

# INSIGHT

## NEWSLETTER

**SPRING  
SUMMER**  
**2007**

*Welcome to our colorful Spring issue of Insight Newsletter.*

*It's a smaller edition than usual, reflecting our twofold intention – to conserve resources by reducing the amount of paper we use and to invite you to visit our website for frequently updated news and articles. A fuller newsletter will be published in the Fall.*

## **Urban Buddhism: Awakening Anywhere, Anytime**

### **An Interview with Rodney Smith**

Rodney Smith began practicing insight meditation in 1975. He came to IMS in 1976 as the center's first long-term retreatant. Over the last 30 years he has spent time on staff, explored practice as a Buddhist monk in Thailand, served hospices in a variety of positions for 16 years, authored *Lessons from the Dying* and offered the Buddha's teachings across the country. He lives with his wife, Ellen, in Seattle, where he founded and guides the Seattle Insight Meditation Society ([www.seattleinsight.org](http://www.seattleinsight.org)).

#### **Rodney, how would you define 'Urban Buddhism'?**

'Urban Buddhism' is the practice of taking all environments as opportunities for spiritual awakening. Work, family, relationship and other avenues of life are all acknowledged as vital areas for investigation. Those who fully embody the entire spectrum of their lives, without spiritually prioritizing any one aspect or activity, are what I term Urban Buddhists.

From this perspective, all moments are equally precious. Whether we are practicing formal meditation on retreat or showing up for ordinary moments of our daily lives, the same unobstructed inner freedom is always available.

Any facet of life can be used to resolve the suffering of disconnection. The Urban Buddhist harbors no defense, seeks no shelter and avoids no conflict for the resolution of her/his wholeness. Nothing is avoided or passed by as mundane. Wherever there is discord and struggle, there is insight into contraction and resistance to life. This is true on emotional, psychological and spiritual levels.

#### **What brought you to this understanding?**

When I was new to meditation retreats, the final instruction given was to bring the mindfulness we had been cultivating during the course into our daily lives. I was never very good, however, at

*(continued on page 2)*



Rodney Smith

(continued from page 1)

being mindful out of retreat – the harder I tried, the less successful I became. In fact, I found it almost a burden – something I had to add to my already full life. I began to feel like a spiritual failure.

So I started to look at the Buddha's teachings, at what might speak to me in every moment and across all settings. I found the answer within the Noble Eightfold Path. This is the path the Buddha taught to those seeking liberation from suffering, and its eight elements are wise view, wise intention, wise speech, wise action, wise livelihood, wise effort, wise mindfulness and wise concentration.

### **How does the Noble Eightfold Path help us awaken?**

The entire Noble Eightfold Path serves as a system for dismantling the sense of self. It is our clinging to a solid sense of self that causes our suffering. Unless we see that our identity is constructed from a set of beliefs, it's easy to get sidetracked into further supporting the illusion of the sense of self. We then add to the problem rather than end the suffering.

Wise view, the first step of the Noble Eightfold Path, can help us get back on track. It says that our lives are interconnected beyond what is immediately

visible. When we don't understand this interconnection, we erroneously assume we are separate. In this state of separation, we think we have to get over ourselves, get over our mind states. We try ever harder to find freedom in some other timeframe outside of the here and now.

But we can't 'effort' ourselves to freedom. Instead, if we simply open to our suffering, rather than resist it, we come back into a state of connectedness. Whether we connect with our knee pain while sitting on the cushion or with a deep wound in our psyche, we have automatically entered wise view.

Wise view helps us frame all of the other steps on the Noble Eightfold Path. It allows us to move away from individuation and towards wholeness.

### **How does the Urban Buddhist work with wise intention?**

Wise intention - the second aspect of the Noble Eightfold Path - is the heart's deepest longing. This longing is always available to us but gets sidetracked by secondary intentions such as acquisition, fame or power. The spiritual practitioner must first discover that these secondary gains are ultimately unsatisfactory. Then, energy aligns towards the wise intention to awaken.

Much of spiritual practice is about redirecting the pursuit of those secondary intentions into awakening. For the Urban Buddhist, inquiry and investigation are essential tools in this transformation and fully complement retreat practice. Inquiry allows our ordinary lives to unfold with the same depth available to us on intensive retreat.

Asking simply, "Who am I?", "What is this?" or "Where is contentment in this moment?" adds a seamless continuity to

daily life practice. This kind of inquiry contributes to the natural unfolding of the Noble Eightfold Path, from one aspect to the next. Ultimately, we move away from differentiation and the separation that causes suffering. We then find ourselves at the door to the infinite.

### **What other forces have molded your spiritual journey?**

Some decades ago, I found I had a lot of fear around my mortality. So I decided to go into hospice care, because I sensed a potential for great learning.

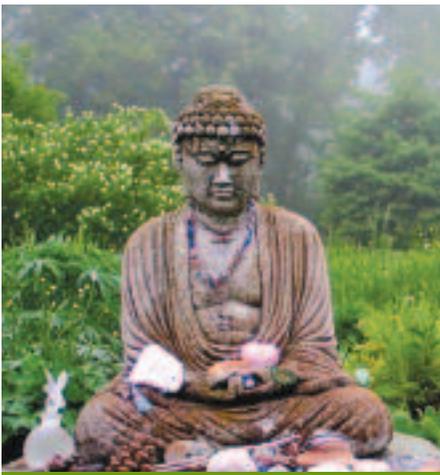
I noticed that when people were facing imminent death, they often came to extraordinary places of spaciousness and depths of understanding, independent of any spiritual practice. I attributed this to the loss of future time. I couldn't help but wonder how we would practice if we had no future.

When we project into an abstract future, we reinforce our self-doubt. If we approach practice in terms of developing certain states of mind, our self-doubt refuses to acknowledge our readiness for freedom here and now. It's very easy for us, as Westerners, to assume that we'll never be ready, that there is always more to cultivate. This assumption keeps us from the very awakening we yearn for!

Once I witnessed how hospice patients were so powerfully affected by the quality of immediacy, I realized this was a missing piece in most people's practice. I saw the enormous potential for awakening in this very moment.

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*Read more of Rodney Smith's interview at [www.dharma.org](http://www.dharma.org). Rodney will lead the New Year's course at the Retreat Center, December 28 - January 6, 2008. For registration information, please see page 6.*



## IMS NEWS

### WORTH NOTING

#### 'You Choose' Fee Spaces at the Forest Refuge

IMS is now offering a number of 'You Choose' fee spaces for a personal retreat at the Forest Refuge. This is part of our ongoing endeavor to make the Buddha's teachings accessible to all, regardless of means.

A 'You Choose' Forest Refuge space is intended for experienced vipassana meditators whose financial circumstances might otherwise prevent participation. IMS will pilot this program for a year, starting July 1, 2007 and ending June 30, 2008. Applicants can select their own fee amount based on what they can afford.

Spaces will be awarded on a first come, first served basis for retreats of one or two weeks, as well as for stays of one or more months.

One or two week spaces will begin and end on Sundays. Spaces for stays of one month (or more, in monthly increments) will begin on the first of each month. Visit our website, email [fr@dharma.org](mailto:fr@dharma.org) or call (978) 355-2063 for further information.

#### A Good Night's Rest!

When IMS first opened its doors over 30 years ago, its community of largely young retreatants was comfortable sleeping almost anywhere, even on the floor if needed. The foam mattresses that were subsequently obtained seemed luxurious in comparison. But today, these "foamies" are well worn from use.

The time has come for new beds! Please help us purchase durable, regular-sized beds with real mattresses and mattress covers for those Retreat Center rooms that have held foamies and metal frames for many years.

This effort is part of our Spring Fund Drive that also includes raising money to replace the Retreat Center dining room furniture. We need your help to buy simple yet sturdy new tables and chairs from which we can all continue to eat meditatively.

To make a contribution, please visit our website or mail your gift to IMS.



RALPH DAVIS

## CENTERS & RESOURCES



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



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



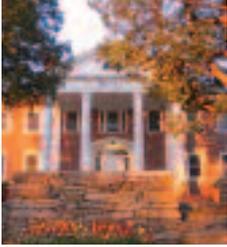
Dharma Seed, freely offering recordings of Western Buddhist vipassana teachings, will soon be entirely internet-based. Our new website, to launch later in 2007, will feature a large archive of dharma talks to stream and download for free. For now, call us at (800) 969-7333 for CDs and tapes.



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



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



# 2007 Retreat Center Schedule

Dates	Length	Course Title	Teachers
Jan 12-Jan 15	3 days	<i>Focusing on Freedom: Insight Meditation Weekend</i>	Gloria Taraniya Ambrosia & Doreen Schweizer
Feb 2-Feb 10	8 days	<i>Metta</i> (Lovingkindness) Retreat	Sharon Salzberg, Mark Coleman & Gina Sharpe
Feb 10-Feb 18	8 days	<i>Awakening the Natural Wisdom of the Heart: Insight Meditation Retreat</i>	Tara Brach, Eugene Cash, Hugh Byrne & Dori Langevin
Feb 23-Feb 28	5 days	Insight Meditation Retreat	Larry Rosenberg & Michael Liebenson Grady
Mar 9-Mar 17	8 days	<i>Women in Meditation: Insight Meditation Retreat</i>	Christina Feldman, Narayan Liebenson Grady & Maddy Klyne
Mar 18-Mar 25	7 days	<i>Investigating Life: Insight Meditation Retreat for 18-32 Year Olds</i>	Rebecca Bradshaw, Marvin Belzer & Chas DiCapua
Mar 30-Apr 8	9 days	<i>Freedom Here and Now: Insight Meditation Retreat</i>	Carol Wilson, Rodney Smith & Guy Armstrong
Apr 13-Apr 22	9 days	<i>Jhānas</i> (Meditative Absorptions) Retreat for Experienced Students	Bhante Gunaratana
Apr 25-May 3	8 days	Monastic Retreat	Ajahn Amaro, Ajahn Punnadhammo & Gloria Taraniya Ambrosia
May 4-May 13	9 days	Insight Meditation Retreat	Jack Kornfield, Anna Douglas, Trudy Goodman, Gina Sharpe & Hugh Byrne
May 18-May 20	2 days	<i>Cultivating a Wise Heart: Insight Meditation Weekend</i>	Annie Nugent & Sky Dawson
May 25-May 28	3 days	<i>The Buddha's Path to Happiness: A Weekend for New Students</i>	Rebecca Bradshaw & Sky Dawson
Jun 1-Jun 8	7 days	<i>Metta</i> (Lovingkindness) Retreat	Michele McDonald, Rebecca Bradshaw & Patricia Genoud-Feldman
Jun 8-Jun 17	9 days	Insight Meditation Retreat	Michele McDonald, Rebecca Bradshaw & Patricia Genoud-Feldman with Franz Moeckl ( <i>Qigong</i> )
Jun 1-Jun 17	16 days	Metta & Insight Meditation Retreat	As above
Jun 22-Jun 29	7 days	Insight Meditation Retreat for Experienced Students	Larry Rosenberg, Corrado Pensa & Matthew Daniell
Jun 30-Jul 4	4 days	Teen Retreat	Rebecca Bradshaw & Chas DiCapua with Ed Hauben & Jean Esther
Jul 7-Jul 12	5 days	People of Color Retreat <sup>^</sup>	Joseph Goldstein, Gina Sharpe & Larry Yang with Sharon Salzberg
Jul 13-Jul 21	8 days	<i>The Path of Liberation: Insight Meditation Retreat</i>	Christina Feldman, Fred von Allmen & Rob Burbea
Jul 24-Jul 29	5 days	Family Retreat	Yanai Postelnik & Catherine McGee
Aug 3-Aug 12	9 days	<i>The Power of Purification: Insight Meditation Retreat</i>	Steve Armstrong, Kamala Masters & Sky Dawson
Aug 18-Aug 26	8 days	<i>Your Life is Your Practice: Insight Meditation Retreat</i>	Narayan & Michael Liebenson Grady & Maddy Klyne
Aug 31-Sep 3	3 days	Labor Day Weekend for Experienced Students	
Sep 3-Sep 9	6 days	Insight Meditation Retreat for Experienced Students	Ruth Denison & Julie Wester
Aug 31-Sep 9	9 days	Insight Meditation Retreat for Experienced Students	
Sep 14-Sep 16	2 days	Insight Meditation Weekend for New Students	Michael Liebenson Grady & Maddy Klyne
Sep 20-Dec 13	84 days	Three-Month Retreat	Joseph Goldstein
Sep 20-Nov 1	42 days	Part 1	Myoshin Kelley, Rebecca Bradshaw, Patricia Genoud-Feldman & Annie Nugent
Nov 1-Dec 13	42 days	Part 2	Carol Wilson, Guy Armstrong, Sally Clough & Sharda Rogell
Dec 28-Jan 6, 2008	9 days	<i>Resolutions of the Heart: New Year's Retreat</i>	Rodney Smith, Yanai Postelnik & Heather Martin

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

\* Retreat Center fees do not include payment for the course teachers. There is an opportunity to offer donations for the teachings at the end of each retreat.

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

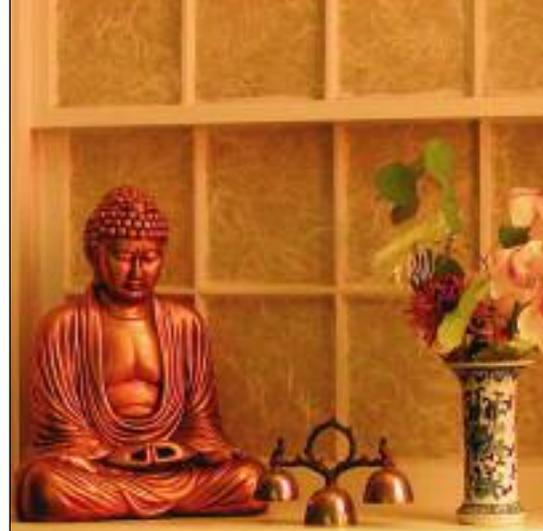
+ 'You Choose' means that you can establish your own deposit amount and course fee, based on your financial means.

<sup>^</sup> We offer reduced rates for the People of Color Retreat and free transportation between New York City and IMS. You do not have to pay to participate. Co-sponsored by IMS and New York Insight.



1230 Pleasant St. • Barre, MA 01005  
(978) 355-4378 • rc@dharma.org

Code	Deposit	Sliding Scale Fees*				
		Sponsor	Mid	Low	Scholarship**	
MLK	\$125	\$310	\$270	\$215	\$90	
SS	\$175	\$655	\$580	\$430	\$240	
TB	\$175	\$655	\$580	\$430	\$240	
LR1	\$125	\$435	\$385	\$290	\$150	
WOM	\$175	\$655	\$580	\$430	\$240	
YA	You Choose+	\$575	\$455	You Choose+	N/A	
CW	\$175	\$740	\$655	\$480	\$270	
BG	\$175	\$740	\$655	\$480	\$270	
MR	You Choose+	\$655	\$580	You Choose+	N/A	
JK	\$175	\$740	\$655	\$480	\$270	
WE	\$100	\$225	\$200	\$165	\$60	
NSW1	\$125	\$310	\$270	\$215	\$90	
MM1	\$175	\$575	\$510	\$375	\$210	
MM2	\$175	\$740	\$655	\$480	\$270	
MM3	\$175	\$1,310	\$1,160	\$850	\$480	
LR2	\$175	\$575	\$510	\$375	\$210	
TR	\$255	\$370	\$330	\$255	\$120	
POC	You Choose+	\$410	\$325	You Choose+	N/A	
CF	\$175	\$655	\$580	\$430	\$240	
FAM	(Adult)	\$175	\$535	\$485	\$390	\$150
	(Child)		\$270	\$245	\$180	\$150
SK	\$175	\$740	\$655	\$480	\$270	
NLG	\$175	\$655	\$580	\$430	\$240	
RD1	\$125	\$310	\$270	\$215	\$90	
RD2	\$175	\$490	\$435	\$320	\$180	
RD3	\$175	\$740	\$655	\$480	\$270	
NSW2	\$100	\$225	\$200	\$165	\$60	
3MO	\$750	\$6,470	\$5,670	\$4,030	\$2,520	
PT1	\$375	\$3,235	\$2,835	\$2,015	\$1,260	
PT2	\$375	\$3,235	\$2,835	\$2,015	\$1,260	
NY	\$175	\$740	\$655	\$480	\$270	



## PLANNED GIVING

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

*-The Buddha*

Join the community of people who will help IMS span generations. Planned giving is a powerful way to support IMS's vision, ensuring that meditation will be practiced and taught here for many years to come.

For more information about planned giving options, please visit our website or contact the IMS Development Office. Call (978) 355-4378 ext. 230 or email [development@dharma.org](mailto:development@dharma.org)

*Your generosity is deeply appreciated.*

## INSIGHT NEWSLETTER

INSIGHT MEDITATION SOCIETY

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Editor: Gyano Gibson

Production: Lailah Robertson & Éowyn Ahlstrom

Photos: Libby Vigeon (unless otherwise indicated)

Design: Lux Productions

Printed in Canada on paper containing 50% recycled content using soy-based inks.



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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 want 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.

Fees for 2007 are outlined in the box below. For those who cannot afford the entire cost, a limited number of 'You Choose' fee spaces are available. Payment is due once your application has been approved, and is accepted online, by mail, by phone or in person. Please make your check or money order payable to IMS, or include Visa or MasterCard information.

# The Forest Refuge

## General Information

The Forest Refuge allows the exploration of a more independent and less structured form of retreat life. For experienced practitioners, its peaceful and secluded

environment establishes the sense of harmony most conducive to sustained, long-term personal retreat. Stays range from one week to a year or more. For those interested, there is an application process. Guidelines and an application

## Teaching Schedule

### 2007

Jun 1 – Jun 30	Sayadaw U Vivekananda
Jul 1 – Jul 31	Myoshin Kelley & Patricia Genoud-Feldman
Aug 1 – Aug 31	Myoshin Kelley & Annie Nugent
Sep 1 – Oct 31	Carol Wilson & Ven. Ariya Ñani
Nov 1 – Nov 30	Myoshin Kelley & Gloria Taraniya Ambrosia
Dec 1 – Dec 31	Myoshin Kelley & Rebecca Bradshaw

### 2008

Jan 1 – Jan 31	Gloria Taraniya Ambrosia & Annie Nugent
Feb 1 – Feb 29	Myoshin Kelley & Annie Nugent
Mar 1 – Mar 15	Myoshin Kelley & Rebecca Bradshaw
Mar 16 – Mar 31	Susan O'Brien & Rebecca Bradshaw
Apr 1 – Apr 15	Joseph Goldstein & Susan O'Brien
Apr 16 – May 31	Joseph Goldstein & Myoshin Kelley
Jun 1 – Jun 30	James Baraz & Myoshin Kelley
Jul 1 – Oct 31	Pa Auk Sayadaw
Nov 1 – Nov 30	Myoshin Kelley & Patricia Genoud-Feldman
Dec 1 – Dec 31	Marcia Rose & Myoshin Kelley

*A self-sustaining practice is necessary to undertake a Forest Refuge retreat.*

*The teaching schedule may change without notice. It is our intention that retreatants will have the opportunity to practice with a variety of experienced and well qualified insight meditation teachers.*

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



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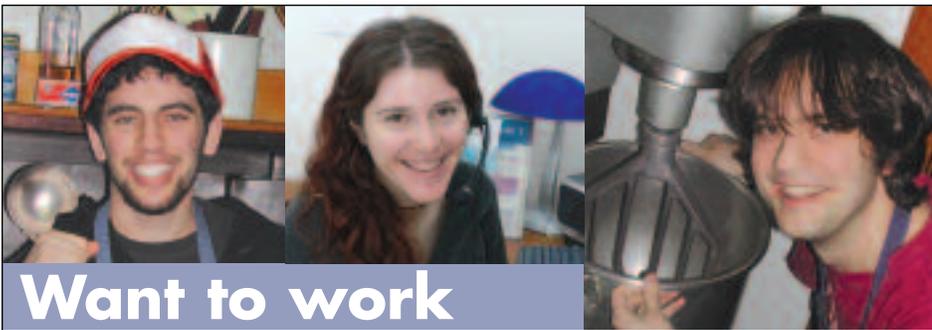
LENGTH OF STAY	SLIDING SCALE FEES		
	Sponsor	Mid	Low
One week	\$610	\$560	\$460
Two weeks	\$1,220	\$1,120	\$885
First month (30 days)	\$2,310	\$2,100	\$1,590
Second month (31-60 days)	\$2,250	\$2,040	\$1,530
Third month (61-90 days)	\$2,160	\$1,950	\$1,440
Long-term daily rate (after 90 days)	\$52	\$45	\$28



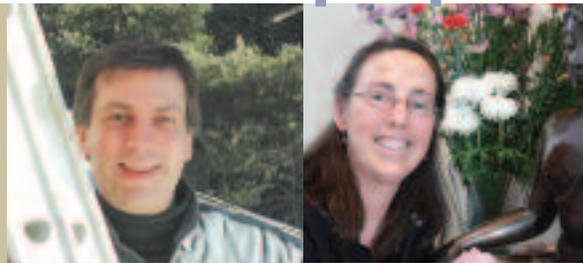
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**Want to work  
with like-minded people?**



IMS is more than just a workplace

Two retreat facilities, a dedicated staff and access to an abundance of practice resources make this a uniquely supportive environment.

A position at IMS is a great opportunity to deepen your practice through right livelihood.

**Seeking Kitchen and Development Staff**

For specific openings and descriptions visit [www.dharma.org/ims](http://www.dharma.org/ims)

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PHOTOS: LALAH ROBERTSON & CYANO GIBSON



**Offer a Meal**

Help us continue a tradition that has flourished in Asia since the time of the Buddha - the offering of meals to spiritual practitioners. Donating toward the cost of a meal is a direct way to support the IMS community.

You can select a date for your gift that might celebrate a birthday, honor someone who has died or commemorate another of life's milestones.

Please visit our website for more information.

*Thank you for your support*