

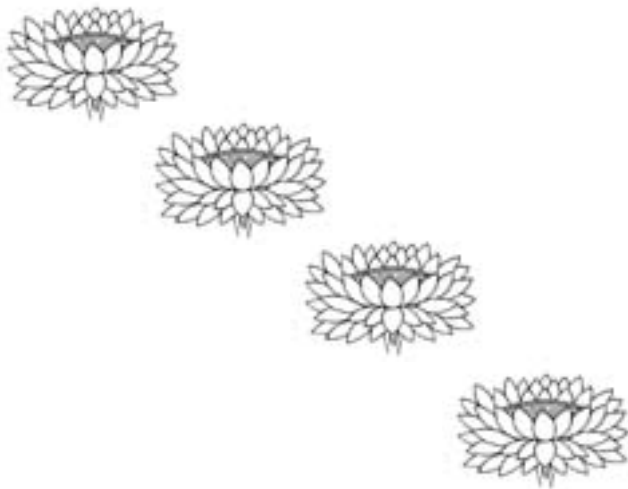
# Clear Mind



## Wes Nisker Weekend Retreat, October 14-17, 2004

Madison Vipassana, Inc. is happy to welcome Wes Nisker back to Madison for a second time. Wes Nisker has practiced vipassana meditation for 30 years. He is founder and co-editor of the *Inquiring Mind*, a well-known Bay Area journalist, and author of the best-selling *Crazy Wisdom*, *Buddha's Nature* and *The Big Bang, The Buddha, and the Baby Boom*. Wes teaches in many venues around the country and will be giving a public presentation in Madison on October 13 - see related article. Wes offers students a broad view, a deep commitment to the interdependence of all life, and the humor to lighten up into wisdom.

If you have questions regarding the retreat, contact Tony at 608-661-9959 or [tony.fernandez1@juno.com](mailto:tony.fernandez1@juno.com). Details and registration form for the retreat are on the insert in this newsletter or on the web at [www.vipassana.net](http://www.vipassana.net)



## The Big Bang, The Buddha, and the Baby Boom

*An Evening of Insightful Comedy with  
Wes Nisker, October 13, 7 p.m.*

Earthlings! Humans! Baby Boomers! Who are we, and how did we get into the mess we're in, and is there any hope for us and our species? In this exciting comic monologue, Wes "Scoop" Nisker brings his unique brand of insightful comedy to expose the foolish human condition and the joys and sorrows of living in the modern age. His critically acclaimed performance, including original songs, places today's headlines in the context of the story of evolution and the history of empires. He offers us the relief and laughter that only vast perspectives can bring.

Wes "Scoop" Nisker is an author, radio commentator, Buddhist meditation teacher and performer from the Bay Area. His books include the newly edited version of his national bestseller, *Essential Crazy Wisdom* and *Buddha's Nature*. Wes is also the founder and co-editor of the international Buddhist journal, "Inquiring Mind".

Join us on October 13, 2004, 7pm, at the First Unitarian Meeting House, 900 University Bay Drive, for an evening of thought-provoking comedy, followed by a reception and book selling/signing with Wes Nisker. Co-sponsored by Madison Insight Meditation Group and the First Unitarian Meeting House.

Suggested Donation at the Door: \$10 (Limited income \$5)

## Upcoming Madison Vipassana, Inc. Retreats

As you know from our previous newsletter, Madison Vipassana, Inc. will be holding our retreats in several different retreat centers during the next year, to determine which work best for our purposes. Members of our board have visited a number of centers within 3 hours drive from Madison in order to select the ones that we felt were most affordable, convenient, and appropriate for meditation. We are very happy with those we've reserved and hope you will be too. They are all located in beautiful natural surroundings with comfortable accommodations. We will be asking for your feedback on these retreats in order to know whether to return to any of the centers for subsequent retreats.

There is also another important change. All the centers have a cancellation deadline 2 months prior to the retreat. If we cancel after that date we pay for the use of the space regardless of whether we use it or not. This means we need to be confident 2 months before the retreat date that we have sufficient registrants (25) to hold the retreat. This is where we need your help. If you know you will be interested in one of the upcoming retreats, *please send in your registration by the deadline which will be about 2 months prior.* You will be getting your newsletters with information on the upcoming teacher and retreat with plenty of time to make that possible. Thank you all in advance for your cooperation. May we all find freedom through our practice. Our next four retreats will be:

### Fall 2004

Wes Nisker

October 14 – 17, 2004

Pine Lake Retreat Center in Westfield, WI.

1 and 1/2 hrs north of Madison off Hwy 51N.

Beautiful setting in woods by a lake in a new retreat facility during an especially lovely time of year.

### Spring 2005

Myoshin Kelley

April 5 – April 10, 2005

5 day retreat. Christine Center in Willard,

Wisconsin, north of Black River Falls. 3 hours north

of Madison. Forest setting. Beautiful meditation hall with large windows.

### Summer 2005

Howie Cohn

July 21 – 24, 2005

Non residential retreat at the Lussier Heritage Center in Madison, Wisconsin. We'll have the whole facility to ourselves. Natural setting in Nine Springs E-way conservation area.

### Fall 2005

Taraniya - Gloria Ambrosia

Oct 20-23, 2005

Cedar Valley Retreat Center, West Bend, WI.

1 and 1/2 hours north east of Madison. Another beautiful rural center with a wonderful meditation hall and expansive grounds.



## Six Week Summer Mindfulness Meditation Classes

Yen-nien Daoguan, Madison, is pleased to support the Teaching of Mindfulness through a 6 week series in which *mindful Sitting (meditation), walking and eating* will be introduced

**Mondays** 6:30- 7:30/8pm ,start **July 12**

Or

**Saturdays** 11-12noon, start **July 17**

**Location:** Yen-nien Daoguan, Madison

2929 Atwood Avenue, Suite 100

**Fee: \$60** (please contact Kathryn at 251-4726 if this is a hardship)

**To Register:** send name, address, phone, email, attach fee, indicate either the Monday or Saturday series, and mail to :

YND,M

801 Emerson St.

Madison, WI 53715

Questions: Call Suzanne Kilkus for Monday class at 223-4376 OR Jan Sheppard for Saturday class at 233-3844.

## Practicing in the Thai Forest Tradition

*namo tassa bhagavato arahato  
sammāsambuddhassa*

Since April, Madison Insight Meditation Group has offered another opportunity for practice. Practicing in the Thai Forest Tradition is a monthly opportunity to appreciate the Buddha's teachings through experiential, kinesthetic, and heart-based knowing through doing. Trying out devotional practices can be very helpful when our rational and intellectual pathways of understanding have become somewhat habitual.

Each month we chant the precepts, refuges and a chant which is a 'dedication of offering' at the morning and evening meditation at Theravada monasteries around that world. This chant offers "our rightful homage" to the Buddha, the Dhamma, and the Sangha. It is an expression of gratitude that, out of compassion, the Buddha decided to teach what he had realized to those "with but little dust in their eyes" and so made the teachings available for those of future generations. We are learning to do these chants both in Pali (the language in which they were first written down 2,300 years ago) and in English. We also chant, in English, the Metta Sutta, and a chant that wishes freedom from hostility, anxiety, and ill-will to oneself and to all beings everywhere. In addition we spend time reflecting on the meanings of the chants, and meditate for thirty minutes.

These sessions will continue from 7:00-8:30pm on the first Monday of the month. Everyone interested in learning something of this other component of the tradition is welcome to attend. We meet at 5717 Cedar Place, in Madison. For directions or more information, please call Jan at 233-3844.



## Tuesday Sitting Group

Just a reminder that Madison Insight Meditation Group has weekly sittings twice a week - once on Sunday from 6-8 pm at the First Unitarian Meeting House, 900 University Bay Drive, and also on Tuesday, from 6:30-8 pm at Dale Heights Presbyterian Church, 5501 University Avenue. Parking is in front of the building.

The Tuesday group is small, usually only 4-8 people, and informal. We sit for 45 minutes and then the facilitator will either give a short talk on some topic to spark discussion, or someone will raise something that has been on their mind. Everyone is welcome. Enter the building by the office and classrooms end, away from the central entrance to the church itself. There is always a sign posted on the door saying whether we are meeting in the upstairs or downstairs room that week.

## Summer Sangha Social Sunday, July 25, 2004

Madison Insight Meditation Group meets every Sunday of the year, except for the one or two Sundays each year when the First Unitarian Meeting House does their annual cleaning and we don't have access to the building. This year the steering committee for MIMG decided that we should use the night we don't gather at the First Unitarian Society for an annual social event.

This year's event will be a potluck and social at Jan Sheppard's home at 5717 Cedar Place in Crestwood, on the west side of Madison. Her home backs on a greenway that leads into Owen Park, so anyone who chooses can take a walk and see the beautiful summer flowers of Owen Conservancy before or after the potluck!

The potluck will be for supper, from 5-7 pm on Sunday, July 25. MIMG will provide drinks. Please bring a dish to share for the meal. If you have questions, call Jan at 233-3844. Hope to see you there.

## Maha Mangala Sutta -The 38 Blessings of Life

Translated from the Pali by Narada Thera

For free distribution only [http://www.buddhistinformation.com/ida\\_b\\_wells\\_memorial\\_sutra\\_library/maha\\_mangala\\_sutta1.htm](http://www.buddhistinformation.com/ida_b_wells_memorial_sutra_library/maha_mangala_sutta1.htm)

[A Deva asks the Buddha] “Many deities and humans, yearning after good, have pondered on blessings. Pray, tell me the greatest blessing!”

[The Buddha:] “Not to associate with the foolish, but to associate with the wise; and to honor those who are worthy of honor — this is the greatest blessing.

To reside in a suitable locality, to have done meritorious actions in the past and to set oneself in the right course— this is the greatest blessing.

To have much learning, to be skillful in handicraft, well-trained in discipline, and to be of good speech — this is the greatest blessing.

To support mother and father, to cherish family and children, and to be engaged in peaceful occupation — this is the greatest blessing.

To be generous in giving, to be righteous in conduct, to help one’s relatives, and to be blameless in action — this is the greatest blessing.

To loathe more evil and abstain from it, to refrain from

intoxicants, and to be steadfast in virtue — this is the greatest blessing.

To be respectful, humble, contented and grateful; and to listen to the Dhamma on due occasions — this is the greatest blessing.

To be patient and obedient, to associate with monks and to have religious discussions on due occasions — this is the greatest blessing.

Self-restraint, a holy and chaste life, the perception of the Noble Truths and the realization of Nibbána — this is the greatest blessing.

A mind unruffled by the vagaries of fortune, from sorrow freed, from defilements cleansed, from fear liberated — this is the greatest blessing.

Those who thus abide, ever remain invincible, in happiness established. These are the greatest blessings.”

**Clear Mind:** The Newsletter of Madison Vipassana, Inc., Madison, Wisconsin



This newsletter is published periodically throughout the year to inform our members of our activities and of events. Much of this information is also published on our website at <http://www.vipassana.net>

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Cathy Loeb, Duplicating & Distribution

To be added to the mailing list, contact Jan at 608-233-3844 or email: [jrsheppard@sbcglobal.net](mailto:jrsheppard@sbcglobal.net)

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