



Insight Meditation Center of Pioneer Valley

Winter/Spring 2021

events are via Zoom unless otherwise noted

Beginners Practice Group: Four Foundations of Mindfulness

Michael Grady

4 Mondays, January 4 - 25; 7:00 - 8:15pm

*Suggested donation: \$32-80 registration + teacher donation**

This practice group will offer guided mindfulness meditation periods, short talks, and discussion framed by the Buddha's teachings on the Four Foundations of Mindfulness. There will be a focus on discovering ease and depth in our meditation practice. This practice group is suitable for beginners and those who wish to get support for sustaining their meditation practice.

Unconditional Friendliness in 2021:

Half-day Retreat for the New Year

Devon and Craig Hase

Saturday, January 9; 12:00 - 3:00pm

Suggested contribution: \$15-30 registration + teacher donation

During this online retreat, we'll celebrate the new year with the practice of metta, or unconditional friendliness. Metta as the first brahmavihara relies on its three counterparts, compassion, joy, and equanimity, to remain complete, full, truly a divine abode. Join us as we practice these beautiful heart qualities to bring in the new year. All are welcome, both seasoned and beginning meditators alike.

Down to Earth Dharma:

Buddhism From a Feminine Paradigm

Rebecca Bradshaw

5 Tuesdays, January 12 - February ; 6:45 - 8:15pm

Suggested donation: \$40-100 registration + teacher donation

People of all gender identities are warmly invited to participate in this class where we will approach the teachings of the Buddha through our experience of what is known as the feminine archetype: by way of immanence, embodiment, the felt, the intuitive, and the sacred. Rather than striving in our spiritual practice to transcend this world, we will honor and explore our deep embeddedness in life on this earth.

Through sense embodiment and deep interest in life as it unfolds, the contractions that bind us will have space to dissolve. This will grant our hearts and minds the freedom to come into intimate connection with ourselves, other people, animals, plants, and all life. From this abiding presence, we can then respond to life's challenges with greater understanding and compassion.

In Honor of Rev. Dr. Martin Luther King Jr. Holiday - A Community Gathering and Celebration

Tara Mulay & Community Leaders

Saturday, January 16; 10:00-11:30am ET

Suggested donation: \$8-20 registration + teacher dana

More information coming soon.

The Dharma in Depth For Experienced Students: Practicing with the Four Noble Truths

Tara Mulay - Overview and First Noble Truth

Sunday, January 17; 10:00-11:30am ET

Suggested donation: \$8-20 registration + teacher donation

In this class for experienced practitioners, we will progressively explore practice through the lens of understanding the Buddha's essential teaching of the Four Noble Truths. Students can attend one class or more -- there is no need to attend the whole series.

**This class is open for those who have established a regular practice, and are comfortable with the basics, but would like to ask questions and learn more. We will do a combination of sharing about our practices, exploring various meditation techniques and delving into some of the teachings which can be used to deepen practice. You are welcome to register if you have been practicing daily, and/or have been practicing for a few years, and/or have been on retreat.

This class will be offered on one Sunday per month (either the third or fourth) and will be taught by Tara Mulay and Michael Grady. Registration for each month is requested.

Tending the Heart that Tends Others:

A Class for Caregivers

Candace Cassin and Anne Fine

5 Fridays, February 12 - March 12; 11:00am - 12:30pm

Suggested contribution: \$40-100 plus teacher donation

Caregiving can be one of the most powerful dharma teachers. Whether short term or a more enduring experience, it is often an intensive invitation into wisdom, patience, compassion, and the capacity to bear witness to suffering. In this class we will explore meditation, essential teachings of the Buddha, and practices in contemplative care to support our hearts and minds in bringing wisdom and compassion both to ourselves and those for whom we care. If you are involved in caregiving for aging parents; for an ill or disabled spouse, partner, family member, or friend; or in your professional work, this class will offer space to practice, and fellow companions on this journey.

Exploring Our Views in Order to Create Connection

Victoria Cary

Saturday, February 13; 12:00 - 3:00pm

Suggested donation: \$15-30 registration + teacher donation

We will explore Right/Wise View, and how tightly, or unconscious held views can block deeper connections. While practicing together, we will investigate what gets in the way of being open to views different from our own and we will explore how precepts and kindness, and compassion can all support us in holding space for all views, without having to make others wrong. All are welcome, both seasoned and beginning meditators alike.

The Dharma in Depth For Experienced Students:

Practicing with the Four Noble Truths

Michael Grady - *Second & Third Noble Truth*

Sunday, February 21; 10:00-11:30am ET

Suggested donation: \$8-20 registration + teacher dana

In this class for experienced practitioners, we will progressively explore practice through the lens of understanding the Buddha's essential teaching of the Four Noble Truths. Students can attend one class or more -- there is no need to attend the whole series.

**This class is open for those who have established a regular practice, and are comfortable with the basics, but would like to ask questions and learn more. We will do a combination of sharing about our practices, exploring various meditation techniques and delving into some of the teachings which can be used to deepen practice. You are welcome to register if you have been practicing daily, and/or have been practicing for a few years, and/or have been on retreat.

This class will be offered on one Sunday per month (either the third or fourth) and will be taught by Tara Mulay and Michael Grady. Registration for each month is requested.

Healing and Resiliency as the World Falls Apart

Lama Rod Owens

Sunday, February 28

Suggested contribution: \$15-30 plus teacher donation

The world is unsteady and chaotic. Many of us are being confronted with the reality of death and change in a way we thought we never would. In the face of all this, it is hard to maintain our physical and emotional balance. Resiliency is such an important skill to develop right now. Resiliency is about how well we are able to meet the challenges of our lives with a sense of openness and curiosity that helps us to regain our balance. Balance means understanding how to return back to a sense of being grounded in order to meet challenges directly. In this workshop, we will explore healing and resiliency through meditation, breath practice, gentle movement, visualizations, and group discussions.

Making a Home in the Brahmaviharas

Candace Cassin

4 Tuesdays, March 9 - 30; 4:00-5:45 pm

Suggested contribution: \$32-80 plus teacher donation

Lovingkindness, compassion, appreciative joy, and equanimity are considered "Divine Dwelling Places," known as the "BrahmaViharas," in Buddhist teaching and practice. These qualities give our hearts and minds a home based in connection, caring, clear seeing, spaciousness, and balance.

In this class we will explore each of the BrahmaViharas and practices for cultivating them in relation to ourselves, our daily lives, those dear to us and those challenging to us, and the arenas of social and planetary concern that matter to us. We will also explore forgiveness, which is not named as one of the BrahmaViharas but it implicit in them.

Reliable Refuge:

Connecting with Awareness, Truth and Love

Manny Mansbach

Saturday, March 13; 10:00am - 12:30pm ET

Suggested contribution: \$15-30 registration + teacher donation

Buddha, Dharma and Sangha (or Awareness, Truth and Love) are three areas of refuge often called The Triple Gem upon which we can rest our practice and lives. By exploring whether we are making our home in reliable or unreliable shelters, and strengthening our commitment to taking refuge in that which is truly nourishing and ennobling, we can awaken presence and realize greater freedom.

Weekend Community Retreat

Jean Esther and Devin Berry

Friday evening - Sunday, January 29-31;

exact times tba

Suggested donation: \$60-110 registration + teacher donation

Come join the Insight PV Community in our annual non-residential retreat together. In this time of continued stress and isolation of the pandemic, we will consciously connect with the beauty and stillness of winter individually and in virtual community. In this retreat, we will dedicate ourselves to an immersion of mindfulness, wisdom, and lovingkindness practices.

While we can't be cozied up next to the comfort of the wood stove at Amherst Co-Housing, we can be 'warmed up' and infused by the loving container of the sangha that we create together. Jean and Devin are committed to making this 'user-friendly' as we engage in sitting and walking meditation, listening to the Dharma and sharing reflections together within the whole group as well as in small group gatherings with the teachers.

We very much look forward to spending this precious time with you on this winter retreat. Please know that are welcome regardless of whether or not you have previously attended IPV programs or are new to meditation.

Please register by 1/22 so that we can prepare accordingly.

Down to Earth Dharma: A Community Online

Rebecca Bradshaw

Friday - Sunday, March 19 - 21; Friday 7-8:30pm;

Saturday 9am-8pm; Sunday 9am-12pm

Suggested contribution: \$60-110 registration + teacher donation

People of all gender identities are warmly invited to participate in this retreat where we will approach the teachings of the Buddha through our experience of what is known as the feminine archetype: by way of immanence, embodiment, the felt, the intuitive, and the sacred. Rather than striving in our spiritual practice to transcend this world, we will honor and explore our deep embeddedness in life on this earth.

Through sense embodiment and deep interest in life as it unfolds, the contractions that bind us will have space to dissolve. This grants our hearts and minds the freedom to come into intimate connection with ourselves, other people, animals, plants, and all life. From this abiding presence, we can then respond to life's challenges with greater understanding and compassion.

Rebecca will be assisted by Trellis Steptor, IPV teacher-in-training.

The Dharma in Depth For Experienced Students: Practicing with the Four Noble Truths

Tara Mulay - *Fourth Noble Truth-First Basket-Wise View & Wise Intention*

Sunday, March 28; 10:00-11:30am ET

Suggested donation: \$8-20 registration + teacher donation

In this class for experienced practitioners, we will progressively explore practice through the lens of understanding the Buddha's essential teaching of the Four Noble Truths. Students can attend one class or more -- there is no need to attend the whole series.

This class will be offered on one Sunday per month (either the third or fourth) and will be taught by Tara Mulay and Michael Grady. Registration for each month is requested.

Offering TBA

Leslie Booker

Saturday, April 3; 10:00-11:30am ET

Suggested contribution: \$8-20 registration + teacher donation

More information coming soon.

Gratitude Practice: Cherishing What We Have No Matter What We Don't Have

Peggy Gillespie

2 Tuesdays, April 6-13; 7:00-8:30pm

Suggestion donation: \$16-40 registration + teacher donation

More information coming soon.

Beginners/Beginner's Mind Meditation

Kim Weeber

6 Tuesdays, April 6 - May 4; 1:00 - 3:00pm

Suggested donation: \$48-120 registration + teacher donation

This six-week course will include the Buddha's teachings on mindfulness and meditation. Learn about and practice basic meditation techniques including body meditations, mindfulness, loving kindness, and how to collect the mind. We will also offer an overview of the Buddha's teachings as a way to bring our practice into our daily lives. Suitable for beginners and those who wish to "begin again".

Equanimity for Householders: An Aspiration in Daily Life

Adi Bemak

Saturday, April 17; 10:00am-12:30pm

Suggested donation: \$15-30 registration + teacher dana

Among the Buddha's teachings are the paramis, the ten qualities a bodhisattva perfects over lifetimes to relieve suffering and achieve awakening. The last of the paramis is equanimity. In this morning retreat we will explore equanimity, which as householders can often feel unattainable. We will practice together, talk together, and open ourselves to discovering the path to equanimity, aspiring to cultivate its lesson into our own very real lives.

Faith, Trust and Confidence in Dharma Practice and in this World

Manny Mansbach

4 Mondays, April 19 - May 10; 7:00-8:30pm

Suggested donation: \$32-80 registration + teacher dana

Faith is not a thing we do or don't have. It is a verb, an action, something we do. Commonly, we are told that faith deepens as we are instructed in what we should believe. However, in Buddhism, confidence grows as we experiment with and embody the teachings, trying them out in our daily lives to see how our most noble qualities can best be awakened. Trust, faith and confidence can arise despite great suffering, and are often fostered in tandem with wisdom,

In our lives — whether we are aware of it or not — we are continuously giving our hearts to something. As practitioners of meditation and dharma, what is it we give our hearts to? Or, as the Pali word saddha is usually translated, what do we "place our hearts upon?" What do we rely on or take refuge in? How is this sense of trust established and strengthened? If we have become separated from a supportive relationship with faith, how do we most skillfully work to reestablish that connection? And what does dharma practice offer us in this regard? We will explore some of these questions and more in this class. Course Text: ***Faith: Trusting Your Own Deepest Experience***, by Sharon Salzberg.

The Dharma in Depth For Experienced Students: Practicing with the Four Noble Truths

Fourth Noble Truth - 2nd Basket - Wise Action, Wise Speech, Wise Livelihood

Michael Grady

Sunday, April 18; 10:00-11:30am ET

Suggested donation: \$8-20 registration + teacher donation

In this class for experienced practitioners, we will progressively explore practice through the lens of understanding the Buddha's essential teaching of the Four Noble Truths. Students can attend one class or more -- there is no need to attend the whole series.

This class will be offered on one Sunday per month (either the third or fourth) and will be taught by Tara Mulay and Michael Grady. Registration for each month is requested.

Not Separate: Awareness in and of the Forest

Mark Hart

Saturday, May 15; 9:00am - 12:00pm,

optional bag lunch (rain date, Sunday, May 16)

Suggested donation: \$15-30 registration + teacher donation

This retreat will meet outdoors in a forested area TBA. Along with practicing sitting meditation, we will spend time being present with and getting to know plants and other living beings as beings and in the spirit of friendship. Optional: Bring a bag lunch to share afterward. Dress for weather & bugs and bring a chair or something else to sit on.

The Dharma in Depth For Experienced Students: Practicing with the Four Noble Truths

Fourth Noble Truth - 3rd Basket - Wise Effort

Tara Mulay

Sunday, May 23; 10:00-11:30am ET

Suggested donation: \$8-20 registration + teacher donation

In this class for experienced practitioners, we will progressively explore practice through the lens of understanding the Buddha's essential teaching of the Four Noble Truths. Students can attend one class or more -- there is no need to attend the whole series.

This class will be offered on one Sunday per month (either the third or fourth) and will be taught by Tara Mulay and Michael Grady. Registration for each month is requested.

What Would The Buddha Say?

Practicing Skillful Speech

Manny Mansbach

Friday, June 4 - 25; 10:30am-12:00pm ET

Suggested donation: \$8-20 registration + teacher dana

From a foundation of loving awareness, this class aims to strengthen our capacity to attune to what is true for us in each moment, and to gain confidence in translating this knowing into skillful, compassionate speech and internalization of the core building blocks of skillful speech.

We will utilize Assertive Nonviolence, a way of communicating grounded in empathy and respect for all beings that draws on the Buddha's instructions for Wise Speech, the nonviolence teachings of Gandhi, Dr. King and others, as well as contemporary tools like Compassionate Communication, and Manny's extensive experience as a couples therapist and group leader. Throughout, we will emphasize the primacy of caring sangha in nurturing Skillful Speech.

Experiencing the Changing Nature of our World

Kim Weeber

Saturday, June 19; 9:30am - 12:00pm

Suggested Contribution: \$15-30 registration + teacher donation

Practicing outdoors allows us to directly experience the ever changing nature of life. Impermanence becomes clear as we open to the natural world. We will do sitting and walking meditation on Mt. Tom, both alone and together.

Bring a bag lunch and a small stool or something you can carry into the woods to sit on. Bring sunscreen, bug repellent, a hat, etc. Meet at 9:30 near the pavilion by the visitor center on top of Mt. Tom, at the intersection of Reservation Rd and Christopher Clark Rd.

This is a live, in person event. We will practice the CDC recommended 6 foot distancing at all times, and masks are required.

LGBTQIA+ Retreat

Kim Weeber, assisted by Emet Aron

Saturday, June 26; 10:00am - 12:00pm ET

Suggested Contribution: \$15-30 registration + teacher donation

Join us for an **in person, outdoor morning retreat** at Maine's Field - 570 Riverside Drive Florence, MA 01062. This queer and trans friendly space will include meditation practice, walking or movement practice and a sharing circle. We will maintain 6 feet of social distancing, and therefore will limit the number of participants to 10. Masks will be required.

The Dharma in Depth For Experienced Students: Practicing with the Four Noble Truths

Michael Grady

Fourth Noble Truth - 3rd Basket - Wise Mindfulness & Wise Concentration

Sunday, June 27; 10:00-11:30am ET

Suggested donation: \$8-20 registration + teacher donation

In this class for experienced practitioners, we will progressively explore practice through the lens of understanding the Buddha's essential teaching of the Four Noble Truths. Students can attend one class or more -- there is no need to attend the whole series.

This class will be offered on one Sunday per month (either the third or fourth) and will be taught by Tara Mulay and Michael Grady. Registration for each month is requested.
