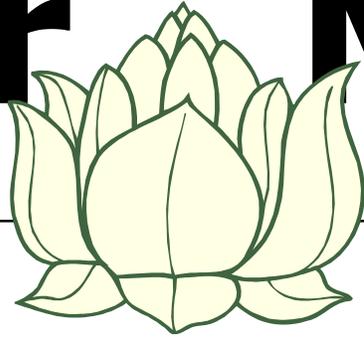


Clear Mind

Volume 13, no. 2

June 2006



Residential Retreat GINNY MORGAN October 12-15, 2006 Pine Lake Center, Westfield, WI

We welcome back a much loved teacher, Ginny Morgan. Ginny's warmth and heart-felt teachings have been of tremendous benefit to those fortunate to attend her retreats and we are so pleased she will be joining us again. The registration form for this retreat is included in this newsletter.



This retreat is suitable for beginning or experienced meditators. The cost of the retreat, vegetarian meals, and a double room is \$250.00. In keeping with the Buddhist tradition there is no charge for the teachings, however, a donation to the teacher is encouraged.

Details and a registration form are included in this mailing as well as at: www.vipassana.net Questions about registration can be directed to Julie Meyer at (608) 231-1558. To discuss special needs for accommodations or food, email Julie at: juliemeyer@ameritech.net Please remember that we do have a scholarship fund that may be able to cover part of the retreat costs for those otherwise unable to attend the retreat. Contact John Cotter at 221-1632 for details about the scholarship fund and to discuss your situation.

Please Register for Ginny Morgan retreat by August 10th

Each retreat center we use has different rules regarding the amount of deposit they require for a retreat and different dates when that deposit becomes nonrefundable.

Pine Lake would like to know how many rooms we will need no later than mid August, 2006. Because of this, we ask you to register by August 10th. Late registrants should check with the registrar regarding availability. As always, we will maintain a waiting list so it is worthwhile to get on the list as there are always last minute cancellations. Thanks very much for your cooperation! See you at the retreat.

Ginny Morgan at Oct 15th Sunday Night Sitting

We are fortunate that Ginny Morgan has agreed to stay on after the retreat to lead our regular Sunday Night sitting from 6-8pm. If you are unable to attend the retreat, this is a wonderful opportunity to hear Ginny teach and benefit from her wisdom.

2nd Annual 'Sit with the Sky' July 30, 2006

On July 30th our regular Sunday night sitting will NOT take place at First Unitarian Society, but instead will be at Picnic Point on the University of Wisconsin-Madison campus. We'll have a meditation as usual, so please bring something you can use to meditate outside on the grass. We'll meet at the same time as usual, 6-8pm. Meet at the beginning of the path into picnic point, by the parking area.

James Baraz's *Awakening Joy* Class Offered by Email

Dear Madison Friends,

It was wonderful being with your Madison community in June. I really felt welcomed and inspired by how strong your sangha is. It was very rewarding to feel your sincerity as you practiced, whether you were new or experienced practitioners.

I'm writing about my upcoming "Awakening Joy" course, which will start July 25th. This is the sixth time I'm offering this course with over 900 people having participated. Participants by and large have experienced what I had hoped they would: it is possible to awaken joy through monthly practices that incline the mind that way.

The principles of the course are universal though much of the material includes Buddhist philosophy drawn from my 25 years as a Buddhist meditation teacher. The Buddha taught: **"Whatever the practitioner frequently thinks and ponders upon will be the inclination of their mind."** Current cutting edge brain research is proving him right by showing that we actually change our brain structure as we practice certain states of mind. He also spoke about the value of experiencing **"gladness connected with the wholesome"**. This gladness is what I'm calling a joyful heart. The more we incline the mind toward wholesome states of well-being, the more available they are to us. In his teaching on Right Effort, the Buddha underscored the importance of maintaining and increasing these wholesome states that lead to true happiness. This is what we will be doing.

The word joy may be a stretch for some. Perhaps you can't imagine yourself skipping through a meadow with childlike exuberance. Don't worry. Truly happy people are not happy *all* the time. They feel sad and angry and have the whole range of human emotions. We're not talking about having a syrupy facade or being in denial. **I see joy as a general quality of aliveness and well-being that is characterized by engagement with life, meeting its ups and downs with authenticity and perspective.** It can look very different from person to person from a quiet sense of contentment to bubbly enthusiasm. That will be one of your discoveries—identifying how joy expresses itself uniquely through you.

You can participate in this course in person or by email. We will have six monthly sessions on

July 25, Nov. 7, Aug. 29, Dec. 5, Oct. 3, and Jan. 2. For those participating via email, throughout the course I will be sending you the monthly themes and practices including readings, within 72 hours of each class meeting. We also will connect people with cyberspace buddies (see *How to Enroll* following this letter). People from all over the country (and outside the US) will be doing the course by email.

Each month we will focus on one or more practices related to cultivating joy from a curriculum of topics I've put together. There will be a presentation on the themes for the month along with meditations and experiential exercises in either dyads or triads or group discussion. For email participants, the exercises may be performed with your buddy.

Although the idea of cultivating more joy is meant to be an uplifting experience, it takes genuine intention to develop new habits that begin to naturally incline the mind that way. **The more you put into the course, the more you will get out of it. However, you can do it to whatever extent you are able.** We have enough responsibilities to make us feel guilty as it is. Joy does not follow from guilt. You will be encouraged to do whatever practices we are focusing on in a way that works for you. You'll be encouraged to have a daily meditation practice (which will include inclining the mind to some aspect of joy), read some supportive material (there is one book we will use) and engage in some other regular practices including: some body exercise or movement and some regular creative expression (singing, drawing, writing, dancing, etc.). The course is more effective for all participants if it is done with a buddy you check in with weekly (5-10 minutes by phone or email). When people feel the support of a partner, it gives a real impact on the experience. I hope that you and your buddy can keep up that connection. (See *How to Enroll* following this letter regarding buddies.)

The suggested donation for the course is \$150 (\$25/month). I want to offer it in the spirit of generosity that I usually teach. **If the suggested donation is an obstacle, you are welcome to give what, for you, would be an offering in that same spirit of generosity.**

I do not want finances to get in the way of your participation.

If possible, I'd like to have people settle the finances for all sessions at the beginning of the course. This will increase the likelihood of sustained individual

and group commitment, which I really think is important in doing this together. It will also greatly simplify bookkeeping. If, however, it is more workable for you to do it in two or three segments or even monthly if that would make a difference, then that can be arranged with the course administrator Shoshana Cole.

All enrollees will be encouraged to participate in all the classes, whether onsite or via email. **All participants will receive the email follow ups**, so if you're doing the course live and need to miss a class, you don't need to worry, as you will still receive the course material and practices. The live talks will also be available over the internet.

My intention is that this class be a fun and nourishing experience for you. Think of it as a gift you're giving yourself rather than one more thing you *have to do*. As soon as convenient, please let Shoshana know if you would like to participate.

(Meditation practice experience is not a prerequisite.)

May you be happy,
James Baraz

NOTE: Details on 1) how to enroll, 2) course preparation, and 3) feedback from prior years, are available on Madison Vipassana's website at: www.vipassana.net/classes

Local Awakening Joy Group Forming

If you are planning to participate by email in James Baraz's awakening joy course, would you like to have a monthly opportunity to meet with others also taking the class?

We are forming a group to discuss the month's practices and our experiences in cultivating joyful minds. The group will meet monthly on August 23rd, September 27th, October 25th, November 15th, December 20th, and January 24th. Participants are asked to make a commitment to attend all of the in-person sessions so that we can form a safe and trusted community for sharing our experiences.

The group will meet 9638 Shadow Ridge Trail in Middleton. Directions are on the web at www.vipassana.net/weekly. Please sign up for the local group by contacting Jan Sheppard at 829-0944 or uppekha@yahoo.com by August 6.

Receive this Newsletter Electronically

Our newsletter mailing list has grown to 400! In order to improve communication, and potentially save some costs, this and all future newsletters will now be posted on our website and sent to our email list, as well as sent by US mail to those on our hardcopy mailing list. If you do not want to receive this newsletter by US mail any longer, please send an email to Peter at kaufman@doit.wisc.edu and ask to be removed from our hard copy mailing list. Please include your full name and address so we are sure we are removing the correct person.

If you are willing to receive this newsletter as an electronic file rather than a hardcopy through the mail you will help us to save paper as well as expense. You will now be able to find the newsletter on our website or sign up for our email list and it will be sent directly to your email address. To subscribe to our email list, send a message with no subject or content to mimg-subscribe@yahoogroups.com. There are usually fewer than 4 messages per week.

Activities of Madison Insight Meditation Group

For more details on any of the following events visit our website at www.vipassana.net or email uppekha@yahoo.com

Sunday weekly sitting, 6-8 pm, 900 University Bay Drive, Madison
1st, 3rd, 5th Sunday: 45 minute meditation following by talk and discussion.
2nd, 4th Sunday: 45 minute sitting meditation, 20 minute walking meditation, 45 minute sitting meditation
Note: 2nd Sunday includes separate Introduction to meditation from 6-7:15 pm.

Tuesday weekly sitting, 6:30-8 pm, 9638 Shadow Ridge Trail, Middleton, check www.vipassana.net for directions and details.

Chanting and meditation: first Monday of the month, 9638 Shadow Ridge Trail, Middleton

Bi-monthly half day sittings & potluck, first Saturday every other month, 9 am-1 pm, dates listed at www.vipassana.net

Highway cleanup, periodically throughout the year, call Dave at 238-1234 for details.

Email list: to subscribe send an empty message to mimg-subscribe@yahoogroups.com

Madison Vipassana, Inc.
9638 Shadow Ridge Trail
Middleton, WI 53562

Meditation Class

This six week class, taught by Janice Sheppard, will introduce the basic principles of breath based meditation as outlined by Gotama Buddha more than 2549 years ago. The principles, strategies and fundamental truths about the working of the human mind that the Buddha pointed out offer us a way to train the mind and cultivate ease, clarity, kindness and awareness in our daily lives. Participants will learn techniques for formal sitting and walking meditation as well as informal practices to establish and cultivate joy, open heartedness, kindness and wisdom.

Thursdays, August 3, 2006 –September 7, 2006

5:30-7:00 p.m.

Yen-nien Daoguan, Madison
2929 Atwood Avenue, Suite 100
Madison, WI

Fee: \$60 (please contact Kathryn at 251-4726 if the fee is an obstacle to participation as some adjustment may be possible.)

Questions: contact Jan at uppekha@yahoo.com or 608-829-0944.

To Register, send fee and name, address, city, state, zip, phone and email to:

YND, Madison
801 Emerson St.
Madison, WI 53715

Mindfulness Based Stress Reduction Program

For details, cost and dates contact:
Kathy Bonus, 608-265-8325, The Center for Mindfulness
UW Sports Medicine Clinic, 621 Science Drive



Clear Mind

the Newsletter of
Madison Vipassana, Inc.,
Madison, Wisconsin



This newsletter is published periodically to inform our members of our activities and of events of interest to the Vipassana community. Much of this information is also published on our website at: <http://www.vipassana.net>

Jan Sheppard: Editing, Layout & Design.
Cathy Loeb, Duplicating and Distribution.
To be added to the mailing list contact Jan at 829-0944 or uppekha@yahoo.com

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