Insight Meditation Center of Pioneer Valley

Interim Guiding Teacher Council:
Kim Weeber, Jean Esther, Adi Bemak
Administrative Director: Joyce Genet

Insight Meditation Center of Pioneer Valley is a non-residential community meditation center. We are dedicated to offering the Buddha’s teachings of liberation to all who are interested and to cultivating compassion and wisdom in our daily lives.

*InsightPV welcomes all people* regardless of cultural or religious background, race, socioeconomic status, sexual orientation, gender identity, age, education, or ability. InsightPV continues its policy of welcoming all, no matter their financial situation.

Pre-registration is requested for all courses and retreats unless otherwise indicated. Registration will be evaluated one week prior to the start date of the course or retreat. If there are too few registrants, the offering may be cancelled at the discretion of the teacher. Cancellations will be posted on the website at least 2 days before the event. We will notify registrants via email and refund donations for offerings that are cancelled.

The suggested contributions for courses, retreats, and events help pay rent, phone, and administrative expenses, however, no one will be excluded for inability to donate. If the suggested contribution is beyond your means, please select the full scholarship option or give what you can by either choosing your own amount online, or giving at the door.

Teacher Donation (Dana): Teachers at the center are not paid by Insight Pioneer Valley for leading courses and retreats; we encourage you to make a contribution to the teacher equal to or greater than your contribution to the center. In this way, you support the teacher’s livelihood and the Buddhist tradition of offering the teachings freely.

For more information and details on our offerings and teachers, please visit our website at: www.InsightPV.org
Sittings & Groups

Sittings and groups are appropriate for all levels unless otherwise noted. Opportunity to contribute to InsightPV. Please see www.InsightPV.org for additional information.

Weekly Open Sittings
Mondays, 5:30 - 6:15pm, discussion until 6:45pm
Wednesdays, 7:00-7:30, dharma talk until 8:30pm
Tuesday and Thursday mornings, 7:45-8:30am
Fridays, 5:45-6:30pm, unguided, for experienced students
Sit with other sangha members in a relaxed atmosphere, followed by an optional facilitated discussion time.

Chronic Illness Dharma Group
Fourth Thursdays, 7:15 - 8:45pm
This drop-in group is for people with chronic illnesses or disabilities who would like to practice the dharma together. We will meditate for 30 minutes, followed by a dharma discussion. Friends/partners/allies welcome.

POC Practice & Community Group
Date & Time to be determined
Please check the website for up-to-date
An Insight meditation practice, discussion, and community group for POC practitioners. All who identify as POC (Person of Color) are welcome! For more information contact Theresa Vincent, theresa.v.holyoke@gmail.com, 413-539-7964.

Queer & Trans Sitting
First Thursdays, 7:15 - 8:45pm
Jan 2, Feb 6, Mar 5, Apr 2, May 7, Jun 4
Come and enjoy an evening of mindfulness and sharing with queer and trans people. We usually meditate for about 30 minutes, and then have a kind and confidential sharing circle. Friends/partners/allies welcome.

Young Adult Sitting
Third Thursdays, 7:15 - 8:45 pm
Jan 16, Feb 20, Mar 19, Apr 16, May 21, Jun 18
Come join us for a night of sharing and meditation for young adults. After a brief check in, we meditate for about 30 minutes, and then have discussion. We strive to be real, honest, open, vulnerable, inclusive, and kind in a safe space. Any sharing is optional. See the Facebook Page “Pioneer Valley Young Adult Sangha” for more information.

Family Gatherings
Occasional Sundays, 1:00 - 3:00pm
Please check the website for the next offering
There will be a time for parents and children to cultivate mindfulness with meditations, songs, stories, activities, and crafts. Some gatherings will be parent-led, others will be teacher-led. There’s no age restriction.

Refuge Recovery Group
Fridays, 7:00 - 8:00pm
Peer-facilitated, supportive community for those in or interested in recovery.

Wednesday Evening Dharma Talks
7:00 Sitting / 7:35 Talk
In the interest of encouraging generous support for our teachers and meeting InsightPV’s expenses, there is a suggested donation of $7-25 for the evening, which will be split 60% for the teacher and 40% for InsightPV.

January 2020

New Year’s Day Retreat: Nourishing the Heart with Meditation and Spiritual Friends
Rebecca Bradshaw
Wednesday, January 1; 2:00-6:00pm
Suggested contribution: $15-30 registration + teacher donation

Given the stresses of our individual lives and our societal struggles at this time, it is important to take time for rejuvenation. In this half-day retreat we will start the year with meditation and community sharing, exploring what nourishes and strengthens our heart. The afternoon will end with a community potluck. Feel free to bring friends and family.

Five Common Human Mind States
Candace Cassin
5 Tuesdays, January 7 - February 4; 4:00-5:45pm
Suggested contribution: $40-100 registration + teacher donation

“*To the extent that wisdom understands causes and effects, it knows how to work on the causes and conditions.” (U Tejaniya)
The mental states of grasping, aversion, boredom, restlessness, and doubt can hijack our awareness both on and off the cushion. Commonly known as the Five Hindrances, our conditioning around the word “hindrance” can fuel our aversion to these mind states and our desire to get rid of them. Yet these mental states can be doorways to awakening rather than obstacles if engaged with skillfully. In this class we will explore the many flavors of these mental experiences and ways to engage them with wisdom.

Dance, Pray, Rebel: Vehicles to take your practice from the cushion to the world
Harrison Blum
4 Tuesdays, January 7 - 28; 7:00-8:45pm
Suggested contribution: $32-80 registration + teacher donation

This four-part class will utilize the moving body, praying heart, and freedom-seeking spirit as vehicles for practice. Each of the first three classes will be motivated by a core question: How can mindfulness of the body be expanded beyond seated and walking practice? How can we better see and respond to patterns of harm, whether internal or external? The fourth class will combine and integrate elements from the first three toward creating a real-time multimodal Dharma ritual.

This schedule is subject to change. Please check InsightPV.org for up-to-date listings.

*As always, this donation is voluntary and is a personal decision. Please know that accessibility is very important to us; everyone is welcome at all of our events regardless of ability to donate.
Generosity strengthens our hearts and deepens our wisdom. Practicing generosity creates the conditions for happiness as we experience joy in planning to give, in the act of giving, and in remembering our acts of generosity.
Support your Sangha:  
Become a Friend of IPV  
with a monthly gift, automatically given.

April - June 2020

Course

Beginners/Beginner's Mind Meditation  
Kim Weeber  
6 Sundays, April 5 - May 17; 10:00am-noon  
No class on Easter, April 12  
Suggested contribution: $48-120 registration + teacher donation

This six-week course will include the Buddha’s teachings on mindfulness and meditation. Learn about and practice basic meditation techniques including body meditations, mindfulness, loving-kindness, and how to collect the mind. We will also offer an overview of the Buddha’s teachings as a way to bring our practice into our daily lives. Suitable for beginners and those who wish to “begin again.”

Course

Beloved Community  
Devin Barry and Tara Mulay  
2 Mondays, April 13 - 20; 7:15pm-8:45pm  
Suggested contribution: $16-40 registration + teacher donation

In this two-week class we will explore ways to awaken together. We will discuss teachings and cultivate practices to better connect our personal journey to that of the wider sangha. We will draw on both classical sutta teachings and modern teachings related to embracing diverse identities and experiences as they relate to social and communal harmony.

Half-day workshop/retreat

Money & Mindfulness  
Peggy Gillespie, assisted by Christian McEwen  
Saturday, April 18; 9:30am-1:00pm  
Suggested contribution: $15-30 registration + teacher donation

Traditional Buddhism says we should give “courteously, happily, quickly and without regret.” But this is not always so easy. Money remains one of the trickiest of subjects to address, even among long-time practitioners. Join us as we explore our personal money stories through reading, writing, and discussion combined with guided meditation. Our primary focus will be on generosity, but we expect to include more shadowy emotions, too (fear, anxiety, envy, etc.), while remembering that true wealth comes in many forms, not least our own capacity for happiness.

Course

Wise Effort on the Cushion and in the World  
Manny Mansbach  
4 Mondays, April 27 - May 18; 7:15-8:45pm  
Suggested contribution: $32-80 registration + teacher donation

This class will be based on four aspects of wise effort: 1) Studying the classic teaching of the four wise exertions—avoiding/abandoning the unskillful, and generating and sustaining the skillful. 2) Cultivating an energetic, relaxed, and balanced relationship between effort and effortlessness, focus and open receptivity. 3) Investigating the paradox in Buddhist practice that while we diligently work toward fulfilling deep aspirations for freedom from suffering, at the same time we are encouraged to unconditionally embrace our experience as it is. 4) Developing important practice management skills for both formal meditation and daily life practice to support skillful discernment about what is needed in a given moment.

Course

Making Friends with Uncertainty  
Manny Mansbach  
4 Fridays, May 1 - 22; 10:30am-12:15pm  
Suggested contribution: $32-80 registration + teacher donation

We humans tend to seek certain kinds of pseudo-refuge in the familiar, in roles and identities that allow us to land in places that are known, seemingly safe and secure. There’s nothing at all wrong with returning to safe harbors, but when we have difficulty finding ease in the gaps between our comfort zones there can be wide swaths of life that become stressful or overwhelming. This class will offer support and guidance for how we can “mind the gap”, struggle less and even thrive when we are asked by life to swim in deeper water than we like or are accustomed to.

Course

Opening Go of Fear (2 parts)  
Michael Grady  
Part 1: Saturday, April 25; 9:30am-12:30pm  
Part 2: Saturday, May 9; 9:30am-12:30pm  
Suggested contribution: $15-30 registration + teacher donation

We will explore the potential for freeing our hearts and minds from the burden of fear through the cultivation of mindfulness, calm, and wisdom during those times when fear arises. In Part 1, we will emphasize developing the inner resources of mindfulness and self-knowing while strengthening calm and a wise and compassionate attitude when we experience any of the various expressions of fear such as anxiety, worry, or self-doubt. (Register for each separately, encouragement to participate in both parts if interested, but not essential.)

Course

Opening the Heart – A Morning of Lovingkindness and Compassion  
Kim Weeber  
Saturday, May 30; 9:00am-noon  
Suggested contribution: $15-30 registration + teacher donation

We will practice meditations that cultivate our natural capacity for an open and loving heart, with an emphasis on lovingkindness practice. These practices lead to the development of collectedness of the mind, happiness, compassion for our suffering, and a greater ability to accept ourselves and others. This retreat is suitable for both beginners and experienced meditators. The practice will include both sitting and walking meditation.

Course

Letting Go of Fear (2 parts)  
Michael Grady  
Part 1: Saturday, April 25; 9:30am-12:30pm  
Part 2: Saturday, May 9; 9:30am-12:30pm  
Suggested contribution: $15-30 registration + teacher donation

We will explore the potential for freeing our hearts and minds from the burden of fear through the cultivation of mindfulness, calm, and wisdom during those times when fear arises. In Part 1, we will emphasize developing the inner resources of mindfulness and self-knowing while strengthening calm and a wise and compassionate attitude when we experience any of the various expressions of fear such as anxiety, worry, or self-doubt. (Register for each separately, encouragement to participate in both parts if interested, but not essential.)

Course

Conflict: An Exploration and Discussion  
Adi Bemak  
Saturday, June 13; 9:00am-noon  
Suggested contribution: $15-30 registration + teacher donation

How can the Buddha’s teachings on Right Speech enhance our understanding of conflict both within ourselves and with others. We will spend the morning in silence as well as sharing openly together, to look to the practice of Right Speech for understanding. The morning is intended to open this exploration in a supportive atmosphere, creating a safe container for this important part of our lives. All welcome.

Course

Experiencing the Changing Nature of Our World  
Kim Weeber  
Saturday, June 27; 9:30am-1:00pm  
Suggested contribution: $15-30 registration + teacher donation

Practicing outdoors allows us to directly experience the ever changing nature of life. Impermanence becomes clear as we open to the natural world. We will do sitting, walking, and eating meditation on Mt. Tom, both alone and together. Bring a bag lunch and a small stool or something you can carry into the woods to sit on. Bring sunscreen, bug repellent, a hat, etc. Meet at 9:10 at the parking lot in front of Rip’s joint to carpool, or meet at 9:30 near the pavilion by the ranger station on top of Mt. Tom. Suitable for beginners and experienced students.

Register now at www.InsightPV.org