

Mid América



Dharma News

Summer/Fall Issue

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

May 2004

Equanimity -

by Shinzen Young

Introduction

Equanimity is a fundamental skill for self-exploration and emotional intelligence. It is a deep and subtle concept frequently misunderstood and easily confused with suppression of feeling, apathy or inexpressiveness.

Equanimity comes from the Latin word *aequus* meaning balanced, and *animus* meaning spirit or internal state. As an initial step in understanding this concept, let's consider for a moment its opposite: what happens when a person loses internal balance. In the physical world we say a person has lost balance if they fall to one side or another. In the same way a person loses internal balance if they fall into one or the other of the following contrasting reactions:

1. Suppression - A state of thought/feeling arises and we attempt to cope with it by stuffing it down, denying it, tightening around it, etc
2. Identification - A state of thought/feeling arises and we fixate it, hold onto it inappropriately, not letting it arise, spread and pass with its natural rhythm. Between suppression on one side and identification on the other lies a third possibility, the balanced state of non-self-interference...equanimity.

How to Develop Equanimity

Developing equanimity involves the following aspects:

1. Intentionally Creating Equanimity in Your Body - This is essentially equivalent to attempting to maintain a continuous relaxed state over your whole body as sensations (pleasant, unpleasant, strong, subtle, physical, emotional) wash through.
2. Intentionally Creating Equanimity in Your Mind - This means attempting to let go of negative judgments about what you are experiencing and replacing them with an attitude of loving acceptance and gentle matter-of-factness.

Let me give you a tangible example of how equanimity can be created in your body and mind. Let's say that you have a strong sensation in one part of your body. As you focus attention on what is happening over your whole body, you notice that you are tensing your jaw, clenching your fists, tightening your gut, and squinching your shoulders. Each time you become aware of tensing in some area, you intentionally relax it to whatever degree possible. A moment later you may notice that the tensing has started again in some area; once again gently relax it to whatever degree possible. If there are areas that cannot be relaxed much or at all, you try to accept the tension sensations and just observe them.

As a result of maintaining this whole-body relaxed state, you may begin to notice subtle flavors of sensation spreading from the local area of intensity and coursing through your body. These are the sensations that you had been masking by tension. Now that they have been uncovered, try to create a mental attitude of welcoming them, not judging them. Observe them with gentle matter-of-factness, giving them permission to dance their dance, to flow as they wish through your body.

continued on page 2

Equanimity - continued

3. Noticing When you Spontaneously Drop into States of Equanimity - From time to time, as we are passing through various experiences, we simply "fall into" states of relative equanimity. If we are alert to this whenever it happens and use it as an opportunity to explore the nature of equanimity, then it will happen more frequently and last longer.

For example, let's say that you have been working with a physical discomfort. At some point you notice that even though the discomfort level itself has not changed, it somehow seems to bother you less. Upon investigation you realize that you have spontaneously fallen into a state of gentle matter-of-factness. By being alert to this and by exploring the state, you are training your subconscious to produce the state more frequently.

The Effects of Equanimity

Equanimity belies the adage that you cannot "have your cake and eat it too." When you apply equanimity to unpleasant sensations, they flow more readily and as a result cause less suffering. When you apply equanimity to pleasant sensations, they also flow more readily and as a result deliver deeper fulfillment. The same skill positively affects both sides of the sensation picture. Hence the following equation:

Psycho-spiritual Purification = (Pain x Equanimity) + (Pleasure x Equanimity)

Furthermore, when feelings are experienced with equanimity, they assure their proper function as motivators and directors of behavior as opposed to driving and distorting behavior. Thus equanimity plays a critical role in changing negative behaviors such as substance and alcohol abuse, compulsive eating, anger, violence and so forth.

Equanimity, Apathy and Suppression

Equanimity involves non-interference with the natural flow of subjective sensation. Apathy implies indifference to the controllable outcome of objective events. Thus although seemingly similar, equanimity and apathy are actually opposites. Equanimity frees up internal energy for responding to external situations. By definition, equanimity involves radical permission to feel and as such is the opposite of suppression. As far as external expression of feeling is concerned, internal equanimity gives one the freedom to externally express or not, depending on what is appropriate to the situation.

Celebrate Sitting

by Gyano Gibson

This year celebrates two important milestones for the Insight Meditation Society (IMS) in Barre, Massachusetts. The first of these marks the 60th birthday of IMS founding and guiding teacher Joseph Goldstein (on May 20); the second honors the 30th anniversary of Joseph's teaching Buddhist meditation in the West. Together with Sharon Salzberg and Jack Kornfield, he commenced offering the Dharma at Naropa Institute in Colorado in 1974. Two years later, courses at IMS began.

In recognition of these landmark events, IMS is organizing periods of time to celebrate meditation, from May 20 - June 20. Many sitting groups and centers across North America are joining in this effort. All funds raised from sponsorship of these sitting events will help support the participating sanghas and the IMS Youth Outreach Scholarship.

Joseph Goldstein has expressed a heartfelt wish for IMS to develop a lasting program to support youth in practice. IMS aspires to make courses financially accessible for all those aged 25 or under - it is the organization's intention to ensure the continuity of the teachings for future generations.

If you would like to be part of this celebration in any way, please contact Chas DiCapua at IMS. Email ChasD@dharm.org or call him at (978) 355-4378 ext. 65.

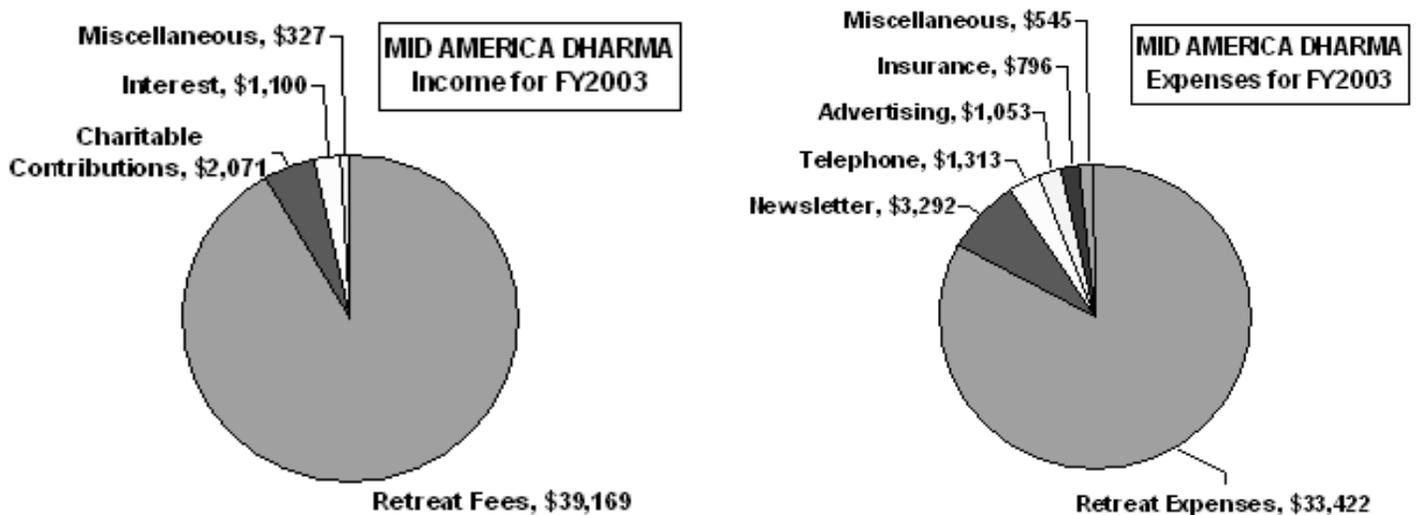
Financial Report

by Tamara Dutton

Mid America Dharma ended the 2003 fiscal year with a surplus beyond expenses of \$2,246. Retreat fees provided 91% of the income for the year with charitable contributions making up 5%, interest 3%, and the remaining 1% coming from miscellaneous sources. 83% of the outflow was for the direct provision of retreats, 8% for the publication of the newsletter, 3% for advertising, 2% for insurance, and 1% for miscellaneous expenses.

Our overall income was down \$2,800 from the previous fiscal year with most of the difference, \$2,500, the result of a decrease in charitable contributions. As local sanghas and other groups have begun providing retreats we've experienced a decrease in number of registrations for retreats which resulted in a \$12,000 decrease in retreat fees in FY03 and a corresponding decrease of \$11,500 in retreat expenses.

We're happy to have weathered a year of significant changes and look forward to adjusting our activities to the needs of the greater Sangha.



Announcements

Newsletter On-line

You may now receive the newsletter on-line. Instead of receiving a paper copy of the newsletter through "snail" mail, you will receive an e-mail message with a link that will allow you to automatically download a .pdf file containing the newsletter. Getting the newsletter on-line has two advantages. It will reduce, in a small way, the consumption of paper/trees and it will lower printing costs for Mid America Dharma. If your email program will not allow you to use the link, you can cut and paste the website address into your internet browser to access the newsletter. To receive the Winter/Spring 2005 newsletter on-line, please send an email to johnpflaherty@earthlink.net with the following information:

- Full name
- Address with Street, City, State and Zip
- Email address
- Indicate if you want to continue receiving the hard copy of the newsletter.

Sangha News

If you wish to include your group in the next edition of *Mid America Dharma News*, contact Bridget Rolens, 10165 Cabana Club Drive, Apt. 1F, St. Ann, MO 63074; (314) 426-4238; email bridgetr@brick.net. The next edition will come out in November, 2004. Deadline for articles Oct 1, 2004.

Ann Arbor, MI

Arbor Insight sitting group meets bi-monthly on Sunday evenings. They also offer beginning meditation classes and non-residential retreats. Marcia Rose will lead a non-residential retreat from July 23rd - 25th. Contact information: Sandra Berman, 734-769-9948; www.arborinsight.org;

Deep Spring Center offers a variety of classes for beginning, intermediate, and experienced students; plus short courses on specific topics such as non-duality and metta, weekly drop-in sittings, residential and non-residential weekend retreats 3-5 times/year, week-long summer retreat in June. The guiding teacher is Barbara Brodsky. For a complete schedule see our website (below). Retreat opportunities: June 18-26, 2004 at Emrich Center in Brighton, Michigan; Day of Meditation - October 2, 2004 at Michigan Friends Center in Chelsea, Michigan; Fall retreat - Oct. 29-31, 2004 at Howell Nature Center in Howell, Michigan. Contact information: Deep Spring Center, 3003 Washtenaw Ave., Ste. 2, Ann Arbor, MI 48104; (734) 477-5848; info@deepspring.org; www.deepspring.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 MM tom@prairiesangha.org. In Indiana: Lafayette Sangha rodneyball@juno.com.

Columbia, MO

Show Me Dharma will be offering a new series, Topics for Experienced Practitioners, beginning May 4 during our Wed. evening Experienced Meditator Practice Group. This six week series will be led by Ginny Morgan and Phil Jones. On May 15 our Mindful Family Life committee is offering a Spring Celebration in the country for all of the sangha and their family members, including children. From July 9-16, we will be offering a Living Through the Eyes of Truth workshop/retreat led by Matthew Flickstein. Although primarily offered for sangha members, there may be some space for others who are interested. In June, for the summer, we will offer an abbreviated version of our Basics of Insight Meditation series in our Tuesday evening Beginner Practice Group. We will also continue to offer our monthly half-day retreats, Individual Committed Practice program and book/practice discussion group. Committed Practice classes will resume in the Fall. For more information, see our web site at <http://dharma.missouri.org>.

Evansville, IN

Mindful Heart Buddha Sangha is a small (about 20) but committed group that has been meeting for 6 years. Most of

the practitioners focus on the Theravadan tradition but all are welcome. To meet the sittings needs of all, there are five sittings times. A study group meets on Saturday morning to read the suttas and sit for 40 minutes. Occasionally weekend retreats are held for sangha members and others in the area. Introduction to meditation classes are taught as the need arises. MHBS has supported a prison sangha at Branchville Correctional Facility in Tell City, IN, for three years. Contact information: PO Box 3231, Evansville, IN 47736; 812-426-1318; ghutton@sigecom.net

Grand Forks, ND

Lotus Meditation Center, 2908 University Ave., hosts a sitting group for experienced meditators on Monday evenings at 7 p.m. Beginner Classes begin every Sept. and January. Special events such as videos, speakers, and extended sittings are scheduled on Sunday afternoons. Two non-residential retreats are scheduled: October 1-3, 2004 with Ginny Morgan; April 8-10, 2005 with Matthew Flickstein. Contact Information: Lora Sloan, 701-787-8839; lorasloan@msn.com; www.und.edu/dept/oip/html/lotusctr.htm.

Houston, TX

Citta 101 meets for regular instructional sittings, Mondays 7-8:30 PM, Wednesdays 11AM to 12:30 PM. Periodic sittings are also held Tuesdays 7-9 PM for Mental Health Professionals and Thursdays 7-9 PM for Adults with Attention Disorders. Upcoming activities in Houston include an eight-week insight and mindfulness course beginning June 17, 2004 and a weekend non-residential retreat August 13-15, 2004. Additional beginning courses, days of mindfulness, and sutta study are offered for sangha development as need or interest warrant. Contact information: Mary Rees 713-662-2743, www.citta101.org.

Jackson, MS

The Conscious Living Project meets weekly on several days: Wednesdays 7:15 - 8:30PM at the Jackson Zen Dojo - Spiritual Study Group (Currently studying *The Noble Eightfold Path, The Way to the End of Suffering*, by Bhikkhu Bodhi); Sundays 9:00 - 10:00AM at Rainbow Plaza (one hour silent meditation sit); Sundays 10:30 - 11:30AM at Rainbow Plaza (one hour transmission meditation.) Other activities include Fall meditation classes in the adult learning program at Millsaps College; Sept. 17-26 - Insight Meditation Retreat with Matt Flickstein in Bay St. Louis, Mississippi at St. Augustine's Retreat Center. The group has a free lending library of nearly 2,000 titles - books, cassettes and video tapes. A Spiritual Film Club is starting. Contact information: 2807 Old Canton Rd., Suite B, Jackson, MS 39216; 601-981-6925; luke@computercoop.com

Kansas City Metro Area

The Unity Village/Lee's Summit Sangha meets Mondays, 7:00 PM at Unity Village Administration Building Room #229. Our format consists of a 40-minute sit followed by 45 minutes of sharing/discussion. We conduct a three-day, non-residential retreat twice a year (Apr & Oct). For more information contact Robert Brumet, phone 816-941-4603 or email brumetjr@unityworldhq.org.

Sangha News- continued

Heart of America Sangha meets Thursdays at 7:30 PM in Classroom C at Unity on the Plaza, 707 W 47th St. Our focus is on bringing the practice into daily life. We sit for 30 minutes, read a passage from a book (currently *The Heart of Buddhist Meditation*), and then we discuss our understanding of the dharma in our lives. The group is led by 3 long-time meditators (Bill Bunn, John Flaherty and Marnie Hammer) who facilitate the discussion in a community of spiritual friends, honoring the Buddha's statement that the Sangha is the whole of the spiritual life. Call John or Marnie at 816-523-5061 or email at johnpflaherty@earthlink.net

Mindfulness Meditation for the Helping Professionals Sangha meets Wednesdays from 5:30 to 7 PM at Baptist Lutheran Medical Center, in the Curry Education Center, Classroom D or G (check the Board). Contact information: Donna Forgey, 913-831-1944; doonaf2@mindspring.com.

Kansas City Bhavana Group meets on Sunday evenings at Pilgrim Chapel, 3801 Gillham Rd. (mid-town area), at 6:30 PM. We do Metta practice, sit for about 45 minutes, and have a discussion afterwards 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.

Lawrence, KS

The Free State Sangha meets on Wednesdays at 7:30 PM at the Oread Friends Meeting House, 1146 Oregon in Lawrence, Kansas for metta practice, insight meditation and discussion. We occasionally have a pot luck and movie, one day or weekend retreat. Contact information: Bob Mikesic, 785-749-7249; bobmikesic@aol.com.

Little Rock, AR

A vipassana practice group is being offered on Sundays at 7:30 PM by the Ecumenical Buddhist Society. Contact information: Phebe Duff, 501-975-4060, phebed@comcast.net.

Madison, WI

Madison Insight Meditation Group/Madison Vipassana, Inc. has weekly sittings Sundays, 6:00-8:00 PM at 900 Univ. Bay Drive, Madison, WI and Tuesdays 6:30-8:00 PM at 5501 Univ. Ave., Madison, WI. Other activities include 1st Monday each month, "Practicing in the Thai Forest Tradition" and 2nd Tuesday each month, "Death Awareness." Contact information: Jan Sheppard, 608-233-3844; uppekha@sbcglobal.net; www.vipassana.net.

Memphis, TN

Memphis Insight Meditation
<http://www.dharmamemphis.com>

Minneapolis, MN

Common Ground Meditation Center holds sitting groups Wednesdays, 7:30 - 9:00 PM and Sundays, 7:00 - 9:00 PM. Other activities include monthly retreats (half-day, day-long, weekend and long weekends), six week Introduction to Insight Meditation courses, Buddhist Studies classes and open sitting sessions every day. All programs led by

Mark Nunberg. Contact information: Mark Nunberg, Common Ground Meditation Center, 3400 East 26th Street, Minneapolis, Minnesota 55406; 612-722-8260; info@commongroundmeditation.org; www.commongroundmeditation.org.

Rivers' Way Insight Meditation & Psychotherapy Center. Offers Insight Meditation/Mindfulness classes and retreats by donation. Contact information: Merrra Young, 3357 36th Ave. S., Minneapolis, MN 55406; 612-253-5133; 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 (lovingkindness) meditation primarily in the Theravada Buddhist tradition. To learn more about the newsletter GrassRoots Dhamma and retreats in 2004 see the website listed below. Contact information: Twin Cities Vipassana Cooperative, PO Box 14683, Minneapolis, MN 55414; Info Line: 651-229-3139; TCVCoop@hotmail.com; <http://www.tcvc.info>.

Oklahoma City, OK

The Open Circle, a sitting/study group, primarily Theravadan in emphasis but not exclusively, meets each Thursday evening from 7:15-9:00 PM at 2700 NW 63 Apt. 12, Oklahoma City. Other activities include one-day sitting/walking retreats quarterly; meditation retreat and Dharma talks with Ven. Santikaro Bhikkhu from June 18-20. Contact information: Arpita Brown, 405-478-8407, arprob@flash.net; Katherine Williams 405-842-4711, katerinewill@earthlink.com.

Omaha, NE

Insight Omaha meditation practice group meets the 2nd and 4th Sunday of each month from 6:30-8PM in a private home in the vicinity of 58th and Leavenworth. We sit for 40 minutes and then have an informal discussion. We also have a mid-week sitting each Wednesday from 12:00 noon to 12:45PM at the First United Methodist Church, 7020 Cass Street (Mead Chapel). 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 on Sundays at 9:00 AM for meditation and puja at New Horizons on State Street, Quincy, IL, book discussion every other Wednesday, day-long retreats once every two months. Contact information: Patrick Hotle, 217-231-6394, photle@culver.edu

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, Webster Groves, MO. The group is open to meditators at all levels from beginners to more experienced yogi's. We usually begin with a 40 minute vipassana sitting meditation, continue with a dharma talk and discussion, and, on occasion, end with tea. Those new to insight meditation may arrange for a brief orientation to the practice by contacting Bridget Rolens

(see below). Other activities include a book/study group, 3-week Introductory Classes, a Mindfulness Process Group facilitated by Elizabeth Fryer and day-long non-residential retreats. Contact information: Bridget Rolens, 314-426-4238; bridgetr@brick.net; <http://www.insightstlouis.org>.

San Antonio, TX

San Antonio Insight Meditation Group holds weekly sittings Mondays 7:00-9:00 PM. Contact information: Jon Allan, 10827 Bar X Trail, Helotes, TX 78023; 210-695-5604; jallan@sfbr.org.

Springfield, MO

BOWWOW Insight Meditation Group ("We sit and we stay") meets on Saturdays at 9:45 AM at the Body of Works

Studio, 205 W. Walnut, Springfield, Missouri. We combine sitting and walking meditation with a group discussion about basic Vipassana Meditation concepts. Come join us...It's the leash you can do! Contact information: Neil or Cheryl Nathan, (417) 736-9333; cherylnathan@att.net

Stillwater, OK

A nondenominational group meets on Wed mornings at 7:00 a.m. in the Oklahoma State University Student Union (room 420 or 302). The sitting group is a function of the student organization, Buddhist Association of OSU. Contact information: Barbara Carlozzi, 422 Willard Hall, OSU, Stillwater, OK 74078; 405-744-9457; carlozz@okstate.edu.

Mid America Dharma Summer/Fall 2004 Retreat Schedule



July 23-25: Non-residential Metta Retreat with Sharda Rogell, St. Louis, MO

Send registration to Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143-3916; 314-644-1926. email: gjyaffe@sbcglobal.net Registration begins May 23; deadline, July 16.

Sharda Rogell began meditating in 1976 and teaching worldwide in 1985. She brings a strong emphasis to awakening heartfulness. She has also been influenced by the non-dual teachings of Advaita, as well as by Dzogchen in the Tibetan tradition. She was a teacher with the Seattle Insight Meditation Society. She is currently a student of the Diamond Approach with A. H. Almaas.



Oct. 8 -Oct. 10: Non-residential with Rodney Smith, Kansas City, MO

Send registration to Joyce Wyler, 1550 S Cedar, Apt 214, Ottawa KS 66067; 785-242-2795; joycew@ott.net. Registration begins August 8; deadline, October 1.

Rodney Smith spent eight years in Buddhist monastic settings, both at the Insight Meditation Society (IMS) in Massachusetts and several years as a Buddhist monk in Asia. He disrobed as a monk in 1983 and, after returning to the West, started working in hospice care and teaching vipassana meditation throughout the U.S. Currently Rodney is a full time dharma teacher conducting meditation classes and retreats. In addition, he offers spiritual consultations. He serves as a Senior Teacher for IMS and is the founding and guiding teacher for Seattle Insight Meditation. He is author of the book, *Lessons from the Dying*.



Nov 3-Nov 7: Residential with Shinzen Young, Conception, MO

Send registration to Tori Mroz, 1016 E. 1700 Rd., Lawrence, KS 66046; 785-749-0180; tasmroz@yahoo.com. Registration begins September 3; deadline, October 13; closes October 20.

Shinzen has been conducting meditation retreats throughout North America for over 20 years. His goal is to make meditative practice a viable path for Westerners, not just an exotic import from the East. In the early '70s he was ordained as a Buddhist monk at Mount Koya. After several years of training in Asian monasteries, he became interested in the scientific study of meditative states and worked at the Princeton Biofeedback Institute. He taught Asian philosophy at Chapman College and frequently serves as a translator for Joshu Sasaki Roshi at Mound Baldy Zen Center.



Dec. 30, '04 - Jan. 2, '05: 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: Pluschke@webtv.net. 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 23-25: Non-residential Metta Retreat with Sharda Rogell, St. Louis, MO. Cost \$50.

Oct 8-10: Non-residential with Rodney Smith, Kansas City, MO. Cost \$50.

November 3-7: Residential with Shinzen Young, Conception, MO. Cost \$250 (after Oct. 13 - \$275).

Dec 30 '04- Jan 2 '05; Residential with Ginny Morgan, Conception, MO. Cost \$200.00, (after Dec. 9 - \$225.00)

Total Amount Enclosed: _____

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

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

2004/2005 Retreat Schedule

July 23-25	Non-residential Metta Retreat, Sharda Rogell, St. Louis, MO
October 8-10	Non-residential with Rodney Smith in Kansas City, MO
November 3 - 7	Residential with Shinzen Young, Conception, MO
Dec. 30, '04-Jan. 2, '05	Residential with Ginny Morgan, Conception, MO
Jan. 21-23, 2005	Non-Residential with Rodney Smith, Kansas City, MO
April 22-24, 2005	Non-Residential with Gina Sharpe, Columbia, MO
May 26-30, 2005	Residential with Matthew Flickstein, Conception, MO
July, 2005*	Residential, Eugene Cash, Conception, MO
Oct., 2005*	Non-Residential, Teacher TBD, St. Louis, MO
Dec. 30, 2005 - Jan. 2, 2006	Residential with Ginny Morgan, Conception, MO

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

address service requested

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

Mid America Dharma

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