

Through Dhamma Eyes: Training in Awareness and Wisdom

with

Steve Armstrong & Alexis Santos

Saturday, June 25, 9 – 5 pm &
Sunday, June 26, 9 – 4 pm, 2016

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



*** Steve will also be giving a public talk Friday, June 24th at 7-9 pm at the hall ***

The Teachers: Steve Armstrong began his dhamma practice in 1975 with senior Western teachers Joseph Goldstein, Sharon Salzberg and Jack Kornfield. After 10 years of retreats and service as Executive Director and Board member at the Insight Meditation Society in Massachusetts, he travelled to Burma where he ordained for five years as a Buddhist monk and practiced intensive *vipassana* (insight) and *metta* (lovingkindness) at the Mahasi Meditation Center. Returning to the US in 1990, he disrobed from being a monk and since that time has led meditation retreats in Europe, Australia, New Zealand, Canada and the US, including the annual 3-month retreat at IMS. Since 2005, he has been practicing “mindfulness of mind” with Sayadaw U Tejaniya. Steve is a co-founding Director and Guiding Teacher of the Vipassana Metta Foundation.

Alexis Santos, a long-time student of Sayadaw U Tejaniya, a former IMS Retreat Support Staff, and a recent graduate of the joint IMS-Spirit Rock teacher training program will co-teach this retreat.

The Topic: Cultivating stable awareness of all experience is training in wisdom that reveals liberating insights into the nature of reality. We see that *everything* that appears is the natural display of impersonal conditions giving rise to their lawful effect. When the mind is supported by skillful view and is unclouded by confusion, greed or negativity, reality is accurately recognized. This is seeing the world through the eyes of the dhamma, and is the foundation for well-being and liberation. Complementary teachings and instructions from various Buddhist meditative traditions on wise understanding, right attitude for practice, the subtlety of reactive states of mind, the nature of awareness, mindfulness of mind, etc. will be offered. Suitable for beginning as well as experienced students.

Cost: \$25.00 for BIMS (Bellingham Insight Meditation Society) pledge-members, \$50.00 for non-members. In order to encourage young people to attend, we are asking a \$25 fee for anyone 35 and younger, regardless of pledging status. There is also an opportunity to offer dana (donation) for Steve and Alexis. For information on becoming a BIMS-pledge member please visit us online at <http://www.bellinghaminsight.org/>.

Please note that no one will be turned away for lack of funds.

REGISTRATION FORM

Steve Armstrong and Alexis Santos non-residential meditation retreat June 25 & 26, 2016

***** Steve will be giving a public talk on Friday, June 24th, 7-9 pm, at the hall *****
Weekend retreatants are encouraged to attend this talk

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 am enclosing a check or money order for \$25, U.S. Funds only.	
I am not a BIMS member. I am enclosing a check or money order for \$50 (\$25 for 35 or younger), U.S. Funds only.	
I would like to contribute to BIMS scholarship fund. Amount: _____	

Cushions: The Red Cedar Dharma Hall has many cushions, mats & sitting benches, 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)***.
Send check and completed form to the registrar:

Gretchen Harsch
P.O. Box 4141
Bellingham, WA 98227

Email: satisukha@comcast.net Phone: 360-714-1217

Confirmation: A confirmation letter with additional information, including directions to the Hall, will be emailed (or posted) to you after your registration form and check have been received.

Early registration is appreciated – thank you!