**Insight (Vipassana) Meditation Leading to Liberation retreat**

August 5 - 9, 2021

Here are the resources Kamala referenced in her talks.

By Bhikkhu Bodhi:

Left to itself without the guidance of a superior source of instruction, the mind is prey to forces that swell up from within itself. dark forces which hold us in subjection and prevent us from attaining our own highest welfare and genuine good. These forces are the defilements (kilesa). As long as we live and act under their dominion we are not our own masters but passive pawns, driven by our blind desires into courses of conduct that promise fulfillment, but in the end m=lead only to misery and bondage. True freedom necessarily involves the attainment of inner autonomy, the strength to withstand the pushes and pulls of our appetites, and this is accomplished precisely by the development of the five spiritual faculties.

Rene Daumal, from “Mount Analog”

The first step depends on the last, and the last step depends on the first.

Dr. Martin Luther King, Jr:

Faith is taking the first step even when you don’t see the whole staircase.

Chuang Tzu:

The mind is like a mirror

It grasps nothing

It refuses nothing

It receives, but does not keep

Ayya Khema:

Since all of us have these faculties within, there is every reason to cultivate them. One finds oneself a more harmonious and balanced person, with less difficulties, capable of helping others. To develop these five faculties should be a primary object in one’s life. The balancing of them needs to be seen as connecting the heart with the mind.