

Exploring Samadhi & Jhana In Buddhist Meditation

with

Richard Shankman

February 9th & 10th, 2013
9^{AM} - 4^{PM}

Red Cedar Dharma Hall

1021 N. Forest St. Bellingham, WA

(Richard will also be giving a public talk
Friday, Feb. 8, 7-9pm at the hall)



The Teacher: Richard Shankman has been a meditator since 1970 and teaches at dharma centers and groups internationally. He is co-founder of the Sati Center for Buddhist Studies and of Mindful Schools. Richard is the author of "The Experience of Samadhi: An In-Depth Investigation of Buddhist Meditation". He lives in Oakland, CA. (www.richardshankman.org)

The Topic: How does concentration fit into insight meditation? Are there two paths of meditation practice, tranquility and insight, or one path that synthesizes the two into one practice? What are the deepest stages of Samadhi known as jhana? Is jhana concentration necessary for liberating insight? In this non-residential weekend of teaching, discussion and meditation we will explore the various ways Samadhi (concentration) and jhana are presented in the foundational Pali texts and the range of ways they are practiced and taught today. We will explore how concentration is understood in relation to insight, and how they can be brought together in a mutually supportive way. We will learn practices for concentration and jhana meditation and how to integrate them with insight meditation. The weekend will be divided evenly between teachings and meditation practice.

Cost: \$30.00 for BIMS (Bellingham Insight Meditation Society) pledge-members/\$40.00 non-members, plus an opportunity to offer dana (donation) to Richard. For information on becoming a BIMS pledge-member please visit us online at <http://www.bellinghaminsight.org>.

REGISTRATION FORM

Richard will be giving a public talk on Friday, February 8, 7-9 pm, at the hall

Richard Shankman non-residential meditation retreat February 9 and 10, 2013

Please note that the fees charged go to the Bellingham Insight Meditation Society (BIMS), and are used to cover BIMS costs only. There will be an opportunity to offer Richard dana (donation) for sharing the Dharma at the retreat.

Name _____ Phone _____

Address _____

City _____ State/Prov. _____ Zip/Postal Code _____

Email Address (used to confirm and mail any necessary info) _____

Check all that apply:

I am a BIMS member. I enclose a check or money order for \$30, U.S. funds.	
I am not a BIMS member. I am enclosing a check or money order for \$40, U.S. funds.	
I would like to contribute to BIMS scholarship fund. Amount: _____	

Cushions: The Red Cedar Dharma Hall has many cushions, mats, though you may bring your own if you prefer. Also, there are many chairs available.

Payment: Make checks payable to ***BIMS (Bellingham Insight Meditation Society)***.
Mail check and completed form to the registrar:

Megan Hinds
2716 Eldridge Ave
Bellingham, WA 98225

Email: 4mhinds@comcast.net Phone: 360-671-5485

Confirmation: A confirmation letter with additional information will be emailed (or sent by post if you prefer) to you after your registration form and check have been received.

Early registration is appreciated – thank you!