

# The Two Wings of Awakening, Wisdom and Compassion

with  
Jill Shepherd

Saturday, January 23, 9 – 5 pm &  
Sunday, January 24, 9 – 4 pm, 2016

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

(Jill will also be giving a public talk  
Friday, January 22nd at 7-9pm at the hall)



**The Teacher:** Jill Shepherd began practicing insight meditation in Thailand in 1999, and since that time has lived and worked at several meditation centers and monasteries in the US, Australia, England, and Thailand. She recently spent seven years on staff at the Insight Meditation Society (IMS) in Barre, Massachusetts, where she participated in several long retreats and Buddhist study programs, as well as offering weekly meditation classes at a nearby men's prison. She is currently a student in the IMS / Spirit Rock teacher training program under the guidance of Joseph Goldstein and Gil Fronsdal. She is also an Insight Dialogue teacher in training under the guidance of Gregory Kramer and Mary Burns. Currently, she divides her time between the US, Australia and New Zealand, teaching vipassana and brahma vihara retreats and offering ongoing study and practice groups focused on bringing the dharma into daily life.

**The Topic:** During this retreat we will explore the four brahma viharas: meditation practices which develop kindness (metta), compassion (karuna), joy (mudita), and equanimity (upekka). We will use a variety of different approaches to understand the ways these qualities support and reinforce each other and how, when they are balanced with meditation practice, deeper happiness and peace of mind is the natural result. Most of each day will be spent practicing silent sitting and walking meditation, with some guided meditation instructions and opportunities for individual and group meetings with the teacher. The retreat is suitable for people who have some familiarity with mindfulness and/or insight meditation practice.

**Cost:** \$25.00 for BIMS (Bellingham Insight Meditation Society) pledge-members/\$50.00 for non-members, plus an opportunity to offer dana (donation) for Jill. For information on becoming a BIMS-pledge member please visit us online at <http://www.bellinghaminsight.org/>

## REGISTRATION FORM

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**Jill Shepherd non-residential meditation retreat, Jan. 23 & 24, 2016**

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**\*\*\* Jill will be giving a public talk on Friday, January 22nd, 7-9 pm, at the hall \*\*\***

***Weekend retreatants are encouraged to attend***

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, <b>U.S. Funds only.</b>	
I am not a BIMS member. I am enclosing a check or money order for \$50, <b>U.S. Funds only.</b>	
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](mailto: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!***

