



INSIGHT

NEWSLETTER

FALL
WINTER
2012/2013

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2013 Overview

The Practice of Generosity: Planting Seeds for Future Happiness

An Interview with Greg Scharf

After years of practice in Asia and the West, including time as a monk in Burma, Greg Scharf started to teach meditation retreats in 2007. Soon after he began meditating, he noticed the significant impact that acts of giving can have on our happiness. Generosity has come to play a central role in his unfolding spiritual path and in his teaching. Here he explains more about the power of this practice.

Greg, why is the practice of generosity so transformative?

It's reported that the Buddha said, "If beings knew, as I know, the result of giving and sharing, they would not eat without having given. Even if it were their last morsel, their last mouthful, they would not eat without having shared." This statement reflects his sense of the incredible power of the practice of generosity.

And generosity is truly a practice; it's something we work with. It's not always easy to let go. But over time, if we stretch and allow ourselves to be guided by our generous impulses, there's an effect on the heart and mind that goes beyond any good feeling we might have in the moment.

Central to the Buddha's teachings of the Four Noble Truths is the understanding that the cause of the suffering, stress and difficulty in our lives is grasping and holding on. When we practice any form of *dana* (the Pali term for generosity), we're directly cultivating non-clinging. This is a tangible antidote to the energy of greed and clinging in our hearts and minds.

Buddhist teachings also tell us there is 'merit' (*punna* in Pali) associated with generous acts. The concept of merit is connected with the law of karma, and is the understanding that meritorious actions – those that are skillful, useful, life-giving, and born of a wholesome intention – have a power that extends beyond the immediate scope of any deed we might do. When we give,

(continued on page 2)



EMILY CARPENTER

Greg Scharf

(continued from page 1)

we're actually planting seeds for our own future happiness and that of others.

Can you give an example of such an effect?

A number of years ago a colleague of mine was practicing in Burma, meditating in a cave. A young woman, about 16 years old, worked in the area as a

mason's assistant, carrying loads of bricks on her head for a construction project. For this, she earned the equivalent of 35 or 40 cents a day. When she heard there was an American meditating nearby, she bought a can of soda and offered it to him. Even though that soda represented about three days of her wages, she felt moved to support his practice in this way.

My colleague was deeply affected. So much so, that he and the abbot of a nearby monastery started an aid project for the village. Over the years, a new school was built along with additions to a hospital, nearby nunneries were offered support, and all kinds of good works were carried out that have transformed the lives of the villagers. Now people from all over the world support these projects; many speak of the power of this life-giving work. And it all began with that initial gift of a can of soda, offered from a place of purity of heart.

How has being a recipient of generosity informed your practice?

When I was meditating and living as a monk in Burma, I would go on alms round through the local village. It's powerful to live among people who have almost nothing, yet give you some of what little they do have. Sometimes the way people offered was perfunctory, but with others it was so beautiful, done with real care and a sense that they were holding it as a practice.

One woman lived in a tiny shack, and she would offer me, maybe, one little cooked dried fish. One time she didn't have any food, so she offered me a

flower. The way she did it was with such care. It was very humbling and inspiring to receive from people like that.

The practice of generosity is never about the specific gift. It might just be a spoon of rice. What matters is the quality of the heart and mind behind the offering. That's where the power of this practice resides.

How has your own practice of generosity impacted your life?

Giving is said to offer us happiness three times. We feel good when we think about giving – "Oh, I want to give here" – and we plan our gift. Then we're happy when we actually do it. And we can feel glad afterward when we reflect on the fact that we acted generously. It doesn't go away, right? It doesn't go away. So, happiness three times!

The practice of generosity has brought a lot of joy to me, including the happiness that's born of reflecting on one's good deeds, which the Buddha recommended we often do. And giving reminds me over and over again that real happiness is not tied to the circumstances and the conditions of my life.

In this culture the conditioning is strong to look outside ourselves for sources of joy. We tend to think, "Okay, the reason I'm not happy is because things aren't going right, or there are things I need to get rid of, or things I lack. I'm not complete. But if I get this experience, this job, this relationship, this whatever, then happiness will follow."

INSIGHT NEWSLETTER

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the Insight Meditation Society

1230 Pleasant Street • Barre MA 01005 • USA
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978-355-4378 • ims@dharma.org

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The practice of giving points me back to the fact that I don't need to look to external conditions for the reason why I'm either happy or unhappy – joy really abides in my own inner world and inner life. When we practice generosity, we develop a sense of inner abundance that doesn't have to do with any material possessions or wealth we may have.

At places like IMS, where teachers freely offer the teachings, why is it useful for retreatants to decide for themselves about offering dana?

The Buddha's teachings are held to be priceless. At the end of a retreat, there's an opportunity to offer the teachers and the center a donation. This can be a confusing and difficult moment – what is right for us to give? But I think it's also a chance to ask ourselves, "What value does this experience, do these teachings have in my life?" This is an exploration that we rarely get to undertake. Usually, someone has pre-determined a value for us, and then set a price on it.

I believe it would be a real disservice *not* to give people the opportunity to express gratitude for the teachings and to practice generosity. If we're just told, "This is what it costs," we don't get a chance to learn anything. We don't push our boundaries of what's comfortable. We don't really look into our hearts to ask ourselves, "What importance do I give this in my life?"

We may have the idea that if our practice is uncomfortable and not easy, then something is wrong or we need to do it differently. This is an attitude that really

bears some scrutiny. If we're going to go to any depth in this practice, on this path, there are times when it's going to be uncomfortable. And that's the edge. It's a good place to be.

How can we practice generosity more consciously in our daily lives?

The most important thing is to hold it as a practice. When the impulse to give is there, pay attention and act on it, even if it's not easy. Sometimes we hesitate because we see how the initial urge to offer can quickly get mixed with a wish to look good, or because of a sense that we're supposed to be generous. Joseph Goldstein says, "One practice of generosity that I've found very helpful is that when a thought to give arises, I try to act on it, rather than second-guessing myself. I've never regretted these moments of giving." I've really taken this on. It's a great practice.

Actually, our entire meditation practice can be an act of generosity. We can consciously make it an offering: "May my life, my practice, be a gift to the world for the benefit and happiness of all beings." This intention helps us cultivate the deep aspiration of *bodhicitta*, a Sanskrit and Pali word that literally means "awakened heart." As we practice generosity, we sow the seeds of compassion, and *bodhicitta* takes root.

My appreciation for the power of the practice of generosity, for the joy and happiness that flow from it, has steadily grown over the years. Generous actions are not about the individual – the giver, the giving, the receiver, are not personal. Much bigger than any one person,



EMILY CARPENTER

Greg teaching at the Retreat Center.

giving is a powerful force. Generosity is about the beautiful energies of heart and mind that we can cultivate, and that then radiate through our lives, transforming our world.

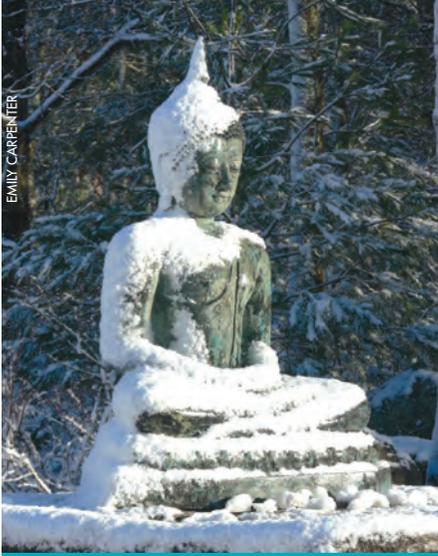
For details of Greg's 2015 teaching schedule at IMS's Forest Refuge and Retreat Center, see pages 13–15 or visit www.dharma.org.

The Gift of Meditation
OFFER A RETREAT TO SOMEONE YOU LOVE

IMS GIFT CERTIFICATES

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

*For more information,
email registration@dharma.org
or call 978-555-4378 ext. 170*



IMS NEWS

WORTH NOTING

Construction Begins! *Single Rooms for All*

Thanks to our community's enthusiastic support, IMS's Retreat Center building project is moving ahead. Through an extraordinary outpouring of generosity, we met our goal of \$2,350,000 to construct a new dormitory and to renovate the accommodation wing known as the 'Catskills.' Single rooms and greater privacy will soon be offered to each and every IMS retreatant.

Detailed architectural and engineering plans were drawn up earlier this year, and a thorough costing was also undertaken. We broke ground at the

Site Preparation Fill was brought in during the spring and summer to prepare the site for construction. An access road will be built, running past the new dormitory and behind the Annex. This will serve for dropping off luggage, as well as for delivery and emergency vehicles.



start of September. The new dormitory and the covered connector that will link all three Retreat Center accommodation buildings are going up first – the dorm should be ready for occupancy by June next year. Then work on the Catskills will begin, with the entire project scheduled for completion by early fall of 2013.

For the three months of the Catskills renovations, our maximum capacity for Retreat Center courses will be reduced by 20 participants. Be sure to sign up early for 2013 retreats taking place in June, July or August!

As our planning developed, it became clear that our resources could be better utilized by carrying out three additional much-needed facility improvements while the building project is in process.

We will make the front entrance of the Retreat Center fully accessible for those of us with limited mobility. In addition, the Gym – the lowest floor of the Catskills – will be renovated to possibly include a new indoor space for walking meditation. And the grounds surrounding the covered connector will be fully landscaped, to offer retreatants a tranquil and attractive area for outdoor contemplation.



Blessing Ceremony The teachers of last spring's Monastic Retreat, Ajahn Sucitto (C), Ajahn Jayanto (L) and Ayya Medhanandi Bhikkhuni (R), conducted a ceremony of blessing and gratitude for some trees that needed to be removed to make way for the new dormitory. The timber from them will be used in the project.

New Website

In May, IMS launched a new-look website, revised from the ground up. The site's role is threefold: to keep our community in touch with teachings and IMS developments, to help those new to meditation learn more about its benefits and our programs, and to offer resources to support ongoing practice.

The site features simpler navigation and a wide range of information, including retreat schedules and registration, teachers' talks and guided meditations, virtual tours, favorite recipes from our kitchens, a glossary of Buddhist terms, an extensive reading list, news about IMS initiatives, Barre weather and a host of other offerings. For mobile devices, the new site is much easier to access. It also provides a good foundation for future enhancements – stay tuned.

A Multicultural Refuge

When the Buddha awakened, he decided to teach out of compassion for the suffering of all beings. IMS is rooted in this same aspiration – our mission states that we are “a spiritual refuge for *all* who seek freedom of mind and heart.”

But it became increasingly clear over the decades that people of color were largely absent from our sangha of retreatants, teachers, staff, Board members and volunteers. Were people of color not interested in the Buddha’s teachings? Based on the strong attendance at our annual People of Color Retreats for the last 10 years, enthusiasm for the dharma is clearly evident.

So why this absence? IMS began a quest a few years ago to better understand contributing factors and to fully address them. We are clear that, if people of color feel IMS is just like many other predominantly white institutions in the country, then it cannot be a true spiritual refuge. In that case, we would be failing in our mission.

This possibility is simply unacceptable. Our aspiration is to ensure more places at the table for people of color – in our halls, on our teaching faculty or Board, and among our staff and volunteers. It is vital that these voices be included in shaping IMS’s culture and future, so that this refuge continues to be vibrant for generations to come in this increasingly multicultural nation and world.

Larry Yang, an IMS teacher of color and pioneer in deepening our sensitivity to issues of race and their effect on our sangha, told us that this is a long journey. It will take a lot of time and at least an equal amount of effort. IMS is committed to staying the course.

For more about IMS’s full diversity initiative, visit the ‘Diversity’ page under ‘About Us’ on our website.

Longer-Term Retreat Opportunity for People of Color

IMS is delighted to offer financial assistance to any person of color who might not otherwise afford the cost, to participate in half or all of our 2013 Three-Month Retreat. This has been made possible by a generous grant from the Frederick P. Lenz Foundation For American Buddhism.

This unique course is a wonderful chance to deepen concentration, wisdom and compassion and to carry these qualities back into the world at large. In this way, the foundation for a more just and equitable society can take greater root.

Many people of color have reported two major barriers to sitting longer retreats. One involves finances; the other involves a sense of isolation due to the vast majority of other retreatants and teachers being white. Our intention in providing this funding is, over time, to help lessen these barriers.

The dates for the 2013 Three-Month Retreat are Tuesday, September 10 – Tuesday, December 3, 2013. We are accepting applications to attend the first six weeks (finishing on Tuesday, October 22), or the second six weeks (starting on Tuesday, October 22), or the full three months.

IMS will offer this course to people of color on a ‘You Choose’ fee basis. This means any person of color who wishes to register can establish the rate s/he is able to pay, at or above \$15 per night. This translates to a minimum fee of \$630 for a six-week partial, or \$1,260 for the full three months, and is significantly less than our usual sliding scale fee structure for a course of this length. If these minimum prices are still prohibitive, we encourage applications nevertheless – we will do our best to support anyone interested.

Please email registration@dharma.org to request the ‘You Choose’ rate. See the list of teachers for this course on page 14 and further retreat information on page 21.

MARC HAMEL





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

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

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

ABOUT IMS

The Insight Meditation Society first opened its doors in 1976. Its mission is to provide a spiritual refuge for all who seek freedom of mind and heart. It offers meditation retreats rooted in the Theravada Buddhist teachings of ethics, concentration and wisdom. These practices help develop awareness and compassion in ourselves, giving rise to greater peace and happiness in the world.

IMS operates two retreat facilities – the Retreat Center and the Forest Refuge – which are set on 240 secluded wooded acres in the quiet countryside of central Massachusetts.

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

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

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

General Information

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

The Forest Refuge facility has been designed to nurture the highest aspiration for liberation. There, in consultation with the teachers, a personal program of meditation practice is developed (see the Teaching Schedule on page 13). Teacher support includes two individual interviews each week and twice-weekly dharma talks in the meditation hall.

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

All IMS meals are vegetarian. Currently, accommodations at the

Retreat Center are simple single and double rooms; all spaces at the Forest Refuge are single. By the fall of 2013, every retreatant at both our facilities will be able to stay in a single room. Men and women do not share rooms. Camping is not available.

Teacher Talks

When a Retreat Center course is in progress, anyone is welcome to attend the evening talks about the teachings, known as *dharma* talks. Those with insight meditation experience are also welcome to attend group sittings.

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

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



Self Retreat

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

During this time, you are expected to meditate in silence, observe the five precepts and maintain a continuity of practice. The sliding scale fee is \$65-\$115 per day, depending on your means. For self retreats of up to five days immediately before or after a specific group course, you can add the dates on your registration form. For self retreats of longer than five days, please call the office for an application form.

Work Retreat

Work retreats provide a valuable opportunity to explore the integration of mindfulness practice with daily activities. Each day's schedule combines periods of formal meditation and instruction together with five hours of work-as-practice – in silence – in either the Kitchen or Housekeeping department. Participation is limited to experienced meditators with a high degree of self-reliance. Since the work can be physically demanding, a moderate level of physical fitness is required.

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

A special application needs to be submitted; the only cost is a \$35 nonrefundable

processing fee. Information and application forms are available on our website. If you have questions about a Retreat Center work retreat, please call 978-355-4378 ext. 175 or email registration@dharm.org. For the Forest Refuge, call 978-355-2063 or email fr@dharm.org.

Financial Information

Fees

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

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

The Sustaining rate represents the actual cost for IMS to operate our programs. Payment at this rate lets us direct income from donations towards helping those with lesser means to attend our retreats. If you can afford this level or higher, you assist our efforts to offer lower sliding-scale rates and ongoing financial subsidies.

Because of rising costs, we have had to increase our fees for 2013 by a modest amount.

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





**INSIGHT
MEDITATION
COMMUNITY OF
WASHINGTON**

IMCW offers training in *Vipassana* (Insight) meditation and related Buddhist practices that awaken the heart and mind. We serve the entire Washington, DC metro area with programs that recognize our multicultural community and we welcome all with an open heart.

In addition to our flagship Wednesday night class in Bethesda, MD, which is taught by Tara Brach, IMCW's programs include weekly classes and sitting groups in DC, MD and northern VA. We also offer workshops, residential and nonresidential weekend retreats, as well as a thriving community of peer-led groups.

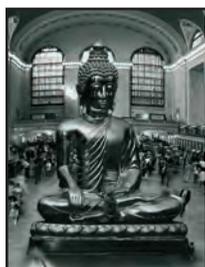
Please visit our website for a full schedule of classes, retreats and other activities.

**Look for us at www.imcw.org
or call us at 202-986-2922**

Financial Assistance

IMS provides financial assistance to those who are genuinely unable to afford the cost of a retreat.

At the Retreat Center, we offer scholarships and 'You Choose' fee options. You can apply online or check the relevant box when completing the registration form on page 22. Please include



NEW YORK INSIGHT MEDITATION CENTER

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

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

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

For information check our website
www.nyimc.org
or call
212-213-4802



JILL SHEPHERD

the appropriate deposit. Forms can also be downloaded from our website or requested from the office.

For the Forest Refuge, please complete the retreat application and indicate interest in receiving financial assistance. Several options are available – see our website or call our office for more information.

Due to limited resources, we recommend that you apply for assistance as early as possible. **Awards are distributed on a first-come, first-served basis** and may be restricted to one per person, per year.

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

Dana

Dana, a Pali term meaning generosity or giving freely, has played a central role throughout Buddhism's 2,500-year-old history. And today, the spirit of generosity guides all aspects of IMS's operations.

Generosity is the first of the ten *parami*, or qualities of character, that the Buddha taught his students to cultivate. Such practice develops lovingkindness and compassion, deepens awareness of our interconnectedness and encourages non-attachment. Giving is said to benefit both the giver and the receiver – the giver practices sharing and letting go, and the recipient practices acceptance of what is presented. Offering a small favor, a kind thought, a meal, or funds to help sustain a meditation teacher or center is a sincere form of spiritual practice.



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

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

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

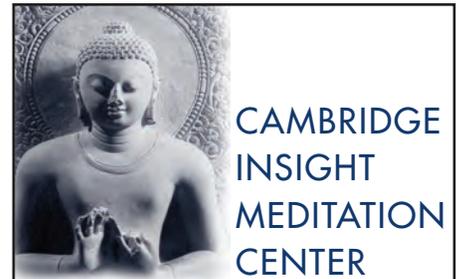
May your practice be for the benefit of all.

Media Visits

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

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

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



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

An open invitation is extended to all.

**331 Broadway
Cambridge MA 02139**

Office: **617-441-9038**
Fax line: **617-491-5070**

www.cambridgeinsight.org

IMS FACULTY 2013

Core

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

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

Rebecca Bradshaw is the guiding teacher of the Insight Meditation Center of Pioneer Valley, MA. She leads vipassana retreats internationally, including a retreat for Spanish speakers in Puerto Rico. She also works with meditators as a psychotherapist.

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

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

Christina Feldman is an IMS guiding teacher and co-founder of Gaia House in England. She has been teaching insight meditation retreats since 1976 and has recently been involved in the dialogue between cognitive therapies and Buddhist practice. Her books include *Compassion* and *The Buddhist Path to Simplicity*.

Joseph Goldstein is a co-founder and guiding teacher of IMS. He has been teaching vipassana and metta retreats worldwide since 1974 and in 1989 helped establish BCBS. He is the author of *A Heart Full of Peace*, *One Dharma* and other publications.

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

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

Kamala Masters began practicing in 1975. Trained by Anagarika Munindra and Sayadaw U Pandita, she offers the dharma in the US and abroad. She is a co-founder and guiding teacher of the Vipassana Metta Foundation on Maui.

Michele McDonald has taught insight meditation around the world for 31 years, helping individuals to find their own natural entry points into stillness and deep liberation. She is a co-founder of Vipassana Hawai'i, as well as a leader of retreats for youth and Burma relief projects.

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

Yanai Postelnik has been teaching insight meditation retreats internationally since 1992. His teaching is inspired by the Forest tradition of Thailand and the natural world. He lives in England and is a guiding teacher of Gaia House.

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

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

Gina Sharpe has studied and practiced the dharma for many years in Asia and the US. She has been teaching since 1994 and is the guiding teacher of New York Insight Meditation Center, which she co-founded in 1997.

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

Carol Wilson, an IMS guiding teacher, has practiced insight meditation since 1971 with a variety of teachers, including Sayadaw U Pandita and Ashin U Tejanaya, as well as spending a year as a nun in Thailand. She has offered retreats worldwide since 1986, including the annual IMS Three-Month course.

Visiting

Akincano is a Swiss Buddhist teacher and psychotherapist. A former monk, he practiced for 20 years in European and Thai Forest monasteries. Particular interests are suttas, stillness and contemplative psychology. He lives in Cologne, Germany, and teaches internationally.

Gloria Taraniya Ambrosia is a student of the Western Forest sangha and a Lay Buddhist Minister in association with Abhayagiri Buddhist Monastery in CA. She has been a dhamma teacher since 1990, served as IMS Resident Teacher in the 1990s, and is a core faculty member at BCBS.

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

Bhante Buddharakkhita was born in Uganda. Meditating since 1993, he was ordained as a Theravada Buddhist monk in 2002 and teaches worldwide. Founder of the Uganda Buddhist Centre, he is also the spiritual advisor of Flowering Lotus in Mississippi, and author of *Planting Dhamma Seeds*.

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

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

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

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

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

Andrea Fella has practiced insight meditation since 1996, studying with both Western and Asian teachers. With an emphasis on clarity and practicality, she teaches at the Insight Meditation Center in Redwood City, CA, and nationally.

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

Patricia Genoud-Feldman has been practicing Buddhist meditation (vipassana and Dzogchen) in Asia and the West since 1984, and teaching vipassana internationally since 1997. She is a co-founder and guiding teacher of the Meditation Centre Vimalakirti in Geneva, Switzerland.

Ed Hauben, a long-term meditator and friend of IMS for over 30 years, has served on its Board and assisted with the teen and family retreats since the 1980s.

Myoshin Kelley began meditation practice in 1975. Studying with teachers in both the Theravada and Tibetan Buddhist traditions, she has offered retreats worldwide since 1995. Her teaching style emphasizes a relaxed, caring and attentive attitude combined with joyful interest.

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

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

Dori Langevin, Psy.D., began teaching in 2003. She is especially interested in the sacred feminine and how Buddhist teachings can inform our relationships through embodied presence. She also values the interaction between mindfulness, addiction recovery and emotional healing.

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

Catherine McGee has practiced and studied Buddhist meditation since 1992, and has taught at Gaia House in England and internationally since 1997. She is also a student of the Diamond Approach of A.H. Almaas.

Ayya Medhanandi Bhikkhuni is the founder of Sati Saraniya Hermitage in Canada, a Theravada monastic community for women. She took her first vows with Sayadaw U Pandita in 1988 and spent a decade at Amaravati Buddhist Monastery, England.

Phillip Moffitt is co-guiding teacher at Spirit Rock Meditation Center and the founder of the Life Balance Institute, CA. He teaches vipassana meditation nationally and is the author of *Dancing with Life* and *Emotional Chaos to Clarity*.

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

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

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

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

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

Sharda Rogell began practicing meditation in 1978 and is a governing teacher at Spirit Rock Meditation Center. Influenced by many spiritual traditions, including Dzogchen and the teachings of A.H. Almaas, her primary interest is awakening the heart/mind with embodied presence.

Marcia Rose has practiced Buddhist meditation since 1970. She is the guiding teacher for The Mountain Hermitage in Taos, NM, and was IMS Resident Teacher, 1991–1995. Her international teaching is rooted in the Mahasi and Pa Auk Forest Monastery lineages.

Greg Scharf has practiced with Western and Asian teachers in the Theravada tradition since 1992, and has been teaching residential retreats since 2007. His teaching emphasizes the confluence of love and wisdom on the path to liberation.

Richard Shankman has been meditating since 1970. He teaches nationally and is the author of *The Experience of Samadhi*. He is a co-founder of the Sati Center for Buddhist Studies and of Mindful Schools, bringing mindfulness training into low-income schools.

Bob Stahl, Ph.D., a long-time insight meditator, lived in a Burmese Buddhist monastery in the Forest tradition of Taungpulu Sayadaw for over eight years. He currently directs MBSR programs in three San Francisco Bay Area medical centers and is the guiding teacher at Insight Santa Cruz.

Ajahn Sucitto became a bhikkhu in Thailand in 1976. He has been closely associated with Ajahn Sumedho for over 30 years, and is currently abbot of Cittaviveka Buddhist Monastery in Chithurst, England. He has taught at IMS since 1989.

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

Spring Washam is a founding teacher of the East Bay Meditation Center in Oakland, CA. She is a new teacher at Spirit Rock Meditation Center and currently teaches retreats and workshops nationally.

Lila Kate Wheeler began practicing vipassana in 1977. Her practice honors a variety of Buddhist lineages. In addition to teaching meditation, she writes fiction, travel journalism and spiritual essays. She lives in Somerville, MA, with her husband, an anthropologist.

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

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The Forest Refuge

General Information

A personal retreat at the Forest Refuge facilitates the natural emergence of wisdom and compassion. With teacher guidance and support, experienced insight meditators can settle into greater depths of practice and strengthen faith and self-reliance. The facility's tranquil and harmonious environment includes private dormitory accommodations. Stays range from one week to a year or more.

For those interested, there is an application process. Guidelines and an application form are available

on our website or from our office. You can apply online, or mail or fax a completed form to us. We will contact you when your application has been reviewed.

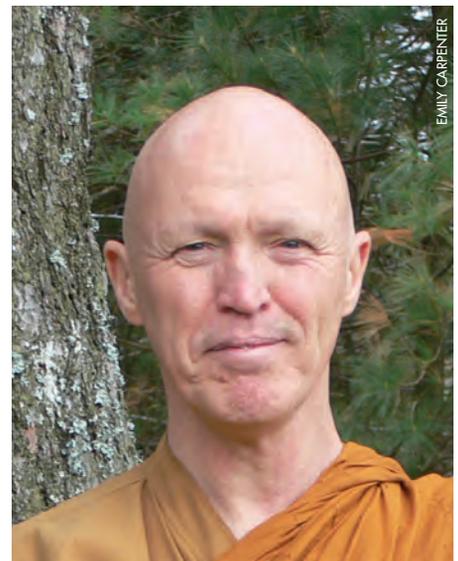
If your application is approved, but there is no accommodation available at the time you wish to come, we encourage you to keep your application in process. You can change your dates if you're able, or we can put you on a wait list for your requested time, as space may open up due to cancellations.

Fees for 2013, outlined on opposite page, are effective January 1. For those who

cannot afford the entire cost, we offer several forms of financial assistance – please see our website or contact the office for further information.

A deposit of approximately one-third of your total retreat cost is due once your application has been approved. Please contact us as soon as possible if you need to cancel. If you let us know more than 60 days before your retreat begins, the fee is \$100, or full deposit if less than this was paid. Your full deposit is forfeited if you cancel 60 days or less before your starting date.

Welcoming Ajahn Sucitto



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Ajahn Sucitto

IMS is honored to host Ajahn Sucitto for four weeks, November 9 – December 8, 2013. A familiar and beloved teacher at the Retreat Center, this will be Ajahn's first time offering the dharma at the Forest Refuge. He is a senior monastic in the Thai Forest tradition and currently serves as abbot of Cittaviveka Monastery in Chithurst, England.



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2013 FOREST REFUGE TEACHING SCHEDULE

January 1 – January 31 ⁺	Gloria Taraniya Ambrosia & Winnie Nazarko
February 1 – February 28	Akincano & Andrea Fella
March 1 – March 31 [^]	Rebecca Bradshaw & Sky Dawson
April 1 – April 30	Kamala Masters & Sky Dawson
May 1 – June 30	Joseph Goldstein & Sky Dawson
July 1 – July 31	Myoshin Kelley & Patricia Genoud-Feldman
August 1 – August 31	Annie Nugent & Sky Dawson
September 1 – September 30	Marcia Rose & Sky Dawson
October 1 – November 8	Susan O'Brien & Sky Dawson
November 9 – December 8 [*]	Ajahn Sucitto
December 9 – December 31	Sky Dawson & Greg Scharf

- ⁺ Arrivals and departures will not be possible January 7–15, 2015.
- [^] Practice instructions this month will focus on the four Brahma Viharas.
- ^{*} Priority will be given to anyone applying for the entire month or longer. Participants are expected to follow Ajahn's schedule and instructions, which include observance of the eight monastic precepts.

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.



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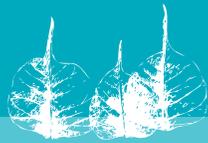
2013 SLIDING SCALE FEES (PER NIGHT)

LENGTH OF STAY	SUSTAINING	MID	BASE
7–30 nights <i>(effective from 1st night)</i>	\$115	\$95	\$75
31–90 nights <i>(effective from 31st night)</i>	\$115	\$87	\$58
More than 90 nights <i>(effective from 91st night)</i>	\$115	\$75	\$34

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



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2013 Retreat Center Schedule

Dates	Length	Course Title	Teachers
Jan 18 – Jan 21	3 days	<i>Living a Mindful and Compassionate Life: Insight and Metta Weekend</i> **	Mark Coleman & Spring Washam
Jan 23 – Jan 27	4 days	<i>Steadying the Mind: Opening to Insight</i> **	Richard Shankman & Bob Stahl
Jan 30 – Feb 3	4 days	<i>The Buddha's Way to Happiness: Insight Meditation Retreat</i> **	Howard Cohn & Lila Kate Wheeler
Feb 8 – Feb 15	7 days	<i>Metta: Lovingkindness Retreat</i> **	Sharon Salzberg, Mark Coleman & Gina Sharpe
Feb 16 – Feb 24	8 days	<i>An Integrated Awakening: Insight Meditation Retreat</i> **	Thanissara & Kittisaro
Mar 1 – Mar 6	5 days	<i>The Art of Mindful Living: Insight Meditation Retreat</i> **	Larry Rosenberg & Michael Liebenson Grady
Mar 8 – Mar 15	7 days	<i>Women in Meditation: Insight Meditation Retreat</i> **	Christina Feldman, Narayan Liebenson Grady & Maddy Klyne
Mar 16 – Mar 21	5 days	<i>The Brahma Viharas: Study and Insight Meditation Retreat for Experienced Students</i> **	Christina Feldman & John Peacock
Mar 22 – Mar 24	2 days	<i>The Practice of Wise Attention: Insight Meditation Weekend</i> **	John Peacock & Akincano
Mar 29 – Apr 7	9 days	<i>Through Dhamma Eyes: Training in Awareness and Wisdom</i> **	Carol Wilson & Steve Armstrong
Apr 12 – Apr 19	7 days	<i>The Nature of Awareness: Insight Meditation Retreat for Experienced Students</i> **	Guy Armstrong, Phillip Moffitt & Lila Kate Wheeler
Apr 19 – Apr 21	2 days	<i>Awareness, Pure and Simple: Insight Meditation Weekend</i> **	Maddy Klyne & Chas DiCapua
Apr 26 – May 1	5 days	<i>Kindhearted Awareness: Insight Meditation Retreat</i> **	Rebecca Bradshaw & Greg Scharf
May 3 – May 12	9 days	<i>Waking Up to the Peace in Our Hearts: Monastic Retreat</i> **	Ayya Medhanandi Bhikkhuni & Ajahn Punnadhammo
May 15 – May 19	4 days	<i>The Flavors of Kindness: A Retreat on the Divine Abodes</i> **	Sharda Rogell & Lila Kate Wheeler
May 24 – Jun 6	13 days	<i>Liberation of Heart and Mind: Insight Meditation and Lovingkindness Retreat</i> **	Michele McDonald, Rebecca Bradshaw, Greg Scharf & Jesse Maceo Vega-Frey
Jun 7 – Jun 9	2 days	<i>Liberation of Heart and Mind: Lovingkindness and Insight Weekend</i> **	Michele McDonald & Jesse Maceo Vega-Frey
Jun 15 – Jun 20	5 days	<i>People of Color Retreat</i> ° **	Gina Sharpe, Sharon Salzberg & Bhante Buddharakkhita
Jun 21 – Jun 28	7 days	<i>The Art of Mindful Living: Insight Meditation Retreat for Experienced Students</i> **	Larry Rosenberg & Matthew Daniell
Jun 30 – Jul 4	4 days	<i>Teen Retreat</i> **	Rebecca Bradshaw & Chas DiCapua with Jean Esther & Ed Hauben
Jul 6 – Jul 9	3 days	<i>Unplug, Tune In, Connect: Insight Meditation and Lovingkindness Retreat</i> **	Chas DiCapua & Dori Langevin
Jul 13 – Jul 21	8 days	<i>Mindfulness, Insight, Liberation: Insight Meditation Retreat</i> **	Christina Feldman, Yanai Postelnik & Gina Sharpe
Jul 24 – Jul 31	7 days	<i>Investigating Life: Insight Meditation Retreat for 18–32 Year Olds</i> **	Rebecca Bradshaw, Chas DiCapua, Spring Washam & Matthew Daniell
Aug 2 – Aug 11	9 days	<i>Awareness and Dhamma Wisdom: Insight Meditation Retreat</i> **	Steve Armstrong & Kamala Masters
Aug 16 – Aug 23	7 days	<i>Your Life Is Your Practice: Insight Meditation Retreat</i> **	Narayan & Michael Liebenson Grady & Maddy Klyne
Aug 23 – Aug 25	2 days	<i>Your Life Is Your Practice: Insight Meditation Weekend</i> **	Narayan & Michael Liebenson Grady
Aug 30 – Sep 2	3 days	<i>Uncovering Innate Freedom: Labor Day Meditation Weekend</i> **	Pascal Auclair & Anushka Fernandopulle
Sep 4 – Sep 8	4 days	<i>Cultivating a Wise Heart: Insight Meditation Retreat</i>	Annie Nugent & Deborah Ratner Helzer
Sep 10 – Dec 3	84 days	<i>Three-Month Retreat</i> °°	Joseph Goldstein
Sep 10 – Oct 22	42 days	Part 1 °°	Carol Wilson, Guy Armstrong, Andrea Fella, Winnie Nazarko & Bhante Buddharakkhita
Oct 22 – Dec 3	42 days	Part 2 °°	Rebecca Bradshaw, Annie Nugent, Greg Scharf & Spring Washam
Dec 6 – Dec 13	7 days	<i>Insight Meditation and the Heart</i>	Rodney Smith & Narayan Liebenson Grady
Dec 13 – Dec 15	2 days	<i>Holding Your Life with Kindness, Gratitude and Contentment: A Weekend Retreat</i>	Lila Kate Wheeler & Larry Yang
Dec 17 – Dec 22	5 days	<i>Wise Concentration: Steadying the Mind</i>	Marcia Rose & Pat Coffey
Dec 28 – Jan 6, 2014	9 days	<i>Embodying the Heart of Wisdom: New Year's Retreat</i>	Yanai Postelnik, Catherine McGee & Pascal Auclair

Please see pages 16–22 for retreat descriptions and registration information.

** Our major construction and renovation project will be underway during this course. Some noise is to be expected during working hours – we will do our best, however, to keep it to a minimum.

° Free bus transportation is provided on a first-come, first-served basis between New York City and IMS. To reserve a seat, complete your registration, and then call us at 978-355-4378, ext. 0.

°° Thanks to a generous grant from the Frederick P. Lenz Foundation For American Buddhism, people of color who might not otherwise afford the cost can establish their own course fee, at or above \$15 per night.

Code	Deposit	Sliding Scale Fees*			
		Sustaining	Mid	Base	Scholarship ⁺
WMLK	\$250 ++	\$345	\$300	\$250	\$95
RS	\$180	\$460	\$390	\$315	\$125
HC	\$180	\$460	\$390	\$315	\$125
SS	\$180	\$805	\$630	\$450	\$220
TK	\$180	\$925	\$725	\$520	\$250
LM	\$180	\$575	\$465	\$355	\$160
WOM	\$180	\$805	\$630	\$450	\$220
CJSP	\$180	\$575	\$465	\$355	\$160
WJA	\$195 ++	\$230	\$215	\$195	\$65
CS	\$180	\$1,035	\$810	\$580	\$285
GA	\$180	\$805	\$630	\$450	\$220
WMC	\$195 ++	\$230	\$215	\$195	\$65
RB	\$180	\$575	\$465	\$355	\$160
MR	\$135	\$1,035	\$810	You Choose •	N/A
SR	\$180	\$460	\$390	\$315	\$125
MM	\$180	\$1,500	\$1,170	\$835	\$410
WMM	\$195 ++	\$230	\$215	\$195	\$65
POC	\$75	\$575	\$465	You Choose •	N/A
LR	\$180	\$805	\$630	\$450	\$220
TR	\$315	\$460	\$390	\$315	\$125
WCD	\$250 ++	\$345	\$300	\$250	\$95
CF	\$180	\$925	\$725	\$520	\$250
YA	\$105	\$805	\$630	You Choose •	N/A
SK	\$180	\$1,035	\$810	\$580	\$285
NMLG	\$180	\$805	\$630	\$450	\$220
WNM	\$195 ++	\$230	\$215	\$195	\$65
WLD	\$250 ++	\$345	\$300	\$250	\$95
AN	\$180	\$460	\$390	\$315	\$125
3MO	\$750	\$9,680	\$7,260	\$4,840	\$2,645
PT1	\$375	\$4,840	\$3,630	\$2,420	\$1,325
PT2	\$375	\$4,840	\$3,630	\$2,420	\$1,325
RN	\$180	\$805	\$630	\$450	\$220
WLW	\$195 ++	\$230	\$215	\$195	\$65
MP	\$180	\$575	\$465	\$355	\$160
NY	\$180	\$1,035	\$810	\$580	\$285

- * Fees for most Retreat Center courses do not include compensation for the teachings. There is an opportunity to offer donations to the teachers and to IMS at the end of each retreat.
- + Scholarships are awarded on a first-come, first-served basis. Paying a scholarship rate above the listed amount helps IMS offer financial assistance to more people.
- ++ For weekend retreats, payment in full is required on registering.
- 'You Choose' means that you can establish the rate you are able to pay, at or above \$15 per night.



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OFFER FINANCIAL ASSISTANCE

Share the Benefits of Retreat Life

Help us offer retreat time at IMS to those who cannot afford the entire cost. IMS commits substantial financial aid each year to one third of our retreatants, so that the benefits of retreat life are available to *all*. Your generous donations to our financial assistance program continue to make this possible.

Contributions can be sent to:
 IMS Development Office
 1250 Pleasant Street
 Barre MA 01005
 978-555-4578 ext. 230
 development@dharma.org

To donate online, visit our website.



CHARLIE STEVENSON

The Retreat Center

COURSE DESCRIPTIONS

Insight Meditation

Insight Meditation (*vipassana* in Pali, the language of the original Buddhist teachings) is the simple and direct practice of moment-to-moment mindfulness. Through careful and sustained observation, we experience for ourselves the ever-changing flow of the mind/body process. This awareness leads us to accept more fully the pleasure and pain, fear and joy, sadness and happiness that life inevitably brings. As insight deepens, we develop greater equanimity and peace in the face of change, and wisdom and compassion increasingly become the guiding principles of our lives.

The Buddha first taught *vipassana* over 2,500 years ago. The various methods of this practice have been well preserved in the Theravada tradition of Buddhism. IMS retreats are all rooted in this ancient and well-mapped path to awakening, and draw on the full spectrum of this tradition's lineages.

Living a Mindful and Compassionate Life: Insight and Metta Weekend

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

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

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

Steadying the Mind, Opening to Insight

Concentration is often taught as a separate practice from insight meditation. This retreat, however, will integrate concentration, mindfulness and insight into a single meditative path, using mindfulness of breathing as the foundational practice.

Practicing in this way, the mind becomes more collected and centered, leading to deep states of concentration, peace, clarity and calm abiding. At the same time, awareness opens naturally into mindfulness of the body and states of the heart and the mind, revealing the Four Foundations of Mindfulness.

This silent retreat is suitable for both beginning and seasoned meditators. CE credits are available.

The Buddha's Way to Happiness: Insight Meditation Retreat

The Buddha was called 'the Happy One.' His life and practice provided the foundation for what he later described as the Four Noble Truths and the Noble Eightfold Path. This retreat, open to all, will follow the Buddha's path of mindfulness, concentration and lovingkindness, illustrating how each of us can move from attachment to freedom, from confusion to clarity, and from tension to ease.

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



JILL SHEPHERD

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

Metta: Lovingkindness Retreat

Metta is the Pali word for friendship or lovingkindness. It is taught as a meditation that cultivates our natural capacity for an open and loving heart. With its roots in practices said to have been taught by the Buddha himself, metta is traditionally offered along with meditations that enrich compassion, joy in the happiness of others and equanimity. These practices lead to the development of concentration, fearlessness, happiness and a greater ability to love.

This silent retreat, open to all, will include an optional daily period of yoga offered by Éowyn Ahlstrom. CE credits are available.

An Integrated Awakening: Insight Meditation Retreat

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

Pali chanting and mantra recitation will be included in the daily schedule. Optional periods of qigong will be offered, along with a bowing practice centered on the Bodhisattva Kuan Yin. CE credits are available.

The Art of Mindful Living: Insight Meditation Retreat

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

This retreat is suitable for both beginning and experienced meditators.

Women in Meditation: Insight Meditation Retreat

In the classical context of silence and sustained insight meditation practice, women have gathered together on this annual retreat for more than 25 years, creating a powerful sense of community that supports our capacity for deepening wisdom and compassion. There are daily talks, instructions, guided lovingkindness practice and meetings with the teachers.

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

The Brahma Viharas: Study and Insight Meditation Retreat for Experienced Students

To help cultivate insight and liberate the heart, the Buddha taught particular practices, known as the *Brahma Viharas*, that develop the qualities of boundless friendliness, compassion, joy and equanimity.

Within an atmosphere of silence, this retreat will explore the Brahma Viharas through both in-depth study and sustained meditation practice. Mornings will be dedicated to formal practice, afternoons to a teaching session, and evenings to a combination of discussion and formal practice. Ongoing instructions will be offered, as well as periodic group interviews. CE credits are available.

Participants are required to have sat at least two retreats of a week or more with a recognized insight meditation teacher. Please document this when registering.

The Practice of Wise Attention: Insight Meditation Weekend

Attention is an essential factor associated with all forms of consciousness. Early Buddhist teachings frequently refer to the practice of 'wise attention' as vital for the development of liberating



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insight. Conversely, its opposite – ‘unwise attention’ – is the condition that brings about hindrances and the biases of sense desire, becoming, ignorance and wrong views.

This silent weekend retreat, open to both beginning and experienced meditators, focuses on the cultivation of wise attention as central to the path to liberation.

Through Dhamma Eyes: Training in Awareness and Wisdom

Cultivating stable awareness of all experience is training in wisdom that reveals liberating insights into the nature of reality. We see that *everything*

that appears, including ourselves, is simply the natural display of impersonal conditions giving rise to their lawful effect. When the mind is supported by skillful view and is unclouded by confusion, greed or negativity, reality is accurately recognized. This is seeing our world through the eyes of the dhamma, and is the foundation for well-being and liberation.

This silent retreat will offer complementary teachings and instructions integrated from various Buddhist meditative traditions. Suitable for beginning as well as experienced students, this course will feature a slightly modified schedule from other IMS retreats, and will include a daily movement session led by Franz Moeckl.

The Nature of Awareness: Insight Meditation Retreat for Experienced Students

Awareness is the heart of sentient life, the central faculty that reveals to us all the phenomena of our experience. Usually, in both meditation and daily life, we pay more attention to phenomena and little to awareness itself. This retreat is an opportunity to focus on the nature of awareness so that we can explore this mysterious, innate capacity for knowing. This practice can open the door to emptiness, profound understanding and great freedom.

Participants are required to have sat at least one retreat of a week or more with a recognized insight meditation teacher. Please document this when registering.

Awareness, Pure and Simple: Insight Meditation Weekend

From the perspective of the Buddha’s teachings, there are basically two ways

that we as human beings can live our lives. We can be either mindful of the present moment and its contents, or not. The consequences are diametrically opposed. Being mindful of the present moment supports happiness in our lives. Not being mindful leads to suffering. During this silent weekend retreat, suitable for both beginning and experienced meditators, we will explore various techniques and approaches that train the heart and mind to be present in a way that is both relaxed and alert.

Kindhearted Awareness: Insight Meditation Retreat

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

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

Waking Up to the Peace in Our Hearts: Monastic Retreat

Led by ordained monastics from the Canadian Forest sangha, this retreat will focus on the Buddha’s Four Noble Truths. The course will offer contemplative practices that balance concentration with intuitive insight. These meditations help us nurture greater lovingkindness, compassion, wisdom and peace in our hearts.

This course is an invitation to all to experience a taste of monastic life. The traditional eight precepts will be



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Offer a Meal

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

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

Please visit our website for more information.

Thank you for your support

observed – this includes abstaining from eating after noon. Each day’s schedule will include silent sitting, standing and walking meditations, talks about the teachings, devotional chants, and dedications for the welfare of all beings.

The Flavors of Kindness: A Retreat on the Divine Abodes

During this silent retreat, we will cultivate what the Buddha called “the beautiful states of heart and mind” – the *Brahma Viharas* or Divine Abodes. These are the qualities of love, compassion, joy and equanimity inherent in us all. Our natural, innate kindness will be strengthened and developed by guided sitting meditations, walking meditation practice, discussions and talks about the teachings. As our hearts open, we can discover a sense of creativity, balance and interconnection with all of life.

This course is suitable for both new and experienced meditators.

Liberation of Heart and Mind: Insight Meditation and Lovingkindness Retreat

This two-week course, held in an environment of silence, is a precious opportunity to experience the depth of practice and resulting benefits that a longer retreat allows. We will explore the Buddha’s teachings on liberation, with an emphasis on the practice of *metta*, or lovingkindness. Cultivating this quality helps us touch into the wordless depths of our own heart.

Through learning to connect with our mind/heart/body process with interest and acceptance, we develop greater understanding and compassion. In this way, we increase our ability to meet life’s changes with graceful ease and



serenity. With guidance and support from the teachers, both new and experienced meditators will be encouraged to deepen trust in their own practice.

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

Liberation of Heart and Mind: Lovingkindness and Insight Weekend

This silent weekend course, open to all, is an opportunity to explore the Buddha’s teachings on liberation, with an emphasis on the practice of *metta*, or lovingkindness. Through learning to connect with our mind/heart/body process with interest and acceptance, we touch into the wordless depths of our own heart, and develop greater understanding and compassion. In this way, we increase our ability to meet life’s changes with graceful ease and serenity.

People of Color Retreat

This insight meditation course, co-sponsored by IMS and New York Insight Meditation Center, creates a space of ease and support for people of color to meditate together and cultivate inner freedom. Held in an environment

of silence, it provides an in-depth experience of the Buddha’s teachings on mindful awareness, illuminating a path toward healing and greater happiness. Those without previous meditation experience are encouraged to participate.

Our wish is to make this retreat accessible to any person of color who would like to attend. We offer a ‘You Choose’ fee option, charging a minimum of just \$15 per day. Those who can contribute more, however, help ensure that the community of POC meditators continues to flourish. *Free bus transportation is provided on a first-come, first-served basis between New York City and IMS. To reserve a seat, complete your registration, and then call us at 978-355-4378, ext. 0.*

The Art of Mindful Living: Insight Meditation Retreat for Experienced Students

The core of insight meditation is the practice of mindfulness, that quality of awareness that sees without judgment. Silent sitting and walking meditation, the first steps in formal practice, become the foundation and continuous inspiration for meeting all aspects of life with a greater openness and willingness to learn. The ordinary



activities of retreat life become a part of the practice because the challenges they offer help us develop the art of mindful living.

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

Teen Retreat

This retreat is specifically for teens, aged 14–19. It offers beginning meditation instruction, half-hour sitting and walking periods, facilitated discussion groups, meditative arts and free time. This allows young adults to develop and value their natural spirituality within a supportive environment. Extensive supervision is provided.

Unplug, Tune In, Connect: Insight and Lovingkindness Retreat

This silent retreat, suitable for both beginning and experienced meditators, is an opportunity to unplug from the outer world of technology, social roles,

Dharma Seed

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

Freely offered at
www.dharmaseed.org

to-do lists and problem solving, and tune in with awareness to our inner world of body, mind and heart. We will learn to cultivate a natural, embodied presence through both mindfulness and lovingkindness meditations. These practices help us to accept more fully the pleasure and pain, fear and joy, sadness and happiness that life inevitably brings, and we can develop greater ease in the face of change.

Mindfulness, Insight, Liberation: Insight Meditation Retreat

This insight meditation retreat, open to all, will explore the Four Foundations of Mindfulness, as taught in the *Satipatthāna* discourse given by the Buddha. It is a profound teaching that encourages us to place the path of freedom and compassion into the classroom of our lives, nurturing a heart that is receptive and unshakeable. Each day will offer a sustained schedule of formal meditation practice (both insight and lovingkindness), meetings with the teachers, talks and instructions, all within an environment of silence. An optional daily period of yoga will be offered by Luis Sierra.

Investigating Life: Insight Meditation Retreat for 18–32 Year Olds

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

Awareness and Dhamma Wisdom: Insight Meditation Retreat

On this silent retreat, suitable for all, we will bring a relaxed yet alert continuity of awareness to the stillness of sitting meditation, as well as an increased attention to our general activities. When supported by the Buddha's teachings on Right View, this balance of gentle yet energized attention to the direct experience of the mind and body is a powerful foundation for deep insights to arise, transforming our relationship to life. In time, this wisdom becomes easily accessible, even in the midst of our daily activities, and we develop an enduring sense of well-being in every situation.

Uncovering Innate Freedom: Labor Day Meditation Weekend

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

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

Cultivating a Wise Heart: Insight Meditation Retreat

Life presents us with the challenge of living from a place of wisdom and its

resulting true happiness, rather than from delusion and its corresponding suffering. Insight meditation leads us towards that wisdom. As understanding deepens, we can live life with a wiser and more loving heart.

This silent retreat, open to all, aims to strengthen our understanding, enabling us to use everything in life as food for freedom.

Three-Month Retreat

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

The teachers will be assisted in Part 1 by Erin Treat and Bonnie Duran, and in Part 2 by Max Erdstein.

Thanks to a generous grant from the Frederick P. Lenz Foundation For American Buddhism, people of color who might not otherwise afford the cost can establish their own fee, at or above \$15 per night. Email registration@dharma.org to request this rate.

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



ELIZABETH VIGEON

*Special cancellation fees and deadlines apply. 3MO and Part 1: up to July 17, 2013, \$100; afterwards, \$400 for 3MO and \$250 for Part 1. Part 2: up to August 28, 2013, \$100; afterwards, \$250. **Please note that these amounts will apply even if you wish to move from any part of the course to another.***

Insight Meditation and the Heart

The way of meditation is the way of the heart. This silent retreat, open to both new and experienced meditators, will focus on the path of the heart, and how awareness gives access to the joys and sorrows of life with ever increasing sensitivity, stability and love.

The teachers will be assisted by Keri Pederson, who will also offer an optional daily period of yoga.

Holding Your Life with Kindness, Gratitude and Contentment: A Weekend Retreat

This weekend course, held largely in silence, offers teachings of the Buddha that allow us to discover within ourselves a sense of having enough and being enough in this precious life. Guided meditations on gratitude and contentment, silent sitting and walking practice, and group discussions will help us to see the happiness that already exists in our lives. We will also learn how to recognize and heal where balance has been lost. A feeling of empowerment can emerge, expressing itself as a willingness to give genuinely and openheartedly, both to ourselves and to others. All are welcome.

Wise Concentration: Steadying the Mind

As we cultivate concentration, we develop purification, tranquility and equanimity of mind and heart. These qualities prepare the ground for a penetrating insight into the nature of existence. This course will offer an introduction to and support for the practice of concentration (*samatha* in Pali), as taught by Burmese meditation master Pa Auk Sayadaw.

Open to both new and experienced meditators, the retreat will consist of alternate periods of silent sitting and walking meditation, daily dharma talks, and small group practice interviews.

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

Embodying the Heart of Wisdom: New Year's Retreat

The Buddha's teachings offer a pathway to discover inner peace, freedom and the compassionate heart. Through understanding the way things are, we can come to know what it means to awaken in the midst of our life, to be deeply connected to our experience, and yet not bound by it.

This silent retreat will focus on cultivating a quality of conscious presence that embraces our heart, mind and body with acceptance and wisdom. Insight meditation practice will be supported by instructions, lovingkindness meditation and regular meetings with the teachers. All are welcome.

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

Retreat Center Registration

Mail your completed form to IMS, 1230 Pleasant Street, Barre MA 01005, USA
To register online and for ride sharing information, please visit www.dharma.org

Course code _____ Visit dates: From _____ To _____ Deposit \$ _____
Name _____ Sliding scale amount you will pay \$ _____
Address _____ Have you been to IMS before? YES NO
City _____ State _____ Country _____ Zip _____
Check if new address. Old address _____
Phone _____ Cell _____ Email _____
M F Year of birth _____ Do you smoke? _____ Do you snore? _____
Please indicate any physical disabilities or special needs to assist us in assigning your room. _____

Retreat experience (for CJSP, GA, LR, 3MO, PT1 & PT2 courses). Please list teacher names, dates, course length and locations.
(Attach extra paper if necessary.) _____

I wish to apply for financial assistance

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

Do you wish to receive our postal mailings?

YES NO

May we share your postal address with similar organizations?

YES NO

I wish to receive my confirmation packet

- by email
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Do you wish to be on our email list?

YES NO

May we share your email address with similar organizations?

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

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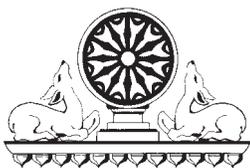
Total amount to charge credit card \$ _____ Cardholder signature _____

Information

- All retreats require a deposit on registering. Deposit and fee amounts are listed beside each course on the Retreat Center schedule (see pages 14–15). Our sliding scale fee structure allows you to pay according to your means.
- Any amount paid above the Base rate is a tax-deductible donation.
- We will advise you of your course status within one week of receiving your registration.

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

- Please contact us as soon as possible if you need to cancel. Fees are \$50 if you cancel four or more weeks before a course begins. Your full deposit is forfeited after that. (For weekend retreats, cancellation fees are \$50/\$125. For courses with a 'You Choose' rate option, cancellation fees are \$25/\$50.) *The cancellation policy for the Three-Month Retreat is more stringent – see page 21 for details.*
- All cancellation fees support our Scholarship Funds.



Barre Center for Buddhist Studies

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

149 Lockwood Road
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The Barre Center for Buddhist Studies (BCBS), rooted in the classical Buddhist tradition, emphasizes the relationship between study and practice, exploring the relevance of the teachings to contemporary life.

BCBS's monthly email, *Insight Journal*, distills some of the best of our course offerings, to help bring classical Buddhist teachings into your practice. See *Sign up for our Email Newsletter* on our website.

Year-long Programs

The **Integrated Study & Practice Program (ISPP)**, the **Certificate Program in Mindfulness for Educators** and the **Certificate Program in Mindfulness & Psychotherapy** allow experienced *vipassanā* meditators to clarify the Buddha's teachings in relation to individual practice and to professions. Programs are by application only.

Please see our website for more information.

2013 Course Schedule *(Partial listing; please see the BCBS website for more.)*

Jan 6–18	Smith College Nalanda Program (<i>college students</i>)	Andrew Olendzki & Mu Soeng
Feb 10–15	<i>Bhavana</i> Program	Andrew Olendzki & Gloria Taraniya Ambrosia
Feb 22–24	I, Me, Mine as Metaphors	Arnold Kozak
Mar 1–4; 7–10	Developing Discernment (<i>2 separate courses</i>)	Ajaan Thanissaro
Mar 15–17	Expressing the Inexpressible in Zen Poetry	Roshi Pat O'Hara
Mar 17–22	Conceit, Selfing & Identification	Akincano Weber
Mar 29–31	Story, History & Truth in <i>Buddhadharma</i>	Rita Gross
Apr 5–7	Why Buddhism & the West Need Each Other	David Loy
Apr 11–15	<i>Satipatthāna</i> Meditation in Comparative Perspective	Bhikkhu Analayo
Apr 20	Deepening Your Experience of Awareness	Phillip Moffitt
Apr 20–22	Oxherding Pictures	Mu Soeng
May 1–5	Mindfulness for Mental Health Professionals	Bill & Susan Morgan
May 12–16	Experiential Pali: Reading the Texts	Andrew Olendzki
May 17–19	Ten Fetters: Breaking the Bonds of <i>Samsāra</i>	Ajahn Punnadhammo
May 19–21	Going Forth: Buddhist Approach to Aging	Mu Soeng
May 24–27	Contemplative Development Mapping Project	<i>Public Symposium</i>
Jun 9–14	ISPP Continuation Module	Andrew Olendzki & Gloria Taraniya Ambrosia
Jun 28 – Jul 7	Dependent Origination & <i>Jhānas</i>	Leigh Brasington
Aug 9–11	Shin Buddhism	Mark Unno
Sep 7	<i>(Topic to be determined)</i>	Joseph Goldstein
Sep 8	Green Buddhist Living	Christopher Ives
Sep 13–15	Our Unconscious Construction of Reality	Bill Waldron
Sep 22	Letting Go of the View that There is No Self	Jake Davis
Sep 27–29	Knowing Persons in Their Deepest Goodness	John Makransky
Oct 6–11	Essentials of Buddhist Psychology	Andrew Olendzki & Gloria Taraniya Ambrosia
Oct 12–20	Insight Dialogue	Gregory Kramer
Oct 25–27	Cultivating Compassion: Buddha to Psychotherapy	Christopher Germer
Nov 1–3	Taking Adversity as a Path to Compassion	Willa Miller
Nov 8–13	<i>Anattā</i> : Deconstructing Things, Concepts & Words	John Peacock
Nov 21–24	Going Forth: <i>Mettā</i> & the Dharma of Aging	DaeJa Napier
Dec 13–15	Ten <i>Pāramī</i> : How to Do Perfectly Well	Ajahn Suttito



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- Join our mailing list
- Serve as a volunteer
- Practice generosity



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