

Awakening Joy

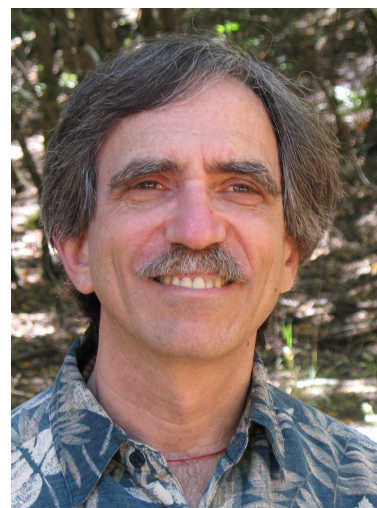
with

James Baraz

Saturday, March 15, 9 – 5 pm &
Sunday, March 16, 9 – 4 pm, 2014

Red Cedar Dharma Hall
1021 N. Forest St. Bellingham, WA

(James will also be giving a public talk
Friday, March 14, 7-9 pm at the hall)



The Teacher: James Baraz has been teaching meditation since 1978 and the Awakening Joy course since 2003. He leads retreats, workshops and classes in the U.S. and abroad and is a founding teacher of Spirit Rock Meditation Center in Woodacre, California. James is co-author, with Shoshana Alexander, of *Awakening Joy*, a book based on the course. He is also on the International Advisory Board of the Buddhist Peace Fellowship. James lives with his wife in the San Francisco Bay Area, has two sons and three grandchildren. For more info on James and his 10-month online Awakening Joy course, go to: www.awakeningjoy.info.

The Topic: In Buddhism, joy is both a Factor of Enlightenment and one of the four Divine Abodes. Today, as we are bombarded with messages that heighten our fear and sadness about the world, more than ever it is vital to understand the importance of joy as a central aspect of spiritual practice. We need to remember how to stay connected to that place inside that makes life worth living. Our own cultivation of well-being and joy can become our gift to a troubled world. In this workshop we will learn practical tools to incline the mind towards joy through silent meditation as well as interactive experiential processes. Topics include: inclining the mind toward wholesome states, appreciation (wonder and gratitude), embracing the difficult as a path to joy, the joy of letting go, the bliss of blamelessness and Mudita: sympathetic joy.

*"It is that gladness connected with the wholesome that I call an equipment of mind."
The Buddha*

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

REGISTRATION FORM

James will be giving a public talk on Friday, March 14th, 7-9 pm, at the hall

James Baraz non-residential meditation retreat March 15 and 16, 2014

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 James 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 ample zafus, zabutons, benches and chairs but you are welcome to bring your own if you prefer.

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

Karen Sheldon
2644 Donovan Ave
Bellingham, WA 98225

Email: karen.sheldon@gmail.com Phone: 206-235-3489

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!

