

INSIGHT

NEWSLETTER

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Practicing with *Vedana*: The 2nd Foundation of Mindfulness An Interview with Christina Feldman

In 1971, Christina Feldman began Buddhist meditation practice in northern India. She was 17 at the time, and had left her native Canada to travel and explore new horizons. Since then she has played a key role in bringing the Buddha's teachings to the West, offering retreats at IMS and co-founding Gaia House in Devon, England. Married with two adult children, she introduced the Family Retreat at IMS in 1982, and the Women's Retreat in 1984 – both popular mainstays of our annual course calendar.

Christina, what are the Buddha's 'Four Foundations of Mindfulness'?

First, it's helpful to describe the historical context of the Buddha's teachings. Siddhartha Gautama - the Buddha - came from a society rooted in the belief that life was an obstacle to overcome. The body, the mind and human relationships were all to be transcended. So, once he started his spiritual search, it was natural for him to become an ascetic – he left his family and spent years subduing, starving and abusing his body.

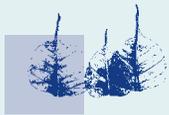
On his journey towards enlightenment, we know that these ascetic practices didn't work; they did not bring about the freedom from suffering that he sought. One of the turning points of his awakening was the understanding that the very aspects of life he was trying to overcome actually held the key to liberation. He then turned towards his body, his mind, his feelings and towards everything that arose in his consciousness, seeing them as the ground for his awakening. He understood that insight and freedom are not separate from the life we live.

(continued on page 2)



LIBBY VIGEON

Christina Feldman



INSIGHT NEWSLETTER

A twice-yearly publication of the Insight Meditation Society, a tax-exempt nonprofit organization whose mission is to provide a spiritual refuge for all who seek freedom from the suffering of mind and heart. IMS offers meditation retreats rooted in the Theravada Buddhist teachings of ethics, concentration and wisdom. These practices help develop awareness and compassion, giving rise to greater peace and happiness in the world.

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(continued from page 1)

This was the beginning of the core teachings he termed the Four Foundations of Mindfulness: the contemplation of the body, the contemplation of *vedana* (or feeling), the contemplation of the mind and the contemplation of what leads to freedom and what obstructs freedom. These teachings form the basis of insight meditation practice.

What is contemplation of *vedana*?

Vedana is the Pali word for what is usually translated as ‘feeling’ – it is the essential feeling tone that comes with all experience. The Buddha further categorized this into pleasant, unpleasant or neutral. For example, the laughter of a child may register as pleasant, fingernails running down a chalkboard as unpleasant and the sound of the rain on our window as neutral.

Vedana is something quite different from what we understand in the West as ‘emotion’ or ‘our feelings’. In Buddhist teachings, emotion is a far more complex construction that includes not only feeling tones, but also thoughts, the body and the whole world of associations.

How is awareness of *vedana* helpful in our meditation practice?

The basic feeling tone of pleasant, unpleasant or neutral regarding any experience is not a problem in itself – it is simply how it is. It is rather like a stage set for a theater production – there could be props to convey a terribly sad scene, or something very dramatic, or something exhilarating. The feeling

tone we have is analogous to that fundamental set, before the show starts.

What happens, however, is that we are overtaken by underlying tendencies. If we have a pleasant experience, we of course want to keep it going; we want more of it. And suddenly we’re off – the curtain is raised and the play has begun! We lose sight of the vital truth that all things change. We undermine our capacity to find balance, to be with the full spectrum of *vedana* in our life.

Similarly, with unpleasant *vedana*, underlying tendencies of aversion, resistance, hatred or fear arise. When there’s an unpleasant body sensation, an unpleasant thought or an unpleasant interaction with someone, we see how quickly contraction and judgment come in. Once again, we lose balance.

With the third feeling tone of neutrality, the underlying tendency is delusion. We believe there’s something missing or incomplete. We tell ourselves that something is boring or unworthy of our attention. Often, because of this sense of incompleteness, the neutral *vedana* becomes a springboard for craving – we want something more exciting or more interesting to happen.

Vedana informs so many of our moment-to-moment choices, decisions and actions. It is such a powerful force – we move toward the pleasant, avoid the unpleasant and simply disconnect or phase out the neutral. To experience true freedom, we need to understand our habits of craving, aversion and disconnection. And to do this, we have to become a little more attuned to the essential climate of feeling that is present in all experience.



How can we pay more attention to the neutral state?

We generally pay attention to the neutral state with great reluctance! We are much more inclined towards experience that is pleasant or unpleasant because it offers excitement, drama, fascination and a sense of identity. If we meet somebody we haven't seen in a while, and they ask, "How are you?" mostly we tell them all the dramatic occurrences in our life. We rarely say, "Oh, nothing happened", because it would make us appear uninteresting and worthless – nobody would want to know us.

The pleasant and unpleasant appear as events in our life; we tend to define ourselves, inwardly and outwardly, in relationship to them: "I'm happy", "I'm sad", "I'm angry", or "I'm in love". These are all places where the sense of 'I' can find form and meaning.

The neutral, on the other hand, is a fascinating area for practice. It is very hard to make a project out of being neutral - the extremes of excitement or aversion aren't encountered. It is much more difficult to construct a sense of self within the neutral - there is no benefit for 'I', 'me' or 'mine'.

If we really pay attention to our lives, we find so much that initially seems quite neutral. For instance, if we look around and notice elements of the room that we're in – the walls, the curtains, the desk, the door - it becomes obvious that much of life is not grabbing our attention through its intensity. It's not shouting at us.

And yet, when we're more attentive to the neutral, we observe that things usually don't stay neutral. This is because

we simply paid attention. We discover that our attention awakens the world, in a very real way. It illuminates that which is there. We discover that this quality of attentiveness doesn't have an agenda to maintain something pleasant or get rid of something unpleasant. It is rooted instead in interest and curiosity. It is sensitive and alive, and can give us exactly what we spend so much time seeking in vain through intensity. That sense of aliveness abides within our own hearts and is borne of the attentiveness we nurture.

The nature of attention itself is actually pleasant. Understanding this can bring about a profound shift in our practice. As intensity addicts, we tend to believe that our aliveness is dependent on drama, on events, on experience. When we're bereft of those, we feel somehow deflated. If we can learn to step back from this, we will see that the vitality we long for is not delivered by events but rather by our capacity for connectedness and presence in the world. This insight allows us to form a relationship to life that is rooted in compassion and generosity. We no longer expect life and the external world to deliver to us our sense of meaning, of identity, of excitement. We are loosened from the bonds of dependency and grasping, and can find ease and rest in our own awareness, in our own connection with life.

The culmination of mindfulness is to explore what it means to have an *eventless* mindfulness – that is the highest peace.

Is boredom something we can work with?

Absolutely. Boredom is the classroom for awakening - it is a form of aversion

to the concept of 'nothing is happening'. If we dig a little deeper, we find that of course *life* is happening. We need to be willing to be present in those moments that are eventless. We can cultivate tremendous sensitivity in investigating what is really occurring in boredom.

Most of what we encounter is disconnection. The places of separation in our life are the places we learn to connect. On the cushion or off the cushion, we can be profoundly curious about all those little moments when we say to ourselves, "It's not enough. Nothing is happening. I'm not getting anywhere. It's boring." We need to acknowledge this is simply a state of mind overlaying an experience that is not characterized by intensity or events. If we can take away the aversion that overlays the neutral we discover that the neutral is actually very close to peace and ease. It's a real doorway to resting in the eventless.

After decades of teaching, what continues to inspire you?

As I teach, I am continually inspired by seeing so many new meditators throughout the world coming into this ancient practice and finding themselves and their lives transformed by it. I have the good fortune to visit cultures where the Buddha's teachings have never been before. Next year, I've been invited to lead a retreat in Cuba – it will be the first of its kind there.

On a more personal level, what continues to inspire me is an understanding that deepening of practice is not something that necessarily has a destination or end.



IMS News Worth Noting

2006: 30th Anniversary Year in Review

2006 has been a memorable year for IMS, rich with change. In January, together with the Mind & Life Institute, we hosted the first Scientists Retreat, with almost 100 researchers in the mind sciences present for a week of in-depth practice.



Leading mind science researchers and authors address participants at the Scientists Retreat.

At the Forest Refuge, the eminent Burmese meditation master Ven. Pa Auk Sayadaw visited for the first time. He led a two-month course in May and June dedicated to the development of strong concentration, or *jhānas*, as a foundation for insight meditation.



Renowned meditation master Pa Auk Sayadaw, with U Candima (R) and U Jagara (L), offered the dharma at the Forest Refuge in the spring.

About 2,500 retreat participants have found spiritual refuge here this year—many just discovering the power of meditation, and many who've sat with us over the last three decades.

In addition to the inner changes occurring as we continue to practice, this year has also brought significant external shifts in the life of IMS. Our beloved Retreat Center meditation hall was renovated, a new executive director has been appointed and our 30th anniversary celebration, which brought together over 400 friends and members of the IMS sangha, took place on July 8th. Thanks to all of you for sharing this special time with us.



Massachusetts State Senator Stephen Brewer presents IMS with a citation in recognition of our 30 years.

MOLLY FAULKNER



IMS hosted a gathering of insight meditation teachers from around the Western world in July. The teachers meet periodically to share teaching experiences and discuss issues within the wider vipassana community.



Ajahn Candasiri (L), and Sister Cittapala, nuns from Amaravati Buddhist Monastery, offered the 2006 Monastic Retreat.



Ajahn Sucitto, also from Amaravati Buddhist Monastery, at our 30th anniversary celebration on July 8th.



Dharma divas, "The Dharmettes," performed their Buddhist-themed renditions of '60s hits at our anniversary party.



Old friends reunited.

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Two yogis (retreat participants) aglow after the People of Color Retreat.

STANLEY SAGOV



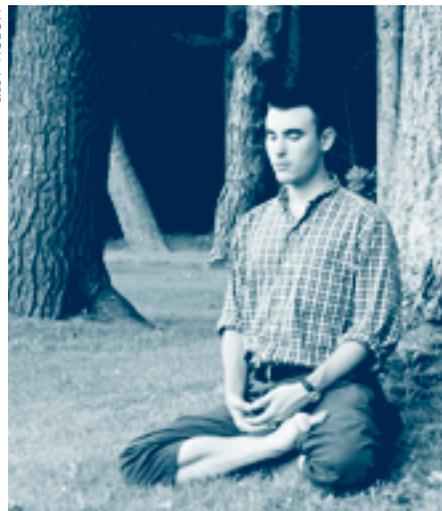
Two young Family Retreatants take in the Buddha's teachings.

STANLEY SAGOV



Abiding in stillness.

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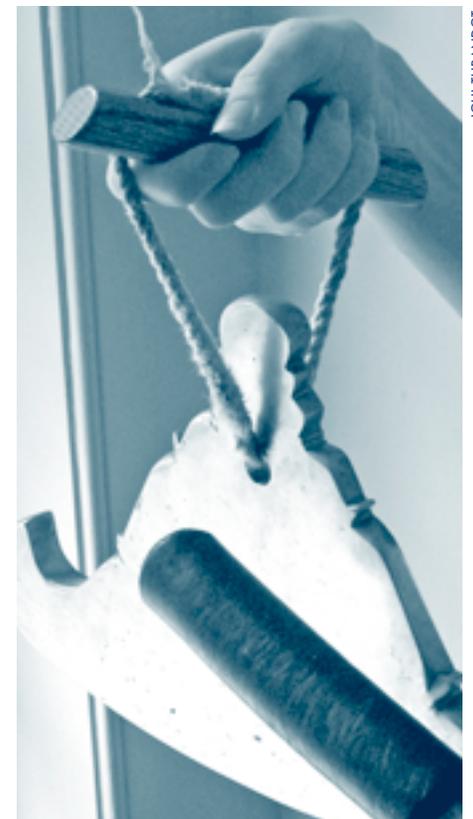


Teen and Family Retreat Assistance

Are you interested in supporting the spiritual growth of the next generation? And having a lot of fun, to boot? IMS is looking for group leaders for the 2007 Teen Retreat, June 30-July 4 and Family Retreat, July 24-29. If you are an experienced meditator who has worked with teens or children and would like to help create the magic of these courses, please call us at (978) 355-4378 or email RC@dharma.org.

Additionally, funding is needed for special materials such as dharma books and art supplies for these retreats. Please contact us if you're interested in becoming a 2007 benefactor for any of these items.

JOUJI TURANDOT





The Power of Transformation

The Retreat Center meditation hall has undergone a grand transformation this year, thanks to the generosity of many of our supporters. Renovations include new oak flooring, freshly painted walls to replace the old wood paneling, curved walls at the front and back of the hall and an arched ceiling. The final stage will be the construction of a new altar, planned for 2007. About 200 people attended each of two packed sittings on July 8, 2006 to commemorate our 30th anniversary and honor the transformation.

LIBBY VIGEON



From old to new.

An Honor to Serve: New Executive Director

Bob Agolia, a long-time IMS retreatant and former board member is the organization's new executive director. Appointed by the Board of Directors, he will begin on a full-time basis in January, 2007, with responsibilities that include the wise stewardship of our two programs, the Retreat Center and the Forest Refuge, ensuring their sustainability for future generations. He has served as interim executive director since May, following the departure of Dianne Horgan.

Born in Brooklyn, NY, Bob has lived in the Amherst, MA area since 1968 with his wife Rosemary and their two children. He served on the IMS board from 2001-2006, and comes to the position with a wealth of experience in non-profit leadership. In 1995 he became a founding partner of Fazzi Associates, a consulting firm that specializes in serving the home health and hospice sectors. In this capacity he has assisted hundreds of organizations in their efforts to improve quality, to grow and to achieve long-term sustainability.



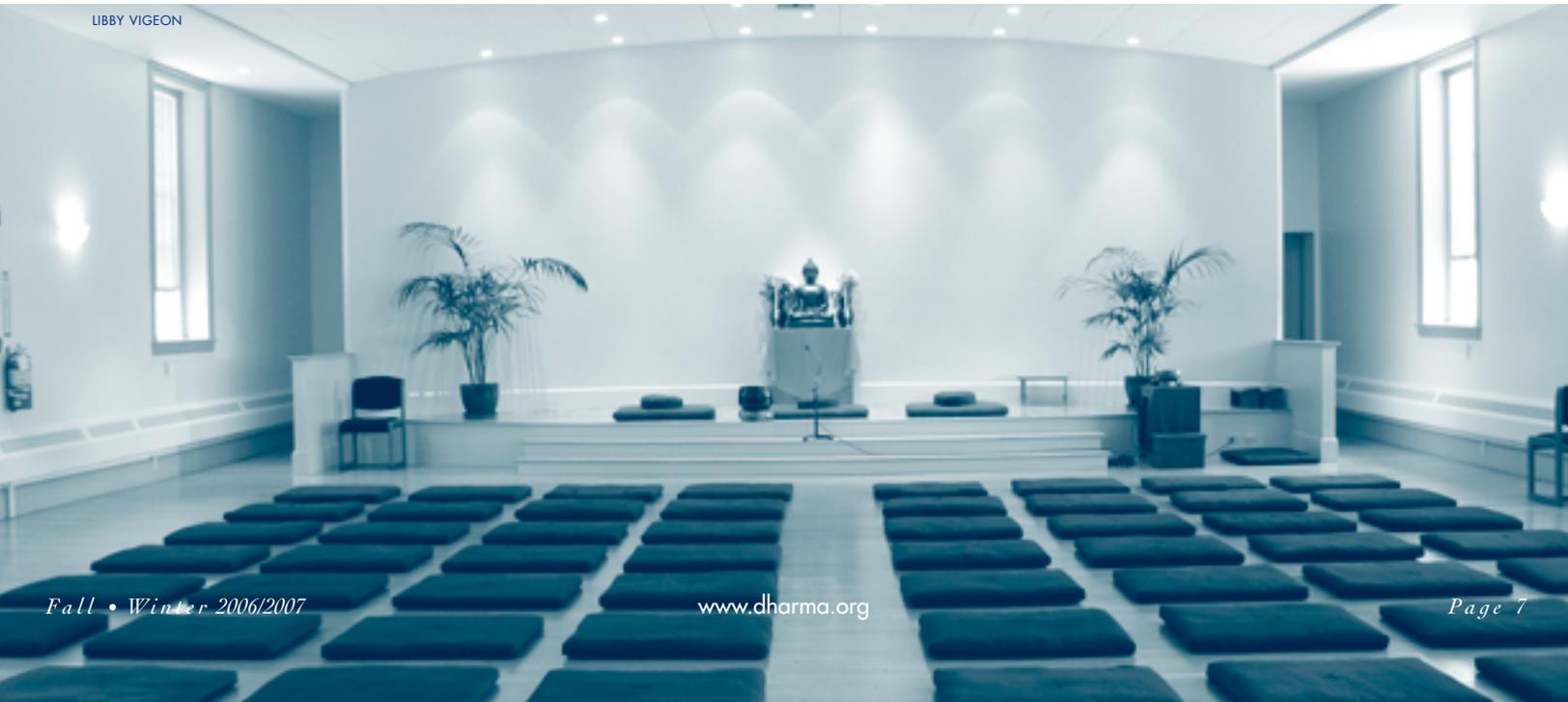
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Bob Agolia

"IMS has been my spiritual home for over 25 years. So it was hard to imagine that my love for IMS could grow even more. But it has," explained Bob, "because I have seen first hand how so many people's experiences here give rise to greater awareness and peace in their lives. This includes all our staff, our volunteers and our teachers, as well as yogis.

"I have often reflected on Mary Oliver's question at the end of her poem *Summer Day*, 'Tell me, what is it you plan to do with your one wild and precious life?' In response, I now know to follow my heart and do what I love: to serve the dharma as IMS's next executive director."

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The Insight Meditation Community of Washington

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

IMCW extends a warm welcome to both newcomers and experienced meditators. There are many ways to participate in our community and deepen your practice. Please visit our website for a full schedule of classes, retreats and other activities.

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

Soup for Supper

The IMS Retreat Center has started offering a more substantial evening tea during most courses. A nourishing soup, made by our dedicated Kitchen staff is now served, together with bread and butter, fruit and herb teas. Our intention is to provide a full daily nutritional vegetarian meal plan that supports the practice environment.



BOTH PHOTOS BY LIBBY VIGEON



Bowing Before the Buddha

Planned Giving as Generosity Practice

Recently, IMS received a call from Mike Edelman, asking for our tax-identification number. Mike had decided to include us in his estate plan. During the conversation, he agreed to share the story of how he came to put IMS in his will. His account is a heart-warming example of the important role planned giving can play in our practice of generosity.

First, can you describe yourself a little, to give our readers a sense of who you are and what is important to you?

After 29 years as an electrician, I am now retired at 54 due to a back injury. After a career of go-go-go, at times from before sunrise until after dark, the transition to "not doing" has been challenging. Even so, I soon realized one of the unintended side effects of my injury is the ability to practice more fully. And, fortunately, the injury has only minor impact on my ability to meditate. I am now trying to get a sense of how I can continue my own practice more skillfully and at the same time find some worthy cause that fits my ability and wish to help others.

What about IMS do you most appreciate?

I bow before the Buddha. I bow before all sincere practitioners including Joseph (Goldstein), Sharon (Salzberg) and Jack (Kornfield). I also feel a connection and a deep appreciation for each and every person who, in their own way, has influenced my life since I first came to IMS in 1977. Over the

years, while I practiced and lived my life as mindfully as I could, IMS has been supporting the practice of many thousands of people. I recognize how precious it is to practice more intensely in a retreat setting such as IMS and how it can deepen our understanding.

What moved you to include IMS in your estate plan?

I wanted to first express my love and deep gratitude for what IMS has meant, not only to me, but to the countless people on the path to liberation. And, I want to do my humble part to assure its work continues so that all who seek freedom will have refuge.

After my mother died and my back injury intensified, I couldn't work for a long time. My savings dwindled and I had no income, so I sold my house and car. During that time, it was only with the help of public assistance and the love and kindness of a few people that I survived. At some point in this period, I realized just how happy I was – free of nearly all of life's pressures. There was a lightness to everything. I knew that this was all leading me to more intensive practice.

Since then my circumstances have changed, but I learned a lot from having little. Now, I want to devote some of what I do have to supporting the practice of others. By including IMS in my will, I can be sure to achieve this wish.

IMS is grateful to Mike Edelman and to all those who include us in their estate plans. Planned giving is a powerful way to help make certain that the Buddha's teachings will be offered

here for many years to come. Please consider joining the community of people who want IMS to span generations.

For more information about ways to include IMS in your estate plan, from bequests to giving through retirement assets, contact Éowyn Ahlstrom, Development Manager, at (978) 355-4378 ext. 230 or EowynA@dharma.org. If you have already included IMS in your estate plan, we would love to hear from you.



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IMS Program Highlights

TOP PHOTO: AHNA FENDER

Freedom with Support

Experience a Personal Retreat at the Forest Refuge

The Forest Refuge allows the exploration of a more independent and less structured form of retreat life. Within a tranquil and harmonious environment that includes private dorm accommodations, retreatants can follow their own schedule, settle into greater depths of practice and strengthen faith and self-reliance. This supports the natural unfolding of the teachings.

For experienced meditators who may be tentative about undertaking a personal retreat, it can be helpful to begin a stay at IMS with a Retreat Center course. On its closing day, simply move through the woods and continue to practice at the Forest Refuge.

Throughout March, 2007, **Rodney Smith** will be in residence for the first time, together with **Myoshin Kelley**. In April, **Joseph Goldstein** returns from his sabbatical to teach, also with Myoshin.

Respected meditation teacher **Sayadaw U Vivekananda** - a Western monk who taught with Sayadaw U Pandita on two previous occasions at the Forest Refuge - will offer a Satipatthāna Retreat in June, 2007. This will be a structured course,

where participants will be introduced to the basic tools of *satipatthāna* (the Four Establishments of Mindfulness). With well-established and developed mindfulness and a concentrated mind, intuitive insight unfolds stage-by-stage in a very systematic manner. Satipatthāna meditation in the tradition of the Ven. Mahasi Sayadaw brings benefits ranging from the purification of the mind to the attainment of *nibbāna* (or freedom from suffering). Retreatants will be supported and guided in their meditation through frequent interviews and discourses.

In 2008, renowned Burmese meditation master Pa Auk Sayadaw will return. He will offer the dharma for four months, July – October, with a focus on the development of *jhānas* (states of strong concentration). These become a foundation for insight meditation practice. Registration for this structured retreat will open later in 2007.

January Practice – Choose Your Fee

In the spirit of generosity (*dāna*), you can establish your own fee for a personal retreat at the Forest Refuge during January, 2007, based on your financial means. This allows those with fewer resources to practice with us, while those who can afford to pay more help make this possible. Any donations to support practice are greatly appreciated.

Full Scholarship Opportunity

Over \$100,000 has been donated to the Forest Refuge Fund in Support of Community Development Work. This fund provides full scholarships to reward and rejuvenate individuals who have been working in the US or overseas to help transform the lives of economically disadvantaged people.

Some examples of this kind of work include curing blindness by providing otherwise unavailable cataract operations, involvement in low-income development in the US or abroad as counselors to ex-inmates, or as teachers in the inner city.

If you have done such work, please mention this fund when you apply for a Forest Refuge retreat.

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



LOU ALBERT



At the Retreat Center...

Investigating Life, our annual retreat for 18-32 year olds will be offered in the spring of 2007, March 18-25. This popular course, taught by **Rebecca Bradshaw, Marvin Belzer and Chas DiCapua**, specifically addresses the practice needs of both new and experienced meditators in early adulthood.

Bhante Gunaratana will offer an in-depth exploration of the *jhānas* (deep states of tranquil concentration), April 13-22. This course is for experienced meditators.

Michele McDonald returns to IMS, teaching a *metta* (lovingkindness) retreat, June 1-8, followed by an insight meditation course, June 8-17.



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A variety of weekend retreats will be offered throughout the year, including two courses especially for students new to meditation, May 25-28 and September 14-16.

The Three-Month Retreat, led by **Joseph Goldstein** and a team of senior teachers, also returns in the fall of 2007, beginning September 20.

More information is on pages 18-24.

Meal Dana (Generosity)

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

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

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

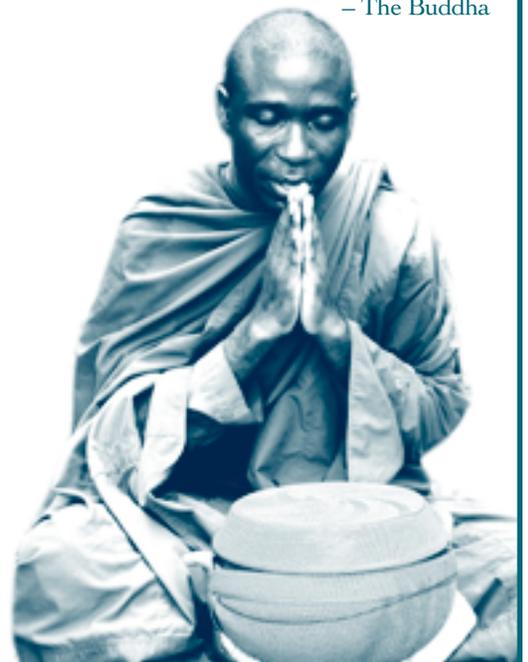
If you or your group of friends would like to offer Meal Dana, we will acknowledge your gift – if you wish – by inscribing your name(s) and dedication on the menu board for a particular day or meal. The date chosen for this often celebrates a birthday, honors someone who has died or commemorates another of life’s milestones.

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

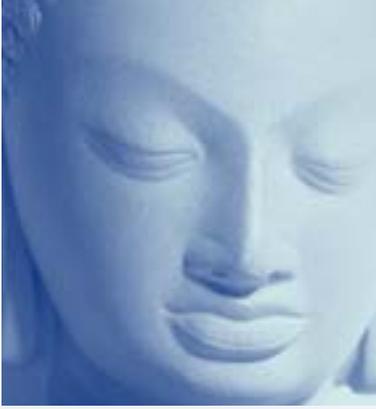
We deeply appreciate your generosity

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

– The Buddha



LIBBY VIGEON



About IMS

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RETREAT CENTER
(978) 355-4378; RC@dharma.org
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(except Sun. & Tues.)

FOREST REFUGE
(978) 355-2063; FR@dharma.org
Fax: (978) 355-4307
Office hours: Mon.-Fri., 9am-5pm

The Insight Meditation Society first opened its doors in 1976. Its mission is to provide a spiritual refuge for all who seek freedom from the suffering 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, 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 some 200 secluded wooded acres in the quiet country of central Massachusetts.

The Retreat Center offers a yearly schedule of meditation retreats lasting in duration from a weekend to three months. Most courses run for 7-9 days.

The Forest Refuge program began in 2003. For experienced insight meditation practitioners, its peaceful and secluded environment establishes the sense of harmony most conducive to sustained, long-term personal retreat. Retreatants can practice for periods ranging from one week to stays of a year or more.

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

General Information

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

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

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

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

All IMS meals are vegetarian. Accommodations at the Retreat Center are simple single and double rooms; all spaces at the Forest Refuge are single. Men and women do not share rooms. Camping is not available.

Evening Discourses

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

Individual Retreats

Self-Retreat

If you have participated in a course at the Retreat Center, you may schedule an individual self-retreat between courses. The length of stay may not



exceed the longest period of teacher-led retreat that you have done at the center.

During this time, you are expected to meditate in silence, observe the five precepts and maintain a continuity of practice. The sliding scale fee is \$55-\$70 per day, depending on your means. For self-retreats of up to six days immediately before or after a specific group course, you can put the dates on your registration form. For self-retreats of longer than six days, please call the office for an application form.

Work Retreat

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

Participation is limited to experienced meditators and requires a high degree of self-reliance. Since the work can be physically demanding, a moderate level of physical fitness is required.

At the Retreat Center, the timing of work retreats usually corresponds with the schedule of teacher-led courses. At the Forest Refuge, a one-month commitment is ideal.

A special application needs to be submitted; the cost is a \$35 nonrefundable processing fee. Information and application forms are available on our website. You can also contact Human Resources about a Retreat Center work retreat by calling (978) 355-4378 ext. 335 or emailing workretreatRC@dharma.org. For the

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

Financial Information

Fees

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

If you can afford the Mid level or higher, you help to make it possible for others with lesser financial means to attend.

Regrettably, we have had to raise our fees for 2007 by a very modest amount, due to the rising costs of basic necessities such as fuel, insurance and food.

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

Scholarships

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

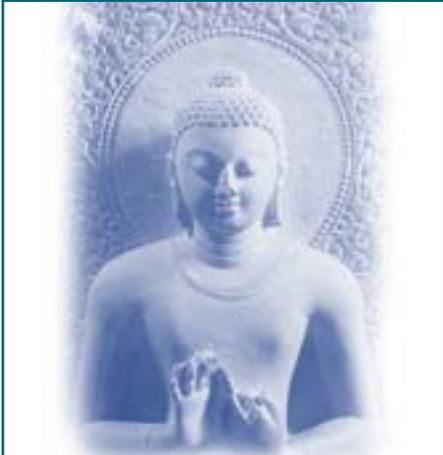
Due to limited resources, we recommend that you apply for a scholarship as early as possible. **Awards are distributed on a first come, first served basis** and are generally restricted to one scholarship per person, per year. (Please note that applications for the Three-Month Retreat need to be received by June 1, 2007.)

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

For the Forest Refuge, complete the retreat application and indicate interest in receiving scholarship information. A scholarship form will be sent to you, if your retreat application is approved. Scholarship support is not available for a one-week stay.

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





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

Dana

Dana, a Pali word that means generosity or giving freely, is central both to the 2,500 year-old tradition of Buddhism and to IMS' much shorter history.

Of this quality the Buddha said, *"If beings knew as I know the benefit of generosity, they would not let an opportunity go by without sharing."*

In this spirit, it is our wish to share the Buddha's teachings with all who are interested, regardless of means. IMS charges course fees that cover only about 50% of our operating costs; we rely on past and future donations for the rest. This year, in celebration of our 30th anniversary, we offered a large number of spaces at both our centers without regard to retreatants' ability to pay.

At the same time, IMS teachers are courageously adapting the ancient monastic tradition of freely offering the teachings to lay life in contemporary Western culture. Retreat Center teachers receive no salary, relying entirely on the generosity of course participants for their compensation. For those who teach at the Forest Refuge, where fewer retreatants stay for longer periods, IMS offers teachers a monthly honorarium. This is intended to augment contributions from participants, to provide a sustainable income. IMS pays for teachers' travel expenses, accommodations and meals while they are in residence at either center.

Dana also plays an important role in the spiritual life of a dharma practitioner. Generosity is the first of the ten *paramis*, or qualities of character, that the Buddha taught his students to cultivate. Giving is said to benefit both the giver and the receiver - the person who gives practices

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 can be a sincere form of spiritual practice.

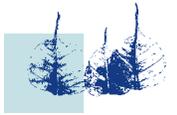
There are many opportunities to practice dana by offering donations to IMS teachers and to the organization itself. We hope you will lend your support to our efforts to make the Buddha's teachings accessible to those who wish to attend our programs.

Media Visits

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

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

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



IMS Faculty 2007

Core

Ajahn Amaro began his training in Thailand in 1978 with Ajahn Chah. He was a senior monk at Amaravati Buddhist Monastery in England, and now resides at Abhayagiri Monastery in Redwood Valley, CA, a branch monastery in the forest meditation tradition.

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 part of Spirit Rock's Teachers Council.

Steve Armstrong, a co-founding teacher at the Vipassana Metta Foundation's dharma sanctuary-hermitage on Maui, encourages spiritual development through cultivating insightful awareness and liberating understanding of the core teachings of the Buddha in all life activities.

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

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

Joseph Goldstein is a co-founder and guiding teacher of IMS's Retreat Center and Forest Refuge programs. He has been teaching vipassana and metta retreats worldwide since 1974 and in 1989 helped establish BCBS. He is the author of *One Dharma, The Experience of Insight* and *Insight Meditation*.

Myoshin Kelley began practice in 1975 and has worked with masters in the Theravada and Tibetan Buddhist traditions. Her own teaching emphasizes simplicity, lovingkindness and cultivating a joyful interest. She is teacher-in-residence at the Forest Refuge.

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

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

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

Kamala Masters began practicing in 1975. Trained by Anagarika Munindra and Sayadaw U Pandita, she offers the dharma in the US and abroad. She is co-founder and guiding teacher of the Vipassana Metta Foundation on Maui and is currently developing Ho'omāmalama, a sanctuary-hermitage for long-term practice.

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

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

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

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

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

Carol Wilson began meditation practice in 1971. She has studied with a variety of teachers, including practice as a Buddhist nun in Thailand. An IMS guiding teacher, she has been offering retreats around the world, including the IMS 3-Month course, since 1986.

Visiting

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

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

Ven. Ariya Nani was born in Switzerland and ordained with Sayadaw U Janaka in Burma in 1992, after many years of Buddhist practice. Based at Sayadaw's forest center of Chanmyay Yeiktha, she translates and assists foreign meditators, as well as teaching vipassana and metta retreats in Australia and Europe.

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

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

Rebecca Bradshaw has been practicing vipassana meditation since 1983 and teaching since 1993. She is a psychotherapist, the guiding teacher of the Insight Meditation Center of Pioneer Valley, MA, and the Buddhist Advisor at Mt Holyoke College.

Rob Burbea has practiced and studied Buddhism since 1985. Teaching since 2004, he is currently the Gaia House Resident Teacher and a member of its Teacher Council. He is a co-founder of Sanghaseva, an organization exploring the dharma through international service work.

Grove Burnett, a co-founder and senior teacher of the Vallecitos Mountain Refuge in NM has practiced and trained in the Buddhist tradition for the last 25 years. He is also an environmental lawyer and has litigated important environmental cases in the Southwest.



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

Eugene Cash is the founding teacher of the Insight Meditation Community of San Francisco. He is a Spirit Rock teacher and leads retreats internationally. He is also the co-founder and teacher of the Diamond Approach San Francisco.

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

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 is the author of *Awake in the Wild*, to be published in December, 2006.

Matthew Daniell, a Buddhist meditation and yoga practitioner since 1984, teaches 'mindfulness yoga', based on the Viniyoga tradition of T.K.V. Desikachar. He is a founder and the resident teacher at the Insight Meditation Center of Newburyport, MA.

Sky Dawson has practiced vipassana meditation since 1981. In 2005, she completed the IMS Teacher Training Program. A resident of Western Australia, she offers the dharma there and works in researching palliative care.

Chas DiCapua, currently the IMS Resident Teacher, has offered meditation since 1998. Although primarily interested in sharing the teachings with teens and young adults, he also teaches regularly at various sitting groups and centers close to IMS.

Anna Douglas, Ph.D., is a founding teacher of Spirit Rock and leads retreats nationwide. In addition to 25 years of vipassana practice, she has studied with teachers in the Zen, Advaita and Dzogchen traditions. She lives in Tucson part-time and teaches classes there.

Jean Esther has practiced vipassana meditation since 1982 and has worked with the Teen Retreat since 1999. She has a psychotherapy practice in Northampton, MA and has taught meditation locally since 2001.

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

Trudy Goodman has practiced since 1974 and taught since 1983. She founded Insight LA, Growing Spirit, and the Center for Mindfulness and Psychotherapy. She is the guiding teacher of the Institute for Meditation and Psychotherapy in Cambridge, MA.

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

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

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

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

Heather Martin has practiced meditation for over 30 years with Asian and Western teachers, and began teaching in 2000. A midwife for 20 years, she lives in B.C., Canada.

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

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

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

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

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

Sharda Rogell began teaching worldwide in 1987, emphasizing awakening heartfulness. She is on the Teachers Council at Spirit Rock in CA, and a student of the Diamond Approach.

Marcia Rose has practiced Buddhist meditation since 1970. She is a guiding teacher in Taos, NM for The Mountain Hermitage and founded Taos Mountain Sangha. She was IMS resident teacher from 1991-1995 and now teaches in the US and internationally.

Gina Sharpe has studied and practiced Buddhism for many years, across several traditions. She is a graduate of the first Spirit Rock Community Dharma Leaders program, and a co-founder of New York Insight Meditation Center. She has been teaching since 1994.

Doreen Schweizer, the guiding teacher for Valley Insight Meditation Society in NH, has practiced yoga and meditation since 1969. She is a graduate of Spirit Rock's Community Dharma Leaders program.

Sayadaw U Vivekananda has trained under Ven. Sayadaw U Pandita since 1988. He has taught internationally since 1998, guiding meditators in English, Burmese, German and French. He is the resident teacher at Panditarama Lumbini International Vipassana Meditation Center, Lumbini, Nepal.

Julie Wester has practiced vipassana meditation since 1973 and has taught since 1985. Trained by Ruth Denison in the U Ba Khin tradition, her teaching incorporates sensory exploration and guided movement meditation. She is a member of the Spirit Rock Teachers Council.

Larry Yang, a longtime meditator, psychotherapist and consultant in diversity and cultural competency has taught meditation since 1999. He has recently returned from a six-month residency in Thailand as a Theravada Buddhist monk.

Assisted By

Franz Moeckl has practiced and studied insight meditation, Tai Chi and Qigong for more than 25 years, including time as a Buddhist monk in Thailand. He now teaches in the US, Europe and Asia.



LOU ALBERT

2007 Forest Refuge Teaching Schedule

Application Information

For those interested in practicing at the Forest Refuge, there is an application process. Guidelines and an application form are available on our website or from our office. You can apply online, or mail or fax a completed form to us.

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

Please read pages 12-14 for general IMS retreat and financial information.

Fees for 2007 are outlined in the box to the right. Payment is due once your application has been approved, and is accepted by mail, phone or in person. Please make your check or money order payable to IMS, or include Visa or MasterCard information.

Some scholarship support is available. For more information please see page 13.

Jan 1 – Jan 31*

Feb 1 – Feb 28

Mar 1 – Mar 31

Apr 1 – May 31

Jun 1 – Jun 30

Jul 1 – Jul 31

Aug 1 – Aug 31

Sep 1 – Oct 31

Nov 1 – Nov 30

Dec 1 – Dec 31

Annie Nugent & Susan O'Brien

Marcia Rose & Annie Nugent

Rodney Smith & Myoshin Kelley

Joseph Goldstein & Myoshin Kelley

Sayadaw U Vivekananda

Myoshin Kelley & Patricia Genoud-Feldman

Sharda Rogell & Myoshin Kelley

Carol Wilson & Ven. Ariya Nani

Myoshin Kelley & Gloria Taraniya Ambrosia

Myoshin Kelley & Rebecca Bradshaw



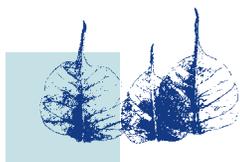
LOU ALBERT

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 vipassana teachers.

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

* You can establish your own fee for a personal retreat during January, 2007, based on your financial means.



2007 Retreat Center Schedule

Dates	Length	Course Title	Teachers
Jan 12-Jan 15	3 days	<i>Focusing on Freedom: Insight Meditation Weekend</i>	Gloria Taraniya Ambrosia & Doreen Schweizer
Feb 2-Feb 10	8 days	<i>Metta (Lovingkindness) Retreat</i>	Sharon Salzberg, Mark Coleman & Gina Sharpe
Feb 10-Feb 18	8 days	<i>Awakening the Natural Wisdom of the Heart: Insight Meditation Retreat</i>	Tara Brach, Eugene Cash, Hugh Byrne & Dori Langevin
Feb 23-Feb 28	5 days	Insight Meditation Retreat	Larry Rosenberg & Michael Liebenson Grady
Mar 9-Mar 17	8 days	<i>Women in Meditation: Insight Meditation Retreat</i>	Christina Feldman, Narayan Liebenson Grady & Maddy Klyne
Mar 18-Mar 25	7 days	<i>Investigating Life: Insight Meditation Retreat for 18-32 Year Olds</i>	Rebecca Bradshaw, Marvin Belzer & Chas DiCapua
Mar 30-Apr 8	9 days	<i>Freedom Here and Now: Insight Meditation Retreat</i>	Carol Wilson, Rodney Smith & Guy Armstrong
Apr 13-Apr 22	9 days	<i>Jhānas (Meditative Absorptions) Retreat for Experienced Students</i>	Bhante Gunaratana
Apr 25-May 3	8 days	Monastic Retreat	Ajahn Amaro, Ajahn Punnadhammo & Gloria Taraniya Ambrosia
May 4-May 13	9 days	Insight Meditation Retreat	Jack Kornfield, Anna Douglas, Trudy Goodman, Gina Sharpe & Grove Burnett
May 18-May 20	2 days	<i>Cultivating a Wise Heart: Insight Meditation Weekend</i>	Annie Nugent & Sky Dawson
May 25-May 28	3 days	<i>The Buddha's Path to Happiness: A Weekend for New Students</i>	Rebecca Bradshaw & Sky Dawson
Jun 1-Jun 8	7 days	<i>Metta (Lovingkindness) Retreat</i>	Michele McDonald, Rebecca Bradshaw & Patricia Genoud-Feldman
Jun 8-Jun 17	9 days	Insight Meditation Retreat	Michele McDonald, Rebecca Bradshaw & Patricia Genoud-Feldman with Franz Moeckl (<i>Qigong</i>)
Jun 1-Jun 17	16 days	Metta & Insight Meditation Retreat	As above
Jun 22-Jun 29	7 days	Insight Meditation Retreat for Experienced Students	Larry Rosenberg, Corrado Pensa & Matthew Daniell
Jun 30-Jul 4	4 days	Teen Retreat	Rebecca Bradshaw & Chas DiCapua with Ed Hauben & Jean Esther
Jul 7-Jul 12	5 days	People of Color Retreat [^]	Joseph Goldstein, Gina Sharpe & Larry Yang with Sharon Salzberg
Jul 13-Jul 21	8 days	<i>The Path of Liberation: Insight Meditation Retreat</i>	Christina Feldman, Fred von Allmen & Rob Burbea
Jul 24-Jul 29	5 days	Family Retreat ^{**} <i>Lottery course. Registration due by February 14, 2007</i>	Yanai Postelnik & Catherine McGee
Aug 3-Aug 12	9 days	<i>The Power of Purification: Insight Meditation Retreat</i>	Steve Armstrong, Kamala Masters & Sky Dawson
Aug 18-Aug 26	8 days	<i>Your Life is Your Practice: Insight Meditation Retreat</i>	Narayan & Michael Liebenson Grady & Maddy Klyne
Aug 31-Sep 3	3 days	Labor Day Weekend for Experienced Students	
Sep 3-Sep 9	6 days	Insight Meditation Retreat for Experienced Students	Ruth Denison & Julie Wester
Aug 31-Sep 9	9 days	Insight Meditation Retreat for Experienced Students	
Sep 14-Sep 16	2 days	Insight Meditation Weekend for New Students	Michael Liebenson Grady & Maddy Klyne
Sep 20-Dec 13	84 days	Three-Month Retreat	Joseph Goldstein
Sep 20-Nov 1	42 days	Part 1	Myoshin Kelley, Rebecca Bradshaw, Patricia Genoud-Feldman & Annie Nugent
Nov 1-Dec 13	42 days	Part 2	Carol Wilson, Guy Armstrong, Sally Clough & Sharda Rogell
Dec 28-Jan 6, 2008	9 days	<i>Resolutions of the Heart: New Year's Retreat</i>	Rodney Smith, Yanai Postelnik & Heather Martin

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

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

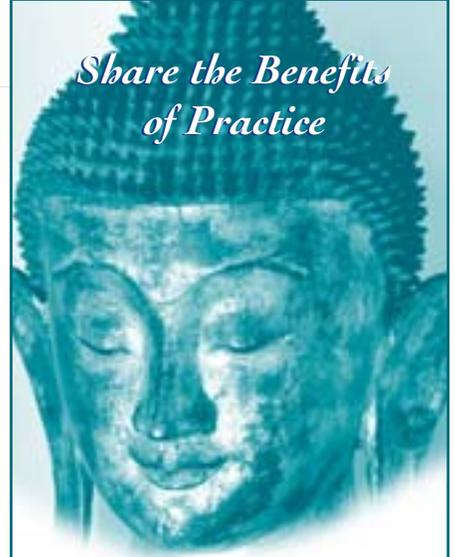
* 'You Choose' means that you can establish your own deposit amount and course fee, based on your financial means.

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

^{**} Please see page 22 for additional Family Retreat information.



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



Share the Benefits of Practice

Donate for Scholarships

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

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

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



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.

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.

Focusing on Freedom: Insight Meditation Weekend With Gloria Taraniya Ambrosia

This weekend will provide opportunities for slowing down and cultivating wise attention. We will make good use of silence, the practice of mindful awareness in sitting, walking and daily activities, and optional periods of gentle yoga to quiet our busyness. Dharma reflections will focus on the teachings of the Buddha – especially those that inspire freedom, faith and determination. The retreat is suitable for both beginning and experienced meditators.

Awakening the Natural Wisdom of the Heart: Insight Meditation Retreat With Tara Brach

Cultivating the two wings of the dharma - wisdom and compassion - is at the heart of contemplative practice. Our retreat together will explore the capacity to meet one's moment-to-moment experience with unconditional presence leading to intimacy with life and authentic freedom. The course will include mindfulness instructions in all activities, guided heart meditations, dharma talks and meetings with the teachers.

Women in Meditation: Insight Meditation Retreat

In the classical context of silence and sustained meditation practice, women have gathered together on this annual retreat for more than 20 years, creating a powerful sense of community in which our capacity for deepening in wisdom and compassion is supported. There are daily talks, instructions, lovingkindness practice and meetings with the teachers. Over the decades, this course has played a seminal role in honoring the long tradition of women in the meditative life.

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 interviews, opportunities for questions and discussion as well as yoga sessions. The course will end with a day



of activities centered on supporting community and integrating the practice into our daily lives.

**Freedom Here and Now:
Insight Meditation Retreat**
With Carol Wilson

The whole of the Buddha's teaching can be seen as showing us ways to free the mind from unhappiness, both in the present moment and for all time. In this retreat we will emphasize the theme of liberation through the instructions and dharma talks so that the living experience of freedom becomes an integral part of our practice.

**Jhānas (Meditative Absorptions)
Retreat for Experienced Students**
With Bhante Gunaratana

The *jhānas* are the deep states of tranquil concentration that the Buddha taught for the development of insight. Bhante Gunaratana will explain what the scriptures and ancient commentaries have to say about these states. He will also give practical advice how to enter into them and use them in meditation practice.

Sittings during this course may last one hour or longer. There will be an opportunity to observe the eight monastic precepts, which include abstaining from food after noon each day. An exception will be made for those who prefer to eat in the late afternoon - a tea meal will be served.

Participants are required to have sat at least one week-long insight meditation course. Please document this when registering.

Monastic Retreat

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

**Cultivating a Wise Heart:
Insight Meditation Weekend**
With Annie Nugent

Life presents us with the challenge of living from a place of wisdom and therefore true happiness, rather than from delusion and its corresponding suffering. Insight meditation leads us towards wisdom. By simply observing our bodies and minds, we begin to know experience as it presents itself. A deep understanding dawns, and we can live life with a wise and loving heart. This retreat aims to strengthen this understanding, enabling us to use everything in life as food for freedom.

**The Buddha's Path to
Happiness: A Weekend
for New Students**
With Rebecca Bradshaw

During this three-day weekend silent retreat, we will explore the Buddhist teachings on mindfulness and happiness. Designed for those who have never attended an insight meditation course, the schedule will include sitting and walking periods that are shorter than the standard IMS retreat format and support will be provided through talks and periods of discussion.

**Insight Meditation Retreat
for Experienced Students**
With Larry Rosenberg & Corrado Pensa

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

There will be a daily, optional period of mindfulness yoga. Please bring a yoga mat if you intend to participate.

Participants are required to have sat at least two week-long courses at IMS. Please document this when registering.

LIBBY VIGEON





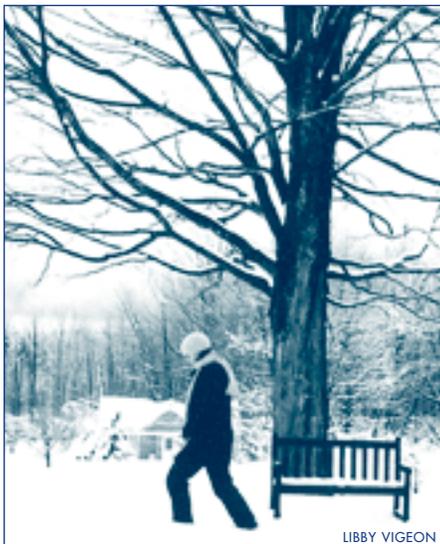
Teen Retreat

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

People of Color Retreat

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

Through the generosity of several donors, we can offer reduced rates (see pages 18 & 19) - our wish is to make the People of Color retreat



accessible to anyone who would like to attend. **You do not have to pay to participate.** Those who can contribute, however, help ensure that the community of POC meditators continues to flourish. *Free transportation is provided between New York City and IMS.*

The Path of Liberation: Insight Meditation Retreat With Christina Feldman

Insight meditation is a path of awakening, and a retreat is an invitation to nurture our capacity for the vastness of heart and mind that is possible for each of us. Attending to our body, mind, heart and each unique moment with a mindful and compassionate attention, we walk an ancient path that leads to the end of sorrow and the emergence of joy, serenity and freedom. Daily instructions, dharma talks, loving-kindness meditations, as well as regular meetings with the teachers are offered during the course.

Family Retreat

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

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

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

Due to the popularity of this retreat and our wish to support continuity for regulars as well as accessibility for new participants, all applications received by February 14, 2007 will be processed as follows: half of available spaces will be given to families who have attended three out of the past five years, or two out of the last three years, by lottery from all qualifying registrations. Families who have registered for the last two years without getting a place are automatically confirmed – please notify us if this is the case, prior to the lottery deadline. The balance of places will be drawn by lottery from all remaining registrations; those not selected, as well as any late registrations, will be put on a wait list.

The Power of Purification: Insight Meditation Retreat With Steve Armstrong & Kamala Masters

The cultivation of mindfulness is essential for maturing the *paramis*, the forces of purification. Mindfulness also calms the mind and deepens insightful understanding. Practicing awareness in all activities throughout this retreat together with *metta* – lovingkindness meditation - will lay the foundation for a dharma lifestyle.

Insight Meditation Retreats for Experienced Students With Ruth Denison & Julie Wester

Ruth Denison is a vipassana dharma elder whose style of teaching is unique in the IMS schedule. Her body-focused



teachings invite students to drop below the level of concept into the direct experience of life. In addition to sitting and walking meditation, Ruth spontaneously guides the moment-to-moment development of awareness in movement, chanting and playful celebration. While the retreat is held in noble silence, continuous meditation instruction will be given during her teaching periods.

Ruth will be joined in teaching by Julie Wester, a longtime student of Ruth's and member of the Spirit Rock Teachers Council. Ruth will be celebrating her 85th birthday during this time.

Participants are required to have sat at least two week-long insight meditation courses. Please document this when registering.

Insight Meditation Weekend for New Students

With Michael Liebenson Grady

This weekend is designed for practitioners who have never attended an insight meditation retreat as well as those who are brand new to this practice. A continuity of mindfulness will be emphasized in a supportive and silent atmosphere. Sitting and walking periods will be shorter than the standard IMS retreat format and the schedule will also include talks and periods of discussion.

Three-Month Retreat

The annual three-month course, including its six-week partials is a special time for practice. Because of its extended length and ongoing guidance, it is a rare 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 Four Foundations of Mindfulness.

Prerequisite is three 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.

Special cancellation fees and deadlines apply. 3MO and Part 1: up to June 15, \$50; from June 16 to July 31, \$150; after July 31, \$550 for 3MO and \$250 for Part 1. Part 2: up to July 31, \$50; from August 1 to September 15, \$150; after September 15, \$250. Please note that these amounts will apply even if you wish to move from any part of the course to another.

Resolutions of the Heart: New Year's Retreat

With Rodney Smith

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



New York Insight

New York Insight (NYI) was founded as a nonprofit center for the practice of mindful awareness (*vipassana* or insight meditation). NYI provides a place where all are welcome to begin or deepen meditation practice based on the liberation teachings of the Buddha. Programs include evenings with renowned meditation teachers, ongoing classes, daylong retreats and weekend courses for the integration of meditation teachings in daily life. The events, except where noted, are suitable for beginning as well as experienced meditators. NYI welcomes the participation of all interested people.

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



Retreat Center Registration Information

Registrations

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

Wait List

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

Payments

- Retreat fees and deposits are listed beside each course on the schedule (see pages 18-19). Pricing is on a sliding scale basis – this allows you to pay according to your means. **Any amount paid above the Low rate is a tax-deductible donation.**
- Most retreats require a deposit on registering, even if you are applying for a scholarship. Exceptions to this are:
 - if you are applying for a Youth Outreach scholarship (for ages 18-32) or for the Ryan Fund (for the Teen Retreat), the minimum deposit is \$50.
 - if you are registering for a retreat where the minimum deposit is on a donation basis.
- Please pay by check, credit card or money order in U.S. funds, drawn on a U.S. or Canadian bank. We cannot accept foreign cash or bank drafts.
- If possible, please pay the entire retreat cost on registering; this helps our efficiency.
- Make your check or money order payable to IMS, or include Visa or MasterCard information on the form.

Cancellation

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



Retreat Center Registration Form

PLEASE COMPLETE IN FULL AND PRINT CLEARLY

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

Mail to IMS, 1230 Pleasant St., Barre, MA 01005, USA

Or, you may prefer to register online at www.dharma.org

Course Code _____ Visit Dates: From _____ To _____ Deposit \$ _____

Name _____ Sliding Scale Amount You Will Pay \$ _____

Address _____ Have you been to IMS before? YES NO

City _____ State _____ Country _____ Zip _____

Check if new address. Old address _____

Day Phone _____ Evening Phone _____ Email _____

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

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

Retreat Experience (for BG, LR2, RD, PT1, PT2 & 3MO courses).

Please list teacher names, dates and locations *(attach extra paper if necessary)*.

I wish to apply for a scholarship: Please send me an application form

I have downloaded the form already

I wish to receive my confirmation packet: by email

by postal mail

Do you wish to receive our mailings? YES NO

May we share your address with similar organizations? YES NO

Do you wish to be on our emailing list? YES NO

May we share your email address with similar organizations? YES NO

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

Payment Information

My check is enclosed for \$ _____

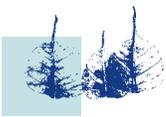


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...for the integration of scholarly understanding and meditative insight...

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Website: www.dharma.org/bcbs



Insight Journal

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

Articles in the Spring 2006 issue include:

Teacher Interview with Gregory Kramer

Getting the Message

by Ajaan Thanissaro

Sutta Studies: Truth

by Andrew Olendzki

Grounded by the Earth

by Anne Carolyn Klein

Working with Anger

by Harvey Aronson

...and more.

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

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

BCBS Schedule for 2006/2007

Nov 18, 2006	Michael & Narayan Liebenson Grady	Your Life is Your Practice
Nov 19	Kate Lila Wheeler	U Pandita on the Beautiful Mind
Nov 26-Dec 1	Mu Soeng	Nonduality in the Mahayana (Bhāvāna)
Dec 8-10	Mark Hart	Suffering and the End of Suffering
Jan 7-12, 2007	Andrew Olendzki	Abhidhamma: Buddhist Psychology
Jan 13	Rajesh Kasturirangan	Buddhism and Cognitive Science
Jan 14	Sumi Loundon	Teaching Meditation to Children
Jan 19-21	Chris Queen & Tony Stultz	Socially Engaged Buddhism
Jan 26-28	Mu Soeng	Time and Being in Buddhist Thought
Feb 2-4	Claire Stanley	Mindfulness for Educators
Feb 9-11	Christina Feldman	Demystifying Nibbāna
Feb 16-19	Ajaan Thanissaro	Questioning the Great Divide
Feb 23-25	Roshi Pat Enkyo O'Hara	Zen Koans as a Means to Wake Up!
Mar 1-4	Bill Morgan, Susan Morgan, et al.	Meditation for Psychotherapists
Mar 23-25	Gregory Kramer	Right Speech (Dharma Contemplation)
Mar 31	Ellison Findly	Buddhist Art
Apr 1	Myoshin Kelley	The Ease of Simply Knowing
Apr 6-15	Leigh Brasington	Satipatthāna and Jhāna
Apr 20-22	DaeJa Napier	The Kālāma Sutta
Apr 23	Bhante Gunaratana	Jhānas (Meditative Absorptions)
Apr 27-29	Shinzen Young	Meditation & Emotional Intelligence
May 5	Ajahn Amaro	Exploring the Nature of Nibbāna
May 6	Ajahn Amaro & Taraniya Ambrosia	The Fourfold Family of the Buddha
May 7-12	Andrew Olendzki, Taraniya Ambrosia, et al.	Essentials of Buddhist Psychology
May 13-18	Trudy Goodman, Paul Fulton, et al.	Meditation and Its Clinical Applications
May 27	Rabbis Jeff Roth & Sheila Weinberg	Mindfulness in a Jewish Context
Jun 1-3	Sayadaw U Tejaniya	TBA

For full course descriptions and registration, please request our program catalog by writing to bcbs@dharma.org or visiting www.dharma.org/bcbs.



INSIGHT NEWSLETTER

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