



Generosity/Dana

Retreat with **Manny Mansbach**

Saturday, November 19; 10:30am – 1:00pm

In-person at IWM in Eastworks, Suite 242

116 Pleasant St, Easthampton MA

Proof of vaccinations and N95/KN95 masks required

Suggested donation: \$15–30 registration + teacher donation (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)*

Description: Generosity is one of the Buddha's foundational teachings. Most of us naturally practice generosity in a multitude of ways in our lives, but still yearn to be able to open or give with more ease. Investigating generosity requires that we examine the ways in which we hold on and perpetuate the suffering of the contracted self. The exploration of generosity is a path to discovering our interconnectedness and the selfless nature of the liberated heart, of relinquishing, of letting go and unleashing the beauty and joy of the non-grasping heart.

In this half-day retreat we will study the Buddha's teachings on generosity and also distinguish between these wider teachings and the specific practice of supporting dharma centers and teachers that is commonly known as dana. We'll include the commonly recognized and also the subtler facets of generosity--offering up presence, safety, benevolence, patience, restraint, consideration, helpfulness, service, wealth and more for ourselves, each other, and for all beings.

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

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

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

