

# Clear Mind

## Howard Cohn 3-day Non-Residential Retreat, July 22-24, 2005

Madison Vipassana, Inc. is happy to welcome Howie Cohn back to Madison. We are very fortunate that he has accepted our invitation to lead retreats for us many times since we first began offering them in Madison. In fact, he was our teacher for the very first retreat we offered in 1995.



We have planned for this 3-day retreat to be nonresidential in order to reduce the cost for retreatants. On Friday and Saturday the retreat will be from 9 a.m. - 9 p.m. On Sunday, it will begin at 9 a.m. and end at 1 p.m. Please check-in between 8:15 and 8:45 am on Friday. For information about nearby motels, campgrounds, and whether there is a possibility for 'home' stay arrangements, call Lori at 238-1234.

The \$140 cost covers a noon and evening vegetarian meal on the first two days, and a vegetarian lunch on Sunday. The cost also pays for the teacher's transportation and housing costs as well as the costs to rent the facility. In keeping with the Buddha's teachings, there is no charge for the teachings, however a donation (dana) to the teacher is encouraged.

This retreat will offer an opportunity for sustained silent meditation and inquiry, based on the Buddha's teachings of awakening. Through sitting and walking meditation and evening discourses, we will discover the happiness of the Buddha - the

natural great peace and ease that becomes more accessible as we let of the stream of distress and rest our attention in the present moment. Insight meditation helps us to use whatever is occurring in our minds and bodies as a means of stabilizing present wakefulness. The retreat will be held in noble silence along with interviews with Howard. The retreat is suitable for those with and without meditation experience.

The retreat will take place at the Lussier Family Heritage Center. The Lussier Family Heritage Center at Capital Springs Centennial State Park and Recreation Area, Lake Farm Unit, is a seven-minute drive from downtown Madison, one mile south of the Beltline (Hwys. 12-18-151), and has excellent access to the regional highway system.

For more information about the center contact:  
LUSSIER FAMILY HERITAGE CENTER  
3101 Lake Farm Rd., Madison, Wisconsin 53711  
(608)224-3604  
[www.countyofdane.com/lwrp/parks/heritage/heritagecenter@co.dane.wi.us](http://www.countyofdane.com/lwrp/parks/heritage/heritagecenter@co.dane.wi.us)

### Directions To The Lussier Family Heritage Center

Traveling on I-94 west, exit on I-90 south (exit 138A). Continuing on I-90 exit at the West Beltline Highways 12 & 18 (exit 142A). From the West Beltline take the South Towne Drive Exit (exit 264) and go south. Continue for almost 1 mile and then turn left on Moorland Road, which turns into Lake Farm Road after the road curves. Turn left into our driveway, at the Lussier Family Heritage Center sign, 3101 Lake Farm Road. As you enter, the campground is on the right and our building is on the left.

If you have questions regarding the retreat, contact Tony at 608-661-9959 or [tony.fernandez5@gmail.com](mailto:tony.fernandez5@gmail.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)

## How to join the Madison Insight Meditation Group (MIMG) email list

If you would like to receive email and event information from the Madison Insight Meditation Group, our email list is ideal. This newsletter is published only several times a year, so the best way to get the most current information about MIMG activities and events is via email.

The simplest way to join is to send an empty message to [mimg-subscribe@yahoogroups.com](mailto:mimg-subscribe@yahoogroups.com). You will receive a reply that will give you two options.

One option is simply to reply to the email message and you will be added to the list. When messages are sent to the list, you will receive them in your mailbox and you will be able to send messages to the list as well.

If you want to take advantage of the web based features offered by Yahoogroups, such as looking at old messages, the member list, or files that are stored there, you can choose the second option, which is to go to the Yahoo Groups website and join via the web. This is the same place you will be taken to if you go to the MIMG home page [<http://vipassana.net>] and select the "Click to subscribe to our Email Group" link. This option will ask that you create a Yahoo! ID in order to log into the MIMG yahoogroups site. With this option, email will still be sent directly to your mailbox, however you will also be able to use your Yahoo ID to go to the MIMG-Yahoogroups website to read from the archived email.



## Engaged Practice Opportunity

On Saturday, May 14<sup>th</sup>, we have our annual spring highway cleanup in conjunction with the SnowFlower Buddha Sangha of Madison. We meet at 9:30 a.m. in the park at Mt. Vernon (directions below). The work is easy and pleasant and is followed by a brown bag lunch at a beautiful county park nearby. This is a wonderful opportunity for humble, mindful service and to get to know other Buddhist practitioners in the area. Bags for trash and orange vests are provided. Good shoes for walking and sunscreen are recommended. Carpooling is being arranged by Dave Creswell at 238-1234. The Mt. Vernon park is a relatively short drive from Southwest Madison to an attractive rural location.

Directions: Take 18/151 out of Madison. Beyond Verona and Hwy 69 take a left on County Rd. G. When G ends at Hwy 92, turn left into Mt. Vernon. Pass the main intersection which would allow you to go right and continue on G. The next right takes you into the park.

## Volunteer Needed

Madison Vipassana, Inc. is seeking someone willing to maintain our mailing list. Right now the list is set up as a database in Microsoft Access, but it could be managed in another format if the volunteer preferred. The job entails collecting the information from the sign up lists and entering it into the database. We use the database to produce the mailing labels for sending out this newsletter. It also requires periodic maintenance of the list as you learn that people are no longer interested or that their mailing information needs to be updated.

If you are interested or if you have questions and want to know more about what is required, please contact Jan Sheppard at 608-233-3844. Thanks!

## May There Be Every Blessing

by Jan Sheppard

*Bhavatu sabba mangalam* - May there be every blessing. This is the Pali phrase in one of the many chants known as paritta or blessing chants that are done in the Thai Forest Tradition of Theravada Buddhism. These blessings can be requested for births, new houses, deaths, and for any auspicious event or time of transition.

As part of my training through the Abhayagiri Buddhist Monastery to become a lay minister in the CALM (Community of Abhayagiri Lay Ministers) program, I was trained how to offer a blessing ceremony. If you think you might like to have a small semi private blessing ceremony, or one for a larger group, I would be happy to talk with you about how it might happen (608-233-3844). Usually a blessing ceremony consists of chanting in conjunction with a ceremony that uses the four elements of earth, air, fire and water to symbolize the interconnections of all living beings.

On May 20th or 21st, I will be holding a blessing ceremony for my family's new house. If you are curious about what a blessing is like, or if you'd just like to join others in sending blessings, I hope you will attend. Details on the exact time, location, and date will be announced at the Sunday and Tuesday sittings and sent out to the email list. *May there be every blessing, May you always be well.*

## Half Day Sittings

This summer and fall we have scheduled two half day sittings at the Lower Meeting House of the First Unitarian Society, 900 University Bay Drive. The half day sittings will occur from 9 am until noon on June 4th and October 1st. We do not have a half day sitting in August.

The morning consists of alternating sitting and walking meditation periods. You are welcome to arrive on the hour at 9, 10 or 11 to join in. Following the meditation, at noon, we will share in a potluck lunch. For questions about the half day sitting contact Dave at 238-1234.

## Meditation Retreats held at Christine Center in Willard, Wisconsin

Twin Cities Vipassana Cooperative (TCVC) will be sponsoring the following two retreats:

### June 10-12 or June 10-19, Steve Armstrong and Kamala Masters

Steve Armstrong and Kamala Masters have been practicing mindfulness since 1975 and have been leading retreats since 1990. They have been trained in vipassana and metta meditations under the guidance of Anagarika Munindra and Sayadaw U Pandita. They are the cofounders of Vipassana Metta Foundation and are developing Ho'omalalama, a sanctuary-hermitage for long-term practice. FFI see [www.vipassanametta.org](http://www.vipassanametta.org).

Steve and Kamala will be assisted by Debbie Ratner, teacher in training, who has been practicing vipassana meditation since 1995. She has worked intensively with both western and Burmese teachers, including a year as a nun in Burma. She teaches with the Insight Meditation Community of Washington (DC) and assists at retreats around the country.

See TCVC website or call the registrar for further details. In keeping with the Buddhist tradition, there is no charge for the teachings. At the end of the retreat, students are encouraged to offer a donation to the teachers. The registration form is available at [www.tcvc.info](http://www.tcvc.info). Contact Jean Fagerstrom, registrar, at [jfagerstrom@mn.rr.com](mailto:jfagerstrom@mn.rr.com) or 612-722-4967.

### Sept. 30-Oct 2 or Sept. 30-Oct 4, Marcia Rose

Details at [www.tcvc.info](http://www.tcvc.info), or contact Mariann Johnson, registrar, at [MTJohn2000@aol.com](mailto:MTJohn2000@aol.com) or 612-872-7959.

**Marcia Rose** is the resident guiding teacher for Taos Mountain Sangha Meditation Center and The Mountain Hermitage in New Mexico. She has been studying and practicing the Buddha's teachings and meditation with Asian and Western teachers of various traditions since 1970. Her own teaching reflects a strong influence from the Burmese Mahasi Vipassana tradition of Sayadaw U Pandita, and in recent years also from the Tibetan Dzogchen tradition. FFI see [www.tmsangha.org](http://www.tmsangha.org).

## Reflections on Sharing Blessings

Through the goodness that arises from my practice,  
May my spiritual teachers and guides of great  
virtue,

My mother, my father and my relatives,  
The Sun and the Moon, and all virtuous leaders of  
the world –

May the highest gods and evil forces;  
Celestial beings, guardian spirits of the Earth and  
the Lord of Death;

May those who are friendly, indifferent or hostile;  
May all beings receive the blessings of my life.

May they soon attain the threefold bliss and realise  
the Deathless.

Through the goodness that arises from my practice,  
And through this act of sharing,

May all desires and attachments quickly cease  
And all harmful states of mind.

Until I realise Nibbāna,

In every kind of birth, may I have an upright mind  
With mindfulness and wisdom, austerity and  
vigour.

May the forces of delusion not take hold nor  
weaken my resolve.

The Buddha is my excellent refuge,  
Unsurpassed is the protection of the Dhamma,

The Solitary Buddha is my noble Lord,

The Sangha is my supreme support.

Through the supreme power of all these,  
May darkness and delusion be dispelled.

**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>

Jan Sheppard: Editing, Layout & Design

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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