



# Beginning Again

## Introduction to Insight Meditation

Sunday February 22  
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, but 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 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 and 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 John Robinson & Jean La Valley. John has been practicing Insight meditation since 1974 and teaching since 1989. He brings a deep reverence to the interconnectedness of all life 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 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), 360-758-7260