

# INSIGHT

NEWSLETTER

FALL  
WINTER

2002/2003

IMS 2003 Schedules:

The Retreat Center

The Forest Refuge

BCBS 2002/2003

Course Schedule Outline

Teacher Interview

IMS News

and Developments

## Welcome

Welcome to the first issue of the newly formatted *Insight Newsletter*. It contains schedules and all necessary course information for the Insight Meditation Society's two facilities – the Retreat Center and The Forest Refuge – as well as an overview of the Barre Center for Buddhist Studies.

In addition to bringing you the latest information about our programs, this newsletter is intended to keep you informed of current developments at IMS - what is happening, where we are going and what you can expect in the future. We hope you enjoy our new look. Any feedback you may have is appreciated.

May all beings be happy.

Edwin Kelley  
Executive Director, IMS

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MARCIA LIPPMAN

# What is Faith?

## An Interview with Sharon Salzberg

Sharon Salzberg, IMS co-founder and guiding teacher, talks with *Insight Newsletter* about her latest book *Faith: Trusting Your Own Deepest Experience*. A review of the book is on page 18.

### Sharon, from a Buddhist perspective, what does the word 'faith' mean? Why is it important?

In Pali, the language of the original Buddhist texts, the word usually translated as faith is *saddha*, which literally means "to place the heart upon." To have faith is to offer one's heart. In Pali faith is a verb, an action, as it is also in Latin and Hebrew. It is not a singular state that we either have or don't have, but is something that we do. We "faith-e."

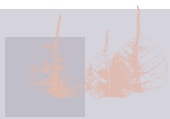
Once, when I was with Sayadaw U Pandita in Burma, he asked us which of the five spiritual powers – faith, energy or effort, concentration, mindfulness and wisdom – was the most important. Since he frequently demanded so much courageous effort from his students, I responded "Effort." He replied, "No." As we were in the heartland of mindfulness, that was my next reply. Again, he said, "No." He then answered his own question: "Faith is the most important quality, because without it we wouldn't be moved to cultivate any of the others."

The Buddha said, "Faith is the beginning of all good things." No matter what we encounter in life, it is faith that enables us to try again, to trust

again, to love again. Even in times of immense suffering, it is faith that helps us to relate to the present moment in such a way that we can go on, we can move forward, instead of becoming lost in resignation or despair. The capacity for this type of faith is inherent in every human being. We might not recognize it, or know how to nurture it, but we can learn to do both.

### How can we practice faith - can we learn to incline the mind towards its possibilities? What is the relationship between faith and wisdom?

We can practice faith in many ways, though its appearance is often like a gift. We can certainly practice seeing the world in a clearer way, with more wisdom, which inclines the mind towards faith. If we see, for example, how much everything and everyone is constantly changing, we see that in the midst of change there is always a sense of possibility – this realization ignites faith. If, in the midst of suffering, we can still recognize the ties we have to others – that all are vulnerable to pain and loss, whatever our present circumstances are, that we are still held by the boundlessness of life itself even in our unhappiness, that in truth we are not cut off and alone, however tempting the call of despair – that power of



## INSIGHT NEWSLETTER


A twice-yearly publication of the Insight Meditation Society, a tax-exempt nonprofit organization whose purpose is to foster the practice of *vipassana* (insight) and *metta* (lovingkindness) meditation, and to preserve the essential Buddhist teachings of liberation.

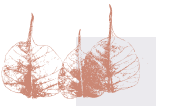
The goal of the practice is the awakening of wisdom and compassion through right action and cultivating mindful awareness in all aspects of life.

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Website: [www.dharma.org](http://www.dharma.org)

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connection awakens our faith. In many ways faith is about connection – a deep connection to our own inherent capacity for wisdom and love no matter what, a connection to a bigger picture of life. Wisdom brings us to connection, which is the core of faith.

There are also traditional faith practices, for example taking refuge in the Buddha, Dharma and Sangha, which remind us that we are part of a larger community, and have immense potential for living lives not bound to the past, or to our habitual sense of limitation. These practices bring us in touch with great joy and love, which is the landscape of faith.

### **What inspired you to write about a topic that is often decried in our culture?**

I wanted to help redeem the word. In the summer of 2001, I was part of *Tricycle Magazine's* conference on Buddhism in the West (which poignantly took place in the Marriott Hotel at the World Trade Center in New York). I was in dialogue with Stephen Batchelor, and he asked why didn't I use a more palatable word, like "trust". I responded that the word "faith" often elicits a strong reaction, and that there is something valuable in our looking at that reaction. People carry different associations with the word "faith" - perhaps it connotes adherence to a belief system, blind surrender, unthinking devotion, or a lack of questioning. But, more uncommonly, it also implies the power to place our hearts, with intelligence and discernment, upon that which is wise and compassionate. Faith is a liberating

capacity that many of us don't often tap into.

### **Doubt is usually considered the force that opposes faith. Do you agree?**

There are several kinds of doubt. The most helpful is exemplified by the Buddha when he said, in the *Kalama Sutta*, "Don't believe anything, just because I say it. Put it into practice and see for yourself if it is true." We must ask of any belief system: Can it transform our minds? Can it help reshape our pain into wisdom and love?

This kind of skillful doubt – a sincere and critical questioning – actually serves to deepen faith. It is based on a confidence in our own right, and ability to know the truth for ourselves.

Another kind of doubt is known in the teachings as skeptical doubt, where we neither honestly question, nor put something into practice in order to see what it has to teach us. With skeptical doubt we stand at a distance - we're cynical and remote. It is a stance of isolation, and often rooted in fear. So, for me, the right kind of doubt is an intrinsic part of the unfolding of genuine faith. I think that the state of mind that is truly the opposite of faith is despair.

### **Can you say a few words about this unfolding of genuine faith?**

The offering of one's heart happens in stages. Faith evolves from an initial bright faith – a falling in love with a teaching, a teacher, a way of life – to

a faith that is verified through our sincere efforts. Then, as we come to deeply know the underlying truths of who we are and what our lives are about, abiding faith, or unwavering faith as it is traditionally called, arises. This abiding faith in ourselves is different from "conceit". Conceit lays claim to specialness - whereas our fundamental nature is not personal, it's universal and shared. When we look at the Buddha or a great teacher, we can see our own potential for happiness and sustained compassion. This is a potential that all beings everywhere share. However, if we stop at faith in another, admiring the other and overlooking ourselves, our faith remains incomplete.

### **How can an understanding of faith help us face current world events?**

Over the last year, I've heard many people speak about finding something inside them that they didn't know they had. To be at all able to move forward in times of great difficulty or pain means drawing on one's own deepest experience, in fact relying on the kind of faith I'm talking about. It is my wish that we can remember to stay more connected to our deepest values, to the immediacy of love, and to the need to live a meaningful life.

### **On a more personal level, is it true that it took you five years to write this book?**

My earliest notes were from five years ago. Now I look at the book, and while I'm very happy with how it turned out, I sometimes think, "After five years of work, it should be bigger!"



# IMS News Worth Noting

## Young Adult Retreat

The Young Adult retreat, especially for teenagers, provides a wonderful opportunity to help awaken mindfulness, compassion, and lovingkindness in enthusiastic budding meditators. For the 2003 course, July 4-8, we are looking for both volunteers to help lead discussion and activity groups, and a benefactor to help us offer the young adults a gift to take home with them at the end of their retreat.

Group leaders should be experienced in meditation and enjoy teenagers! If you can help, please call (978) 355-4378 or email [ims@dharma.org](mailto:ims@dharma.org). You will receive sitting days at the Retreat Center in return for your service.

Each year, an individual or community group has donated \$500 to provide a dharma book for each Young Adult course participant. If you are interested in becoming the 2003 benefactor, please contact us.



## Retreat Center Schedule Developments

After a two-year leave of absence, **Christopher Titmuss** will return to the IMS Retreat Center in 2003. He will teach a *vipassana* (insight) course May 2-9.

**Sharon Salzberg** will teach an additional *metta* (lovingkindness) course next year. As well as co-teaching *metta* and *vipassana* courses in February, she will offer instruction in this heart-purifying practice, together with Kamala Masters and Susan O'Brien, May 17-24.

IMS is pleased to announce an expansion of our courses offered on a *dana* (generosity) basis. For many years now we have offered a **Dana Weekend** in late August for which there is no set course fee - participants are asked to donate whatever is financially possible. We will again offer this course in July, 2003. In addition, in cooperation with the ordained sangha of the Thai Forest tradition, we experimented in 2002 with offering the **Monastic Retreat** as a *dana* course. The experiment was successful, and we happily offer this course again in 2003 on a *dana* basis.

There will be no **New Year's Retreat** in 2003. **Rodney Smith**, who has taught this course for the last few years, will lead a *vipassana* retreat in April, 2003. The Retreat Center will close after the Three-Month course to begin work on the long awaited renovations to the Meditation Hall and Catskills dormitory accommodations. We will

reopen in February, 2004 with a full, year-long program.

## Seeking Volunteer Consultants

IMS is looking for help from people with professional skills willing to volunteer some time. If you have expertise in one of the areas below, please contact Deborah Crown, Human Resources Director, (978) 355-4378 ext. 31 or [personnel@dharma.org](mailto:personnel@dharma.org).

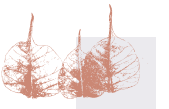
- Facilitation in Interpersonal Communication and Conflict Resolution
- Human Resources/Recruitment
- Management Training
- Graphic Design

## dharma.org

A combined web page for

**INSIGHT  
MEDITATION SOCIETY  
and  
BARRE CENTER  
FOR BUDDHIST STUDIES**

With schedules of retreats and courses, registration information, how to get here, news and job postings, as well as links to teachers, centers, and other sites of potential interest.



### Volunteers for Family Retreat

Each year, IMS endeavors to cultivate the mindfulness, compassion and wisdom of the next generation through its Family Retreat. This hugely popular course is thriving in large part because of the skill and dedication that volunteer group leaders offer, in developing and supporting children's creativity and expression.

We are seeking group leaders for the 2003 Family Retreat (August 4-9). If you have experience in meditation and love working with children, we welcome your help. Please call us at (978) 355-4378, or email [ims@dharma.org](mailto:ims@dharma.org). We are happy to give volunteers sitting days at the Retreat Center in exchange for service.

### Off the Cushion, but Still on Retreat

(...Sitting, Walking, Working, Sitting, Walking, Working...)

Would you like to be on retreat and yet integrate mindful work into your daily practice? Would you like to play an important role in helping the IMS Retreat Center offer courses?

If so, we need you! Work retreatants contribute five hours a day during a retreat, either in the housekeeping department or the kitchen, learning how to mix work activities with formal meditation practice. We typically need 2-4 people per course who would like to experience this kind of practice. The only requirements are an able body and a willingness to serve. Work retreatants pay a small application fee and are not charged a daily rate.

For application information, please call (978) 355-4378 ext. 23 or email [hrc@dharma.org](mailto:hrc@dharma.org).

## Meditation Retreat for People of Color

*With Joseph Goldstein,  
Ralph Steele and Gina Sharpe*

*Jointly Sponsored by  
Insight Meditation Society,  
New York Insight,  
Vallecitos Mountain Refuge,  
and Life Transitions Institute  
of Santa Fe*

*Friday, June 20  
to Monday, June 23, 2003*

*Garrison Institute  
Garrison, NY*

This is a residential retreat designed to offer an in-depth experience of the practice of insight meditation. Although this meditation is rooted in the Buddhist tradition, the practice is the simple and non-sectarian training in moment-to-moment mindfulness. Through a growing mindful awareness we are able to access deeper levels of

wisdom and compassion in our lives. The daily schedule is comprised of alternate periods of sitting and walking meditation. There will be group or individual interviews with teachers, time for yoga and a nightly discourse. Silence will be maintained throughout the retreat except during the teacher interviews and talks. No previous meditation experience is necessary; the retreat is suitable for both beginners and seasoned practitioners.

It will be held at the Garrison Institute, a beautiful setting overlooking the Hudson River about an hour north of New York City.

The sponsors are able to offer this retreat free of charge, due to the generosity of grants and donations. The teachers do not receive any salary. Voluntary gifts (*dana*) to the teachers may be offered at the end of the course.



**To register for the Meditation Retreat for People of Color please send us the following information. You can either email it to [registrar@dharma.org](mailto:registrar@dharma.org) or mail this coupon to:**

Insight Meditation Society • 1230 Pleasant St. • Barre, MA 01005

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

# Opportunity for Right Livelihood

## Executive Director

### Insight Meditation Society



Qualified applicants should send  
a resumé and cover letter by  
December 31, 2002.

A candidate will be selected by  
June 1, 2003 to begin work at IMS  
on September 1, 2003.

IMS is an Equal Opportunity Employer

IMS is seeking an Executive Director to spearhead its two programs – the Retreat Center and the recently completed Forest Refuge – into a new period of organizational growth and stabilization. Building upon the role IMS has so successfully played in the international spiritual landscape of the last 27 years, we are looking to the future.

The Executive Director is the chief administrator of the organization and reports to the Board of Directors, as well as working with the Guiding Teachers. Responsibilities include strategic planning, fundraising, board and teacher relations, fiscal management and program design, as well as the direct supervision of other administrators.

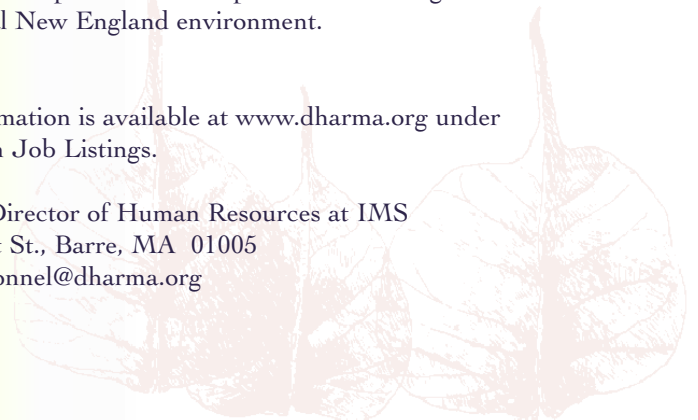
*The successful candidate will have:*

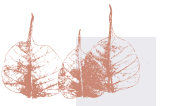
- Demonstrated competencies in strategic planning and visioning, fundraising and development, fiscal management and administration, investment monitoring, staff supervision and team leadership, and board and community relations.
- Two to five years experience in executive level management of a non-profit or business organization of comparable size.
- A demonstrated ability to achieve fundraising goals and maintain successful donor relations.
- Strong interpersonal and effective problem solving skills with an ability to manage challenging situations with impartiality, clarity and openness.
- A degree in Business Administration or equivalent experience.
- An understanding and willingness to abide by the ethical guidelines at IMS.
- A strong commitment to the dharma and an experiential understanding of deep practice and the requirements of an environment devoted to it.

This is a long-term position offering housing, food privileges, comprehensive health benefits, retirement plan, generous vacation and retreat time, and a modest but adequate salary. It is a unique opportunity for right livelihood as part of an unsurpassed dharma organization in a beautiful rural New England environment.

Further information is available at [www.dharma.org](http://www.dharma.org) under IMS and then Job Listings.

Contact the Director of Human Resources at IMS  
1230 Pleasant St., Barre, MA 01005  
or email [personnel@dharma.org](mailto:personnel@dharma.org)





# An Expression of Gratitude *a donor's story*

Two motivating forces led Mary-Louise Gould to the meditation practice that would have a profound impact on her personal and professional life. She was seeking a connection with something larger than herself as well as pursuing personal development and self-healing. A student of Siddha Yoga and Swami Muktananda until his death in 1982, she sat her first IMS retreat in 1983 at the suggestion of a respected friend. She immediately took to the practice of vipassana and what IMS offered, finding a discipline and a leadership she was comfortable with, as well as a safe and supportive environment.

Since that first retreat, Mary-Louise has regularly attended courses and is grateful that IMS is a part of her life. Now 66 years old, she intends to continue sitting one or two retreats annually at the center for the rest of her life. She says that IMS provides a place to develop her practice under the guidance of "gifted, perceptive, loving and wise teachers." She has come to understand the meaning of refuge: an atmosphere of silence, safety and encouragement, combined with a not-too-rigid discipline and an absence of dogma. Together they have contributed to the power of investigation that has been life-changing for her.

Retreat experiences at IMS have carried over into Mary-Louise's life in many meaningful ways. She has been able to drop dysfunctional self-beliefs and finds that she is now less judgmental. She is more able to accept that "life is what it is." Her heart has

opened. As she describes it, "you can't address no-self and not open to love." Her practice has also impacted her professional life in important ways - the compassion and equanimity she experiences as a result of her practice are solid supports for her work as a



therapist. Many of her clients have experienced childhood abuse. The meditation practice allows her to be present with them as they tell their stories of "the human capacity to harm another."

In gratitude for what the practice means to her life, and so that future

generations may have the opportunity to come to IMS, Mary-Louise considers it important to give back "in whatever small way I can." A consistent and loyal supporter of the annual membership and building funds, she recently made a further commitment to this vital influence in her life. When planning a recent trip to India, she was prompted to "get my ducks in order" and revise her will. "In addition to my children, I want to support those essential outside influences that have been life-enhancing in fundamental ways," she said. "IMS is one of a very few such influences."

Her generous bequest for the IMS endowment will help the organization continue doing the work it does. She also hopes that it will help increase the accessibility of its courses to a broader audience.

Mary-Louise ends her daily meditation sessions with the following dedication, learned from Joseph Goldstein in a dharma talk. "May whatever small good comes of my practice be joined with the merit of all wholesome acts in the three times (past, present and future), and together be dedicated to the welfare, happiness and liberation of all beings." She describes her bequest to IMS as a material manifestation of this sentiment.

*For further information about bequests or other planned gifts to benefit IMS, please contact Tricia Sawyer, tel. (978) 555-4578 ext. 82 or [TriciaS@dharma.org](mailto:TriciaS@dharma.org).*

# Forest Refuge Update



## Construction Development

The construction of The Forest Refuge is almost complete! Buildings are ready for equipment and furnishings, staff is moving in to prepare for next year's opening, and final grading and landscaping has begun to return the work-site to a more harmonious condition.

The facility consists of a meditation hall, retreatant housing, a dining hall, an administration building and a counseling center. Accommodations for staff and teachers have also been built. Most of the structures are connected by a series of internal and external corridors, making it possible to move around without difficulty during bad weather.

The Water Project, which will connect The Forest Refuge, The Barre Center for Buddhist Studies, and the IMS Retreat Center to town water, will be completed before the end of the year. As soon as this system is up and running, permits for occupancy can be issued and the buildings will be fully operational.

## Program Development

The first 'systems test' of the site will be the annual IMS Staff Retreat in January next year. This will be followed by a retreat for vipassana teachers in March and April.

On May 12, 2003, the center will officially open for experienced meditators, providing a secluded environment for long-term, self-sustaining practice. In general, there will be no fixed retreat schedule and practitioners may begin their practice whenever an opening is available.



*With an eye on possible future expansion, the dining hall has been constructed to include room for up to fifty yogis.*

## Sayadaw U Pandita to Teach Opening Retreat

From May 12 - June 11, 2003, we are honored to have the Venerable Sayadaw U Pandita come to The Forest Refuge for its inaugural period of practice. As an exception to the center's

usual model of practice with no fixed schedule, he will guide a structured retreat for those in residence. Yogis for this course will be expected to follow Sayadaw's schedule and meditation instructions, based on the method taught by Mahasi Sayadaw.

*Housing can accommodate up to thirty retreatants. The design provides enough space in each single room for both sitting and walking meditation, for those who wish to practice in a more secluded way.*





## Application Process

There is an application process for anyone interested in practicing at The Forest Refuge. Guidelines and an application form are available from The Forest Refuge office or can be downloaded from our website [www.dharma.org](http://www.dharma.org). Click on IMS and then The Forest Refuge.

The Forest Refuge is fortunate to have a generous endowment, which helps to keep rates as low as possible. Fees for 2003 are as follows:

First month (30 days) - \$1,200

Second month (31-60 days) - \$1,100

Third month (61 - 90 days) - \$1,000

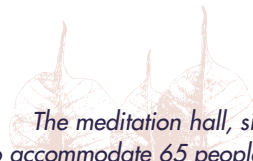
Long-term rate (after 90 days) - \$15/day

Some scholarship support is available. The scholarship application form is available on request. Please contact The Forest Refuge office by calling (978) 355-2063, emailing [tfr@dharma.org](mailto:tfr@dharma.org) or writing to The Forest Refuge, 1230 Pleasant St., Barre, MA 01005.

*There are four designated walking halls – two large and two “singles”. A number of open porches and connectors also exist, allowing for open-air walking practice and shelter from the elements.*



PHOTOS: PETER KAPLAN



*The meditation hall, sized to accommodate 65 people, is situated on a remarkably quiet part of The Forest Refuge site, away from the access road and the administration building.*



*The administration building welcomes visitors and residents to the site - this is where yogis will check in on arrival. It is the first building to be completed and ready for staff occupation.*



## 2003 Teaching Schedule

Joseph Goldstein is The Forest Refuge Guiding Teacher. He, along with other experienced vipassana teachers, will teach as outlined below.

May 12 - June 11 • Sayadaw U Pandita

June 12 - July 11  
Joseph Goldstein & Myoshin Kelley

July 12 - July 31  
Myoshin Kelley & Carol Wilson

Aug 1 - Aug 14  
Carol Wilson & Sarah Doering

Aug 15 - Aug 19 • Sarah Doering

Aug 20 - Aug 31  
Sarah Doering & Joseph Goldstein

Sept 1 - Sept 20  
Joseph Goldstein & Marcia Rose

Sept 21 - Oct 31  
Sarah Doering & Marcia Rose

Nov 1 - Dec 15  
Myoshin Kelley & Carol Wilson

Dec 16 - Dec 31 • Myoshin Kelley

Please note that 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 teachers.



# 2003 Retreat Center Schedule

Dates	Course Title	Teachers	Course Code	Deposit	Cost
Jan 31 - Feb 7	Metta Retreat*		JS1	\$150	\$320
Feb 7 – Feb 16	Vipassana Retreat*	Joseph Goldstein, Sharon Salzberg, Myoshin Kelley & Susan O'Brien	JS2	\$150	\$390
Jan 31 – Feb 16	Metta & Vipassana Retreat*		JS3	\$150	\$665
<i>*Lottery courses. Registration due by December 6, 2002</i>					
Feb 21 – Feb 28	Women's Retreat	Christina Feldman & Narayan Liebenson Grady	WOM	\$150	\$320
Mar 8 – Mar 15	Vipassana Retreat	Larry Rosenberg & Michael Liebenson Grady	LR1	\$150	\$320
Mar 21 – Mar 30	Vipassana Retreat	Carol Wilson, Guy Armstrong & Rodney Smith	CW	\$150	\$390
Apr 5 – Apr 12	Vipassana Retreat	Rodney Smith, Yanai Postelnik & Catherine McGee	ROD	\$150	\$320
Apr 18 – Apr 27	Monastic Retreat	Ajahn Sundara & Others	AS	Donation	Donation
May 2 – May 9	Vipassana Retreat	Christopher Titmuss	CT	\$150	\$320
May 17 – May 24	Metta Retreat	Sharon Salzberg, Kamala Masters & Susan O'Brien	SS	\$150	\$320
May 31 – Jun 7	Vipassana & Viniyoga Retreat	Larry Rosenberg with Woods Shoemaker, Doug Phillips & Matthew Daniell	LR2	\$150	\$320
Jun 13 – Jun 20	Metta Retreat		SM1	\$150	\$320
Jun 20 – Jun 29	Vipassana Retreat	Steven Smith, Michele McDonald-Smith, Susan O'Brien & Rebecca Bradshaw	SM2	\$150	\$390
Jun 13 – Jun 29	Metta & Vipassana Retreat		SM3	\$150	\$665
Jul 4 – Jul 8	Young Adult Retreat	Michele McDonald-Smith & Rebecca Bradshaw with Diana Winston, Ed Hauben & Marvin Belzer	YA	\$205	\$205
Jul 12 – Jul 20	Vipassana Retreat	Christina Feldman, Fred von Allmen & Yanai Postelnik	CF	\$150	\$355
Jul 25 – Jul 27	Dana Weekend	Bhante Gunaratana	DANA	Donation	Donation
Aug 4 – Aug 9	Family Retreat*	Trudy Goodman & Seth Castleman	FAM	\$100 per adult	adult \$240 child \$60
<i>*Lottery course. Registration due by February 21, 2003</i>					
Aug 16 – Aug 23	Vipassana Retreat	Narayan & Michael Liebenson Grady	NLG	\$150	\$320
Aug 29 – Sep 1	Labor Day Weekend	Ruth Denison	RD1	\$170	\$170
Aug 29 – Sep 7	Vipassana Retreat		RD2	\$150	\$390
Sept 19 – Dec 12	Three-Month Retreat*	Joseph Goldstein	3MO	\$750	\$3,150
Sept 19 – Oct 31	Part 1*	Steven Smith, Michele McDonald-Smith, Carol Wilson & Myoshin Kelley	PT1	\$350	\$1,650
Oct 31 – Dec 12	Part 2*	Sharon Salzberg, Steve Armstrong, Kamala Masters & Guy Armstrong	PT2	\$350	\$1,650
<i>*Lottery courses. Registration due by January 24, 2003</i>					

See following pages for retreat descriptions and information.

Please note: the Retreat Center will be closed mid-December, 2003 – February, 2004 for renovations to the Meditation Hall and the Catskills.

# About IMS

Insight Meditation Society

1230 Pleasant St.

Barre, MA 01005

Phone: (978) 355-4378

Fax: (978) 355-6398

Email: [ims@dharmadharma.org](mailto:ims@dharmadharma.org)

Office Hours: Daily, 10am-12noon & 3-5pm (except Sundays & Tuesdays)

The Insight Meditation Society was founded in 1975 as a nonprofit organization to provide an environment conducive to the practice of *vipassana* (insight) and *metta* (lovingkindness) meditation, and to preserve the essential Buddhist teachings of liberation.

IMS now operates two retreat facilities – the Retreat Center and The Forest Refuge, which are set on 160 secluded wooded acres in the quiet country of central Massachusetts.

Information about The Forest Refuge can be found on pages 8 and 9.

The Retreat Center, which commenced a program of silent courses in 1976, offers a full yearly schedule of meditation retreats lasting in duration from a weekend to three months. Most retreats are 7-9 days long. A group of senior teachers provide regular and ongoing guidance and direction as well as teaching a number of courses each year themselves. In addition, recognized insight meditation teachers from all over the world come to offer teachings.

## Sitting a Retreat

### General Information

Retreat Center courses are designed for both new and experienced meditators. Daily instructions in meditation as well as evening talks about the Buddha's teachings are given, with individual or group interviews with the teachers taking place at regular intervals. Complete silence is maintained during most retreats at all times, except during teacher interviews. A typical daily schedule starts at 5am and ends at 10pm. The entire day is spent in silent practice comprising alternate periods of sitting and walking meditation, as well as a one-hour work period. This schedule, together with the silence, group support and daily instruction combine to provide a beneficial environment for developing and deepening meditation practice.

Meals are vegetarian, and accommodations are simple single and double rooms. Men and women do not share rooms. Camping is not available.

### Evening Discourses

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

## Retreat Descriptions

### Vipassana

Insight Meditation (or *vipassana* as it is called in Pali, the language of the original Buddhist teachings) is a simple and direct practice - the moment-to-moment observation of the mind/body process through calm and focused awareness. This practice originates in the Theravada tradition of the teachings of the Buddha. Sitting and walking meditation, the first steps in formal practice, become the foundation and continuous inspiration for meeting all aspects of life with greater openness and acceptance. Learning to observe experiences from a place of stillness enables us to relate to life with less fear and clinging. Seeing life as a constantly changing process, we begin to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. As insight deepens, wisdom and compassion arise.

### Metta

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

### Women's Retreat

In the annual gathering of women at the Retreat Center, insight meditation is the vehicle used to help us focus on a path of awareness free of dichotomies and spiritual, social, and psychological conditioning. There is a full daily schedule of meditation and silence, as well as small group meetings.

### Monastic Retreat

Each year Western nuns and monks from the Thai Forest Buddhist monastic tradition teach a vipassana retreat at the center. In addition to the regular schedule of sitting, walking and interviews of a vipassana retreat, there are also morning and evening *pujas* (offering rituals) that include chanting, and the use of candles and incense. Retreatants participate in offering service to the nuns and monks and keep the eight monastic precepts, including not eating after midday.

This course is offered by IMS and the ordained sangha on a *dana* (donation) basis. There is no set registration fee. You may be as generous as you feel in making an offering to IMS and the teachers.

### Calm and Insight Meditation Retreat with Christopher Titmuss

This retreat will emphasize the importance of deep inner contentment and the flowering of insight into the conventional and ultimate truth of things. There will be extended periods of meditation in the hall with Christopher, where he will offer a variety of practices, as advised by the Buddha, to free the heart, experience deep joy and awaken the mind. Individual interviews will be brief and restricted to retreat experience. Suitable for both new and experienced meditators.

### Vipassana & Viniyoga Retreat with Larry Rosenberg

The particular form of vipassana meditation emphasized during this retreat is Anapana Sati, where conscious breathing is used to develop both calm and liberating insight. Viniyoga in the tradition of TKV Desikachar is a form of training that emphasizes the coordination of mindful breathing with all bodily movement, making the breath sensations more vivid and in general



RALPH DAVIS

preparing the body for extended periods of sitting meditation. The yogic postures will emphasize mindfulness, so that this training is fully compatible with vipassana meditation practice. There will be two optional periods of viniyoga each day. Individual needs will be honored; beginners to yoga are welcome. Please bring a yoga mat. Retreatants are required to have sat at least two week-long retreats at IMS. This must be documented on the registration form (see page 15).

### Young Adult Retreat

This retreat is specifically for teens, aged 14-19. It offers beginning meditation instruction, half-hour sitting and walking periods, discussions, stories, and free time. The aim is to allow

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

### Dana Weekend

This retreat is offered by IMS to affirm the spirit and practice of generosity. There is no fixed course fee. Participants are asked to offer whatever contribution fits their means. Priority will be given to those who, for financial reasons, are unable to attend courses with fixed course fees.

### Family Retreat

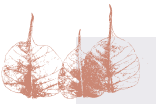
This course explores integrating meditation and family life. In a less formal atmosphere, a full program of sitting, discussions, family meditations, and talks is offered. There is a comprehensive children's dharma program staffed by volunteers who coordinate age-appropriate activities.

*Due to the popularity of this course all applications received on or before February 21, 2005 will be processed in the following manner: half of available spaces will be given to families who have attended this course three out of the past five years, on a first received basis. The remaining spaces will be filled by lottery.*

**Each family unit pays a minimum of an additional \$35 for the children's program. You MUST specify name, full date of birth, and gender of all children on your registration.**

### Retreats with Ruth Denison

The style of teaching of this weekend and 9-day retreat is significantly different from other Retreat Center courses. In addition to the sitting and walking practice of a vipassana retreat, this course also includes sound and body movement meditations, and sustained, ongoing verbal teacher instruction throughout the day.



### Three-Month Retreat

The annual three-month course is a special time for practice. Because of its extended length and the continuity of guidance, it is a rare opportunity to deepen the powers of concentration, wisdom and compassion. The teaching is in the style of Mahasi Sayadaw, refining the skillful means of mental noting, slow movement, and precise, open awareness.

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

*Special cancellation fees and deadlines for this retreat are as follows. 5MO and Part 1: up to Feb 28, \$50; from March 1 to April 14, \$150; after April 14, full deposit. Part 2: up to April 14, \$50; from April 15 to May 31, \$150; after May 31, full deposit.*

### Lotteries

Due to the popularity each year of certain courses at the Retreat Center, admission is by lottery. Each lottery course has a deadline (see schedule on page 10). All registrations received by the deadline are included in the lottery. Those people not chosen by lottery, as well as late registrations, are put on a wait list. Anyone who has applied for a particular lottery course two or more times without getting in is eligible for automatic inclusion - however, you must notify us if this is the case.

### Individual Retreat

#### Self-Retreat

If you have already participated in a course at the Retreat Center, you can schedule an individual self-retreat between courses. You may stay for any number of days not exceeding 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. Self-retreats cost between \$40-45 per day, depending on length. For self-retreats of up to six days immediately before or after a specific group course, you can put the dates you wish to stay on your registration form. For self-retreats of longer than six days, please call the office for an application form.

### Work Retreats

Work retreats provide a unique opportunity to explore the integration of mindfulness practice with work activity. The daily schedule combines periods of formal meditation practice with five hours of work - in silence - in one of the center's departments.

Participation is limited to experienced meditators only and requires a high degree of self-reliance. Work retreatants are welcome both during a group course as well as in-between courses. Work retreatants during a group course are expected to come at least one day before opening day and stay at least one day after closing day. The work can be physically demanding at times.

Work retreats require a separate application form. The only fee is a \$25 non-refundable application-processing fee. A work retreat is not meant to take the place of a scholarship. Write to the Human Resources Coordinator or call ext. 23 for information and application.

### Long-Term Practice

For those who have sat the Three-Month Retreat and wish to do additional long-term meditation practice, the Retreat Center has available a limited number of scholarships in the form of a reduced daily rate. Practice guidelines are similar to those for shorter individual retreats with an additional emphasis on self-reliance. Long-term practice

requires the prior consent of two teachers. Those interested should contact the office for an application form.

### Financial Information

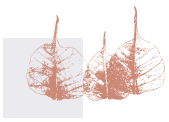
#### Dana

Retreat Center fees cover only room, board and some administrative costs. In keeping with the tradition of *dana*, (the Pali word for generosity) that stretches all the way back to the Buddha, teachers are not paid by IMS but offer the teachings freely. The direct service staff also offer their service freely and receive just a small stipend. At the end of each course, retreatants have the opportunity to offer a donation to the teachers, service staff, and also to IMS itself. The Buddha taught that practicing a lifestyle of generosity is a necessary precondition for attaining wisdom from meditation.

#### Scholarships

It is our intention that anyone who desires to practice at the Retreat Center be able to do so, regardless of financial situation. Our Scholarship Fund assists all those with low income and/or life-threatening, progressive or disabling illness who might be unable to afford the entire cost of a retreat. So that we can provide financial aid to as many people as possible, we normally limit the value of scholarships to the cost of one nine-day retreat per person per year. (The annual Three-Month Retreat, as well as extended individual practice, is considered separately.)

A deposit is required on registering - see page 15 for further information. To access financial assistance, check the relevant section of the registration form, also on page 15. Please be assured that we will do our best to help you attend a retreat with us.



## IMS Core Faculty

**Steve Armstrong** has been practicing vipassana meditation since 1975, both as a layman and as a monk, and leads retreats in the US and Australia. His primary focus is Buddhist psychology.

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

**Christina Feldman** has been studying meditation since 1970 and teaching worldwide since 1974. She is co-founder and a guiding teacher of Gaia House in England and is also a guiding teacher of IMS. She is the author, among other books, of *Woman Awake!* 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 *One Dharma, The Experience of Insight and Insight Meditation*.

**Narayan Liebenson Grady** is a guiding teacher at CIMC where she has taught since 1985. She is the author of *When Singing, Just Sing: Life As Meditation*.

**Kamala Masters** began practicing in 1975. Under the guidance of Anagarika Munindra and Sayadaw U Pandita, she has been trained in vipassana and metta meditations. She is co-founder of the Vipassana Metta Foundation on Maui, and is currently developing a hermitage/sanctuary for long-term practice.

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

**Larry Rosenberg** practiced Zen in Korea and Japan before coming to vipassana. He is a guiding teacher of both CIMC and IMS. 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 a guiding teacher of IMS and author of *Faith: Trusting Your Own Deepest Experience*, *Lovingkindness* and *A Heart As Wide As The World*.

**Rodney Smith** has been practicing vipassana meditation since 1975, including several years as a Buddhist monk in Asia. He has been teaching since 1984 and worked in hospice care for 14 years. He is the author of *Lessons From the Dying*.

**Steven Smith** is a co-founder of Vipassana Hawaii, and is a guiding teacher of IMS. He teaches vipassana and metta retreats worldwide.

**Christopher Titmuss**, a former Buddhist monk, has been teaching worldwide since the mid-1970s. Co-founder of Gaia House in England, he also organizes initiatives for peace and reconciliation. He is the author, among other books, of *Buddhist Wisdom for Daily Living*, *Transforming our Terror* and *Sons and Daughters of the Buddha*.

**Carol Wilson** has been practicing meditation since 1971. She studied with a variety of teachers, including practice as a Buddhist nun in Thailand. She has been teaching vipassana and metta retreats at IMS and around the world since 1986.

## Visiting Faculty

**Guy Armstrong** has practiced insight meditation for over 20 years. His training includes practice as a Buddhist monk in Thailand with Ajahn Buddhadasa. He began teaching in 1984 and has led retreats in the US, Europe and Australia.

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

**Rebecca Bradshaw** has been practicing vipassana meditation since 1983 and teaching since 1993. She is a guiding teacher of the Dhamma Dena Meditation Center in Northampton, MA, and also works as a Spanish-speaking psychotherapist.

**Seth Castleman** has been teaching dharma and spiritual practice to adults, children, and families since 1995. He is presently in teacher training with Jack Kornfield.

**Matthew Daniell** has been practicing Buddhist meditation (Zen and vipassana) since 1985. Certified to teach yoga in the Kripalu and Sivananda traditions, he is currently training in and teaching Viniyoga.

**Sarah Doering** has practiced vipassana meditation since 1981 and teaches at both CIMC and IMS.

**Trudy Goodman** has studied in Zen and vipassana traditions since 1974. She is a co-founder and guiding teacher of the Institute for Meditation and Psychotherapy and leads retreats nationwide.

**Michael Liebenson Grady** has been practicing vipassana since 1973. He is a guiding teacher at CIMC.

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

**Ed Hauben** is a long-term vipassana meditation practitioner and friend of IMS. He has served on the IMS board and has assisted with the Family and Young Adult retreats for the past 20 years.

**Myoshin Kelley** has been practicing meditation since 1975, working with a number of teachers in various traditions. Her own teaching reflects a strong influence from Burmese masters with an emphasis on simplicity and lovingkindness. She is now the Resident Teacher at The Forest Refuge.

**Catherine McGee** has practiced insight meditation under the guidance of a number of senior dharma teachers in Asia and the West. Teaching since 1997 both at Gaia House and internationally, she is currently engaged in a project to create "The Sangam" — a dharma community in southern France.

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

**Doug Phillips** has been practicing Buddhist meditation (Zen and vipassana) since 1978. He currently teaches vipassana meditation.

**Yanai Postelnik** has practiced and studied insight meditation in Asia and the West and has been teaching since 1992. He lives near Gaia House in England, leads retreats around the world and is currently engaged in a project to create "The Sangam" — a dharma community in southern France.

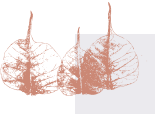
**Marcia Rose** has been studying and practicing Buddhist meditation and related disciplines for many years. She was resident teacher at IMS from 1991-1995.

**Woods Shoemaker** has been practicing vipassana since 1976. He studied Viniyoga in Madras with TKV Desikachar where he began teaching yoga in 1978. He is currently teaching vipassana meditation.

**Ajahn Sundara** is a senior nun of the Forest Sangha. She joined the monastic community under the guidance of Ajahn Sumedho in 1979. She has taught and led retreats in Europe and the US since the late-1980s.

**Fred von Allmen** has studied and practiced under Tibetan and Theravada teachers since 1970 in Asia, Europe and the US. He has been teaching retreats worldwide since 1984. He is the author of several Buddhist books in German and a co-founder of the Meditation Center Beatenberg in the Swiss Alps.

**Diana Winston** is the founder of the Buddhist Alliance for Social Engagement (BASE) Program. She has practiced insight meditation since 1989, including a year as a Buddhist nun in Burma. Since 1993 she has taught dharma to teenagers in India and the US. Her forthcoming book, *Wide Awake* is a Buddhism book for teens.



## Registrations

- Are accepted only by mail or in person, not by phone, fax or email. Incomplete registrations (including those without sufficient deposit) will be returned for completion.
- Are processed on a "first received" basis or lottery (see course descriptions). Processing order is not affected by scholarships.
- A confirmation letter or wait list letter will be sent out as soon as your registration is processed; processing may be delayed by volume of registrations at the start of the year.
- All retreatants are expected to participate in the entire course: late arrivals who do not notify the office in advance cannot be guaranteed a spot; exceptions (for emergency or medical reasons) must be approved by IMS.
- For an information sheet about the Retreat Center environment regarding chemical sensitivities, contact the office.

• Participation in retreats is always at the discretion of IMS.

### Wait List

- If a course is full you will be placed on a wait list. When a place opens you will be confirmed by mail, and your deposit check cashed.
- If you opt to cancel, you must notify us. Cancellation fees apply if you are confirmed off the wait list and do not accept.

### Payments

- The cost of each retreat and the deposit required are listed by the course on the retreat schedule.
- If you are applying for a scholarship, the minimum deposit for a weekend course is \$25; for up to 9 days, \$50; and for any retreat over 9 days, full deposit.
- Please pay by check or money order in US funds drawn on a US or Canadian bank. We cannot accept credit cards or

foreign drafts (Canadian drafts must say: US Funds).

- If possible, please prepay the entire retreat cost.
- Checks are cashed only when the registration is confirmed or when you include a donation. If you are put on a wait list, your check will be cashed if you are confirmed. If you don't get into a course, your check will be destroyed.

### Cancellation

- If you need to cancel your registration, please let us know as early as possible. Cancellation fees are \$25 six or more weeks before a course starts, \$100 four to six weeks before, and full deposit if later than that. Special fees and/or dates apply for FAM, PT1, PT2 and 3MO. (See Retreat Descriptions for details.)
- **All cancellation fees are donated to the scholarship fund.**

# Retreat Center Registration Form

Office use only • Date received

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

Course Code \_\_\_\_\_ Dates you will be here: From \_\_\_\_\_ To \_\_\_\_\_ Amount of deposit enclosed \$ \_\_\_\_\_

Name \_\_\_\_\_ Have you been to IMS before? YES  NO

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Zip \_\_\_\_\_

Check  if new address. Old Address \_\_\_\_\_

Day Phone ( ) \_\_\_\_\_ Evening Phone ( ) \_\_\_\_\_

Fax ( ) \_\_\_\_\_ Email \_\_\_\_\_ M  F

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

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

Retreat Experience (for LR2, PT1, PT2, 3MO). Please list teacher names, dates and locations (*attach extra paper if necessary*).

I wish to apply for a scholarship YES  NO

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



# Barre Center for Buddhist Studies

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

149 Lockwood Road  
Barre, MA 01005  
Phone: (978) 355-2347  
Fax: (978) 355-2798  
Email: bcbs@dharma.org  
Web: dharma.org

## About BCBS

The Barre Center for Buddhist Studies is a nonprofit educational organization dedicated to bringing together teachers, students, scholars and practitioners who are committed to exploring Buddhist thought and practice as a living tradition, faithful to its origins and lineage, yet adaptable and alive in the current world. The center's purpose is to encourage the integration of study and practice, and to investigate the relationship between scholarly understanding and meditative insight. It encourages engagement with the tradition in a spirit of genuine inquiry.

The study center offers a variety of study and research opportunities, including workshops, conferences, retreats and independent study programs. The BCBS program is rooted in the classical tradition of the earliest teachings and practices, but its mission calls for the exploration of all schools of Buddhism and for dialogue with other religious and scientific traditions.

Located on 90 acres of wooded land in rural, central Massachusetts, just a half mile from IMS, BCBS provides a peaceful and contemplative setting for the study and investigation of the Buddha's teachings. Facilities include a meditation hall and classroom (capacity 50-100), a well-stocked library, dining room (seats 45), single rooms for 16-20 people and three forest cottages.

BCBS offers a variety of programs from a wide range of visiting faculty, covering a diversity of topics of interest to students of the Buddhist tradition and of meditation practice. Most programs are one-day or weekend offerings, though many are for one week or two weeks. Course offerings for the first half of 2003 are listed on the following page. Please contact us for registration information.

## Special Programs

The *Nālanda Program* offers a model for the serious academic study of Buddhism, such as one might undertake at a college or graduate school. Six to eight hours of daily classroom time is balanced by morning and evening meditation sessions, as well as informal time for discussion, reading or walking in the countryside. Credit may be available from your college or university.

The *Bhāvana Program* offers a new model for combining the benefits of meditation with insight into the teachings of the Buddhist tradition. Most of the day is spent in silent meditation, much like a classical vipassana retreat, but each day also includes a three-hour study period of texts complementary to the practice of meditation.

The *Independent Study Program* is for experienced students who may be looking for a quiet place to investigate the Buddhist tradition on their own through the integration of study and practice. We welcome scholars to come and experience the benefits of a contemplative environment for their work, and we invite meditators to explore the benefits of the academic inquiry into the Buddhist tradition.

The *Buddhist Psychology Program* investigates in depth the early Buddhist science of mind growing out of its profound contemplative practices, and explores the growing interface between Buddhist thought and modern psychology. Through an affiliation with the Institute of Meditation and Psychotherapy, CE credits are available for most mental health and other professionals.

## Subscribe to the Insight Journal

*and become a member of  
the Barre Center for Buddhist Studies*

There is no fixed subscription fee for the *Insight Journal*. Please send us whatever you think appropriate as a membership contribution to BCBS. How much is appropriate? You decide:

- \$20** Covers basic production expenses and allows us to send you two copies of the *Insight Journal* each year without any advertising or a fixed subscription rate.
- \$50** Significantly helps support the ongoing operation and all the programs offered at BCBS.
- \$100** Substantially contributes to the growth and improvement of the study center by providing for capital expenses beyond the annual operating budget.
- \$0** If you would like to subscribe to the *Insight Journal* without making a membership contribution, the generosity of others will provide what is needed. Mendicants, monasteries and nonprofit service organizations are particularly encouraged to request the *Insight Journal* as a free gift.

*Please think about going online  
and making a contribution to BCBS  
through **dharma.org**. It's easy!*

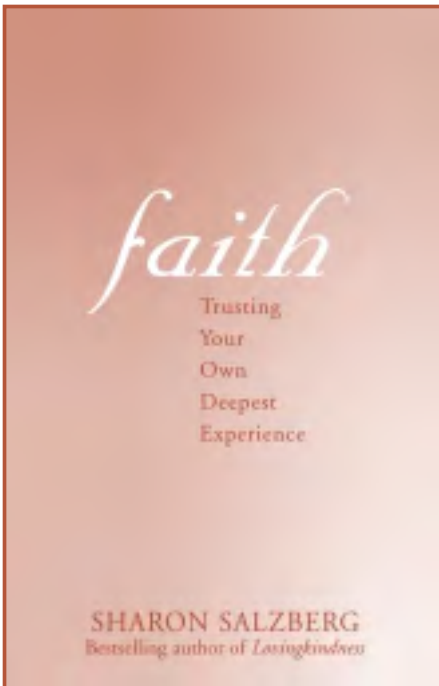


# BCBS 2002/2003 Schedule

	M	T	W	T	F	S	S
					1	2	3
NOV	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	1
DEC	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
JAN	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
FEB	27	28	29	30	31	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
MAR	24	25	26	27	28	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
APR	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
MAY	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
JUN	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30						

Nov 9	Robert Jonas & Mu Soeng	Trinity & Trikāya: Three Dimensions of the Holy in Christianity and Buddhism
Nov 15-17	Lama John Makransky	Awakening to the Ground of Compassion: Tibetan Lojong Training
Nov 22-24	Mu Soeng	Indra's Net: The Interpenetration of All Phenomena
Nov 30-Dec 7	Andrew Olendzki & Gloria Taraniya Ambrosia	Bhāvana Program: The Gradual Training (anupubbi-kathā)
Dec 15-20	Andrew Olendzki	Essentials of Buddhist Psychology
Jan 24-26	IMP Faculty	Meditation for Psychologists and Psychotherapists
Feb 1	Ajahn Thanissaro	The Four Bases of Power (iddhipāda)
Feb 2-9	Ajahn Thanissaro	Bhāvana Program: Noble Silence, Noble Discussion
Feb 14-16	Greg Kramer	The Truth of Social Suffering: Its Cause, Its Ending, & a Path of Interpersonal Meditation
Feb 21-23	Paula Green & Greg Kramer	Socially Engaged Buddhism and the Practice of Insight Dialogue
Mar 1	Christina Feldman	Mind the Gaps (Between Insight & its Embodiment)
Mar 2	Doug Phillips	Family Dharma: Practice in a Family Context
Mar 7-9	Lama Surya Das	Advanced Dzogchen: Natural Mind, Natural Perfection
Mar 16-23	Andrew Olendzki	Nālanda Program: The Theravāda Tradition
Mar 28-Apr 2	Stephen Batchelor & Martine Batchelor	The Theory and Practice of Liberation
Apr 4-6	Daeja Napier	Kālāma Sutta: Buddha's Charter of Free Inquiry
Apr 11-20	Leigh Brasington	Satipatthāna and Jhāna: Foundations of Mindfulness & the Absorptions
Apr 25-27	Ajahn Santikaro	Dependent Co-origination & Ego Defenses
May 2-4	Ajahn Sundarā	Renunciation: The Highest Freedom
May 10	Geshe Lobsang Tsetan	Right View, Renunciation & Compassion
May 11-17	Dan Cozart	Nālanda Program: The Vājayāna Tradition
May 18-23	Andrew Olendzki	Essentials of Buddhist Psychology
May 31-Jun 7	Andrew Olendzki & Gloria Taraniya Ambrosia	Bhāvana Program: Saṃyojana: The Ties That Bind
June 13-15	Rev. Issho Fujita	Somatic Elements in Sitting Meditation
Jun 22-27	Mu Soeng	Nālanda Program: The Mahāyāna Tradition

Further information on BCBS course costs, descriptions, teacher biographies and registration is available in a number of ways. Please write to BCBS, 149 Lockwood Road, Barre, MA 01005, or call (978) 355-2347, or email [bcbs@dharma.org](mailto:bcbs@dharma.org). A complete listing can be found in the new *Insight Journal*, and also under BCBS at [www.dharma.org](http://www.dharma.org).



## Faith: Trusting Your Own Deepest Experience

By Sharon Salzberg  
Riverhead Books, 2002

For many Western practitioners, faith is a word that needs to be redefined in order for it to take its proper place in our spiritual unfolding. Sharon Salzberg's new book, *Faith: Trusting Your Own Deepest Experience* does just this. Through exploring the word as it is used in Buddhist teachings, and illustrating the importance and depth of faith that Sharon has encountered in her own life, she broadens the understanding of what faith is and the place it can take in ours.

The book is rich from cover to cover. Sharon shares with us a very personal

account of her own life and the difficulties that she has faced. She challenges us not to be broken by the immensity of suffering but to open to the deeper truths of life. In doing so she examines beliefs, doubt, fear and despair - opening the doorway for us to discover the unwavering quality of faith.

Although this book will be helpful to those who practice Buddhist meditation and have struggled with the word faith, its teaching will be invaluable to people from any tradition. It holds a universal joyful message of the potential to honor and respect the deepest truth within. It will be a book we want to have on hand as we touch into the trials of our own lives.

*Reviewed by Myoahin Kelley*

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

## it's simply a tape...

One of the most exciting aspects of working at Dharma Seed is having new recordings of talks arrive from retreats throughout the year. Receiving the new recordings reminds us of all the teachers and practitioners who are actively and intensively devoting themselves to exploring and practicing the Buddha's teachings of liberation. It reminds us also of our own aspirations and possibilities. As much as we can, we want to share these new talks with you.

We would like to offer you, through our subscription program, the opportunity to receive four selected tapes in 2003, to be sent throughout the year. We will choose from among the latest, most powerful and inspiring teachings to send you talks to support you in staying connected to your practice, for the benefit of all beings.

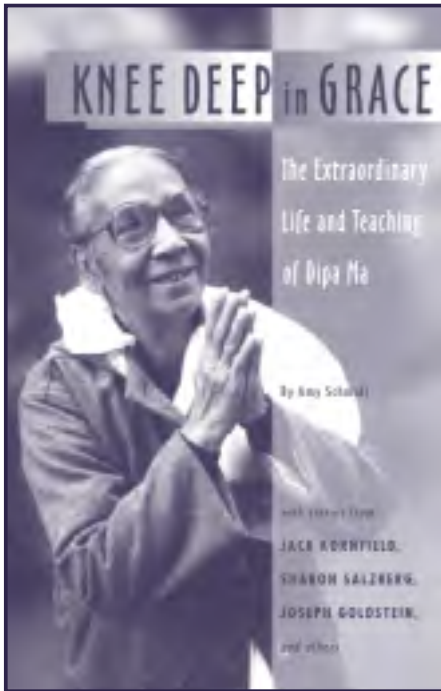
In the Buddhist tradition of generosity, or *dana*, this program is offered to you freely, with the opportunity to make a voluntary donation. Please join us in practicing *dana* together. Your giving is much appreciated and your support is vital to Dharma Seed's work of sharing the dharma. You can receive these talks, which will be specially selected, by subscribing and making a donation of any size. Thank you for your sustaining support.

Choosing to subscribe to Dharma Seed's *Inspired Teachings 2003* program affirms your core support of the radical and beautiful transition we have been making to freely offer the teachings. Your financial gift will help us to continue our work. We also believe that your subscription is a wonderful way to ensure that your own practice will be nourished throughout the year!

## Dharma Seed Archival Center

Please join us and subscribe to *Inspired Teachings 2003* by calling Dharma Seed at (800) 969-7333 or email us at [dharma@crocker.com](mailto:dharma@crocker.com)

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



**Knee Deep in Grace:  
The Extraordinary Life  
and Teaching of Dipa Ma**

By Amy Schmidt

Present Perfect Books, 2002

Most of us who have practiced at IMS have at one time or another heard stories of Dipa Ma, a remarkable Bengali woman whose life and teaching have had a profound impact on the growth and spread of Theravada Buddhism in the West. Her legacy to us is immense. She was a teacher and role model for many of the senior teachers in this lineage, and was a living example of the liberation of heart and mind that is available to all without exception: women as well as men, lay as well as ordained.

Although Dipa Ma died in 1989, the beacon of her life continues to encourage and guide those who knew and loved her. In this new book, Amy Schmidt has presented the gift of an opportunity to meet and be inspired by Dipa Ma. Amy beautifully weaves together an account of Dipa Ma's life with the heartfelt and often touching recollections of many of her students. A diverse collection of photos complements the text, bringing a lovely sense of Dipa Ma's being to the printed page. What shines out of this book is a portrait of Dipa Ma that vividly evokes her presence; it is a source of bright faith in a world where accomplished and awakened beings are increasingly rare. For those who knew Dipa Ma, the stories of her will be a poignant reminder of a beloved spiritual friend; those who did not will receive the blessing of meeting her for the first time.

If you have ever doubted your potential for awakening, you need to read this book. Dipa Ma embodied the power of faith, the power of determination, and the power of compassion - and showed us in no uncertain terms how a life dedicated to freedom can be transformed. In her teaching, Dipa Ma expected no less of her students than she herself had experienced, yet always tempered her expectations with deeply loving confidence in each person's ultimate potential. This book powerfully evokes Dipa Ma's voice, and is a reminder to all of us that freedom is just a mindful breath away.

*Reviewed by Maile Kjargaard*



## Cambridge Insight Meditation Center

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

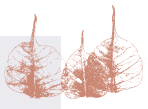
CIMC's programs are designed to provide a strong foundation in formal meditation as well as daily practice. Our schedule includes daily sittings, weekly dharma talks, ongoing classes and practice groups, teacher interviews, and a variety of weekend workshops and meditation retreats.

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

**331 Broadway  
Cambridge, MA 02139**

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

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



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# Serve the Dharma at IMS

## Stipend Staff positions available at the Retreat Center in 2002/2003:

- Kitchen
- Maintenance
- Front Office
- Housekeeping

### *Please contact:*

Human Resources Coordinator  
Phone: (978) 355-4378 ext.23 • Fax: (978) 355-6398  
Email: [hrc@dharma.org](mailto:hrc@dharma.org)

For a complete job description see our website  
[www.dharma.org](http://www.dharma.org) under "Job Listings"

### *Come on stipend staff and:*

- Integrate work and practice
- Be of service
- Live with a group of meditators
- Learn about yourself in relationship to others
- Receive a diverse benefits package

PHOTOS: LIBBY VIGEON

