

Practicing with Equanimity and Compassion in These Times



Daylong Retreat with Aishah Shahidah-Simmons and Bernadine Mellis

Sunday October 12
10:30 am-4:30pm ET
In person/hybrid at IWM

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)*

"How can we bear dark times, or, more explicitly, horrifying times, with the skill of an awakened one? Misery, struggle, and sorrow are not the sole intentions of this life. Yet we can respect our interrelationship with everything in the world, including the suffering in, around, and between us. Is there a way to live in unsettling times that we have forgotten?"

- Osho Zenju Earthlyn Manuel, *Opening to Darkness: Eight Gateways for Being With the Absences of Light in Unsettling Times*, (Sounds True, 2023)

Learning to cultivate equanimity and compassion – or deepening the roots of these essential practices – offers us a powerful path for transforming how we meet the truth of our experience. Equanimity gives us the inner stability to face what we might prefer to ignore, both within ourselves and in the world around us. It grounds us in presence, even amid overwhelm or despair. **Compassion, the trembling of the heartmind in the presence of suffering – including our own – softens the edges of pain and invites connection, care, and courage.**

Together, these practices invite us to pause, to listen deeply, and to turn toward reality with awareness – not denial. From this turning arises the spaciousness for discernment, insight, and wise action. We move from habitual reactivity toward a more liberated response.

Join Aishah Shahidah Simmons and Bernadine Mellis for a day of sitting, walking, chanting, and relational practice as we strengthen the inner steadiness that allows the heart to remain open. Rooted in ancient wisdom and held in community, **we will meet these urgent, turbulent times not by turning away, but by leaning in – with clarity, compassion, and resilience.** This is the practice. This is the refuge.

*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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