

Insight Meditation Center of Pioneer Valley

116 Pleasant Street, Suite 242 • Easthampton, MA 01027

(413) 527-0388 • www.insightpv.org

Guidelines for Dharma Interviews

What is a dharma interview?

Teachers at Insight Meditation Center of Pioneer Valley offer dharma interviews to practitioners who are actively involved in practicing meditation and would like to check in about their meditation practice. The interviews focus on an exploration of the truth as it is being concretely revealed in one's investigation, concerns about applying one's practice to one's daily life, and questions and clarifications about meditation.

How are they scheduled?

Dharma interviews usually take place once a month or less frequently, and they are usually scheduled for a half hour. They may take place at the center or at another mutually agreed upon place.

- So that teachers can make the best use of their time, please respect these interviews as you would any other appointment - please arrive on time and please give at least 24 hours notification for a cancellation (preferably more).

What is the fee?

Insight PV teachers offer dharma interviews following the ancient tradition of *dana*, or generosity. The teachers offer the teachings without charging a fee; in turn, the students make voluntary offerings to the teachers so that they may support themselves and continue to offer teachings. The *dana* tradition acknowledges our interconnectedness/interdependence and has as its foundation our mutual generosity.

What is the difference between psychotherapy and a dharma interview?

All the local teachers at Insight PV also work as psychotherapists and offer the following considerations:

- Dharma interviews focus on one's formal meditation practice and how meditation is applied in one's life.
- Emotional and psychological issues may surface in meditation practice and are addressed in a teacher interview from a mindfulness perspective.
- Psychotherapy offers a venue where one can receive more indepth support for exploring issues such as depression/anxiety, trauma, family of origin issues, decision making, relational issues, addictions, and vocational concerns.
- Dharma interviews should not be relied on for crisis intervention.

How do I contact a teacher?

You can contact the teachers directly to schedule an interview.

Rebecca Bradshaw: 413-695-4008, or email: rebeccab@mtdata.com

Jean Esther: 413-586-3383

Mark Hart: 413-259-2145

Adi Bemak: 413-253-9372