

Mid América



Dharma News

Summer/Fall Issue

<http://www.midamericadharm.org/>

June 2005

The Practice Of Acceptance

by Phil Jones

Like most meditators, I've often had the experience of noticing that I've become lost in thoughts about some incident in my life. It often involves a desire for something or anger over what has happened. When I get caught in these stories, the mind, heart and body become more tense and cramped. There is suffering. How can we relate to these experiences so that we allow more freedom into our lives rather than creating more suffering?

When we get caught in these thoughts we are usually wishing that things would be other than the way they are. We think that if we could just get things adjusted right, then everything would be perfect. If we pay close attention, though, we will see that no matter how much we fiddle with things, we can never make them perfect. So our practice is not about attaining some kind of perfection or about abolishing what seems imperfect. A cornerstone of practice is acceptance that this is what is present in this moment. We cannot clearly see what we are experiencing, whether sense desire, pain, or joy, if we are unwilling to accept it as it is, if we are always trying to push it away or to hold it tightly in our fists. So we have to begin with some acceptance. This is often a very big step as most of our life conditioning is screaming at us to hang onto the pleasant and to not let the unpleasant in. It takes quite a bit of courage, trust, wisdom, and maybe a bit of desperation, to let go and to meet this moment of life with acceptance. But if we pay attention, we'll find that acceptance creates spaciousness. From this space we can explore or investigate the unskillful, the ways that suffering is created, and the skillful, the ways that peacefulness and freedom from suffering arise.

The tools that we use to investigate the skillful and the unskillful are, along with this spacious acceptance, mindfulness and compassion. We look at things without judgment or making decisions based on them or getting caught in stories about them and with kindness. As a result of this we develop trust in the power of mindfulness, because we see that when we allow things to come fully into awareness and meet them with mindfulness, acceptance and compassion, rather than trying to hold on or to push away, then they also pass away. We are, in effect, abandoning them by allowing them to be what they are: impermanent and impersonal thoughts and sensations. This is how we can relate to our experiences without creating suffering. Through acceptance, mindfulness and compassion we learn that we can simply rest in awareness and let things be.

This isn't a matter of belief. Look for yourselves. Does striving to be pure and perfect lead to a peaceful, contented life? Or is it a way to create suffering? Does acceptance, mindfulness and compassion lead to suffering? Or is it the way to contentment? Look for yourselves and see.

Phil will lead the July 22-24 retreat at Conception Abbey

Benefits of Retreat for One's Spiritual Practice

by Gloria Taraniya Ambrosia

From time to time we may find that practice in daily life is not very inspiring. It's not that the teachings and practices aren't innately inspiring. They are. It's just that so much of our time in daily life is focused on other things -- chores, work, relationships -- that spiritual practice can just be one more thing we have to do. It can take many years (or many lifetimes!) before we become so imbued with our love of Dhamma that we see it everywhere and that practice on the cushion and off the cushion are qualitatively indistinct.

Continued:

In the meantime, we often need periodic jolts and reminders of what we're doing and why, of how much we love Dharma and how deeply we want to be free. We get that kind of inspiration from retreat. One component of retreat that facilitates such inspiration is discipline.

When seen clearly, there are two sides to discipline: restraint and cultivation. We need restraint in practice. Restraint is made a little easier on retreat because we aren't excessively distracted by stimulating objects. The simple environment is a huge support. We build up momentum of restraint and this stays with us when we leave retreat. This kind of discipline has to be soft and loving. It's not a yanking away or smacking ourselves around, but a gentle movement to withdraw from harm. It's a gentle alignment with our true heart's desire and it makes it possible to see for ourselves how happy we are when we are released from blindly following whim and fancy.

Discipline is a powerful tool to help us see the force of kammic patterns that take us in the direction of the five hindrances. If we can restrain the impulse to follow these mind states – even if only for a little while – we can position ourselves to see more clearly our unskillful tendencies, to understand them instead of always being caught in their web.

If we only think about discipline as making ourselves do something that's hard to do, all we get is resistance. The mind doesn't respond well to that kind of driving force because it's filled with judgment and criticism. "There's something wrong with me and I have to make it right." Can you feel the aversion in that? The mind/heart's response to aversion is to contract, in effect, to not do what it's being told to do. The methods of the heart are much softer.

There's also the cultivation side of discipline. Discipline is not only turning away from harm but also going towards goodness. Through discipline we learn to say "no" instead of "yes" to the unskillful. But we also practice saying "yes" instead of "no" to the skillful. The structure of retreat facilitates this. Consider what happens when we give ourselves over to the form of retreat. We get up at a certain hour, sit on cue, walk on cue, and even eat on cue. We don't have to think about anything, and the wholesome environment leaves little room for following unskillful patterns. . . . Because of the form and structure of retreat, we are free to save our energy. We don't have to spend all that energy getting caught up in where to go, whom to be, what to do. We can just watch the mind.

I don't know about you, but I'm often frustrated and discouraged by how easily I can give in to self-gratifying impulses in my daily life. Many times a day I'm faced with the opportunity to do what is my deepest yearning, and yet over and over again lesser motives prevail. How are we going to break those kinds of habits? Somehow the heart has to see and experience another way, to see for itself the joy of following more skillful but, perhaps, less developed leanings. The form and structure of retreat – beginning with a simple thing like getting up early and getting ourselves to the hall – has the effect of snapping us out of deeply rooted patterns that do not serve us.

Sure, one could probably break through the so-called crack in the cosmic egg without being on retreat, but the structure and form of retreat, coupled with the power of our intention to go along with these, has the effect of collapsing our focus such that we become more and more present. This experience of presence of mind is often what meditators mourn losing at the end of retreat. On retreat, we know we are more present. We know we feel fabulous. We know we are tasting freedom. And we want to be that way all the time.

Taraniya will lead the Oct. 7-9 retreat. The following was excerpted from a longer article in which Taraniya writes about the components of a retreat: soaking in our good intention; strengthening discipline; experiencing concentration and mindfulness; associating with the wise; and, garnering insight. The excerpt focuses on the component of discipline. Those who would like the full text may send an email request to the newsletter editor - bridgetr@brick.net.

Board Recognizes Ginny Morgan

During the Board of Directors meeting in October, Ginny Morgan, the long-serving president of Mid America Dharma, announced that she was resigning from her position as president. Although she will continue serving on the Board, Ginny explained that she wants to focus her energy on teaching.

Ginny served as president for nearly seven years. During that time she provided vision, leadership and energy to help Mid America Dharma fulfill its mission of making insight meditation available here in Middle America. Ginny's love of the Dharma was an inspiration and support for many. In recognition of Ginny's dedicated service, Mid America Dharma presented her with a gift certificate for groceries at a local natural foods store and a framed print entitled "Le Bouddha" (The Buddha) by Odilon Redon. -- Thank you Ginny for all that you have done.

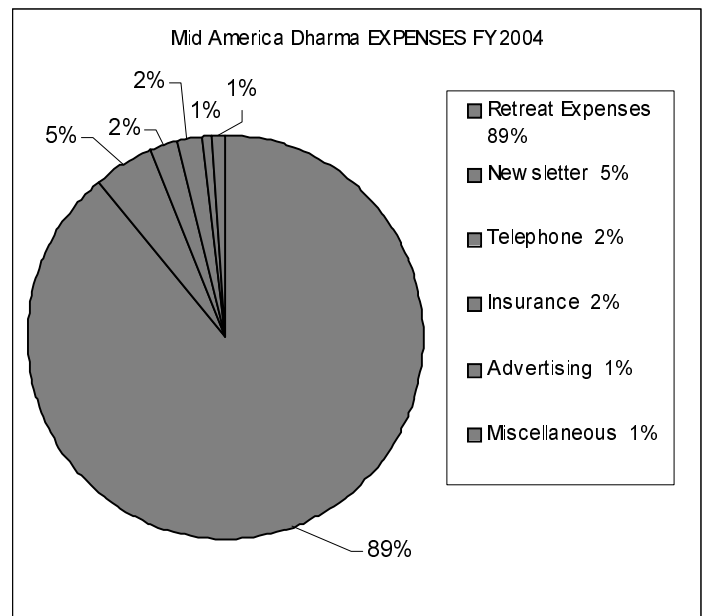
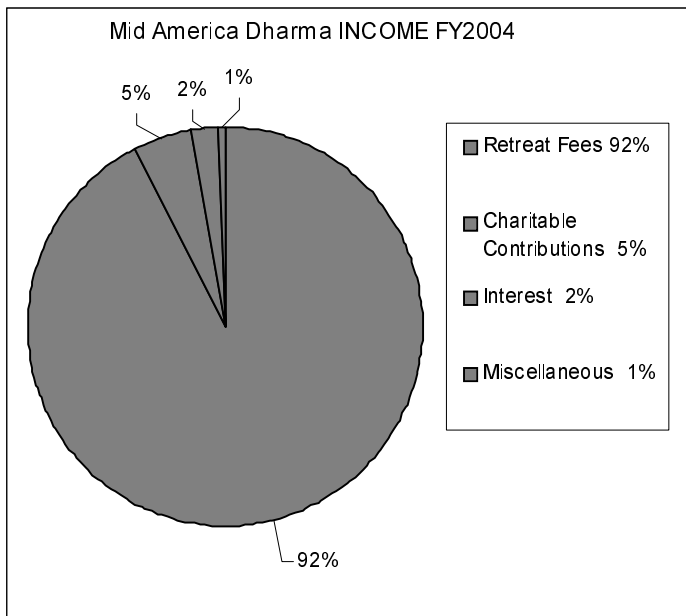
Annual Financial Report

by Tamara Dutton, Treasurer

Mid America Dharma ended the 2004 fiscal year with a surplus beyond expenses of \$1,374. Retreat fees provided 92% of the income for the year, charitable contributions 5%, and interest 2%, with the remaining 1% coming from miscellaneous sources. 89% of the outflow was for the direct provision of retreats, 5% for the publication of the newsletter, 2% telephone, 2% insurance, 1% advertising, and 1% miscellaneous expenses.

Overall income was down \$872 from the previous fiscal year. The most notable change in FY2004 was in retreat costs. Retreat income increased by 3% from FY2003, but retreat expenses rose by 12%. Insurance costs were also up, by 10%, but we saw decreases in newsletter costs, telephone and advertising expenses.

The increase in charges for retreat facilities over the past year has been significant, but we have managed to keep our retreat prices similar to those of recent years. In order to remain in the black, however, it will be necessary to increase fees for retreats in the future. We've been very fortunate to have had the financial support of so many members of the greater sangha for the past year, and with your continued support, we look forward to sharing the dharma through the coming year.



Announcements

Workshop/Retreat: Cultivating True Intimacy led by Matthew Flickstein

Jan. 6-13, 2006 at the Sanctuary of Hope in Kansas City, Kansas.

The retreat will focus on transforming our significant relationships to enable them to support and enhance our spiritual development. Format will include workshop activities, group discussions, contemplations, meditations, and private meetings with the teacher. For more information contact Julie Tenenbaum, 816-931-2276.

Newsletter

To receive your newsletter electronically, email your request to johnpflaherty@earthlink.net and be sure to use this subject line, "MAD newsletter" to get through the email filter set on high. (paper copy will be stopped)

To receive a paper copy of the newsletter contact Marnie Hammer:

Snail mail: Mid America Dharma, PO Box 120246, Kansas City, MO 64112

Email: johnpflaherty@earthlink.net

Please let us know if you do NOT want us to share your address with teachers and other dharma centers. As always, we welcome donations toward the cost of publishing/mailling the newsletter. **Send to:** Mid America Dharma, 620 Indiana, Lawrence, KS 66044.

If you wish to include your group in the next edition of *Mid America Dharma News* contact Bridget Rolens, bridgetr@brick.net, 314-773-0866. The next edition will be published in November. Deadline for Articles is Oct. 1, 2005

Ann Arbor, MI

Deep Spring Center offers a variety of classes for beginning, intermediate, and experienced students and retreats. The guiding teacher is Barbara Brodsky. For a complete schedule see our website. Contact information: Deep Spring Center, 3003 Washtenaw Ave., Ste. 2, Ann Arbor, MI 48104; (734) 477-5848; info@deepspring.org, www.deepspring.org

Arbor Insight sitting group meets bi-monthly on Sunday evenings. They also offer beginning meditation classes and non-residential retreats. Contact information: Sandra Berman, 734-769-9948; www.arborinsight.org.

Carbondale, IL

The Shawnee Dharma Group provides a southern Illinois sangha for persons following any meditative path but especially Buddhism in any of its forms. We welcome anyone interested in practicing meditation and hearing the Dharma. Contact information: www.shawnee-dharma.org.

Chicago, IL

Prairie Sangha Network, information on sitting groups, retreats, classes and other events can be found at www.prairiesangha.org. In Illinois: Insight Chicago 773-697-6871, ext. 2, nrandleman@hotmail.com; Matteson Plank Trail Sangha, bfeldt@workplaceproductions.com; Urbana, Prairie Sangha for Mindfulness Meditation, tom@prairiesangha.org. In Indiana: Lafayette Sangha, rodneyball@juno.com.

Cincinnati, OH

Tri-State Dharma meets Sundays, at 9:30 -10:30 AM for sitting and walking meditation followed by tea and Dharma discussion. See website for upcoming retreats. Contact information: Joan Staubach, 513-793-0652; www.TriStateDharma.org

Columbia, MO

Show Me Dharma offers a Tuesday Beginners group, Wednesday Continuing Practice group, 2 Committed Practice Groups and monthly Mindful Family group. For more information including upcoming retreats, see our web site at <http://dharma.missouri.org>.

Columbus, OH

Mindfulness Meditation of Columbus meets weekly. For information: Jim Dunn, 614-291-7630; mmocohio@earthlink.net.

Des Moines, IA

The Des Moines Meditation Group meets Tuesdays, 7:30 PM (note change in time) at Friends Meeting House, 4211 Grand Avenue. Other activities include non-residential retreats throughout the year. Contact information: Charlie Day; 515-255-8398; charlesday1@mchsi.com.

Evanston, IL

North Side Sangha holds weekly Sunday sittings and instruction. Contact Ralph Marol at (847) 675-0282 or e-mail him at rmarol1@comcast.net. To learn more about what meditation has to offer and the group, visit its web site: www.northsidesangha.org.

Evansville, IN

The Mindful Heart Buddha Sangha has moved to 20 Walnut Street, Suite 120 and continues to support the weekly meeting of the Sanmon Sangha at Branchville Correctional Facility. Contact information for both sanghas: 812-434-6643; www.mindfulsangha.com.

Grand Forks, ND

Lotus Meditation Center meets at 2908 University Avenue for an ongoing sitting group with discussion: Mondays 7:00-8:15 PM. Other activities include: beginning meditation classes; retreats. Contact information: 701-787-8839 or lorasloan@gra.midco.net

Houston, TX Metro Area

Citta 101 offers instruction sitting, Mondays, 7-8:30 PM (new people may join by pre-arrangement); monthly sittings for the Mentoring and Leadership Training and Meditating Mental Health Professionals. Adults with attention disorders are encouraged to participate in any or all events. For other classes and retreats see website. Contact information: 713-662-2743; www.citta101.org

Peer led sitting groups meet in Houston on Monday night, Tuesday night, and Sunday mornings and in Beaumont (east of Houston) on Saturday mornings. A group is now forming in Brazoria. Contact information, questions and directions see appropriate contacts at www.citta101.org/groups.htm

Jackson, MS

The Conscious Living Project offers ongoing sitting groups, a Spiritual Study Group, meditation classes, and a free lending library. Lending library and Sunday sittings are at Computer Co-op, 2807 Old Canton Rd., Suite B. Contact Information: Luke, 601-981-6925; luke@computercoop.com.

Kansas City, MO Metro Area

Kansas City Bhavana Group meets Sundays, 6:30 PM, at Pilgrim Chapel, 3801 Gillham Rd. (mid-town area), for Metta practice, sitting meditation, and discussion of dhamma/meditation topics. We are a friendly and caring group, and the space has a great "energy." Contact information: Mike McFarland, 816-914-9732; karma_704@yahoo.com.

Heart of America Sangha meets as a collegial sangha seeking to deepen our practice in daily life, Thursdays, 7:30 PM, Classroom C, Unity on the Plaza, 707 W 47th St. We are exploring Hooked, a compilation of essays on desire and living in a consumption driven society. Contact information: John or Marnie at 816-523-5061.

The Unity Village/Lee's Summit Sangha meets Mondays, 7:00 PM at Unity Village Administration Building Room #229 for sitting meditation and sharing/discussion. Non-residential retreats offered in April and October. Contact information: Robert Brumet, phone 816-941-4603; brumetjr@unityworldhq.org.

Sangha News- continued

The Sunday Shawnee Sangha Group meets Sunday's, 5:00 - 6:00 PM, at 302 Lucille Lane, Shawnee, KS. Contact information: Jane Vogel 913-248-4412.

Lawrence, KS

The Free State Sangha meets Wednesdays, 7:30 PM (door opens at 7:15), at the Oread Friends Meeting House, 1146 Oregon, for metta practice, insight meditation and discussion. Activities include occasional pot luck and movie gatherings, day-long and weekend retreats. Contact information: Daniel Rempel, 785-865-2913; danrempe13@juno.com.

Little Rock, AR

Ecumenical Buddhist Society Vipassana Practice Group meets weekly for sitting and book discussion/study group and also offers retreat opportunities. Contact information: Phebe Duff, 501-975-4060; phebed@comcast.net; Ecumenical Buddhist Society, Gans Place Carriage House, 1010 W. 3rd Street, Little Rock, AR 72202

Madison, WI

The Madison Insight Meditation Group provides weekly sitting opportunities and bimonthly half-day sits. We welcome anyone interested in learning and practicing insight meditation. See our website for classes, retreats, newsletters, and other activities. Contact Information: Tony Fernandez; 608-661-9959; tony.fernandez5@gmail.com; www.vipassana.net

Memphis, TN

Dharma Memphis is home for the mindfulness community of the mid-south. Our goal is to offer information and support for the various monasteries, sanghas, and all practitioners of the middle way. For information on groups, events and resources see <http://www.dharmamemphis.com/index2.htm>

Michigan City, MI

Peacemakers Sangha meets Tuesdays, 7:15 PM, at Dancing Feet Yoga Studio and Sundays, 9:00 AM (except winter months) at the Friendship Gardens of Michigan City off Rt. 12, for sitting/walking meditation and discussion. Members practice in the Zen tradition of Thich Nhat Hanh and some in the vipassana school. Beginners welcome. Call Kathy at 219-872-4836 for details. Contact information: Michael Zieve; 219-362-1462; mlzieve@yahoo.com.

Minneapolis, MN

Common Ground Meditation Center offers weekly sitting groups and classes, daily open sitting times, and both residential and non-residential retreats. We practice vipassana (insight) and metta (loving kindness) meditation as well as other practices in the Theravada Buddhist Tradition. Contact information: Mark Nunberg, 612-722-8260; Common Ground Meditation Center, 3400 East 26th Street, Minneapolis, Minnesota 55406; info@commongroundmeditation.org; <http://www.commongroundmeditation.org/>

Rivers' Way Meditation Center, offers mindfulness/vipassana meditation and loving-kindness practices 'for the awakening of the heart.' A biweekly Meditation Practice support group meets 1st & 3rd Mondays, 7:15-9:00pm (call to register - space limited). Other activities include Monthly DharmaTalks with guest teachers and retreats. Contact information: Merra Young; Rivers' Way Meditation Center, 3357 36th Ave.S., Minneapolis, MN 55406; 612-235-5133; rivwaymed@aol.com

Twin Cities Vipassana Cooperative (TCVC) is a community of people interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of vipassana (insight) and metta (loving-kindness) meditation primarily in the Theravada Buddhist tradition. See website for upcoming retreats. Contact information: visit our website at www.tcvc.info.

Oklahoma City, OK

The Open Circle meets Thursdays, 7:15-9:00 PM for sitting meditation, tea break, and a study session focusing on the Buddha's teachings. Instruction is offered, as well as occasional guided meditation in Vipassana and metta. Contact information: Arpita Brown 405-478-8407 & Kay Williams 405-201-5877.

Omaha, NE

Omaha Insight Meditation Group currently has two sitting groups meeting in the Omaha area open to anyone with a personal sitting practice: 6:30 PM, 2nd and 4th Sundays of each month in a private home in the vicinity of 58th and Leavenworth; 12 noon, Wednesdays, at the First United Methodist Church (Mead Chapel), 7020 Cass Street. Contact Information: Patti Benker, 402-496-3249; benker@tconl.com

Quincy, IL

Great River Sangha is an eclectic group that benefits from a range of experience offered by our members. Beginners are welcome. Activities include: a weekly meeting, Sundays, 9:00 AM for meditation and puja at New Horizons on State Street; book discussion every other Wednesday; day-long retreats once every two months. Contact information: Patrick Hotle, 573-288-6394; phottle@culver.edu.

Rockford, IL

SatSang Sangha meets 7:30 AM, Saturdays, in the members' homes to practice sitting meditation, share reading materials/tapes and breakfast. We draw direction from the Theravada (insight meditation) tradition of Buddhism and Thich Nhat Hanh's version of Zen Buddhism. Contact information: Wendy Larson Bennett; 815-961-0164.

Rolla, MO

Inspiration Center Sangha, meets Saturday's, 10:00 - 11:30 AM at 13345 Christopher Dr. and offers several retreats each year. To receive notification of retreat dates contact Maureen Hall by phone or email. Contact information: Maureen Hall (community Dharma leader); 573-364-0517; mhall@inspirationcenter.net. Sangha website still under construction.

St. Louis, MO

St. Louis Insight Meditation Group meets on Sundays, 7:00 - 8:30 PM at the Big Bend Yoga Center, 88 N. Gore, for sitting meditation, dharma talk/discussion and tea. The group is open to meditators at all levels. Other activities include Introduction to Insight Meditation Classes and retreats. Contact information: Bridget Rolens, 314-773-0866; bridgetr@brick.net; www.insightstlouis.org.

Meditation Sundays meets Sundays, 11:00 AM - 12 Noon, at the Yoga Source, 1500 S. Big Bend, and includes instruction in mindfulness meditation. The group is open to both experienced and beginning meditators. All dana/donations are given to the Mitrata-Nepal Foundation, a nonprofit child sponsorship program in Nepal. Contact information: 314-725-9650; info@connectstlouis.com.

San Antonio, TX

San Antonio Insight Meditation Group - Yellow Dog Sangha meets on Mondays, 7-9 PM at the First Unitarian Universalist Church, 7150 W. I-10. Contact information: Jon Allan; jallan@icarus.sfb.org; 210-695-5604; Randy Gribbin; rgribbin@hotmail.com; 830-964-3684

Springfield, MO

BOW Group meets Saturdays, 9:45 AM - 11:15AM, at the Body of Work Studio, 205 W. Walnut, for sitting and walking meditation followed by a Dhamma talk and discussion. Contact information: Anagarika Dipa, 417-864-4559; susterdipa@yahoo.com; www.geocities.com/susterdipa

Stillwater OK

Buddhist Association of OSU offers two sitting groups, Wednesdays, 7:00 AM and Tuesdays, 7:00 PM. For meeting location and information on other events contact Barbara. Contact information: Buddhist Association of OSU, Oklahoma State University, Student Union, Stillwater, OK 74078; Barbara Carlozzi, 405 744-9457; 422 Willard Hall, OSU; carlozz@okstate.edu

Tahlequah, OK

Our sangha meets weekly at the UU Congregation of Tahlequah, 104 N. College, Wednesday's, 12:15 - 12:45 PM, for a reading from Thich Nhat Hanh and vipassana meditation. Other activities include retreats about twice a year. Contact information: Thea Nietfeld; 456-7900; uuct@tah-usa.net

Three Oaks, MI

Belle Via Sangha meets on 2nd and 4th Thursdays, 7:30 pm, Belle Via Market on Elm St. We practice Vipassana meditation, listen to Dharma tapes, and engage in discussion. Beginners welcome. Contact: Mike Zieve; 219-362-1462; mlzieve@yahoo.com.

Winona, WI

Winona Meditation Group meets on Sunday at 8:30 - 9:30 AM for silent meditation. Contact Information: Lynne; 507-457-0347

Mid America Dharma Winter/Spring 2004-05 Retreat Schedule

Jul. 22-24: Residential with Phil Jones, Conception, MO



Send registration to Tamara Dutton, 620 Indiana, Lawrence, KS, 66044; 785-842-6666; email, tlea@ku.edu. Registration begins May 22; deadline, July 5; closes July 11.

Phil Jones has practiced meditation since 1987. After working as a psychotherapist for 25 years, he now works part-time as a medical social worker, devoting the remainder of his time to Dharma service and teaching, and to his family. He is a guiding teacher for Show Me Dharma, the Insight Meditation Community of Mid-Missouri, and currently serves as president of the Board of Directors of Mid America Dharma. Phil completed Spirit Rock Meditation Center's first Community Dharma Leader Program. He has been teaching since 1996 and is currently being mentored by Matthew Flickstein.

Oct. 7 - 9: Non-residential with Gloria Taraniya Ambrosia, St. Louis, MO



Send registration to Ethel Myers, 10 Vicksburg Circle, St. Louis, MO 63123; Phone: 314-753-0353; Email: ratly213@hotmail.com. Registration begins August 7; closes September 30.

Gloria Taraniya Ambrosia has been a Dhamma teacher since 1990. She is a student of the western forest sangha, the disciples of Ajahn Sumedho and Ajahn Chah, and is a Lay Buddhist Minister in association with Abhayagiri Buddhist Monastery in California. She served as resident teacher of the Insight Meditation Society in Barre, Massachusetts from 1996 through 1999. Taraniya teaches at the Barre Center for Buddhist Studies and at Dhamma centers in the United States.

Dec. 30, '05 - Jan. 2, '06 Residential with Ginny Morgan, Conception, MO



Send registration to Linda Pluschke, 2107 E. Nashville Church Rd., Ashland, MO 65010; phone: 573-657-9482; e-mail: LPluschke@hotmail.com. Registration begins October 30; deadline, Dec. 9; closes Dec. 16.

Ginny Morgan lives in Columbia, Missouri. She is the current board president of Mid America Dharma, the emerging retreat and dharma center for the Midwest. After working as a play therapist for chronically and acutely ill children for many years, she has shifted her focus to dharma teaching, and to working almost exclusively for dharma activities. She has studied with Ram Dass and teachers from Insight Meditation Society and Spirit Rock. She is currently being mentored by Matthew Flickstein.

Information on Mid America Dharma Retreats

INSIGHT MEDITATION offers an easily accessible way of freeing the mind from the distortions of self-centeredness, negativity and confusion. Through concentrated awareness, we can learn to see our experience as a constantly changing process, in which pleasure and pain, fear and joy, and all aspects of life are accepted with increasing balance and equanimity. This insight leads to an understanding of our true nature and the possibility of living each moment fully with compassion and genuine freedom. Insight Meditation requires no belief commitments and is compatible with religious affiliations. Unless specified by the retreat description, no previous meditation experience is required.

RETREAT FORMAT: Periods of sitting meditation will be alternated with walking meditation. *Retreats will be held in silence with talking only during teaching periods. Beginners must be present from the start of the retreat* to receive initial instructions.

Please bring a meditation cushion or bench and a soft floor pad for meditation. Standard chairs are available and may also be used. Wear comfortable, loose fitting clothes. Please do not wear or bring strongly scented lotions, perfumes or incense. **Non-Residential Retreats** will provide basic instruction in vipassana (insight) meditation. They are open to both beginning and experienced practitioners. Non-residential retreats are an opportunity for beginners to experience more intensive practice. Due to the length and size of the retreats, there will not be scheduled individual interviews. **Residential Retreats** begin with check-in at 4 p.m. on the first day and run through lunch on the last day. Participants will be guided through group or private interviews and daily general lectures. **Meals** are plain vegetarian. A complimentary tea table will be available.

REGISTRATION: Information about retreat site, starting times and other details will be sent after you register.

RETREAT REGISTRARS: See information on page 6.

Non-Residential Retreats: Please note that full payment is due at time of registration .

Residential Retreats: A minimum deposit of \$70 must accompany your registration. Full payment is due before the start of the retreat.

Registration Begins: Registrations will not be accepted prior to the beginning date for each specific retreat.

Registration Deadline: Registration deadlines are posted for each retreat on the previous page. *Any registrations postmarked or received after the deadlines will be subject to a \$25 late charge.*

Retreat Costs: See registration information below.

Refunds: No deposits will be refunded after the deadline.

Scholarships: Inability to pay should not prevent you from attending, as there are scholarship funds set aside for this purpose. Deferred payment plans are also available. Contact the Registrar for a copy of the scholarship and deferred payment criteria. Written applications for scholarship must be received by the Registrar no later than three weeks prior to the retreat.

Dana (or generosity): These retreats are led by teachers who freely give the teachings without any payment. All retreat fees go for retreat expenses. It is central to this tradition that the students support the teacher with a donation. There is no expected amount, but you are encouraged to give to the extent you are able. Dana is totally voluntary.

REGISTRATION FORM

To register please send a check payable to Mid America Dharma with this form to the specific Registrar for the retreat you plan to attend (see p. 6). If you are registering for more than one retreat, please photocopy this form and send with payment to the listed registrar for each retreat. A \$70 deposit is required for all residential retreats. Late registration creates problems for us, please register early.

July 22-24: Residential with Phil Jones, Conception, MO. Cost: \$145 (\$170 after July 5th)

October 7-9: Non-residential with Gloria Taraniya Ambrosia, St. Louis, MO. Cost \$50.

Dec. 30, '05-Jan. 2, '06: Residential with Ginny Morgan, Conception, MO. Cost: \$205 (after Dec. 9 - \$230)

Please Print:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

E-Mail Address: _____

For Residential Retreatants only:

Gender: F M

Will you arrive after 8 p.m. on the first day? Y N

Is this your first insight meditation retreat? Y N

Do you snore ? Y N

Total Amount Enclosed: _____

If you have special needs, please contact the listed registrar.

2005/2006 Retreat Schedule

July 22-24:	Residential with Phil Jones, Conception, MO
October 7-9:	Non-Residential with Gloria Taraniya Ambrosia, St. Louis, MO
Dec. 30, '05-Jan. 2, '06:	Residential with Ginny Morgan, Conception, MO
Feb. 24-26:	Non-Residential with Rodney Smith, Kansas City, MO
April 21-23:	Non-Residential with Gina Sharpe, Columbia, MO
April 28-May 7:	Residential with Shinzen Young, Conception, MO
June 22-26:	Residential with Matt Flickstein, Conception, MO
Aug. 11-13:	Residential with Phil Jones, Conception, MO
Nov. 10-12:	Non-Residential with Sharda Rogel, St. Louis, MO
Dec. 29, '06 Jan. 1, '07:	Residential with Ginny Morgan, Conception, MO

Please visit our website <<http://www.midamericadharm.org>> for the latest information on retreats.

address service requested

**P.O. Box 120246
Kansas City, MO 64112**

Mid America Dharma

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