helpers! We will hold a number of Sunday work days in our Retreat Center gardens through the late spring, summer and fall. No gardening experience is necessary. Come meet other sangha members, enjoy a day outdoors and help create natural beauty.

Tentative dates are: June 4, July 16, August 13, September 17 and October 15. These may change so please check our website for updates. Contact Human Resources at [HR@dharma.org](mailto:HR@dharma.org) or (978) 355-4378 ext. 335 to be put on a mailing list for more information.

### New Scholarship Opportunities

We are happy to announce two special scholarships.

In honor of IMS' 30<sup>th</sup> anniversary, *Shambhala Sun / Buddhadharma Magazine* has generously offered a donation to support practice at the Retreat Center during 2006. If you would like to apply for the *Shambhala Sun / Buddhadharma Magazine* Scholarship, please do so before

June 30. We are accepting applications on a first come, first served basis. Simply register for the retreat you wish to attend, then complete a scholarship application form (either online or by mail) mentioning this scholarship category. IMS extends its gratitude for this donation.

If you are planning a personal retreat at the Forest Refuge, a generous bequest allows us to provide funding to anyone involved in projects – either in the US or elsewhere – that help individuals or communities attain economic independence. Please mention this bequest when you apply for financial assistance.



ARINA FENDER



## Assistance for Teen & Family Retreats

IMS is seeking group leaders for our Family Retreat, July 19-24. If you have experience in working with children or teenagers, are an experienced meditator and would like to assist, please call us at (978) 355-4378 or email RC@dharma.org.

In addition, funding is needed to cover the cost of special materials for this course, as well as our annual Teen Retreat, June 30-July 4. Materials include 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 VICEON

## Meal Dana (Generosity)

Help us to continue a tradition that has flourished in Asia since the time of the Buddha – the offering of meals to spiritual practitioners. Donating 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) and dedication 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. 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.

*We deeply appreciate your 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



AHNA FENDER



# IMS Program Highlights

## Freedom with Support

### *A Personal Retreat at the Forest Refuge*

This summer and fall, the Forest Refuge is honored to host, for the first time, three respected vipassana teachers. **Gloria Taraniya Ambrosia** will be in residence in August with Annie Nugent. **James Baraz**, well-known West Coast teacher, will offer the dharma in September, and **Susan O'Brien**, together with Myoshin Kelley, will guide practice in October.

### *One-Week Stays*

A number of places at the Forest Refuge are now open for stays of just one week. This gives those with family and work commitments, for whom extended practice time is rare, the opportunity to experience the benefits of a personal retreat in an environment conducive to developing concentration and stillness.

What are these benefits? A personal retreat strengthens confidence in

one's practice and deepens our capacity for wisdom and compassion. As support for practice, two dharma talks and two scheduled interviews take place each week with the teachers in residence.

One-week stay participants are encouraged to arrive on Sundays.

### *Dana Months*

In the spirit of generosity (*dana*), fees for a personal retreat at the Forest Refuge during the months of September, 2006 and January, 2007 will be on a donation basis.

This allows those with fewer financial resources to attend, while those who can afford to pay will help make it possible for others to practice with us. Any donations to support these dana months are also greatly appreciated.

*See our website and page 17 for the Forest Refuge teaching schedule and further information.*

## At the Retreat Center...

A **Metta Weekend** will be offered June 2-4, led by **Ajahn Vajiro** and **Ajahn Punnadhammo** of the Thai forest meditation tradition. The practice of *metta* (lovingkindness) deepens concentration and cultivates an open and loving heart.

A nine-week **Vipassana Intensive** takes place September 15-November 18. Retreatants can register for the full nine weeks, or for shorter practice periods of two, four or five weeks.

**The Three-Month Retreat, taught by Joseph Goldstein and others, will return in 2007.**

Other 2006 Retreat Center offerings include a vipassana course, taught by **Howard Cohn** and **Anna Douglas**, August 4-9.

Renowned Vietnamese monk, **Bhante Khippapanno** will place emphasis on *citta* (mind), the fourth of the Buddha's Four Foundations of Mindfulness (*Satipatthāna* in Pali) during his vipassana retreat, December 15-22.

*See our website and pages 18-24 for the full 2006 Retreat Center schedule, course descriptions and registration information.*

LOU ALBERT



## Healing the Suffering of Racism

### *A Retreat for People of Color*

“To work skillfully with divisiveness and suffering on a societal level, we must first examine these tendencies within ourselves,” says Gina Sharpe, a teacher of the annual People of Color Retreat. “In meditation practice, we learn to see the truth of suffering and separation. We learn to understand their cause and the way to freedom of our hearts and minds.”

Akin to a women’s, men’s or young adults’ retreat, the People of Color course provides a protected and quiet space for this community, allowing insight to unfold and wisdom and compassion to arise.

“Yet this course is not about separateness,” Gina continues, “The retreat was established with the intent to create a zone of ease in which people of color can meditate together. It’s about exploring and honoring the inner experience, and learning how to heal.”

Why is this zone of ease so important? “When few around you look like you, and when the cultural expressions used to teach the dharma are not your own, it can make it really challenging to practice,” says Shahara Godfrey, an African American from California who sat last summer’s retreat.

She explains that, sometimes, the language used to address a predominantly white *sangha* (community) fails to speak to those in a racial minority. “But practicing with a whole group of people of color, it felt more comfort-

able. I felt held in a different way,” Shahara adds. “When you have community, the process of insight is greatly enhanced.”

Nakawe Cuebas, a participant of Puerto Rican descent, echoes this. She found inspiration in being guided by teachers “who were able to identify with and address the many particular issues that people of color live with. We hear the teachings in our ‘language’ and can relate to and open up to them more easily.”

Jerry Jung, a Chinese-American from New York, understood the significance of the retreat in affecting positive change in the world. “My dream of world peace necessarily begins with an inner transformation,” he states. “I see my spiritual practice as a small but relevant contribution to shift the balance in favor of peace.”

The People of Color Retreat also offered Nakawe Cuebas a deeper understanding of the Buddha’s teachings on liberation. “This course is about freedom of mind, body and spirit. Taste and experience the sweet nectar of freedom for yourself. We as people of color need to let go of the ‘self oppression’ so that we can be more present

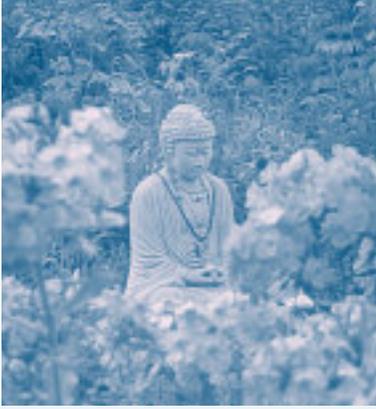
to deal with the societal oppression that many of us confront on a daily basis. We have been in chains for too long; it is time to be truly free!”

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*The 2006 People of Color Retreat, co-sponsored by IMS and New York Insight, takes place July 27-August 1. It will be taught by Kamala Masters, Gina Sharpe, Rachel Bagby, Larry Yang and Russell Brown. Thanks to generous donations, free transportation will be provided for travel between IMS and New York City. No one will be turned away due to a lack of funds – please see pages 18-19 for reduced course fees.*



LIBBY VIGEON



# About IMS

**Insight Meditation Society**  
1230 Pleasant St., Barre,  
MA 01005, USA  
[www.dharma.org](http://www.dharma.org)

**RETREAT CENTER**  
(978) 355-4378; [RC@dharma.org](mailto:RC@dharma.org)  
Office hours: daily, 10am-12 noon & 3-5pm  
(except Sun. & Tues.)

**FOREST REFUGE**  
(978) 355-2063; [FR@dharma.org](mailto:FR@dharma.org)  
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 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 one week 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.

## 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 on our website. You can also contact Human Resources about a Retreat Center work retreat by calling (978) 355-4378, ext. 335 or emailing

HR@dharma.org. For the Forest Refuge, call (978) 355-2063 or email FR@dharma.org.

### Financial Information

#### Fees

IMS fees are on a sliding scale basis that allows retreatants to pay 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.

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. All Forest Refuge fees include an honorarium for the teachers.

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

#### 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 served basis** and are generally restricted to one scholarship per person, per year. (Please note that

applications for the Vipassana Intensives need to be received by June 1, 2006.)

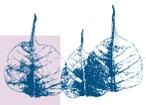
You can apply online for a scholarship at the Retreat Center, or check the relevant box when completing the registration form on page 25. Include the appropriate deposit. Forms can also be downloaded from our website or requested from the office.

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. Scholarship support is not available for a short stay.

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.



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## **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**

## **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.

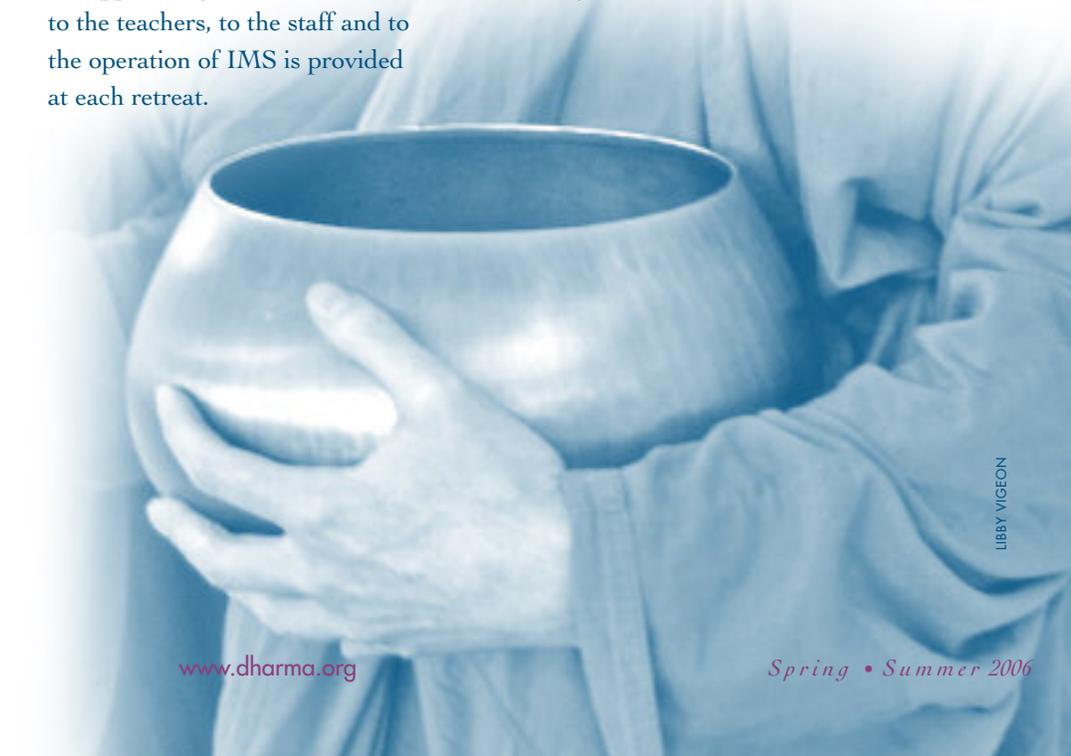
Since revenues from registrations cover less than 50% of our operating costs, we rely on your generous support. An opportunity to offer donations to the teachers, to the staff and to the operation of IMS is provided at each retreat.

## **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'omālamalama, a Dharma sanctuary and hermitage on Maui.

**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'omālamalama, a sanctuary-hermitage for long-term practice.

**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 3-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*.

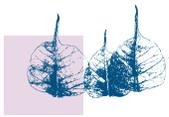
**James Baraz** has practiced meditation since 1974 and taught since 1980. A founding teacher of Spirit Rock Meditation Center, he coordinates their Community Dharma Leader program and is the teacher-advisor to their Family and Teen programs.

**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.



**Hugh Byrne** teaches with the Insight Meditation Community of Washington and is a co-founder of the Washington Buddhist Peace Fellowship. He teaches classes on Buddhism and meditation for the Smithsonian Resident Associate Program.

**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 the 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.

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

**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.

**Ajahn Vajiro** received *upasampada* from Ajahn Chah in 1980 in the Thai forest tradition. He has lived in monastic communities in Thailand, England, New Zealand and Australia. He now resides at Amaravati Buddhist Monastery in England, and teaches internationally.

**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.

# 2006-07 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 12-14 for general IMS retreat and financial 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.

Some scholarship support is available. For more information, please see page 13 or check our website.

## 2006

May 1 – Jun 30

Ven. Pa-Auk Sayadaw  
(Applications are still welcome for this retreat.)

Jul 1 – Jul 31

Yanai Postelnik & Myoshin Kelley

Aug 1 – Aug 31

Gloria Taraniya Ambrosia & Annie Nugent

Sep 1 – Sep 30\*

James Baraz & Myoshin Kelley

Oct 1 – Oct 31

Myoshin Kelley & Susan O'Brien

Nov 1 – Nov 30

Myoshin Kelley & Patricia Genoud-Feldman

Dec 1 – Dec 31

Carol Wilson & Myoshin Kelley

## 2007

Jan 1 – Jan 31\*

Annie Nugent

Feb 1 – Feb 28

Marcia Rose & Annie Nugent

Mar 1 – Mar 31

Rodney Smith & Myoshin Kelley

Apr 1 – May 31

Joseph Goldstein & Myoshin Kelley

Jun 1 – Jun 30

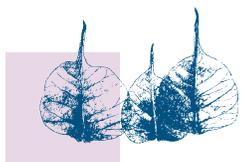
Sayadaw U Vivekananda

*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.*

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LENGTH OF STAY	SLIDING SCALE FEES		
	Sponsor	Mid	Low
One week	\$560	\$525	\$450
Two weeks	\$1,120	\$1,050	\$870
First month (30 days)	\$2,100	\$1,950	\$1,560
Second month (31-60 days)	\$2,040	\$1,890	\$1,500
Third month (61-90 days)	\$1,950	\$1,800	\$1,410
Long-term daily rate (after 90 days)	\$45	\$40	\$27

\*Fees for September, 2006 and January, 2007 are offered on a donation basis.



# 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	Vipassana & Metta Retreat	As above
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, Hugh Byrne & 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 4	2 days	Metta Weekend	
Jun 2-Jun 9	7 days	Metta Retreat	Ajahn Vajiro & Ajahn Punnadhammo
Jun 9-Jun 18	9 days	Vipassana Retreat	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
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	Rebecca Bradshaw, Marvin Belzer & Chas DiCapua
Aug 19-Aug 27	8 days	Vipassana Retreat	Narayan & Michael Liebenson Grady & Maddy Klyne
Sep 1-Sep 4	3 days	Labor Day Dana Weekend	Bhante Gunaratana
Sep 6-Sep 12	6 days	Vipassana Retreat	Ruth Denison
Sep 15-Sep 29	14 days	Vipassana Intensive - Part 1A	Marcia Rose, Sharda Rogell, Rebecca Bradshaw & Annie Nugent
Sep 29-Oct 13	14 days	Vipassana Intensive - Part 1B	As above
Sep 15-Oct 13	28 days	Vipassana Intensive - Part 1	As above
Oct 13-Nov 18	36 days	Vipassana Intensive - Part 2	Steve Armstrong, Carol Wilson, Kamala Masters, Guy Armstrong & Sally Clough
Sep 15-Nov 18	64 days	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.

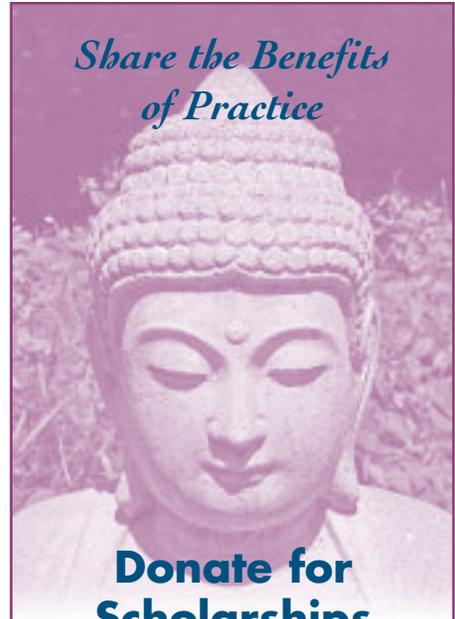
+ Scholarship awards are distributed on a first come, first served basis. Please refer to page 13 for scholarship application information.

\* We offer reduced rates for the People of Color Retreat and free transportation between IMS and New York City; 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. This retreat is open to ASPP participants and DPP graduates only. Please 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
MMW	Donation	\$210	\$190	Donation	Donation
MM1	Donation	\$525	\$475	Donation	Donation
MM2	Donation	\$675	\$610	Donation	Donation
MM3	Donation	\$1,200	\$1,085	Donation	Donation
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
2WKA	\$175	\$1,050	\$950	\$730	\$420
2WKB	\$175	\$1,050	\$950	\$730	\$420
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 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.



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## 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.

**Retreats with Monastics**

Western nuns and monks from the Thai Buddhist monastic tradition teach each year at the center. Retreatants are asked to observe the eight monastic precepts (which include abstaining from eating after noon each day) and to participate fully in the daily routine of sitting, standing and walking meditation. Each day, group practice will begin with an

offering of flowers, light (in the form of candles) and fragrance (incense), as well as chanting to the Triple Gem.

**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**

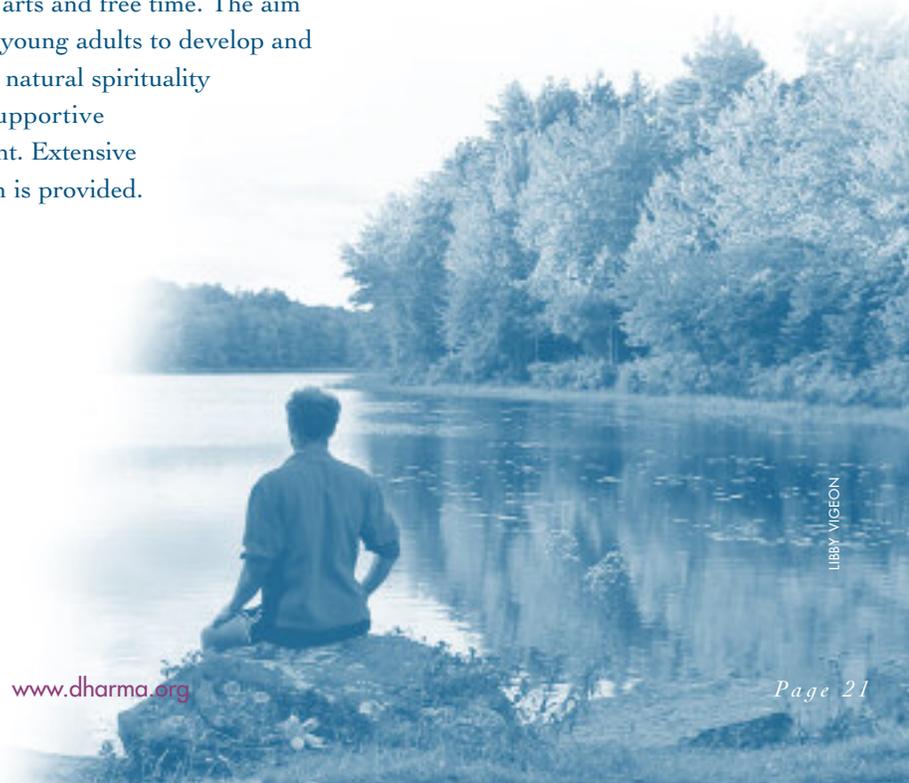
This retreat is specifically for teens, aged 14-19. It offers beginning meditation instruction, half-hour sitting and walking periods, discussion groups, meditative arts and free time. The aim is to allow young adults to develop and value their natural spirituality within a supportive environment. Extensive 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 two years old is included; it is staffed by volunteers who coordinate age-appropriate activities. A parent or friend needs to stay with any child under two years old at all times.

**Each family unit pays an additional fee for the children's 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.**

### 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 and free transportation between IMS and New York City (see pages 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.

### Vipassana Intensives

These 2-, 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



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mental noting, slow movement and precise, open awareness.

**Prerequisite for the 4WK, 5WK, or 9WK 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 some of 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). 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 you are an ASPP participant, 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.



## **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**.



## 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 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.**



# 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 \$ \_\_\_\_\_

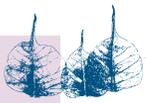


Credit Card #

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 \_\_\_\_\_



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*– The Buddha*

The generous act of planned giving bears fruit in so many ways, bringing benefit to many future dharma practitioners. Bequests and other planned gifts help ensure that IMS will be here – serving the dharma – for generations to come. Please consider including us in your estate and financial plans.

For information on how to do this, or to talk about additional planned giving options, please contact the IMS Development Office by calling (978) 355-4378, ext. 230 or emailing [development@dharma.org](mailto:development@dharma.org).

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# Barre Center for Buddhist Studies

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

149 Lockwood Road  
Barre, MA 01005  
Phone: (978) 355-2347  
Fax: (978) 355-2798  
Email: bcbs@dharma.org  
Website: 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 Fall 2005 issue include:

#### Teacher Interview with Roshi O'Hara

**The Buddha Did Not Teach Buddhism**  
by Paul Fleischman

**The Emptiness of Concepts**  
by Rajesh Kasturirangan

**Sutta Studies: Advice to a Dying Man**  
by Andrew Olendzki

**Dharma Contemplation**  
by Gregory Kramer

**Caregiving and the Buddha's Way**  
by Susan Stone

...and more.

If you would like to receive your **free** subscription to *Insight Journal*, please call or email us. The Spring 2006 issue will be published in early May.

The Barre Center for Buddhist Studies (BCBS) offers a variety of opportunities for investigating the teachings of the Buddha: lectures, classes, workshops, retreats and independent study programs. While rooted in the classical Buddhist tradition, the BCBS mission calls for the study of all schools of Buddhism and discussions with other traditions. The emphasis is on the interrelationship between study and practice, and on exploring the relevance of classical teachings to contemporary life.

## BCBS Schedule for 2006/2007

May 14-19	Andrew Olendzki, Taraniya Ambrosia, et al.	Essentials of Buddhist Psychology
May 21	Ajahn Candasiri, Sister Cittapala	<i>Dhammapada</i> Wisdom Teachings
May 22-26	Andrew Olendzki, Claire Stanley, et al.	Study-Retreat for College-Aged Students
May 27	Alan Wallace	The Way of Shamatha
Jul 14-16	Taitetsu Unno & Mark Unno	Shin Buddhism
Jul 21-23	Mu Soeng	Lack and Liberation
Jul 28-30	Nona Olivia & Andrew Olendzki	Poems of the Monks & Nuns
Sep 16	David Loy, Donald Swearer, et al.	Forum: Buddhist Responses to Collective Delusion
Sep 17	Mark Unno	Buddhism & Psychotherapy Across Cultures
Sep 22-24	Jan Willis	Women and the Feminine in Buddhism
Sep 30	Sharon Salzberg	The Power of Right Speech
Oct 1-8	Gregory Kramer	Insight Dialogue: Knowing the Self-World Split
Oct 14-21	DaeJa Napier	The Brahma Viharas & Vipassana (Bhavana)
Oct 28-Nov 3	Andrew Olendzki & Taraniya Ambrosia	Understanding the Asavas (Bhavana)
Nov 5-10	Andrew Olendzki, Taraniya Ambrosia, et al.	Essentials of Buddhist Psychology
Nov 18	Michael & Narayan Liebenson Grady	Your Life is Your Practice
Nov 19	Kate Lila Wheeler	Sayadaw U Pandita: The State of Mind Called Beautiful
Nov 26-Dec 1	Mu Soeng	Nonduality in the Mahayana (Bhavana)
Dec 8-10	Mark Hart	Suffering & the End of Suffering
Jan 7-12, 2007	Andrew Olendzki	Abhidhamma: Buddhist Psychology

**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 NEWSLETTER**

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Barre, MA 01005

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