



# *Insight Meditation Center of Pioneer Valley*

## **Suggested Donations for the Center and the Teacher**

**Since the time of the Buddha 2,500 years ago, meditation teachings have been offered in a field of friendliness and generosity.** We at Insight PV are committed to continuing this tradition, sharing these priceless teachings freely and ensuring they are accessible to all.

The path for lay practitioner is said to contain three parts: generosity (*dana*), ethical conduct (*sila*), and mind/heart development (*bhavana*). It is essential to our spiritual practice to study and practice all three.

**Dana is said to free the heart and mind from self absorption and to acknowledge and celebrate interconnectedness.** Giving releases clinging or holding on. We can give in many ways; our talent, love, time, energy, practice, and resources. The center and teachings thrive because of the many volunteers who do the tasks and hold responsibilities, offering time, energy and love. Our center and teachings are also sustained through the financial generosity of Insight PV's participants.

When you register online you are given an opportunity to give both center and teacher dana. **(While a dollar amount is not specified for a teacher donation, we encourage you to consider making a contribution equal to or greater than the suggested registration donation to the center.)**

**While we encourage you to contribute when you pre-register or at the first class, you can make a donation to the center or the teacher at any time.** Your center and your teachers depend on your donations to pay the bills and sustain the meditation teachings. It is an important part of our lineage that we hope you will contribute to *at whatever level you can.*

**If you cannot pay either suggested donation, it is completely fine to pay what you can.** We want you to be here. If you can pay more than the suggested donation, please consider doing so as it will strengthen our center and our teacher support. Your larger contribution will also ensure that we can continue our offerings to those who are unable to make the suggested donation.

**We understand that this system is different than most classes or workshops. Please don't hesitate to ask the class manager or the teacher if there are any aspects of *dana* you'd like to discuss.**

*May your practice of dana bring joy and freedom to your heart.*