



# Beginning Again

## Introduction to Insight Meditation 1.5

Saturday May 15  
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, and 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 build on the material from our introductory class in February and will also be suitable for anyone who has an interest in meditation but little or no experience. We will review the basic instructions for mindfulness meditation and the core teachings of wisdom, compassion, mental peace and kindheartedness that apply to our daily lives and concerns. Suggestions for developing a home practice and cultivating awareness in our daily activities will be presented. This class will include both discussion and practice and time will be allotted for answering questions.

The class will be taught by John Robinson & Jean La Valley. John has been practicing Insight meditation since 1974 and teaching since 1989. He brings a deep reverence for the interconnectedness of all life and a joy for spiritual community to his practice. Jean has been practicing since 1980 and is part of the Community Dharma Leadership program through Spirit Rock Center- Insight Meditation West. She is always interested in applying the dharma to the pleasures and dilemmas of daily life.

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