

# Mid America



# Dharma News

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Summer/Fall Issue

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

May 2003

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## The Doctrinal Context of Jhana -

*by Bhante Gunaratana*

The Buddha says that just as in the great ocean there is but one taste, the taste of salt, so in his doctrine and discipline there is but one taste, the taste of freedom. The taste of freedom that pervades the Buddha's teaching is the taste of spiritual freedom, which from the Buddhist perspective means freedom from suffering. In the process leading to deliverance from suffering, meditation is the means of generating the inner awakening required for liberation. The methods of meditation taught in the Theravada Buddhist tradition are based on the Buddha's own experience, forged by him in the course of his own quest for enlightenment. They are designed to re-create in the disciple who practices them the same essential enlightenment that the Buddha himself attained when he sat beneath the Bodhi tree, the awakening to the Four Noble Truths.

The various subjects and methods of meditation expounded in the Theravada Buddhist scriptures -- the Pali Canon and its commentaries -- divide into two inter-related systems. One is called the development of serenity (*samathabhavana*), the other the development of insight (*vipassanabhavana*). The former also goes under the name of development of concentration (*samadhibhavana*), the latter the development of wisdom (*paññabhavana*). The practice of serenity meditation aims at developing a calm, concentrated, unified mind as a means of experiencing inner peace and as a basis for wisdom. The practice of insight meditation aims at gaining a direct understanding of the real nature of phenomena. Of the two, the development of insight is regarded by Buddhism as the essential key to liberation, the direct antidote to the ignorance underlying bondage and suffering. Whereas serenity meditation is recognized as common to both Buddhist and non-Buddhist contemplative disciplines, insight meditation is held to be the unique discovery of the Buddha and an unparalleled feature of his path. However, because the growth of insight presupposes a certain degree of concentration, and serenity meditation helps to achieve this, the development of serenity also claims an incontestable place in the Buddhist meditative process. Together the two types of meditation work to make the mind a fit instrument for enlightenment. With his mind unified by means of the development of serenity, made sharp and bright by the development of insight, the meditator can proceed unobstructed to reach the end of suffering, Nibbana.

Pivotal to both systems of meditation, though belonging inherently to the side of serenity, is a set of meditative attainments called the jhanas. Though translators have offered various renderings of this word, ranging from the feeble "musing" to the misleading "trance" and the ambiguous "meditation," we prefer to leave the word untranslated and to let its meaning emerge from its contextual usages. From these it is clear that the jhanas are states of deep mental unification which result from the centering of the mind upon a single object with such power of attention that a total immersion in the object takes place.

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## *The Doctrinal Context of Jhana - continued*

The early suttas speak of four jhanas, named simply after their numerical position in the series: the first jhana, the second jhana, the third jhana and the fourth jhana. In the suttas the four repeatedly appear each described by a standard formula which we will examine later in detail.

The importance of the jhanas in the Buddhist path can readily be gauged from the frequency with which they are mentioned throughout the suttas. The jhanas figure prominently both in the Buddha's own experience and in his exhortation to disciples. In his childhood, while attending an annual plowing festival, the future Buddha spontaneously entered the first jhana. It was the memory of this childhood incident, many years later after his futile pursuit of austerities, that revealed to him the way to enlightenment during his period of deepest despondency. After taking his seat beneath the Bodhi tree, the Buddha entered the four jhanas immediately before directing his mind to the threefold knowledge that issued in his enlightenment. Throughout his active career the four jhanas remained "his heavenly dwelling" to which he resorted in order to live happily here and now. His understanding of the corruption, purification and emergence in the jhanas and other meditative attainments is one of the Tathagata's ten powers which enable him to turn the matchless wheel of the Dhamma. Just before his passing away the Buddha entered the jhanas in direct and reverse order, and the passing away itself took place directly from the fourth jhana.

The Buddha is constantly seen in the suttas encouraging his disciples to develop jhana. The four jhanas are invariably included in the complete course of training laid down for disciples. They figure in the training as the discipline of higher consciousness (*adhicittasikkha*), right concentration (*sammasamadhi*) of the Noble Eightfold Path, and the faculty and power of concentration (*samadhindriya*, *samadhivala*). Though a vehicle of dry insight can be found, indications are that this path is not an easy one, lacking the aid of the powerful serenity available to the practitioner of jhana. The way of the jhana attainer seems by comparison smoother and more pleasurable. The Buddha even refers to the four jhanas figuratively as a kind of Nibbana: he calls them immediately visible Nibbana, factorial Nibbana, Nibbana here and now.

To attain the jhanas, the meditator must begin by eliminating the unwholesome mental states obstructing inner collectedness, generally grouped together as the five hindrances (*pañcanivarana*): sensual desire, ill will, sloth and torpor, restlessness and worry and doubt. The mind's absorption on its object is brought about by five opposing mental states -- applied thought, sustained thought, rapture, happiness and one-pointedness -- called the jhana factors (*jhanangani*) because they lift the mind to the level of the first jhana and remain there as its defining components.

After reaching the first jhana the ardent meditator can go on to reach the higher jhanas, which is done by eliminating the coarser factors in each jhana. Beyond the four jhanas lies another fourfold set of higher meditative states which deepen still further the element of serenity. These attainments (*aruppa*), are the base of boundless space, the base of boundless consciousness, the base of nothingness, and the base of neither-perception-nor-non-perception. In the Pali commentaries these come to be called the four immaterial jhanas (*arupajhana*), the four preceding states being renamed for the sake of clarity, the four fine-material jhanas (*rupajhana*). Often the two sets are joined together under the collective title of the eight jhanas or the eight attainments (*atthasamapattiyo*). The four jhanas and the four immaterial attainments appear initially as mundane states of deep serenity pertaining to the preliminary stage of the Buddhist path, and on this level they help provide the base of concentration needed for wisdom to arise. But the four jhanas again reappear in a later stage in the development of the path, in direct association with liberating wisdom, and they are then designated the supramundane (*lokuttara*) jhanas.

These supramundane jhanas are the levels of concentration pertaining to the four degrees of enlightenment experience called the supramundane paths (magga) and the stages of liberation resulting from them, the four fruits (phala). Finally, even after full liberation is achieved, the mundane jhanas can remain as attainments available to the fully liberated person, part of his untrammled contemplative experience.

(This article was excerpted from "*The Jhanas in Theravada Buddhist Meditation*" Copyright © 1988 Buddhist Publication Society, used with permission. You may read the complete Wheel publication by visiting: <http://www.accesstoinsight.org/lib/bps/wheels/wheel351.html>

**Further recommended reading about jhana:** *The Path of Serenity and Insight* by Bhante Gunaratana; *Who is My Self* by Ayya Khema; *Breath by Breath* by Larry Rosenberg; *Mindfulness with Breathing* by Buddhadasa)

What is a "Contemplative Inquiry,  
Mindfulness, Reflection and Investigation" Retreat?-

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by Eugene Cash

*Inquiry... is an intense, focused questioning into the totality of what is unfolding at any given moment. It is the engine that drives awareness into the heart of what is unknown. -*

Stephen Batchelor

As householders it is imperative that we learn to profoundly engage each aspect of our life as dharma practice in order to awaken. Contemplative Inquiry provides a skillful means that helps diminish the artificial division between silent retreat practice and the embodiment of the Dharma in our lives.

Contemplative Inquiry uses reflection and mindfulness of sensations, feelings, thought and speech to orient toward Truth and discover our Buddha nature in the midst of interaction. It can help clarify hidden beliefs, views and opinions that obscure our direct experience of reality. It is a powerful use of the jewel of sangha (community) to support the unfoldment of awakening. We will utilize the traditional vipassana retreat format of sitting and walking meditation with one period a day of formal Contemplative Inquiry practice. Instructions will be given for sitting and walking meditation as well as for the interactive periods of inquiry. Dharma talks will be offered each evening. This retreat is for experienced practitioners.

Announcements

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### **Newsletter Information**

If you did not receive this newsletter in the mail and would like to be added to our mailing list, please contact Mid America Dharma at PO Box 120246, Kansas City, MO, 64112.

Occasionally we get requests from teachers and other dharma centers for our mailing list, so that they can make known retreats and other opportunities for deepening practice. The board has decided that we will share our mailing list in this limited way. If you do not want your address to be shared in this way, please contact Marnie Hammer at PO Box 120246, Kansas City, MO, 64112, or email her at [johnpflaherty@earthlink.net](mailto:johnpflaherty@earthlink.net). You will continue to receive the newsletter, but your address will not be shared.

Our newsletter is offered at no charge to those who wish to receive it. If you would like to help us offset the cost of printing and mailing the newsletter, we gratefully accept donations in any amount. Send your check payable 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, 10165 Cabana Club Drive, Apt 1F, St. Ann, MO 63074; (314) 426-4238; email [bridgetr@brick.net](mailto:bridgetr@brick.net). The next edition will come out in December, 2003. Deadline for articles Oct. 1, 2003.

### **Chicago, IL**

*Insight Chicago* (part of the Prairie Sangha Network,) offers practice, Dhamma class and discussions led by Sandra Hammond at the Seneca Hotel, 200 E. Chestnut, Chicago, one Friday a month from 7:30-9:30 PM. Additional mentoring/teaching time with Sandra Hammond available on some Saturday mornings by appointment. Contact Nancy Randleman\*\*

*Monday Night Sitting Group* in Rogers Park in Chicago from 7:30-9:30 PM, hosted by Erick Howenstine and Nancy Randleman. This sit may change to Thursdays in May or June 2003. Contact Nancy Randleman\*\* for dates.

*Monday Night Sitting Group* in Wooddale, IL, hosted by Deb Wright. Contact Deb Wright at [debwright@earthlink.net](mailto:debwright@earthlink.net).

*Sunday Morning Sitting Group*, Evanston, IL, 9:00 AM. Contact Ralph Marol at 847-675-0282.

*Extended Days of Practice* (EDP) - One Saturday afternoon a month, (May 10th, June 7th, July 12th), from 1:00-6:00 AM at the Shambhala Meditation Center, Chicago. Open practice format led by Sandra Hammond.

*Individual Practice Development Program* (IPD) - A new program focusing on one's individual practice concerns with feedback in groups from Sandra Hammond. This program held on same Saturdays as the EDP's. Contact Sandra Hammond at [sandrahammond100@earthlink.net](mailto:sandrahammond100@earthlink.net).

*Study Group on the 8-Fold Path* - Led by Deb Wright on Saturday afternoons from 4:00-6:00pm. Using "Eight Mindful Steps to Happiness," by Bhante Henepola Gunaratana as a guide. Contact Deb Wright at [debwright@earthlink.net](mailto:debwright@earthlink.net). For information on Mentoring Program (for those new to the practice) and Next Day of Mindfulness (Summer 2003) \*\*.

**\*\*Nancy Randleman, e-mail: [nrandleman@hotmail.com](mailto:nrandleman@hotmail.com); phone, (773) 697-6871, voicemail box #82.**

Information for other groups in the Prairie Sangha Network can be found at the website, [www.prairiesangha.org](http://www.prairiesangha.org). In Illinois: *Insight Chicago* 773-697-6871 ext 2; Matteson Plank Trail Sangha 708-957-7807; Urbana Prairie Sangha for MM 217-356-7413. In Indiana: Lafayette Sangha (765)447-4922. A number of retreats, classes and other events are also listed on the website.

### **Columbia, MO**

*Show Me Dharma* continues to offer a Beginners Practice sitting group on Tuesdays and an Experienced Practitioners sitting group on Wednesdays as well as a half-day retreat each month. There will be a Death and Dying Non-Residential Retreat offered this summer. The Committed Practice classes will be offered again in the Fall. Other activities include a book/practice discussion group and a sangha support network. We will be having a weekend sangha retreat with Matt Flickstein, Oct 3-5. For more information, please see our web site at <http://www.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. Someone goes weekly to sit with the men. Contact information: PO Box 3231, Evansville, IN 47736; phone, 812-426-1318; email, [Hutton@evansville.net](mailto:Hutton@evansville.net).

### **Grand Forks, ND**

*Lotus Meditation Center*, 2908 University Avenue, Grand Forks, ND 58203, hosts a sitting group for experienced meditators, Mondays 7 PM - 8 pm. Beginner classes are also offered. Other activities will include 2 non-residential weekend retreats: Nov. 14 - 16, 2003 with John Travis; March 26 - 28, 2004 with Donald Rothberg. Contact information: Lora Sloan, phone, 701-787-8839; email [lorasloan@msn.com](mailto:lorasloan@msn.com).

### **Houston, TX**

Citta 101 meets for instructional sittings on Mondays 6:30 to 8:30 PM (includes half hour preliminary instructional sessions for those new to the practice - available by pre-arrangement), Wednesdays 11 AM to 12:30 PM, and occasional Wednesday evenings 6:30-8 PM. Other events will include a weekend non-residential retreat in Houston, August 15-17, periodic six-week beginning courses, and Days of Mindfulness. Contact information: Mary Rees; email, [maryrees@wt.net](mailto:maryrees@wt.net); phone, 713-662-2743, website [www.citta101.org](http://www.citta101.org).

### **Jackson, MS**

*Conscious Living Project* offers a number of ongoing opportunities for practice: Wednesday Night Inner Peace Study Group, 7:15 PM, Jackson Zen Dojo, 4308 Old Canton Road; Sunday Morning Open Meditation Sit 9:00 -10:00 AM and Sunday Morning Transmission Meditation 10:30-11:30AM, 2807 Old Canton Rd., Suite B; 2807 Old Canton Rd., Suite B. There will also be a retreat with Mary Orr in Bay St. Louis, at the William J. Kelley Retreat Center, October 17-25, 2003. Contact information: Luke and Charlotte Lundemo, 601-981-6925, [luke@computercoop.com](mailto:luke@computercoop.com), 2807 Old Canton Rd., Suite B, Jackson, MS 39216

### **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 [brumetrj@unityworldhq.org](mailto:brumetrj@unityworldhq.org).

## Sangha News- continued

*South Kansas City Sitting Group* meets Tuesdays, 6:00 PM.. For information contact John van Keppel, phone 913-685-3430.

*Heart of America Sangha* meets Thursdays at 7:30 PM in Classroom D at Unity on the Plaza, 707 W. 47th Street, Kansas City, MO. For information call John or Marnie, 816-523-5061.

### **Lawrence, KS**

*The Free State Sangha* (a.k.a *Maximum Sangha*) gathers at 7:30 PM on Wednesdays at the Oread Friends Meeting House, 1146 Oregon in Lawrence. Metta and sitting meditation has recently been followed by reading and discussion of *Knee Deep in Grace: The Extraordinary Life and Teaching of Dipa Ma* by Amy Schmidt. A sangha potluck dinner and movie takes place occasionally on Friday evenings. Contact information: Bob Mikesic, phone, 785-749-7249; email, bobmikesic@aol.com.

### **Minneapolis, MN**

*Common Ground Meditation Center* offers a variety of opportunities for deepening the practice of Insight Meditation: Weekly Sitting Group - Wednesdays 7:30-9:00 PM.; six-week Introduction to Insight Meditation course, offered every two to three months; daylong and weekend retreats, June 28th, July 26th, August 29th - 31st, and Oct. 4th. All programs are led by Mark Nunberg. Contact information: Mark Nunberg, Common Ground Meditation Center, 3400 East 26th Street, Minneapolis, Minnesota 55406 612-722-8260; e-mail: nunbe002@tc.umn.edu; web: www.commongroundmeditation.org

*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. Upcoming residential retreats (2003), both at the Christine Center near Willard, Wisconsin: June 13-15 or 13-21 with Steve Armstrong and Kamala Masters. Contact Mariann Johnson 612-872-7959, MTJohn2000@aol.com; Oct. 31-Nov. 2 or Oct. 31-Nov. 4 with Santikaro Bhikkhu. Contact David Skarjune 612-724-9357, yogi@wordimage.com.

TCVC contact information: Twin Cities Vipassana Cooperative, PO Box 14683, Minneapolis, MN 55414; info line 651-229-3139; website: <http://www.tcvc.info>; email: TCVCoop@hotmail.com

### **Oklahoma City, OK**

The Oklahoma City Insight Meditation Group meets Wednesdays, 7:15-9:00 PM, at 903 Queens Circle, Edmond. The coordinator, Arpita Brown, is a Community Dharma Leaders 2 (Spirit Rock) participant. There will be a one-day retreat on June 21 with Ven. Santikaro Bhikkhu preceded by a Dharma talk the evening of June 20. Contact information: Arpita Brown: e-mail, arprob@flash.net; phone, 405-478-8407.

### **Omaha, NE**

*Insight Omaha Meditation Group* meets the 2nd and 4th Sunday of each month from 6:30-8:00 PM in a private home in the vicinity of 58th and Leavenworth. We sit for 40 minutes followed by 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). For more information contact Patti Benker, phone: (402) 496-3249 or email: benker@tconl.com.

### **Springfield, MO**

*Springfield Sangha* meets every Saturday morning, 9:00-10:00 AM at Body of Works Studio located at 205 Walnut Street. The hour begins with a short talk/discussion regarding Vispassana (Insight) Meditation. We then alternate between sitting and walking meditation. We will be hosting a weekend of Insight Meditation with Philip Jones, June 21 (9 AM - 6 PM) and June 22 (9 AM - 1 PM). It will be held at the Body of Works Studio located at 205 W. Walnut, Springfield, MO. For registration information, please call Cheryl or Neil Nathan at 417-736-9333 or email cherylnathan@att.net. All are welcome. For more information, see the Body of Works Studio website at [www.bowstudios.com](http://www.bowstudios.com). Contact information: email, neilnathan@att.net; phone, 417-736-9333.

### **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. The format is flexible but we usually begin a 40 minute vipassana sitting meditation guided by the facilitator, and then continue with a short dharma talk and discussion. Those new to the practice may arrange for a brief orientation to the practice by contacting Bridget Rolens (see below). Elizabeth Fryer, Insight Meditation teacher and psychotherapist, is offering a special series on the first Sunday of the month, "Tools of Peace." She will begin teaching a committed practice group in September. Other activities include a 4-week Introductory Class, a Mindfulness Process Group facilitated by Elizabeth Fryer and day-long non-residential retreats. Contact information: Bridget Rolens, phone: 314-426-4238; email: bridgetr@brick.net. For more about classes and events, visit our website at <http://www.insightstlouis.org>

"Relentless"

*Master Sheng-yen*

"Your method of practice is like a long, slippery rope in a dark, deep ocean. It's difficult even to find it. Once you find it, grab it! Start climbing, hand over hand, unceasingly. If you rest or stop, you may slip backwards. Worse, you may forget you're even climbing a rope, and slip off entirely or let go. If you do that, you may not find the rope again, so be alert and determined. How far must you climb? Don't think about that. Just climb. At one point, you will disappear, and when you do, so will the rope."

## Mid America Dharma Summer/Fall 2003 Retreat Schedule

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July 2-6: Residential with Eugene Cash & Sharda Rogell, Conception, MO (Contemplative Inquiry, Mindfulness, Reflection and Investigation. See description on pg.3 of the newsletter. This retreat is for experienced practitioners.)

**Send registration to: Bob Mikesic, 2620 Kensington Rd., Lawrence, KS 66046; 785-749-7249; email: bobmikesic@aol.com. Registration begins May 2; deadline, June 11; closes, June 18.**



*Eugene Cash* is the founding teacher of the Insight Meditation Community of San Francisco (IMCSF). In addition to leading IMCSF he teaches intensive meditation retreats internationally. His teaching is influenced by both Burmese and Thai streams of the Theravada tradition as well as Zen and Tibetan Buddhist practice. He is also a teacher in the Ridwan School with A.H. Almaas where he has practiced inquiry since 1989.

*Sharda Rogell* began practicing vipassana meditation in 1979 and teaching worldwide in 1985. She brings a strong emphasis on awakening heartfulness to her teaching. Sharda has also been influenced by the non-dual teachings of Advaita, as well as Dzogchen in the Tibetan tradition. She was a teacher with Seattle Insight Meditation Society and is now moving back to the Bay area.

Sept. 5-14: Residential (Jhana) with Bhante Gunaratana in Conception, MO

**Send registration to Joyce Wyler, 1550 S. Cedar, Apt. 214, Ottawa, KS 66067; 785-242-2795; joycew@ott.net. Registration begins July 5; deadline, August 15; closes, August 22. It is highly recommended that you read "The Jhanas in Theravada Buddhist Meditation" prior to attending the retreat. It can be found online at <http://www.accesstoinsight.org>. If you are unable to access it, please contact the registrar for a copy.**



*Henepola Gunaratana* was born on the 7th of December 1927 in a small village named Henepola and was ordained at the age of 12 as a Buddhist monk. He is the author of *Come and See*, *The Path of Serenity and Insight*, *The Jhanas* and best selling *Mindfulness In Plain English*. His articles have been published in the U.S.A., Malaysia, India, Sri Lanka, England and France. He is now president and abbot of the Bhavana Society, a monastery in West Virginia about 100 miles west of Washington, D.C. He continues to teach meditation and conduct retreats worldwide.



Nov. 7-9: Nonresidential with Wes Nisker, Lawrence, KS

**Send registration to Joyce Wyler, 1550 S. Cedar, Apt. 214, Ottawa, KS 66067; 785-242-2795; joycew@ott.net. Registration begins September 7; closes, October 31.**

*Wes Nisker*, has practiced vipassana meditation for 30 years. He is founder and co-editor of the Inquiring Mind, a well-known Bay Area journal, and author of the best-selling *Crazy Wisdom* and *Buddha's Nature*. Wes has taught courses on Buddhist meditation at Esalan Institute, University of California, Spirit Rock Meditation Center and leads a weekly sitting group in Berkeley, CA as well as teaching retreats across the country.



Dec. 30 - Jan. 2, '04: Residential with Ginny Morgan, Conception, MO

**Send registration to Bridget Rolens, 10165 Cabana Club Drive, Apt 1F, St. Ann, MO 63074; 314-426-4238; email: bridgetr@brick.net. Registration begins Oct. 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 2 - 6: Residential with Eugene Cash & Sharda  
Rogell, Conception, MO Cost \$250.00,  
(after June 11, \$275.00)

September 5 - 14: Residential with Bhante  
Gunaratana, Conception, MO. Cost \$465.00  
(after Aug. 15, \$490.00)

November 7 - 9: Non-residential with Wes Nisker,  
Lawrence, KS. Cost \$50.

Dec 30 '03 - Jan 2 '04: Residential with Ginny  
Morgan, Conception, MO. Cost \$180.00,  
(after Dec. 9 - \$205.00)

Total Amount Enclosed: \_\_\_\_\_

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

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

## 2003-2004 Retreat Schedule

July 2-6: Residential (*Contemplative Inquiry, Mindfulness, Reflection and Investigation*) with Eugene Cash and Sharda Rogell, Conception, MO  
September 5-14: Residential (*Jhana*) with Bhante Gunaratana, Conception, MO  
November 7-9: Non-residential with Wes Nisker, Lawrence, KS  
Dec. 30, 03 - Jan 2, 04: Residential with Ginny Morgan, Conception, MO

## 2004

March: To be determined \*  
May 7-12: Residential with Matt Flickstein, Conception, MO  
July: To be determined \*  
September: To be determined \*  
November 3 - 7: Residential with Shinzen Young, Conception, MO  
Dec. 30 - Jan. 2, '05: Residential with Ginny Morgan, Conception, MO

\* Please visit our website <[www.midamericadharm.org](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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