

Discovering Inner Wealth: **The Seven Factors of Awakening**



Course with Manny Mansbach

**Mondays October 20 - November 10
7-8:30pm ET**

In person at IWM (hybrid TBD)

Suggested donation: \$40-90 registration + teacher donation. (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)*

The Seven Factors of Awakening – mindfulness, investigation, energy, joyful interest, tranquility, stability of mind, and equanimity – are so valued in Buddhist practice that they are sometimes referred to as “inner wealth.” Joseph Goldstein calls these qualities “the sap that runs through the Buddha’s tree of liberation; a powerful healing medicine that we must actually develop in our own minds.” These wholesome states comprise a framework for cultivating the mind, overcoming meditative obstacles, and balancing the energetic and calming forces that develop in meditation.

The Buddha’s teachings support the cultivation of qualities of mind that already live inside of us. Becoming more familiar with these factors inclines us towards developing them further, providing a sense of inner treasure and boosting our capacity to relinquish that which does not truly serve us. The Seven Factors help ignite awakening and support a maturation that promotes the sure heart’s release.

In addition to in-class teachings, audio dharma talks will be assigned each week.

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



Insight Meditation Community of Western Massachusetts
Eastworks, 116 Pleasant St #242, Easthampton MA
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