



# Beginning Again

## Introduction to Insight Meditation

Saturday January 14, 2012  
9<sup>AM</sup> - 3<sup>PM</sup>

**INSIGHT (VIPASSANA) MEDITATION** is a simple and direct practice that calms the mind, allowing you to see yourself and life as a naturally changing process. This moment-to-moment investigation into the mind-heart-body process through concentrated, focused awareness cultivates compassion for oneself and others and deepens understanding into the way things are. Vipassana practice originates in the Theravadan tradition of the teachings of the Buddha, but anyone can gain much benefit from the meditation practice whether they are familiar with Buddhism or not.

**Location:** Red Cedar Dharma Hall, 1021 N. Forest, Bellingham WA

**Cost:** voluntary donation to benefit Bellingham Insight Meditation Society

**Lunch:** tea provided; bring a simple lunch (or eat out in a nearby restaurant)

This day-long class includes both discussion and practice. Four meditation objects will be taught: sitting, walking, eating and metta (kind-heartedness). We will discuss core elements of Buddhism meditation practice. Ideas on developing a home practice as well as ways of cultivating awareness in our daily activities will be included in the class. Time will be allotted for questions and discussion.

The class will be taught by Carolyn McGlothin & Mary Stone. Carolyn has been practicing a variety of meditation styles and spiritual explorations since the early 1970's and Insight meditation for 10 years. She brings a playful curiosity to exploring meditation and the dharma teachings. Mary began practicing insight meditation in 1984. Her practice, both in meditation and daily life, benefits by going on retreats and by sharing and learning dharma with sangha friends. She's interested in experiencing the dharma and the practice path that leads to liberation. Both Carolyn & Mary are members of the Bellingham Insight Teacher Corps.

Pre-Registration Requested  
contact John Robinson, [john@treefrogfarm.com](mailto:john@treefrogfarm.com) or 758-7260