



# Beginning Again

## Introduction to Insight Meditation

Saturday March 22<sup>nd</sup>  
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 Laura Cardinal and Steve Hansen. Laura has been practicing meditation for four years and is the founder of Sangha Mamas, a meditation group for mothers and grandmothers. Laura is also a trained teacher of Mindfulness-Based Childbirth & Parenting and enjoys her work as an oncology social worker. Steve has been a regular meditator since 1977 and has practiced in the Buddhist Insight style since 1989.

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

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