



Beginning Again

Introduction to Insight Meditation

Saturday September 27th
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 Haberman and Geneva Blake. Mary is a community college and high school teacher and has been practicing Insight meditation for 10 years. She is also on the BIMS board. Geneva started meditating as a teenager (thanks to the Beatles). A member of BIMS since 2009, she currently serves as the treasurer of the BIMS board. She is grateful for the many teachers and opportunities to practice that she encounters every day.

Mary and Geneva 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