Partner Spotlight
June 2023

Name of Partner: Insight Meditation Houston (IMH)
Leader: Ginger Clarkson and Travis Hicks
Website: insighthouston.org
Social Media:
Facebook: imhoustonmac
Meetup.com: insight-meditation-houston

Insight Meditation Houston

Mission: Following the Buddhist tradition, Vipassana or Insight Meditation has been practiced in Asia for 2500 years. It develops concentration and awareness by focusing attention on the breath, body sensations, thoughts, and emotions, allowing practitioners to understand the conditioning of the mind and to live more fully in the present moment.

Primary Inspiration for CH Partnership: Our sangha practices cultivating the four divine abodes or brahma viharas: Metta or lovingkindness, Karuna or compassion, Mudita or sympathetic joy, and Upekkha or equanimity. We support compassionate words and actions in our community and celebrate Compassionate Houston's mission. Pam Lewis, Chair of Compassionate Houston, is an active board member of IMH, regularly leading book club meetings and organizing social gatherings for sangha members.

Most Recent Collaboration with CH Network: Ginger gave a Dharma talk about Compassion during Compassion Week and participated in reciting the Charter for Compassion.

Most Anticipated Internal Organization Event: In June of 2023, IMH will coordinate a summer social and fundraiser for a worthy local cause. In the past IMH has raised donations for community organizations such as the Houston Food Bank.

Most Anticipated Upcoming Community Outreach Event: On November 17-19, IMH will be sponsoring a weekend retreat led by Howie Cohn at the former Margaret Austin Center (MAC). The new owner, The Houston Zen Community has renamed the center "Auspicious Cloud West." This will be an opportunity for beginner and experienced meditators to deepen their practice under the guidance of a nationally recognized, experienced meditation teacher.