

Fierce Heart of Compassion:

Dr. Martin Luther King, Jr. Online Meditation Weekend

January 15 – 18, 2021

The Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Insight Meditation Society

1230 Pleasant Street

Barre, MA 01005

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www.dharma.org

Program Description

Selfless love, compassion and peace are all boundless heart qualities reflected in the thoughts and actions of Dr. Martin Luther King, Jr. His vision of the Beloved Community sought to bring about the loving, connected presence of all beings living together with respect and dignity. In this retreat we will explore together how we can build Beloved Community through our awakened hearts.

Compassion aims at the alleviation of suffering – that of ourselves and each other – and can be fierce as well as tender. During this retreat we will look at the embodiment of fierce compassion as exemplified by Dr. King, and the challenges of fierce compassion both in our own lives and in our current social and global conditions. We will call on our mindfulness practice to support and cultivate clarity of mind and the full embodiment of lovingkindness, compassion, equanimity, and wisdom.

These qualities can serve as a strong refuge of inner strength and clarity, acting as catalysts for awakening within family, community, sangha and the larger global collective. With clarity of mind and an awakened heart, greater peace and equanimity can guide us into moving on this earth skillfully, as we are called to address the injustices that exist in and around us.

In this online retreat, we will cultivate continuity of mindfulness throughout all daily activities. This integrated practice will support an embodied intimacy with experience as we meditate while sitting, walking, meditating and listening to the teachings of the Buddha. Through this total integration we realize more fully that we are always in relationship with one another. All are welcome regardless of experience. Come and explore this reality with us.

At the end of this course, participants will be able to:

- 1) define mindfulness;
- 2) practice the technique of insight meditation;
- 3) identify and mitigate mental and physical compulsions by devaluing the judgmental mind;
- 4) identify and establish a greater balance of compassion for oneself and others, which will reduce the stress that arises in therapy with clients; and
- 5) better apply these techniques to self-care and social justice-oriented practice.

The format will include 9 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

Opening Session *Friday, January 15*

6:00-7:30 pm – Welcome, overview of content, meditation instruction (1.5 CE credit)

Daily Schedule

Saturday, January 16

9:00-10:00 am - Guided Metta Meditation

10:30-11:30 am - Beloved Community breakout groups

2:00-3:00 pm - Guided Compassion Meditation

3:30-4:30 pm - Movement

6:30-7:30 pm - Dharma Talk

Sunday, January 17

9 - 10 am - Guided Mudita Meditation

10:30 - 11:30 am - Beloved Community breakout groups

2 - 3 pm - Guided Equanimity Meditation

3:30 - 4:30 pm - Movement

6:30 - 7:30 pm - Dharma Talk

Closing Day

Monday, January 18

9 - 10 am - Guided Meditation

10:15 - 10:45 am - Teacher Reflections

**11:30 - 12:30 pm - Beloved Community MLK Birthday Celebration, aspiration & intention
guiding us for the year**

Faculty

Shelly Graf, Licensed Independent Clinical Social Worker, received their Masters degree in Social Work from the University of Minnesota in 2003. Since then, they have been privileged to work with children and teens, primarily in schools. Shelly provides clinical supervision and coaching to masters level student interns conducting individual and group counseling and skills work. Shelly is a trained Circle keeper in the traditions of restorative justice and conflict resolution, and has kept Circles in schools and in the broader community since 2004.

The practice of mindfulness meditation has significantly changed their life, allowing Shelly to forge their own journey with an open heart. Shelly is a grateful practitioner and community leader in mindfulness meditation, and works to bring the practice to teens and young adults. They have completed training in mindfulness-based stress reduction (MBSR), mindfulness-based stress reduction for teenagers (MBSR-T) with Gina Biegel as well as the Mindfulness in Schools Project curriculum. Shelly is the Associate Director at Common Ground Meditation Center and teaches a variety of programs there.

Nakawe Cuebas, RN, is licensed nurse practitioner and certified midwife, and has spearheaded women's wellness programs for over 40 years. She began meditation practice in 1998 with S.N. Goenka, continued under the guidance of Gina Sharpe, and now studies with various other teachers, focusing on longer-term retreats. She serves as a mentor for the Prisoner Correspondence Course, sponsored by the BAUS, and is a midwife in the Bronx community. She will soon graduate from the 2017-2021 IMS Teacher Training Program.

Devin Berry has been meditating for over 20 years. His practice is primarily informed by the classical teachings of early Buddhism and the Insight Meditation tradition. He has undertaken many

periods of silent long-term retreat practice. Devin completed the Dedicated Practitioners Program at Spirit Rock Meditation Center, where he is a visiting teacher. He is currently in the 2017-2021 Insight Meditation Society Teacher Training Program. Devin served as a core leader with San Francisco POC Insight Sangha. He is a community teacher at East Bay Meditation Center in Oakland, CA where he co-founded the teen sangha and the Men of Color sangha. Devin currently serves on the Board of Directors of Insight World Aid. He has recently relocated to Western Massachusetts and teaches nationally.

Devin is passionate about the power of witnessing and storytelling as a liberation tool. He is deeply committed to the personal and collective liberation of marginalized communities knowing that through the integration of reflection and insight, clarity and wisdom give rise to wise action.

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 **9** hours of credit.



Social Workers: This program has been approved for **9** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D81628-9.

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.

Fee: For this course, sliding scale fees are \$120, \$155, 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 for more information or to request a scholarship or no-fee enrollment.

Location: The entire course will be online.