

CLEAR MIND



The Newsletter of Madison Vipassana, Inc. Madison, WI

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*Wisdom springs from
meditation;*

*Without meditation
wisdom wanes.*

*Having known these two
paths of progress and
decline,*

*Let a man so conduct
himself that his wisdom
may increase.*

Dhammapada 282

Gloria Taraniya Ambrosia Residential Retreat, April 28-May 3, 2009



We are extremely pleased to welcome back Gloria Taraniya Ambrosia to lead a residential retreat at the Christine Center in Willard, WI. Gloria Taraniya is an experienced and knowledgeable teacher who is known for her joyfulness and sincerity. She has been a Dharma teacher since 1990. She is a student of Ajahn Chah and Ajahn Sumedho of the Thai forest Tradition, and is a Lay Buddhist Minister in association with Abhayagiri Buddhist Monastery in California. She served as resident teacher of Insight Meditation Society in Barre, MA, from 1996 through 1999 and is currently on the faculty at the Barre Center for Buddhist Studies, also in Barre, MA. We hope you'll be able to attend the retreat in order to benefit from her deep practice and study.

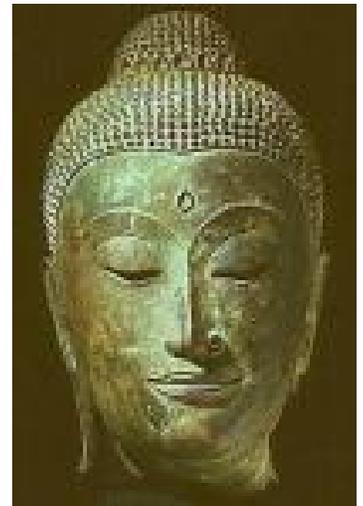
The theme for the retreat will be ***The Five Aggregates: The Five Focuses of the Grasping Mind.*** The teaching of the five aggregates is a skillful way of seeing all that we experience (all sensual phenom-

ena) as fitting into five groups or categories—body, feeling, perception, mental formations, and sense consciousness. The Buddhist teachings state that through misunderstanding our true relationship with experience at these levels, we cling to the five aggregates with desire, attachment, and the wrong view of self. In short, we take these five aggregates and create a person around them. Then we cling to the person as being who we are. This, says the Buddha, is suffering. Freedom comes when we learn to let experience be—without adding anything to it or taking anything away. Thus, we see the truth of existence and we are free. During this retreat, we will examine this important teaching of the Buddha in an environment of silent meditation practice. Participants will practice mindfulness techniques while sitting, walking, eating, and moving about throughout the day. This retreat is suitable for beginners and seasoned meditators alike.

The cost for the retreat is \$355 which covers shared rooms and vegetarian meals, teacher transportation, and other retreat expenses. To inquire about options for families and retreatants with children, contact Cindy at 608-220-4015. Childcare will not be provided. In keeping with Theravada Buddhist tradition, and the Buddha's exhortation

that the teachings be freely available to all, the teacher is not paid for teaching during the retreat; however, a donation (*dana*) to the teacher from those in attendance is encouraged.

To register, complete the registration form and mail it as instructed on the form. The registration form for the retreat is an insert in this newsletter or available at www.vipassana.net/retreats. To discuss special needs or other registration questions, contact juliemeyer@tds.net. To offer a ride or to request a ride, contact Beth at bracette@gmail.com. We have limited scholarship funds available. Please contact Laura at 608-238-7376 for details about the scholarship fund and to discuss your situation. We encourage early registration to be certain of a spot.



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Winter Introductory Meditation Classes February 7-28

Madison Vipassana, Inc., has had a wonderful response to the introductory meditation series we have held several times in the last year. We are offering the 4-week series *Training the Mind* series this winter February 7-28, 2009. (This series will be offered again in the summer. Exact dates will be announced at www.vipassana.net/classes)

Training the Mind: The Skill of Meditation offers an introduction to the practice of breath meditation and the development of calm and insight. The series of four two-

hour classes is intended to be practical and experiential.

Students are asked to attend all four sessions and practice during the week in order to benefit and apply the new strategies and skills presented during the prior classes. The teaching and content of the class will be cumulative, so attending the entire series will be of most benefit.

No prior experience or knowledge is necessary to enroll. The class is offered on a *dana* (generosity) basis. The classes are on Saturday mornings, 9-11 am each week. The

winter classes will be co-led by Jan Sheppard and Diana Grove. They will be held at 9638 Shadow Ridge Trail, the same location as the regular Tuesday night sitting. Directions are at www.vipassana.net/weekly at the entry for the Tuesday night sitting.

To register for the class, send an email indicating your interest, full name, email, phone number, and address, to: uppekha@yahoo.com Questions about the class can be directed to Jan at the same email address or at 608-829-0944 (after 6 pm if a weekday).

MIMG Welcomes Gloria Taraniya Ambrosia Sunday May 3, and Tuesday May 5

Join Madison Insight Meditation Group (MIMG) at our regular weekly meditation on Sunday, May 3, at 6 pm at the First Unitarian Society, and/or Tuesday, May 5, at 6:30pm at 9638 Shadow Ridge Trail, and get an opportunity to learn from Gloria Taraniya Ambrosia. Gloria will give the Dhamma talk each of these evenings.

If you can attend her retreat, this gives you another chance to benefit from Gloria's depth of knowledge. If you aren't planning on attending the retreat, this is a chance to still be able to sit with her. An opportunity to offer *dana* for Gloria will be available each evening. Questions can be directed to Jan at uppekha@yahoo.com



Go Green: Receive this Newsletter Electronically

If you are willing to read or download this newsletter as an electronic file, rather than a hardcopy through the mail, you will help the environment by saving paper as well lower our mailing expenses. You can find the newsletter on our website at www.vipassana.net/newsletters, or sign up for our email list and you will receive an email notice when the newsletter has been posted on the web. 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.

If you currently receive the newsletter via U.S. mail and would like to be removed from the hard copy mailing list, send an email to Peter at kaufman@doit.wisc.edu Please be certain to include your full name and complete mailing address so he is sure to remove the correct person.

Continuing Meditation Class March 14-April 4

Madison Vipassana, Inc., is adding another meditation class to build upon the introductory *Training the Mind* class. This new class is intended for those who already have an established daily meditation practice and who wish to learn more about the Buddha's teachings in order to deepen and strengthen their practice. **Clearing the Path: Meditation in Context** will build upon the introductory class and assume a basic understanding of breath meditation. Like the introductory series, this class will be a four-session series, for two hours on consecutive Saturday mornings March 14-April 4. The class will be led by Janice Sheppard and offered on a *dana* basis.

If you are interested in registering or have questions, please contact Jan at uppekha@yahoo.com

Madison Vipassana, Inc.

Upcoming Retreats

Mark Your Calendar Now!

James Baraz, October 8-11, 2009
Pine Lake Center, Westfield, WI

Myoshin Kelly and Patricia Genoud,
March 20-26, 2010, St. Anthony Center,
Marathon, WI

Sharon Saltzberg, non-residential
Summer 2010, details to be determined

Meditation: A Practice for All Phases of Life

The Board of Madison Vipassana, Inc., and the Steering Committee of Madison Insight Meditation Group (MIMG) understand that meditation can be of great benefit throughout the lifespan. The board is interested in making sure that our weekly sittings and retreats are welcoming and accessible to people of all ages and life circumstances. Beginning to practice at any point in life is beneficial, and we want to encourage people to be able to start as soon as they recognize they have an interest in doing so. Sometimes when young people are faced with juggling the demands of setting priorities and finding their places in the world while also attending school, starting a career, or raising a family, it can be very challenging to also begin or maintain a spiritual practice. Yet, we know that for young and old, having a spiritual practice that strengthens mindfulness, kindness, and compassion may be one of the most helpful means to remain grounded through the inevitable transitions in life.

Similarly, as we age, nothing can help us through the trials of aging and illness as much as a well-grounded spiritual practice. But physical limitations can make getting to or being at group meditation activities difficult.

We want our retreats and sitting groups to feel welcoming to people of all ages and abilities. The Board/Steering Committee is seeking to make that the case. We are experimenting with ways to allow people with young children to attend our retreats. We also have retreat scholarship funds that can assist those whose financial means are limited, such as young people in school and older people living on fixed incomes. We've also recently been able to offer personal assistance or special accommodations to people with disabilities so that they can attend residential retreats. If you have other ideas that would make our retreats or sitting groups more welcoming and accessible to people of all ages, backgrounds, and abilities, please share them with a member of the board. Board/Steering Committee members are Laura Berger, Lori Creswell, Cathy Loeb, John Majer, Cindy McCallum, Julie Meyer,

Beth Racette, and Jan Sheppard. If you'd like to send an email, you can direct it to Jan at uppekha@yahoo.com, and she will share it with the whole board.

Chrysalis: The Story Behind Clear Mind

If you ever thought about how *Clear Mind* finds its way into your mailbox, you probably imagined that it's written, produced, and mailed out by volunteers in our organization. Volunteers from *Madison Vipassana and MIMG* do indeed write and produce this newsletter and take it to the post office to be mailed. But between the production and the mailing is the substantial work of folding newsletters and affixing labels and stamps.

Most issues of *Clear Mind* are folded, labeled and stamped by volunteers at the Work Center Program at *Chrysalis*, and with a mailing list of 400, our newsletter is a big job. *Chrysalis* is a nonprofit organization established in Madison in 1980 to create and support work opportunities for individuals with mental illness. *Chrysalis* offers two core programs: The Supported Employment Program serves individuals who are seeking community-based employment by offering them vocational skills assessment, assistance with job searches, and initial on-the-job training. The Work Center Program offers participants facility-based work experience, daily structure, assistance with work-related skills, and an opportunity to improve social skills. Volunteers in the Work Center Program complete bulk mailing projects at no cost for Dane County nonprofit organizations, including Madison Vipassana, Inc. *Chrysalis* receives funding from the Dane County Department of Human Services, Community Shares of Wisconsin, the Department of Vocational Rehabilitation, and community donations. If you'd like to know more about *Chrysalis* or offer *dana* to support its programs, visit the Web site at <http://www.workwithchrysalis.org/>

Love and Wisdom

Retreat with Rebecca

Bradshaw, February 13-16

Twin Cities Vipassana Cooperative (TCVC) invites you to attend a 3-day retreat over President's Day weekend (Friday evening through noon on Monday), February 13-16. A full description and registration form are at www.tcvc.info/grd/grd_2009_winter.pdf

This 3-day weekend retreat will explore both love and wisdom as paths to deep acceptance and peace with life as it manifests in each moment. With kindness-infused awareness we'll cultivate the freedom where heart, mind, and body connect. This retreat provides a good introduction for new students and time to deepen practice for experienced students.

Rebecca Bradshaw, a Minnesota native, teaches at the Insight Meditation Society in Barre, MA, around the United States, and at the Kyaswa Monastery in the Sagaing Hills region of Burma. She is the Guiding Teacher of the Insight Meditation Center of Pioneer Valley in Western Massachusetts, a psychotherapist, and the Buddhist advisor at Mount Holyoke College.

The retreat fee of \$225 is due January 23. (There is a \$25 late fee thereafter.) As always, scholarships are available for up to 50% of the retreat fee. Detailed information about the retreat is mailed upon registration. Contact the registrar, Naomi Baer, 651-698-1458 or retreats@tcvc.info for any questions you may have.

Note: This retreat is sponsored by TCVC and is not an offering of Madison Vipassana, Inc.

MIMG Half-Day Meditation

Half-day sittings this winter will occur on January 31 and April 4, from 9-noon at First Unitarian Society, 900 University Bay Drive in Madison, WI. For details, check the website at www.vipassana.net/weekly or contact Dave at 608-238-1234 .

CLEAR MIND
The Newsletter of Madison
Vipassana, Inc., Madison, WI

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

Jan Sheppard: Editor, layout & design
Cathy Loeb: Proofreader, duplicating and distribution

Peter Kaufman: Mailing list

To be added to the mailing list, contact Jan at uppekha@yahoo.com

To receive the newsletter electronically, join our listserv by sending a message with no subject or content to:

mimg-subscribe@yahoogroups.com



Madison Vipassana, Inc.
9638 Shadow Ridge Trail
Middleton, WI 53562-5604

Anger, Love and Compassion—A Mindful Man Retreat
March 7 and 8, 2009, Cedar Valley Retreat Center, West Bend, WI

This 2-day Mindful Man retreat, will explore and practice the treasure of mindfulness meditation and how it can help us move through anger and toward love and compassion. This retreat is appropriate both for newcomers to mindfulness and meditation and for experienced practitioners.

The facilitators are David Haskin and Hal Dessel. David is a writer who lives on the land west of Madison, Wisconsin. A long-time mindfulness practitioner, he is an ordained member of Zen Master Thich Nhat Hanh's core practice community, the Order of Interbeing. Hal is a long-time meditator and psychotherapist in Milwaukee specializing in addiction and trauma healing. Mindfulness and 12-step spirituality are core to his therapeutic practice. Hal and David are dear friends who have co-led retreats for men for 17 years.

Food, lodging and prices: A limited number of single rooms are available for \$150 per person; doubles are \$135 per person. Besides lodging, those fees cover towels, bedding, the meeting

room, and three vegetarian meals starting with Saturday dinner. All rooms have private baths. These prices reflect only the bare expenses of putting on this retreat and do not include any compensation for the teachers. Following the ancient tradition of those who teach mindfulness, David and Hal are offering these teachings freely because they are considered priceless. However, as has also been the tradition since ancient times, mindfulness teachers gratefully accept *dana*, which is the Sanskrit word for generosity. Dana is a voluntary, free-will offering to teachers that you can make at the end of the retreat if you find the teachings helpful and if you are able.

To register or for more information, contact David (608-924-3060; dhaskin@gmail.com) or Hal (414-221-9293; hdesel@mcleodusa.net) for registration materials or with questions about the practice of mindfulness.

Note: This retreat is sponsored independently and is not an offering of Madison Vipassana, Inc.