

“Insight Dialogue: Craving, Clinging and Freedom in Interpersonal Meditation” with Gregory Kramer

Thursday, October 28, 6:00pm through Sunday, October 31, 2004, 4:00pm

(You have the option to check-in early and meditate with other yogis beginning at 10:00 am on Thursday)

At the Canossian Spirituality Center, 5629 Isleta Blvd. SW, Albuquerque, NM

There’s sitting and walking meditation. Why not listening and speaking meditation? Doesn’t it make sense that one could practice mindfulness in relationship, and get better at it? The Buddha taught mindfulness in all things. But with the exception of right speech, that which is true and useful, very little was said about how to cultivate speech awareness or about the relationship between meditating and using words. Little, too, was said about the transformative potential inherent in the fires of relationship. Insight Dialogue provides guidelines for a practice that works in the face of these communication and relationship challenges. Read about Insight Dialogue at www.metta.org. This retreat will be a combination of silent practice and facilitated group discussion. It is appropriate for people who have never meditated and for experienced meditators.

GREGORY KRAMER, PH.D. has taught Vipassana and Metta practice since 1980, and has studied with many Asian teachers. The author of *Seeding the Heart: Practicing Lovingkindness with Children* and *Meditating Together, Speaking from Silence*, Gregory is the founder/director of the non-profit Metta Foundation which is dedicated to offering teachings that enhance clarity, lovingkindness and mutuality. He co-created and for 10 years has extensively developed Insight Dialogue. Gregory holds a Ph.D. in Learning and Change in Human Systems.

For Information: Contact Joanne McEntire at jomcen@spinn.net. Or see www.abqsangha.org.

Please clip registration form and mail to: Joanne McEntire, c/o Albuquerque Sangha, P.O. Box 40722, Albuquerque, NM 87196. A deposit check of \$70.00 should be made out to "The Albuquerque Vipassana Sangha" and included with the registration form to hold your spot. The deposit is non-refundable after October 1, 2004. **Please mail remainder of fee by Thursday, October 14.** After that date you will be responsible for the full payment of the retreat cost. Scholarship Fund donations or other donations may be made by separate check, and mailed to Joanne at the address above.

12 hours of Continuing Education Credit will be available for \$10 for social workers, therapists and nurses. Please check www.abqsangha.org for the names of the accrediting bodies.

Registration Form, Oct 28-31 Retreat

Name _____ Address _____

City _____ State _____ Zip _____

Phone: _____ E-mail address: _____

Room preference (see back of flyer): 1st choice _____ 2nd choice _____

Roommate preference (doubles only) _____

Check-in time: ____ 9:00-10:00am or ____ 5:00-6:00pm

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Do you snore? Yes No Is snoring an issue for you? Yes No (Snorers will be roomed together)

This is my first residential Insight (Vipassana) Retreat: Yes No I want CEUs: Yes No

Food allergies or assistance needed _____

Fee Schedule and Room types

There are limited numbers of each room type, especially singles with bath. Rooms will be assigned in the order deposits are received; you will be notified if your room choice is not available.

Retreat costs for room and/or vegetarian meals:

Single: with bath \$230 without bath \$215

Double: with bath \$209 without bath \$200

Commuter (meals only): \$130

(Commuter registrations will be processed **after** the minimum number of residential registrations are received. Be aware that commuting may significantly detract from the retreat experience. Please choose to make this a residential retreat unless it would be difficult for you to participate otherwise.)

Dana (Generosity): In keeping with the Buddhist Tradition that Dharma teachings are priceless, compensation for the teacher is not included in the retreat fees. At the end of the retreat, students will have an opportunity to practice *Dana* (generosity) by offering voluntary donations to support the teacher in his ongoing work of serving the Dharma. When considering your donation, please reflect on the value of the teachings to your life and be aware that our teachers rely in large part on *Dana* for their income.

SCHOLARSHIP FUNDS ARE AVAILABLE. The Albuquerque Vipassana Sangha wishes that no one refrain from joining in any retreat we sponsor due to financial considerations. The Retreat Committee has allotted \$1,000 for scholarships for this retreat. **Please mail your registration along with the \$70 deposit to Joanne by August 25th; also, include a note that indicates you are requesting a scholarship and the total amount that you are willing to pay toward your retreat.** If you're unable to pay the \$70 deposit, please send any amount as a deposit. You will receive notice in early September about your scholarship request. If you are reluctant to ask for a

scholarship and would like help thinking about it, please contact Joanne McEntire at jomcen@spinn.net. All scholarship inquiries and assistance will be kept confidential.

Refund Reminders: If you cancel your registration before October 1st, your deposit is refundable. The deposit is non-refundable after October 1, 2004. Please mail the remainder of the fee by Thursday, October 14 to: Joanne McEntire, c/o Albuquerque Sangha, P.O. Box 40722, Albuquerque, NM 87196. After October 14th, you will be responsible for the full payment of the retreat cost even if you have to cancel. Contact Joanne if you have any questions.

Registrants will receive written confirmation with further information and directions to the Center by mail.