



Beginning Again

Introduction to Insight Meditation

Saturday February 28th
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 or not they are familiar with Buddhism.

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 Stone and Steve Hansen. Mary began practicing insight meditation in 1984. Her practice, both in meditation and daily life, benefits by going on retreats and by sharing, mentoring and learning dharma with sangha friends. Steve has had a regular meditation practice since 1976 and practicing in the Buddhist Insight style since 1989.

Mary and Steve are members of the Bellingham Insight Meditation Society's Teaching Corps.

Pre-Registration Requested
Contact Karen Sheldon, karen.sheldon@gmail.com or (360)647-8414