

Becoming Congruent with Life: **Insight Meditation Retreat**

March 19 – 23, 2021

The Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Insight Meditation Society

1230 Pleasant Street

Barre, MA 01005

978-355-4378

www.dharma.org

Program Description

Through the practice of meditation and the development of the Noble Eightfold Path we begin to experience the world as it actually is, not how we think it is or want it to be. Based on this correct understanding, we resist life less and become more harmonious or congruent with it. Because we are not in a state of resistance, we experience less agitation and stress, and more contentment and ease.

To support this unfolding, during the retreat we will practice observing the truth of conditionality: That all things, including our own bodies, thoughts and emotions, arise and pass away dependent on conditions. We will employ silent sitting, standing and walking meditation as vehicles to support the embodiment of this understanding. The daily schedule includes guided meditations, instructions and meetings with teachers.

At the end of this course, participants will be able to: 1) define mindfulness meditation; 2) utilize and strengthen their capacity of concentration; 3) practice the techniques of insight meditation in relation to thoughts, emotions, and moment to moment experience; 4) develop and strengthen their capacity to assess and advise clients as to the appropriateness of mindfulness meditation practice as a tool for healing 5) identify and mitigate mental, emotional and physical distress through open and non-judging attention, 6) decrease the level of stress that often arises in working professionally with human suffering; and 7) integrate personally and professionally, a greater balance of compassion for oneself and others.

The format will include **12.5** hours of guided meditations, talks, instruction, small group meetings, and Q and A sessions led by the teachers. There will also be periods of meditation and silent practice of the principles being taught (including during meals). This retreat is non-sectarian and does not require any adherence to Buddhism or any other adaptation of personal faith. The only requirement is participants' willingness to learn and practice the skills taught during the course. This retreat is suitable for both beginners and experienced meditators.

Daily Schedule (EST)

Friday, March 19

7 - 8:45 pm - Opening Session

Saturday, March 20

9:45 - 10:45 am - Sit & Instructions

11 am - 12 noon - Group Meeting (walking for those not in group)

2 - 2:45 pm - Sit & Instructions

4 - 4:45 pm - Dharma Reflections

7 - 7:45 pm - Chanting & Sit

Sunday, March 21

9:45 - 10:45 am - Sit & Instructions

11 am - 12 noon - Group Meeting (walking for those not in group)

2 - 2:45 pm - Sit & Instructions

4 - 4:45 pm - Dharma Reflections

7 - 7:45 pm - Chanting & Sit

Monday, March 22

9:45 - 10:45 am - Sit & Instructions

11 am - 12 noon - Group Meeting (walking for those not in group)

2 - 2:45 pm - Sit & Instructions

4 - 4:45 pm - Dharma Reflections

7 - 7:45 pm - Chanting & Sit

Tuesday, March 23

9:45 - 10:45 am - Sit & Instructions

11:30 - 12:45 pm - Closing Session

Suggested At-Home Practice Schedule (bolded sessions are online)

8 - 8:30 am

9:45 - 10:45 am

11 am - 12 noon

12 noon

1 pm

2 - 2:45 pm

3 pm

4 - 4:45 pm

7 - 7:45 pm

8:30 - 9 pm

Optional Chanting & Sit

Sit and Instructions

Group (Walking for those not in group)

Mindful food preparation & eating

Mindful walk/exercise

Sit and Instructions

Daily Life Practice

Dharma Reflections

Chanting and Sit

Optional Sit

Faculty

Chas DiCapua, MEd, has been practicing Buddhist meditation for almost 30 years. He has trained with Burmese meditation masters, western monastics of the Thai Forest tradition and senior western vipassana teachers. He has spent over two years in silent, intensive retreat. He has served as IMS's Resident Teacher at IMS since 2003 and is a graduate of the four-year joint Insight Meditation Society / Spirit Rock Teacher Training Program. He teaches retreats at IMS and at various centers and sanghas throughout the country.

As a way to address the wide spread suffering that is endemic in many partnered relationships, Chas explores how the dharma can be practiced in relationship, including how the masculine and feminine energies manifest in relationship, in spiritual practice, and in the world.

Jean Esther, MSW LICSW, has trained in meditation since 1975 and has been a practicing psychotherapist for over 39 years. She has trained with Burmese and western monastics as well as senior lay teachers in the Theravada and Thai Forest tradition. Jean is a Guiding Teacher of True North Insight in Canada. She teaches at IMS in Barre, MA, at Insight Meditation of Pioneer Valley, MA, and across the US and Canada. Jean's teachings, rooted in the primary teachings of

the Buddha, integrate psychological understanding, somatic awareness and a social justice perspective.

Continuing Education



Psychologists: This program is co-sponsored by the Institute for Meditation and Psychotherapy and the Insight Meditation Society. The Institute for Meditation and Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Meditation and Psychotherapy maintains responsibility for this program and its content. This course offers **12.5** hours of credit.



Social Workers: This program has been approved for **12.5** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D 81628-3.

Nurses: Nurses are welcome to pursue continuing education credit with IMS. As an approved provider through the APA and the NASW, many certifying and licensing nursing boards will accept the CEUs that IMS offers. We strongly recommend that you contact the board through which you are licensed or certified, to learn of your particular requirements. Specific questions can be directed to your state board. Please refer to the ncsbn.org website for more information.

Registration

You may register online at www.dharma.org. If you have any questions, contact us at imsonline@dharma.org.

A Note on Dana (Generosity): Most IMS teachers—like insight teachers around the world—rely on the generosity of students for their livelihood, and receive no compensation from course fees. All IMS online teachers receive a modest dana advance from IMS to guarantee a minimum level of financial support. (Click here to learn more about the dana practice.) There will be an opportunity to offer a contribution to your teachers at the end of this course.

Fees: For this course, sliding scale fees are \$160, \$210, \$260, or \$400, your choice. Registration fees support the Insight Meditation Society's work online and at our physical retreat centers in Barre, MA. Scholarships (\$80) are available. We welcome you to reach out, nobody will be turned away for lack of funds. For more information, please email imsonline@dharma.org.

Location: The entire course will be online.