

RICHARD SHANKMAN

Teacher-in-Residence: August 16 to September 6, 2011

Residency Theme: *Cultivating Our Inner Teacher*

Sponsored by the Santa Fe Vipassana Sangha

Author of

“The Experience of Samadhi: An In-Depth Investigation of Buddhist Meditation”
Shambala Press, 2009

All are welcome to the following events:

Dharma Talks: “Cultivating our Inner Teacher”	Tuesdays, August 16, 23, 30, and Sept. 6 Meditation at 6:30 pm. Talk at 7:20. Mountain Cloud Zen Center (MCZC) 7241 Old Santa Fe Trail. For more information, 471-0564
Discussion Groups <i>Follow up on Talks</i>	Wednesdays, August 17, 24, and 31. 6:30 - 8:00 pm Ellen's house, 1022 Foothills Trail. Call Paul 471-0564 for more information.
Sutta Study	Monday, August 22, 1:00 - 3:00 pm. 3101 Jacona Circle. Call Paul: 471-0564. Sutta: Four Foundations of Mindfulness (MN 10)
Retreat:	Saturday, August 20, 9:00 am to 4:00 pm. MCZC Please bring your lunch. For information: Paul, 471-0564 Topic: "One Path: Unifying the Practice of Mindfulness, Concentration and Insight"
Special Topic Meditation and Discussion	Saturday, September 3, 9:00 am - 12:00 pm, MCZC Buddhist Approaches to Care of Dying.
Interviews	Announced at Tuesday night Dharma talks

Contact Person: Paul Zisman, tiopablo@gmail.com or 505-471-0564



Richard Shankman teaches at dharma centers in the San Francisco Bay Area and nationally, including the Insight Meditation Society and Spirit Rock Meditation Center. He is a co-founder of the Sati Center for Buddhist Studies, and of Mindful Schools, a program bringing mindfulness training into low income schools. He has been active in bringing meditation practice into prisons and drug rehabilitation programs in California. *For more information about Richard and his teaching schedule:* <http://www.richardshankman.org/>

- *Santa Fe Vipassana Sangha welcomes all people regardless of religion, color, race, gender, age, or sexual orientation.*
- *We practice a free-will offering of dana (donation) to the teacher for all events, for those who are able.*
- *The Sangha activities are fragrance-free.*

Over the course of four Tuesday evenings we explore the topic of “Cultivating our Inner Teacher”.

Each of us has a wisdom that is accessible and a reliable guide if we can learn how to trust this ‘inner teacher’. But often times we are out of touch with, disconnected from or do not trust ourselves.

Knowing ourselves and what best serves us is especially important since there is no single right, best technique or approach to dharma practice that is most suitable for everyone, and so no method or instruction will be universally effective or desirable for all of us in all situations. What is most effective for one person in dealing with a particular situation or experience may not prove useful for the next person or in the next situation, and may actually be counter-productive. We are each unique, sharing many things in common, and practice unfolds individually for each of us.

How do we find the balance between listening to and trusting our inner knowing and just following our desires? With guidance and experience we can learn how to trust our own sense of what is needed and how best to proceed in our dharma practice and our lives.

The theme of the weekend, non-residential retreat "One Path: Unifying the Practice of Mindfulness, Concentration and Insight".

Concentration is often taught as a separate practice from insight meditation. This retreat will cultivate concentration, mindfulness and insight as a single meditative path, using mindfulness of breathing as the foundational practice.

Through mindfulness of breathing the mind becomes more collected and centered, leading to deep states of concentration, peace, clarity and calm abiding. At the same time, awareness is guided to open naturally into mindfulness of the body, states of the heart and the mind, revealing the four foundations of mindfulness.

The synthesis of concentration, calm and mindfulness builds a strong foundation for the natural and revelatory arising of insight.