



MUCH ADO ABOUT NOTHING: MY ADVENTURES IN THE NATURAL GREAT PERFECTION

by Wes Nisker, published originally in *Inquiring Mind*, Spring, 2000

The Tibetan Buddhist master Tsoknyi Rinpoche said to us, "Look in between your thoughts. In the gap between thoughts is where you will see the empty essence of mind, the reality of who you are, the ultimate truth."

"How strange," I thought to myself. I had always assumed, along with my entire civilization, that the ultimate truth would come in the form of a thought, not in between them. We are used to having our truths expressed in meaningful sentences, and I figured that the ultimate truth would come, maybe in big, block letters, or flashing on and off, "HERE IS WHAT IT'S ALL ABOUT..." and then the answer would follow. But now I was being told that my thoughts are actually obscuring the truth.

As you may have noticed, the teacher's instructions got me thinking a lot, but in spite of the many thought gaps thereby created, I was still not seeing into them very clearly.

At one point, as I was trying to peek into the empty essence of mind, I realized that a good deal of my life has been devoted to this experience. I have not been trying to see in between my thoughts, per se, but I do have a long history of looking for ways to "blow my mind." Along with many of my generation, I have spent a good deal of my life seeking relief from the analyzing, judging, segregating, self-conscious, thinking mind. Perhaps I intuitively knew all along that the ultimate truth was lying somewhere in the cracks between all the thoughts and things.

A few days into the retreat, I became convinced that "mind blowing" was a key element of this dzogchen practice. Further evidence came when we were told that the empty essence of mind can be glimpsed more easily in the moments immediately after sneezing, and right after having an orgasm. The dzogchen masters are quite serious about these opportunities for seeing the mind essence. However, since I had no pepper handy, and because we had taken vows of celibacy at least for the duration of the retreat, this information did me no good at the time. So, I just kept looking, trying to catch a glimpse of...

I was especially fascinated by one technique where the teacher yells, "Phet," or slams his hand down on a podium or strikes a bell, and at the sound you quickly "look at what is looking." It's a funny game of trying to sneak up on yourself, to slip past your egoic consciousness, which, of course, knows what you are up to and is ready to make evasive maneuvers to prevent you from seeing through its illusory face. This is part of the tricky dzogchen end-game.

For the past eight years I have been studying the Vajrayana Buddhist philosophy and practices of dzogchen, primarily with Tsoknyi Rinpoche. I had heard about dzogchen back in the early '70s in India, but was told that it was nearly impossible to receive transmission of this ultimate in esoteric wisdom, and would require that I do many years of arduous preliminary practices. Also, at the time, Tibetan Buddhism appeared too arcane and "religious" for my taste, so instead I began to follow the Theravadan path, "the Way of the Elders." In the Theravadan school there were no "gurus" required, no wild-looking deities, no foreign syllable mantras.

Along my chosen path, however, I did encounter some of the great spaciousness that is the dzogchen trademark. In fact, the meditation practice that I enjoyed the most in my Theravadan training is known as "big sky mind." It is often done by focusing on the sense of hearing, and then letting the mind expand outward to

encompass the source of even the farthest sounds. Eventually the boundaries of mind can seem to dissolve, leaving the perception of a vast, empty space of awareness into which all phenomena arise and disappear. It was into that big sky of mind that I found it easiest to release my thoughts, desires, fears, and sense of being a separate self. In the big sky of awareness, the machinations of my ego seemed nothing more than a dust devil, an ephemeral and temporary whirling of elements moving across the wide open spaces.

The practice of big sky mind, however, was offered only occasionally at vipassana retreats and regarded by many teachers as a sort of time-out, a brief intermission from the serious business of deconstructing reality and "purifying" the mind. Therefore, when I was first told that I would be able to study dzogchen, I was also excited to hear that it would be like an entire retreat of "big sky mind."

The Tibetan word "dzogchen" is literally translated as "the natural great perfection," and the name itself rang true to me. I have long believed that the cosmic condition is essentially perfect just as it is, warts and all, naturally unfolding, inconceivably vast, way beyond human judgements of right or wrong, good or bad, or this, that and the other thing. When I first began my spiritual journey, I was convinced that if I could just merge with this perfect cosmic Oneness, then my painful self-consciousness would be stripped away, nirvana would kick in and the bliss would begin.

Of course, I understand that I am already "in" the Oneness. Trying to become one with the One is like playing musical chairs with yourself. However, in spite of the fact that there is nowhere to go, you've still got to make some effort or you'll never remember that you are already where you want to be. Furthermore, when you do realize that you are there, then you aren't there. (Oneness and you-ness don't go together.) To put it another way, "wherever you go, there you aren't."

(continued on the next page)

TCVC SPONSORS A PUBLIC TALK BY WES NISKER

Thursday, September 21
Registration: 7:00 P.M.
Talk: 7:30 P.M.

at Unity Church-Unitarian
732 Holly Avenue,
St. Paul, MN

Topic: The Big Bang, the Buddha, and the Baby Boom,
a humorous exploration of a generation's search for spiritual
meaning and metaphysical sanity.

This talk is offered in the spirit of generosity. Donations are
gratefully accepted, but not expected.

- For driving directions, call Unity Church, 651-228-1456, M-F, 9 A.M. 5 P.M.
- For more information, call Kay Wicker, 612-373-0824.
- On pages 4-5 of this newsletter, see Wes Nisker's biography and description of a vipassana retreat that he will lead September 22-26.



(Much Ado about Nothing, continued from the previous page)

Now I was being offered "the natural great perfection," not just as an abstract idea about the nature of things, but as an actual home, a big, rambling heavenly estate where all manifestation is revealed as a dream, and all things are resolved. The teacher told us that we did not have to struggle to find this natural great perfection. In fact, a major part of the dzogchen practice (called non-meditation) seemed to consist of just relaxing the mind. We were told not to do anything, or try to construct any mental state or conditions, but to just let the mind be open and natural. I found that this simple instruction, surprisingly, led quite often to a feeling of great spaciousness, an experience of a grand perspective into which the sense of self was subsumed.

Another aspect of the dzogchen practice is to recognize the nature of awareness itself, which is the whole point of trying to look into the gap between thoughts. And what precisely did I see in those moments when I saw into the gap? Well, first of all there wasn't any me there. Knowing was there (sometimes referred to as "Knowledge-Awareness"), and a brief moment of knowing that knowing was there (knowing was knowing the knowing), but I was not involved. In fact, there wasn't even any there there. The knowing had no location, and seemed like some kind of elemental force field, an omnipresent quality of the universe itself. Indeed, in the dzogchen view, pure awareness and infinite space are the essential, co-existent aspects of reality, and both are characterized by emptiness. Mind and Space are all and everything, and the whole point of looking into the gap between thoughts is to see this truth.

(At this point, I must offer a caveat, and remind readers that I am relating a rank beginner's experiences in the dzogchen tradition. There are entire schools of thought and multiple volumes devoted to the nuances of the dzogchen philosophy and practices.)

One effect of the dzogchen training that I cherish deeply, is that it has turned me toward awareness as something worthy of reverence. In dzogchen, the power of knowing is spoken of as holy, almost as if it were a deity. "Mind" is considered the ground of being, the creator, the source of all things. A beautiful dzogchen text, *The Flight of the Garuda*, says, "The mind is like an artist. All things are the illusory, magical display of mind."

Indeed, the strange quality of knowing seems to be the central mystery of existence, for spiritual adepts and Western scientists alike. The neuroscientists have been looking around inside the brain, but can't seem to figure out what exactly this knowing consists of, where it is located, or how it is produced. Francisco Varela, a student of Tibetan Buddhism and renowned cognitive scientist, says that "knowing" is the very quality that defines life, and that "to live is to know." If that is the case, then as dzogchen adepts pay homage to knowing, they are bowing to the essence of life itself.

Since starting my dzogchen practice, I have found this reverence for Mind to be inspirational, and a source of compassion for all that lives. In my practice I am now beginning to see a fullness in the emptiness. There is a light shining in the wilderness of non-existence, a mysterious presence that is leading me back to belief. In those moments when I experience the knowing within not my mind, but Mind with a capital "M" shining in its bare power and glory, I feel a deep awe and appreciation for life and the mystery that surrounds it.

ATTENDANCE AT SUMMER, 2000 RETREAT

For people interested in news about past retreats...

- 37 retreatants (25 full time for nine days; 12 weekenders)
- 26 from MN; 6 from WI; 2 from IL; 2 from MS; 1 from NM
- 13 attended their first TCVC retreat (6 full time; 7 weekenders)

TWO FULL SCHOLARSHIPS FOR FIRST-TIME YOGIS

The Vipassana Metta Foundation and a TCVC sangha member are happy to offer two full scholarships for retreatants (yogis) attending their first retreat. The scholarships are intended for those with limited financial means and include both the registration fee along with the fee for room and meals.

To apply for this scholarship for either the weekend or full time retreat, a first-time retreatant should send a letter stating the background of the need along with their retreat registration form, shown on page 5. If there are more applicants than scholarships, recipients will be chosen by lottery. By Saturday, September 9, the registrar will notify all those who applied as to whether or not they have received a first-time yogi scholarship.

If you want to sponsor a new yogi yourself by offering a scholarship, or have questions, please contact retreat registrar Vera Matich at 612-871-6594 or, after September 6, TCVC treasurer Joanne Skarjune at 612-724-9357.

(Please note that this first-time yogi scholarship is different from the regular TCVC scholarship, which pays up to 50% of room and meals and does not pay for the registration fee. The retreat announcement on page 4 describes the application procedure for the regular TCVC scholarship.)

"By means of this gift and its fruit may all beings in this very life be at their ease, and may they one day enter Nirvana!"

Translated by Edward Conze from the *Perfection of Wisdom in 25,000 Lines*.

OUTREACH: AN APPEAL TO OUR READERS

"Outreach" is an ongoing effort to get support from and give support to like-minded people so that we may practice vipassana meditation and learn to practice dhamma in our lives.

To that end, we, the TCVC coordinating committee, are undertaking tasks that might increase the number of people who know about our retreats. We will offer retreats as long as the number of retreatants is sufficient to cover expenses and to bring in meditation teachers. We hope to maintain a healthy base of old timers as well as attract newcomers.

Here's how you can help: 1) Post the enclosed Wes Nisker talk/retreat flyer where it will be seen by a sympathetic audience, for example, at a health food store or where your meditation group meets. 2) Consider sponsoring a first-time yogi to attend a retreat. 3) If a fellow meditator is concerned about retreat fees, mention the TCVC scholarships. 4) Gift yourself with a retreat.

Thank you!

TREASURER'S REPORT

The report reflects all income received and expenses paid through the summer, 2000 retreat. We plan to decrease our registration fees over the next year to bring our Retreat Fund balance closer to zero.

Operating Fund	\$2,229.69
Reserve Fund	\$1,500.00
Retreat Fund	\$1,972.23
Scholarship Fund	\$1,984.00
Total	\$7,685.92

Thanks to everyone who donated during the past few months to the Operating Fund and Scholarship Fund!

TCVC gratefully accepts donations. Please send your check to Attention: Treasurer, TCVC, P.O. Box 14683, Minneapolis, MN 55414, and indicate the fund to which your contribution applies. TCVC is an informal club; donations are not tax-deductible.

PRACTICE OPPORTUNITIES

TWIN CITIES OPPORTUNITIES

VIPASSANA PRACTICE

Common Ground Meditation Center

Mark Nunberg will be on retreat this fall. All programs will be led by guest teachers. Please call for current flyer. All programs offered free of charge; donations are welcomed.

- Weekly sitting group, Wed. 7:30 9:00 P.M. led by Patrice Koelsch.
- Mindfulness in Daily Life, four Mondays beginning Oct. 23rd, 7:30 9:00 P.M., led by Wendy Morris.
- Day-long Retreat, Sat. Oct. 21st, 9:00 A.M. 6:00 P.M., led by Merrra Young.
- Open meditations:
 - * Monday Friday, 6:30 7:30 A.M.
 - * Tuesdays, 7:30 9:00 P.M.
 - * Sundays, 8:00 A.M. 12:00 noon

3400 E. 26th Street
Minneapolis, MN 55406
Tel: 612-722-8260
(Mark Nunberg and Wynn Fricke)

Phat An Temple/Vietnamese Buddhist Association of Minnesota

Saturdays, 6-9 A.M. Meditation
475 Minnesota Avenue
Roseville, MN 55113
Tel: 612-927-7231 for information

Center for Mindful Living

Thich Nhat Hanh and Soto Zen style
3206 Holmes Avenue
Minneapolis, MN 55408
Tel: 612-825-7658
(Michael O Neal and Joen Snyder O Neal)

Rivers Way Meditation

Monthly vipassana retreats for beginners and people with all levels of experience. Classes and individual practice guidance are available by appointment. All offerings are on a dana (donation) basis.

- Sunday, Sept. 17, 1-5 P.M.

All retreats are held at St. Paul Yoga Center
1162 Selby Ave., St. Paul
(at Selby and Dunlap off of Lexington). Call after September 5 to register and for further information.
Tel: 612-253-5228 (Merrra Young)

TIBETAN TRADITION

Shambala Center

1304 University Ave NE (2nd floor)
Minneapolis, MN 55458
Tel: 612-331-7737

ZEN PRACTICE

Clouds in Water Zen Center

308 Prince Street
St. Paul, MN 55101
Tel: 651-222-6968
Web: <http://www.ciwzc.com/>
(Doshu Port, guiding teacher)

Dharma Field Zen Center

3118 West 49th Street
Minneapolis MN 55410
Tel: 612-928-4868
(Steve Hagen, head teacher)

Minnesota Zen Meditation Center

3343 East Calhoun Parkway
Minneapolis, MN 55408
Tel: 612-822-5313

OTHER VIPASSANA RESOURCES

Madison Insight Meditation Group

Sponsors vipassana retreats and related activities in Madison, Wisconsin.

- November 2-5, 2000
Ginny Morgan
 - March 22-25, 2001 Wes Nisker
- Tel (Cindy McCallum): 608-255-4559
E-mail: uppekha@yahoo.com
Web: <http://www.vipassana.net>

Mid America Dharma

Sponsors residential and non-residential insight meditation retreats and related activities.

- Nov. 9-13, 2000 Mary Orr
- Dec. 28, 2000-Jan 2, 2001
Santikaro Bikkhu
- Feb. 16-19, 2001 Rodney Smith

Mid America Dharma
P.O. Box 414411
Kansas City, Missouri 64141-4411
Tel (Ginny Morgan): 573-817-9942
E-mail: phil@midamericadharm.org
Web: <http://www.midamericadharm.org>

Vipassana Metta on Maui, HI

Kamala Masters and Steve Armstrong lead retreats on Maui lasting one day, a weekend, two weeks, and, in August, one month. They also lead retreats elsewhere in the United States and worldwide.

Vipassana Metta Foundation
P.O. Box 1188
Kula, Maui, HI 96790-1188
Tel: 808-573-3450
E-mail: meditate@maui.net
Web: <http://www.maui.net/~metta>

ACTIVISTS

Buddhist Peace Fellowship

For information about the next meeting in the St. Paul/Minneapolis area, contact Lee Lewis at 651-699-1330 or Martha Boesing at 612-825-2820.

RESIDENTIAL VIPASSANA MEDITATION RETREAT WITH WES NISKER

SEPTEMBER 22 24 (WEEKEND OPTION) OR SEPTEMBER 22 26 (FULL TIME OPTION)

What is this retreat about?

During this retreat we will practice the time-honored art of Buddhist insight meditation to explore our human condition and, in the process, bring more ease and understanding to our lives. Through a creative use of traditional Buddhist meditation practices we will specifically examine our nature *as* nature, and our place in the grander scheme of things. Included will be guided meditations on the breath and heartbeat; on the body as composed of natural elements; the skeleton; death and dying; our instinctual *animal* nature; the origin of thoughts and emotions; the tricky delusions of the mind. The talks and discussions will present both traditional Buddhist views of self and reality, as well as some of the latest information from evolutionary biology and psychology to support and guide the meditations. With an attitude of curiosity and playfulness we will explore what Buddhists refer to as our "true nature" and, in the process, find relief from the sufferings of a separate, disconnected self.

The daily schedule provides time for retreatants to ask questions and for individual and/or group interviews with the teacher. Also, the schedule alternates sitting meditation periods with walking meditation. The retreat will be held in silence.

About Wes Nisker, guiding teacher

Wes Nisker has practiced Buddhist insight meditation for 30 years with teachers in Asia and the West. He is founder and co-editor of the international vipassana journal *Inquiring Mind*, and author of two bestselling books, *Buddha's Nature: A Practical Guide to Discovering Your Place in the Cosmos* and the classic, *Crazy Wisdom*. Wes leads classes and workshops in Buddhist meditation at Spirit Rock Center in Woodacre, California; at U.C. Berkeley; Esalen Institute; and other venues internationally.

Tau Center: meals, accommodations, travel

At the retreat site (Tau Center in Winona, MN), all meals are vegetarian and high in carbohydrates. The food service center is unable to accommodate special diets. If you have special dietary needs, you may wish to bring along supplemental food that requires no facilities to store or prepare.

Accommodations include private rooms supplied with towels and bedding. Showers and lavatories are shared with people of the same gender.

See the next page for travel directions. To request a ride, check a box on the registration form, and the registrar will call.

In the event of bad weather or other emergency, call the TCVC Info Line at 651-229-3139 for retreat status.

What to bring

Please bring unscented or lightly scented personal products, such as shampoo, lotions and deodorant. **Do not use essential oils, perfumes, hairspray, incense, or scented candles at the retreat.** Scented products are distracting and may trigger allergies.

Bring comfortable, loose-fitting clothes. For the meditation hall, bring a blanket if you tend to get chilly sitting; also, bring a cushion and soft floor pad, or you may sit on a chair (provided) if you prefer.

Dana

The teacher for this retreat does not ask for nor receive any payment from TCVC for the teaching. The teacher relies on *dana* (meaning *generosity* in the Pali language), a form of voluntary giving by their students for their support. Dana enables the teachers to continue devoting themselves to teaching.

Equally important, *dana* provides retreatants an opportunity to practice generosity and open-heartedness. At retreat's end,

participants will have an opportunity to practice *dana* by offering contributions. There is no specific contribution amount expected; give what feels right.

Attendance options: arrival and departure

- **Arrival:** Registration is 6:00-7:30 P.M. Friday, September 22. Please do not arrive before 3:00 P.M. Retreatants are expected to attend Friday night 8:00 P.M. opening and stay for the duration of the retreat. Exceptions must be approved by the retreat manager.
- **Full time option:** Your retreat ends Tuesday afternoon, September 26, at approximately 1:00 P.M. immediately after lunch.
- **Weekend option:** Your retreat ends Sunday, September 24 at approximately 5:30 P.M. On Sunday, your retreat includes lunch but not an evening meal. After the final afternoon meditation period, which typically ends at 5:30 P.M., remove your gear from the meditation hall and from your room. (If desired, you may then walk to a nearby restaurant for an evening meal, and return in time for the teacher's discourse typically held 7:30-8:30 P.M.)

Retreat fees and refunds

The registration form on the next page lists the fees. All registrants pay a non-refundable registration fee covering retreat center fees and TCVC retreat expenses.

Send a check, payable to TCVC, for the full cost of the retreat along with the registration form.

- **Due date:** Your envelope must be **POSTMARKED** on or before **Wednesday, Sept. 6, the due date**, to avoid a late fee.
- **Late fee:** Include the late-registration fee if either of these is the case: your application is postmarked on or after Thursday September 7 OR you estimate the application will arrive at the TCVC PO box on September 11, 12, or 13.
- **Registrations not accepted after Sept. 13:** The registrar will not accept registrations received at the TCVC PO box after September 13.
- **No confirmation:** The registrar won't send a confirmation if your registration is accepted.
- **Refunds:** Refunds for room and meal fees cannot be guaranteed after September 6. Early departures are not eligible for a reduced rate or refund.

Applying for a scholarship

Scholarships provide up to 50% of the fee for room and/or meals. There is no scholarship for the required registration fee.

To apply for a scholarship, please send 1) a letter giving the background of your need; 2) your registration form; and 3) check for the total cost minus scholarship amount. The registrar will notify you before the retreat about whether or not the scholarship is granted; if it's not granted, you are asked to pay the fee balance upon arrival at the retreat.

Also, see "Two Full Scholarships for First-Time Yogis" on page 2 of this issue.

Contacts for this retreat

For questions, contact the registrar, Vera Matich, either at 612-871-6594 or via letter to Attention: Vera, TCVC, PO Box 14683, Mpls, MN 55414; state your name, mailing address, phone number, and time of day to call in case a call is needed.

For emergency contacts, Tau Center's phone is 507-454-2993. **Do not direct retreat questions to Tau Center.**

Directions to Winona, MN. See the next page.

Directions to Winona, MN from Minneapolis/St. Paul

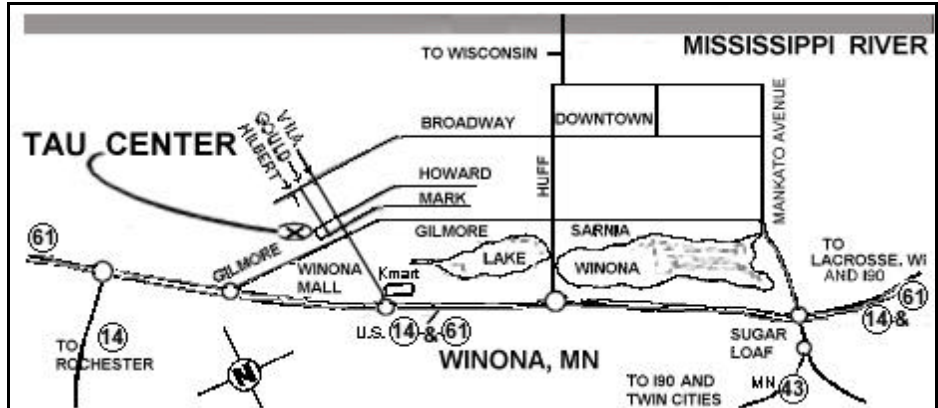
It's 2½ hours drive time in fair weather.

Take U.S. Hwy 52 south past Rochester to I90 east. Then follow I90 east to MN Hwy 43 North.

Proceed along Hwy 43 North until you arrive at an intersection with U.S. Hwys 61 and 14 at the southern edge of Winona.

Turn left (west) onto U.S. Hwy 61 and proceed to Gilmore, just west of the Winona Mall. Turn right (east) onto Gilmore, then proceed to a 4-way stop sign at Gilmore and Vila.

Turn left (north) onto Vila and go one block to Mark street. Turn left onto Mark. Go two blocks to Hilbert Street, where you'll see Tau Center.



Cut here to detach the registration form.

TCVC RETREAT REGISTRATION FORM FOR SEPTEMBER, 2000 RETREAT WITH WES NISKER

Please read "**Attendance options**" and "**Retreat fees and refunds**" before you fill out this form.

Name _____ Gender: M F Phone: (____) _____

Address _____ City, state, zip code _____

Please change the TCVC mailing list because I've listed a new address or phone number above.

Choose one of the following fees for room and meals:		<u>Fees for one person:</u>	
	Weekend option September 22-24	Full time option September 22-26	
Room and meals	\$85	\$175	
Room only (no meals)	\$54	\$108	
Commuters (meals only)	\$52	\$110	? \$_____.
Required registration fee. Not refundable after September 6.			\$ <u>40</u> .
Late fee: \$25 if registration is postmarked after Wednesday, Sept. 6 OR received at TCVC PO box on Sept 11, 12, or 13. (The registrar will not accept registrations received at the TCVC PO box after Wednesday, September 13.)			\$_____.
Optional, non-tax-deductible contribution to TCVC funds			\$_____.
Please specify <input type="checkbox"/> Scholarship Fund <input type="checkbox"/> Operating Fund			
TOTAL COST			\$_____.

Please check all that apply:

- This is my first TCVC Retreat. I need a ride. I can give a ride.
- Please have someone contact me prior to the retreat so that I can ask questions about the practice and/or retreat.
- I volunteer to help the retreat manager. (Tasks vary but may include arranging for gifts and flowers, helping set up or clean up at the retreat center, and registering retreatants. The retreat manager will contact you.)
- I volunteer to host a post-retreat party. (The retreat manager will contact you to confirm.)

How I heard about this retreat : I'm on the TCVC mailing list.
 Other (how/when?) _____

Please send this registration form and check with payment in full (payable to "TCVC") to:
 TCVC, PO Box 14683, Minneapolis, MN 55414

TCVC Vipassana Meditation Retreat Calendar

Dates	Teacher(s)	Location and contact	Suitable for whom?
Sept. 22 - 26, 2000	Wes Nisker	Tau Center (Winona, MN) registrar Vera Matich, 612-871-6594	Beginning and experienced meditators
Jan. 12 - 21, 2001	Matthew Flickstein	Tau Center (Winona, MN) <i>contact is to be determined</i>	It is required that participants will have previously attended a minimum of one 4-day residential vipassana retreat and have a consistent meditation practice.
June 15-24, 2001	Kamala Masters Steve Armstrong	Tau Center (Winona, MN) <i>contact is to be determined</i>	Beginning and experienced meditators

about GrassRoots Dhamma and Twin Cities Vipassana Cooperative (TCVC)



TCVC InfoLine 651-229-3139 for information about business meetings and retreats



TCVC web site <http://www.wordimage.com/tcvc.htm>



E-mail tcvcoop@hotmail.com



TCVC, P.O. Box 14683, Minneapolis, MN 55414 Attn. GrassRoots Dhamma

GrassRoots Dhamma is published three or four times a year by the Twin Cities Vipassana Cooperative.

Main editor: Kay Wicker

Other editors and dhamma workers for this issue: Robin Blake, Sylvester Fernandez, Vera Matich, Paul Norr, Joanne Skarjune, and David Skarjune

We welcome material relating to your vipassana practice at home, in retreat, and in daily life, to be included in the GrassRoots Dhamma when space is available. Newcomers and old timers are equally encouraged to contribute. We are happy to include your practice-related announcements as well. Send copy to the e-mail address or postal address listed above.

If you would like your name added to the mailing list, email or send your name and address to the TCVC address above.

TCVC is a network of people interested in practicing vipassana meditation, also known as insight meditation or mindfulness meditation. Since 1986, our mission has been to provide opportunities for residential retreat practice. TCVC operates as an informal club. All programs are run by volunteers who reside primarily in or near the Twin Cities of St. Paul and Minneapolis, MN.

Twin Cities Vipassana Cooperative
P.O. Box 14683
Minneapolis, MN 55414

