



# Living Dharma: Working with Fear and Anxiety

Course with [Michael Grady](#)

5 Tuesdays: January 10, 17, 24, 31, and February 7;  
7:00-8:15pm ET. This Offering is Zoom only.

**Suggested donation: \$40-100 registration + teacher donation** (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)\*

**Description:** Within the framework of Samatha-Vipassana (Calm and Insight), we will focus on applying our dharma practice during times when fear or anxiety arise in our everyday lives. Through this investigative process, we can discover the potential for calming the mind while seeing into the impermanent and not-self nature of these energies. Instead of being identified with or overwhelmed by fear or anxiety, this shift in attitude and approach facilitate faith in our capacity to free our hearts and minds from these conditioned habits that can generate so much suffering in our daily lives. Open to all meditators with some prior experience of mindfulness/insight practice.

**Michael Grady** began practicing Insight Meditation with Joseph Goldstein and Sharon Salzberg in 1974 when they first returned from Asia. He has also been a student of the late Chan master Sheng Yen who taught the practice of Silent Illumination – a practice which emphasizes relaxing the body and mind while practicing awareness without expectations or an agenda. Michael is a Core teacher at IMS in Barre, MA and was a Guiding Teacher at the Cambridge Insight Meditation Center for more than 20 years. Michael moved to Western Mass several years ago and is currently on the Teacher Council of IWM. Having taught extensively in both intensive retreats and in an urban dharma center, Michael encourages an attitude towards practice which is wholistic – that all of life is viewed as an opportunity for awakening to freedom.

\*Everyone is welcome at all of our offerings, regardless of ability to donate.  
For more information, please visit our website: [www.insightwma.org/offerings](http://www.insightwma.org/offerings).

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

