



Laying the Foundation for Belonging

Daylong retreat with Booker

Saturday, September 24; 10:00am – 5:00pm

In-person at the Northampton Friends Meeting House

43 Center St, Suite 202, Northampton, MA

Proof of vaccinations and N95/KN95 masks required

Suggested donation: \$24–60 registration + teacher donation (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)*

Description: As we continue to emerge from a tumultuous few years, we might be in the inquiry of "who am I now?", "how do I want to show up?", and "how does my meditation practice support me in this?" In this daylong retreat, we'll be exploring Dana (Generosity) and Sila (ethical conduct) – the first two of the 10 paramis; these qualities or states of heart and mind that lead the way to liberation.

In laying down this foundation, we begin to see ourselves as a part of the collective as opposed to an individual trying to figure things out on our own; we remember that we belong to each other.

We'll be exploring these two attainments of heart through both formal meditation and relational practices, and taking what we've learned on the cushion, and trying it on out in the real world as we explore not just what the Buddha said, but how he lived and learned. And if these practices are your growing edge, join this community and open up to the possibilities of how to incorporate them into your daily life.

*Everyone is welcome at all of our offerings, regardless of ability to donate.

To read Booker's bio or register, please [click here](#).

For more information, please visit our website: www.insightwma.org/offerings.

Insight Meditation Community of Western Massachusetts
(formerly known as InsightPV)

