

Regularly Scheduled Sittings with Dhamma Talks, Sutta Study, Full and half-day Retreats, and Practice Interviews

**offered by Gloria Taraniya Ambrosia
Albuquerque Vipassana Sangha
October 22 through November 17, 2008**

REGULARLY SCHEDULED SITTING with DHAMMA TALK

Thursdays, October 23, 30, November 6, 13

6:30PM to 8:15 PM

Topic: The Four Foundations of Mindfulness

Mindfulness meditation involves moment-to-moment observation of the body/mind process through calm and focused awareness. This practice – which begins with awareness of the breath and expands to include awareness of emotional and mental states – helps meditators develop the capacity to be with things as they are and to have insight into the true nature of reality. During this weekly gathering, we shall closely examine the Buddha's instruction regarding the meditation practice and discuss what it means. We shall also have ample time to do the practice itself and examine it through our own experience.

SUTTA STUDY with SITTING

Tuesdays, October 28, November 4, 11

7:00PM to 9:00 PM

Topic: The Removal of Distracting Thought, MN20

In one of the Buddha's talks, he outlined five strategies that we can use to deal with persistent thinking – especially when it is unskillful or unwholesome. Sutta #20 from the Middle Length Discourse of the Buddha outlines these five strategies – replacing unskillful thoughts with their opposite, contemplating the consequences of sustaining unskillful thoughts, deliberately turning to something else, slowing down the thought process by investigating what's happening, and beating down the thoughts to remove them from the mind. During this class, we will examine each of these with an eye to using them well in our daily lives.

HALF-DAY AND DAYLONG RETREATS

Half-day Retreat: Sunday, October 26, 2008

Participants will practice mindfulness techniques while sitting, walking, and moving about throughout the day. Dhamma reflections will focus on fine-tuning the meditation practice. This retreat is suitable for beginners and seasoned meditators alike.

Daylong Retreat: Sunday, November 2

Topic: Reflection And Insight—During this half-day retreat we look at the use of contemplation and reflection in the meditation practice and explain the difference between reflective and discursive thought. Understanding this difference hold the key to understanding the fourth foundation of mindfulness.

Daylong Retreat: Saturday, November 15

Topic: *The First Stage of Enlightenment*—The first stage of enlightenment merits our attention because, presumably, it is what most of us are working on. Three of the ten fetters are overcome at this stage – skeptical doubt, attachment to rites and rituals, and self-view. During this daylong retreat we will explore the meaning of each of these with an eye understanding our practice and how it is unfolding. Participants will practice mindfulness techniques while sitting, walking, eating, and moving about throughout the day.

Half-day Retreat: Sunday, November 16, 2008

Participants will practice mindfulness techniques while sitting, walking, and moving about throughout the day. Dhamma reflections will focus on fine-tuning the meditation practice. This retreat is suitable for beginners and seasoned meditators alike.

PRACTICE DISCUSSIONS (INTERVIEWS)

Location: apartment

During her stay, Taraniya will be available for a limited number of individual and group practice discussions/interviews. There is no specific fee for these sessions; they are offered on a *dana* (generosity) basis. There will be a basket available for participants who wish to make an offering to Taraniya.

Here's what Taraniya says about the practice interview of dhamma discussion: “ The Practice Discussion or Interview provides an opportunity for the meditator to articulate what is going on with them—in practice and in life. The act of reporting in this way is significant in that it helps the meditator to make conscious the realizations that are often lurking just below the level of awareness. I often find that meditators don't particularly need answers; they just need to bring the issues more fully into awareness. In such instances, there may be little or no need for my input. At other times, however, it is clear that the meditator wants input or that there is some obvious question or confusion that we need to examine. Then I offer instruction on the teachings and the practices.”

Tuesdays, October 28, November 4 & 11 – 5:30 and 6:00 (1/2 hour individual)

Sunday, October 26 – afternoon and evening (45 minutes, 3 individual, 1 group)

Saturday, November 1 – morning and afternoon (45 minutes, 5 individual)

Sunday, November 16 – afternoon and evening (45 minutes, 3 individual, 1 group)

ABOUT THE TEACHER

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 serves as one of the three Core Faculty at the Barre Center for Buddhist Studies where she does most of her teaching.