

Spanish Home Retreat: **Cultivating a Calm Heart for These Uncertain Times**

February 25 – 28, 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

¿Cómo se puede cultivar un corazón tranquilo para los tiempos inseguros en que vivimos?

Te invitamos a participar en este retiro casero para explorar las prácticas budistas para apoyar y cultivar un corazón tranquilo lleno de sabiduría y compasión, que puede sobrevivir entre las inseguridades de nuestra vida y nuestro mundo.

Exploraremos las enseñanzas budistas de atención plena y amor bondadoso. Con estas meditaciones podremos reconocer verdades esenciales de nuestras vidas y ganar estabilidad en nuestros corazones. Esto nos ayudará a vivir en este mundo con más sabiduría, compasión y alegría. También, esta intimidad nos abre a vivir nuestra humanidad e interconexión con todos los seres vivientes y con la Madre Tierra.

Tendremos instrucciones diarias de meditación introspectiva (insight) y de amor bondadoso, charlas de las enseñanzas budistas y prácticas relacionales.

Personas a cualquier nivel de práctica en la meditación introspectiva/vipassana pueden inscribirse. Nuestro deseo es que este retiro sea accesible a toda persona que quiera participar.

Se ofrecerán créditos de educación continua para trabajadores sociales.



How can one cultivate a calm heart for these uncertain times we are living in?

We invite you to join us in this online home retreat to explore the Buddhist practices that can support and cultivate a calm heart full of wisdom and compassion, that can take us through the uncertainties of our lives and our world.

We will explore together the Buddhist teachings of mindfulness and the heart practices of loving kindness and compassion. With these meditations we can get true insights into our lives and be able to embody a steady, kind presence of mind and heart. This will help us to live in our world with more wisdom, compassion and joy. Also this intimacy with the way things are can open a interconnectedness with our humanity and with all beings and with our Mother Earth.

There will be meditation instructions, dharma talks on the Buddha's teachings, and relational practices. All are welcome, whatever level of practice you are at. Our hope is that this retreat will be accessible to all who want to participate. Continuing education credits will be available for psychologists, social workers and nurses.

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; 5) use mindfulness to develop better coping skills to manage the stress of migration/immigration, and better assist clients in doing so.

The format will include **12** hours of guided meditations, talks, instruction, small group meetings, and Q and A sessions led by the teachers. There will also be self-led periods of meditation and silent practice of the principles being taught. 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)

Thursday, February 25

4pm - 5:30pm - opening session and meditation- bruni & nakawe
7pm - 7:45pm - guided meditation - nakawe

Friday, February 26

10am - 11am - instructions and meditation - nakawe
1pm - 2:15pm - questions and answers - nakawe & bruni
4pm - 5pm - Dharma talk - nakawe
7pm - 7:45pm - guided meditation-bruni

Saturday, February 27

10am - 11am - instructions and meditation - bruni
1pm - 2:15pm - questions and answers - bruni & nakawe
4pm - 5pm - Dharma talk - bruni
7pm - 7:45pm - guided meditation - nakawe

Sunday, February 28

Optional Self-Practice: You can make your own itinerary (as shown here), depending on your own circumstances. (bolded sessions are online)

~ 9am stationary meditation
~ 9:30am walking meditation
~ **10am instructions**
~ 11:15am walking meditation
~ 12 lunch
~ **1pm questions and answers**
~ 2:15pm walking meditation
~ 2:45pm stationary meditation
~ 3:30pm walking meditation
~ **4pm Dharma talk**
~ 5:15pm dinner
~ **7pm meditative practices for the heart**
~ 8pm walking meditation

10am - 11 am - short talk (dharmette) about continuing the practice at home and in our daily lives; questions and answers - nakawe & bruni
11am - 12pm closing circle - bruni & nakawe

~ 8:30pm stationary meditation
~ 9pm rest

Faculty

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.

bruni dávila has practiced Vipassana and Zen since 1995. A student of Andrea Fella and Gil Fronsdal, she practices and teaches at the Insight Meditation Center in Redwood City, CA, and also teaches Dharma in Spanish in the wider Bay Area. She will soon graduate from the 2017-2021 IMS Teacher Training Program.

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** hours of credit.



Social Workers: This program has been approved for **12** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D 81628-7.

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 \$120, \$155, \$195 or \$200. We also offer a scholarship fee of \$20, 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.