



Meditation and Insight

A Non-Residential Weekend Teaching Retreat
with

Upasaka Culadasa

October 19-21, 2012

This weekend we will focus on Insight, what it is, and how it is achieved through meditation. The Pali word is *Vipassana*, which can also be translated as "special seeing" or "seeing the essence." The Insight we are referring to is "Supramundane" Insight into the true nature of reality, not just ordinary insight. Insight into things as they really are leads to true Wisdom, then suffering ends and happiness follows. This is the ultimate goal of meditation.

We will talk about the "Progressive Stages of Insight," which describes the specific pattern of how Insight develops. Understanding this pattern will speed you along in your own progress of Insight. We will also talk about the difference between Insight and Insight experiences. Understanding the nature of Insight helps you to recognize Insight experiences when they happen. All Insight experiences can potentially lead to actual Insight, but too often they go unrecognized because the mind is not properly prepared. Understanding how to properly prepare your mind to produce and internalize the truth these experiences offer will make your meditation much more effective.

Insight is accessible for all meditators. We look forward to dispelling the mystery surrounding it and exploring these essential truths with you!

About two thirds of our time will be devoted to discussion, and the rest to guided meditation practices.

It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center and by leaving an empty parking space in front of the homes on the neighboring blocks. Please reserve TCMC driveway parking for people who cannot walk far. Thank you!

WHEN:

October 19-21, 2012

Friday: 7:00 pm - 9:00 pm

Saturday & Sunday: 9:00 am - 4:00 pm

LOCATION:

Tucson Community Meditation Center
1231 E. Edison Tucson, AZ

DIRECTIONS: One block S. of Grant and 2 houses W. of
Mountain Ave.

SUGGESTED DONATION:

TO REGISTER:

Send check Payable to TCMC, along with your name,
phone number, email address to:

Cynthia Lester
PO Box 85158
Tucson, AZ 85754

In the event that the retreat fills up, first priority will be
given to those who donate in advance.

CONTACT:

\$50-90 for entire weekend, \$10-15 Friday Only.

cynthia@cynthialester.com

No one will be turned away due to inability to pay.

520-908-1321

TEACHER: Upasaka Culadasa, an ordained dedicated lay-practitioner has been practicing Buddhist meditation for 35 years and is the Director of *Dharma Treasure Buddhist Sangha*. His intensive training in both Theravadin and Tibetan traditions brings students a rare opportunity for rapid progress and deep insight. As a Ph.D. training and teaching in neurosciences, he also brings a scientific perspective to his teaching. He now leads a contemplative life and is devoted to helping students master meditation skills.