

Introductory Vipassana Meditation Class

with Linda McDonald

September 8, 15, 22, 29 and October 6, Mondays, 7:00 pm to 9:15 pm
Crossreach Centre, 3348 West Broadway, Vancouver

Vipassana Meditation is a simple and direct practice, the moment-to-moment investigation of the mind/body process through calm and focused awareness. The practice originates in the Theravada tradition of the teachings of the Buddha. Learning to observe experience from a place of stillness enables one to relate to life with less fear and clinging. Seeing life as a constantly changing process, one begins to accept pleasure, pain, fear, joy, and all aspects of life with increasing equanimity and balance. As insight deepens, wisdom and compassion arise. Vipassana meditation is a way of seeing clearly the totality of one's being and experience. Growth in clarity brings about penetrating insight into the nature of who we are and increased peace in daily life.

Linda McDonald began Vipassana and Metta meditation in 1987. Prior to formal meditation practice, her spiritual journey included a foundation of Christian mysticism, Native American spirituality, and contemplative self-inquiry practices. Since 1987, Linda has led sitting groups, managed retreats, and served as a Board member in the Vancouver meditation community. She has also worked as a psychotherapist for twenty-five years and currently continues to work as the Executive Director of the Westcoast Dharma Society. She is a graduate of the IMS teacher-training program and she has been teaching meditation since 2001. Her teaching emphasizes lovingkindness, the awakening heart of bodhicitta, and unshakeable trust in the unfolding of our experiencing.

Cost: \$55 (plus dana) for the series of 5 classes. The registration fee is used to cover class organizing costs and facility rental. Voluntary donations (dana) for the teachings may be given at the classes.

Dana (generosity) is intrinsic to the 2,500-year-old tradition of Buddha Dharma. From the days of the Buddha, the teachings have been considered priceless and thus offered freely. Today, teacher support continues to come from students' voluntary contributions (dana).

Further information: call Linda at 604.731.5439 or visit the Vipassana Metta Vancouver website at <http://www.vipassanamettavancouver.org> or Westcoast Dharma Society at www.westcoastdharma.org.



To register for the September 8th Class Series : Mail this form with the registration fee, \$55 to:
Westcoast Dharma Society, #2 - 2224 Larch Street, Vancouver, BC, V6K 3P7
(Cheques should be made payable to "Westcoast Dharma Society". Due to limited space, pre-registration is necessary.)

Name _____ Tel (home) _____
Address _____ Tel (work) _____
City _____ Postal Code _____
E-Mail _____

Assumption of Risk and Release. Please read carefully before signing.

I assume all risk of damage or injury that may occur to me while practicing meditation at the Beginners' Vipassana class and while moving about the facility at which the class is held. In consideration of being accepted as a participant for this meditation class, I release and discharge the Westcoast Dharma Society and Linda McDonald from all claims resulting from my participation in the meditation class.

I have read and understand this assumption of risk and release

(date)

(signature)