

# *Living Dharma:*

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## An Insight Meditation Retreat for Beginners

May 14 – 17, 2021

The Institute for Meditation and Psychotherapy

[www.meditationandpsychotherapy.org](http://www.meditationandpsychotherapy.org)

and

Insight Meditation Society

1230 Pleasant Street

Barre, MA 01005

978-355-4378

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

### **Program Description**

After the challenges of the past year, many of us need an opportunity for renewal, for development of our innate potential for compassion and connectedness. On this retreat, we will explore how insight meditation practice can strengthen our capacities for connection by nurturing inner resources of mindfulness, lovingkindness, and wisdom.

Each day of the retreat, we will practice developing one of these resources, with an emphasis on cultivating continuity throughout the day. On day one, Michael Grady will provide instruction on mindfulness meditation. On day two, Tara Mulay will offer guidance on lovingkindness meditation. On day three, Jean Esther will lead participants in wisdom practices.

This in-home retreat is suitable for very new Insight Meditation students, those who are relatively new, and more experienced meditators who feel they could benefit from the support of group practice in a retreat format. The schedule will include guided meditation periods of 20 to 30 minutes, short dharma talks, and periods for discussion.

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

The format will include **13** 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). Although much of the culture and atmosphere at IMS reflects the Buddhist meditative tradition, 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

All times listed in Eastern Standard Time (EST):

Note: all bolded sessions are online and will be recorded and posted so you can view it later if you missed one.

### Friday, May 14

**7 - 8 pm - Opening Session with Michael, Tara and Jean**

**3:30 - 4:15 pm: Dharma talk**

4:15 - 5:00 pm: Walking Meditation

**5 - 6 pm: Guided Meditation & Discussion**

### Saturday–Monday Daily Schedule

**10 - 11:15 - Dharma Talk/Guided Meditation**

11:15 - 12 noon: Walking Meditation

**12 - 1 pm: Guided Meditation & Discussion**

1 pm - Lunch

2:30 - 3:00 pm: Sitting Meditation

3:00 - 3:30 pm: Walking Meditation

Saturday – Monday, May 15–17, dharma-talk topics:

- Mindfulness with Michael Grady (Saturday)
- Lovingkindness with Tara Mulay (Sunday)
- Wisdom Practices with Jean Esther (Monday)  
(Monday closing session with Tara, Jean and Michael)

## Faculty

**Michael Grady** began practicing Vipassana with Joseph Goldstein and Sharon Salzberg in 1974 when they first returned from Asia. He has also been a student of the late Chan master Sheng Yen. Michael is a core teacher at IMS in Barre, MA and was a guiding teacher at the Cambridge Insight Meditation Center for more than 20 years.

**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.

**Tara Mulay's** teachings stem from the lineage of Mahasi Sayadaw. She has gratefully drawn influence from many other teachers within and outside of the Mahasi lineage, including Howard Cohn, Kamala Masters, Gil Fronsdal, Joseph Goldstein, Sayadaw U Tejaniya, and Ayya Anandabodhi. Tara practiced criminal defense law in California for over 20 years. She was a leader of Mission Dharma in San Francisco, and in 2016 she co-founded the San Francisco People of Color Insight Sangha. She remained a core teacher with the group until the spring of

2019, when she relocated to Western Massachusetts. She currently serves on the Board of Directors of Insight World Aid. Tara is of South Asian (Indian) descent. She felt initially drawn to dharma practice upon encountering the Buddha's teachings rejecting social caste as a measure of worth and of capacity for awakening. She believes classical Buddhist practices, designed to cultivate compassion, non-greed, non-hatred, and non-delusion, are uniquely potent vehicles for empowering people in marginalized communities and effecting social change.

## 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 **13** hours of credit.



**Social Workers:** This program has been approved for **13** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D 81628-6.

**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](http://ncsbn.org) website for more information.

## Registration

**Registration:** You may register online at [www.dharma.org](http://www.dharma.org). If you have any questions, contact us at [imsonline@dharma.org](mailto: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 \$120, \$155, \$195, or \$300. We also offer a scholarship fee of \$60, and no-fee enrollment for those who request a fee-waiver. Our "Pay What You Can Afford" system supports the cultivation of a dynamic and inclusive community and contributes to the health and vibrancy of the sangha. Email [imsonline@dharma.org](mailto:imsonline@dharma.org) for more information or to request a scholarship or no-fee enrollment.

**Location:** The entire course will be held online.