



Contemplating the Book of Ruth

*An Introduction to
Insight Dialogue
with*

*Penina Adelman, MA, MSW &
Janet Surrey, PhD*

**Sunday, May 16, 9:30 AM -
12:30 PM via ZOOM**

In this half-day retreat we will contemplate passages from the Book of Ruth by engaging in Insight Dialogue. This practice rests on 3 bases: contemplation of text, wisdom teachings of Torah and Dharma, and harnessing the power of relationship in our lives.

The meditative qualities of *Hesed/Love* and *Shefa/Flow* which are manifest in the relationship between Naomi and Ruth can be investigated and deeply cultivated through the relational practice of Insight Dialogue. We will introduce the six guidelines of Insight Dialogue: *Pause, Relax, Open, Attune to Emergence, Listen Deeply and Speak the Truth*. The practice engages study and contemplation with speaking and listening as mindful, meditative practice.

The retreat is open to those new to Insight Dialogue as well as those with experience. Also, prior experience with silent meditation instruction is strongly suggested. For more about Insight Dialogue, please go to insightdialogue.org

The teaching is offered freely. Donations/Tzedaka can be offered to Temple Beth Zion's meditation program, *Nishmat Hayyim*, when you register at <https://www.tbzbrookline.org/form/insight>. Or send a check made out to TBZ to TBZ, 1566 Beacon Street, Brookline, MA 02445 and be sure to write on the check memo line — Nishmat Hayyim Insight Dialogue 4/16/21. **Deadline for registration is Monday, May 10, 2021. Limited to 35 participants.**

Penina Adelman, MA, MSW, is a member of TBZ. She is a social worker in private practice, a spiritual director at Hebrew College Rabbinical School and a writer. The author of *Miriam's Well: Rituals for Jewish Women around the Year* and *The Bible from Alef to Tav* (a National Jewish Book Award nominee), she is now at work on a creative autobiography as a Resident Scholar at the Brandeis University Women's Studies Research Center. She has been certified by the Institute for Jewish Spirituality as a meditation teacher and is now in training to be a teacher of Insight Dialogue. She and Janet co-led a Torah and Insight Dialogue Retreat in Fall of 2020 through TBZ via zoom.

Janet Surrey, PhD, is an Insight Dialogue Teacher. She teaches Insight Dialogue retreats worldwide and leads a longstanding practice group in the Boston area. Her first meditation teacher was Vimala Thakar. She has practiced in the Insight tradition for over 30 years, and trained as a Community Dharma Leader at Spirit Rock. Since 2007, Jan has worked intensively with Gregory Kramer and the Insight Dialogue Community. Jan is a practicing clinical psychologist and founding scholar of the Jean Baker Miller Training Institute at the Wellesley Centers for Women. She is on the faculty and board of the Institute for Meditation and Psychotherapy. She is the author of *The Buddha's Wife: The Path of Awakening Together*.