

**Mindfulness and
Concentration**
A Meditation and Study Course
with
Thanissaro Bhikkhu
September 11th & 12th, 2010
9^{AM} - 4^{PM}
Red Cedar Dharma Hall
1021 N. Forest St. Bellingham, WA



The Teacher: Thanissaro Bhikkhu (Geoffrey DeGraff) has been a Theravada Buddhist monk since 1976. After studying in Thailand with Ajaan Fuang Jotiko for ten years, he returned to the U.S. in 1991 to help found Metta Forest Monastery in the mountains north of San Diego where he is currently Abbot. Thanissaro Bhikkhu's writing includes *The Paradox of Becoming*, *The Mind Like Fire Unbound*, and *The Wings to Awakening*. He has also translated many meditation guides by Thai forest masters as well as numerous scriptural texts from the Pali canon.

The Topic: Mindfulness and concentration are two qualities essential to training the mind for the sake of release from suffering. At present they are often taught as two separate, even antithetical, practices, but the Buddha taught them as two elements in a single, unified practice. This course – through readings, discussions, talks, and meditation – will explore the Buddha's teachings on this topic and the ways that mindfulness and concentration can support each other in our own practice.

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

Food: There will be an hour and a half break for lunch. Feel free to bring your lunch or eat out. Tea will be provided. Please note: there will be an opportunity to offer food for the monks at mealtime. If you wish to offer dana at this time, please bring a small amount of food to share with the monks.

Early registration is suggested. Space is limited and we expect this course to be full.

REGISTRATION FORM

Thanissaro Bhikkhu non-residential meditation retreat, Sept. 11 and 12, 2010

Please note that the fees charged go to the Bellingham Insight Meditation Society (BIMS), and are used to cover BIMS costs. Thanissaro Bhikkhu offers the Dhamma freely, and neither he nor his monastery receive any of these registration funds. There will be an opportunity to support Metta Forest Monastery 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:

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|---|--|
| 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)***. Send check and completed form to registrar:

Caroline Kingsbury
302 S. Forest St.
Bellingham, WA 98225

Email: caroline@affoinfo.com Phone: 360-734-9903

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

Early registration is appreciated – thank you!