



Beginning Again

Introduction to Insight Meditation

Thursday May 19th
6:00 to 8:30 p.m.

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 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 (BIMS)

During this class there will be several short meditation periods with guided instruction. We will explore 4 objects of meditation: sitting, walking, whole body awareness and metta (kind-heartedness). We will review and discuss core elements of Buddhist meditation practice. Ideas on developing a home practice as well as ways of cultivating mindfulness in our daily activities will be included in the class. There is time for questions and discussion.

The class will be taught by Jean La Valley and Steve Hansen. Both Jean and Steve are members of the Bellingham Insight Teaching Corps.

Jean has been practicing insight meditation 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. Steve has been a regular meditator since 1977 and has practiced in the Buddhist Insight style since 1989.

Pre-Registration Requested

contact Karen @ 360-647-8414 or karen.sheldon@gmail.com