



Beginning Again

Introduction to Insight Meditation

Saturday November 9th
9 AM - 3 PM

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 will include 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 Mary Haberman & Jean La Valley. Mary teaches at Whatcom Community College and has been practicing Insight meditation for almost 10 years. She is on the BIMS board and co-facilitates BIMS' teen group. She loves hearing and sharing the Aha! moments that meditation practice generates. Jean has been practicing since 1980 and is part of the Community Dharma Leadership program through Spirit Rock Center- Insight Meditation West. She is interested in applying the dharma to the pleasures and dilemmas of daily life. Both Mary & Jean are members of the Bellingham Insight Meditation Society's Teaching Corps.

Pre-Registration Requested
contact Jean La Valley, ajeanelavalley@yahoo.com or 305-2595