

Living Dharma:

Mindfulness, Kindness & Wisdom

March 1–6, 2019

The Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Insight Meditation Society

1230 Pleasant Street

Barre, MA 01005

978-355-4378

www.dharma.org

Program Description

All aspects of our lives hold the potential for deep and direct seeing into the nature of suffering and discovering a path to freedom. This retreat will support this process of awakening by encouraging a continuity of mindfulness in all activities throughout the day, while developing a kind and wise attitude in relating to whatever arises.

As we awaken and connect more fully to the present moment, all of life is then experienced as meditation. And with this understanding, we discover that each moment of our unfolding lives provides an opportunity for nurturing our innate capacity for kindness and wisdom.

This course, held within the context of silence, is suitable for both new and experienced meditators. The format will include meditation instruction, silent sitting and walking meditation periods, as well as talks about the Buddha's teachings and meetings with the teachers. Guided *metta* (lovingkindness) practice will be offered each day.

At the end of this course, participants will be able to: 1) define mindfulness meditation; 2) utilize and strengthen their quality of concentration; 3) practice the techniques of insight meditation in relation to thoughts, emotions, and moment to moment experience; 4) strengthen their capacity to assess and advise clients as to the appropriateness of mindfulness practice for them; 5) identify and mitigate mental, emotional and physical distress by developing an open and non-judging attention, resulting in a decrease of stress that often arises in working professionally with human suffering; and 6) identify and create a greater balance of compassion for oneself and others.

The format will include **15** hours of guided meditations, talks, instruction, small group meetings, and Q and A sessions led by the teachers. There will also be periods of meditation and silent practice of the principles being taught (including during meals). Although much of the culture and atmosphere at IMS reflects the Buddhist meditative tradition, this retreat is non-sectarian and does not require any adherence to Buddhism or any other adaptation of personal faith. The only requirement is participants' willingness to learn and practice the skills taught during the course. This retreat is suitable for both beginners and experienced meditators.

Faculty

Michael Grady began practicing Vipassana with Joseph Goldstein and Sharon Salzberg in 1974 when they first returned from Asia. He has also been a student of the late Chan master Sheng Yen. Michael is a core teacher at IMS in Barre, MA and was a guiding teacher at the Cambridge Insight Meditation Center for more than 20 years.

Jean Esther, MSW LICSW, has trained in meditation since 1975 and has been a practicing psychotherapist for over 36 years. She is a guiding teacher of True North Insight in Canada. She also teaches meditation at IMS in Barre, MA, at Insight Meditation of Pioneer Valley, MA, with Inward Bound Mindfulness Education (IBME), and across the US and Canada. Jean's teachings integrate psychological understanding and somatic awareness with Buddhist teachings on love and wisdom.

Continuing Education



Psychologists: This program is co-sponsored by the Institute for Meditation and Psychotherapy and Insight Meditation Society. The Institute for Meditation and Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Meditation and Psychotherapy maintains responsibility for this program and its content. This course offers **15** hours of credit.

Social Workers: This program has been approved for **15** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work. Authorization Number D 80042-7.

Nurses: Nurses are welcome to pursue continuing education credit with IMS. As an approved provider through the APA and the NASW, many certifying and licensing nursing boards will accept the CEUs that IMS offers. We strongly recommend that you contact the board through which you are licensed or certified, to learn of your particular requirements. Specific questions can be directed to your state board. Please refer to the ncsbn.org website for more information.

Registration

You may register online at www.dharma.org. You may also call IMS to register: 978-355-4378.

Fee: IMS has a sliding scale fee structure. The minimum fee for this course is \$420, the sustaining fee is \$700, and the benefactor rate is \$1,175. A modest number of scholarships are available by application and will be awarded on a first-come, first-served basis.

Please note that IMS's sliding scale fee structure covers accommodations and meals only. As is customary here, the teachings are freely offered by the course faculty, who do not receive compensation. Instead, participants are invited to support the teachers via a donation at the end of the retreat.

Location: The entire course will be held at the Insight Meditation Society, 1230 Pleasant Street, Barre, MA 01005.