



ANGER AS AN IMPEDIMENT TO SPIRITUAL DEVELOPMENT

Adapted from the book *Journey to the Center*

by Matthew Flickstein

Of all the hindrances to spiritual development, anger is one of the most self-destructive. The purpose of spiritual work is to open our hearts to the presence of love and compassion. The presence of anger directly opposes the manifestation of this profound and essential goal.

Anger generally arises due to a distorted perception of a situation in which we find ourselves. It occurs when we relate to our current set of circumstances based upon a painful experience from our past, when we think that our self-concept or beliefs are under attack, or when we feel that the fulfillment of our desires is being thwarted by someone else. The most far-reaching and self-destructive form of anger is resentment, whereby feelings of ill-will are maintained over an extended period of time. Even after years of meditating, many yogis still experience this form of anger.

One antidote to anger and resentment is forgiveness. Most of us find it very difficult to forgive individuals who have hurt us deeply. Why should we forgive them? When we express our anger toward others, we are the ones who wind up suffering the most. Maintaining anger is similar to picking up a red-hot piece of coal to throw at someone – whether we hit our target or not, we are the ones who get burned. Since we cannot give our anger away, the feelings linger and scorch our own minds.

Forgiving does not mean forgetting. When we forgive we still remember the lessons we learned, but without the emotional pain that keeps us anchored to those memories. Forgiving does not indicate that we are condoning an inappropriate or harmful action that someone committed, nor does it mean that we give up our right to justice or to receive better treatment in the future.

When considering self-forgiveness, an important distinction needs to be made between guilt and regret. Feelings of guilt result from judging and condemning ourselves even after acknowledging the inappropriateness of our words, thoughts or deeds. As a consequence, we remain angry with ourselves over time. With regret, on the other hand, we acknowledge our unsuitable behavior, attempt to make amends, and then move on with our lives. Approaching our transgressions with regret, as opposed to living with a sense of guilt, makes it much easier to forgive ourselves.

There is another key point regarding forgiveness. We usually think of people in terms of their bodies, speech, actions, mental processes, or as a combination of these factors. If we look closely, we discover that bodies constantly change, words disappear the moment they are spoken, actions end the instant they are committed and mental processes incessantly rise and fall away. The people with whom we are angry no longer exist as they were. We are angry only with a memory of how they looked, what they said, what they did, or how they thought. It is the illusion that nothing has

changed that keeps us trapped in the past.

The ultimate cost of maintaining anger and hatred is our inability to become truly loving individuals. When we hold on to anger, it precludes our expression of love from becoming unconditional and universal. The cost of maintaining anger and hatred is too high for anyone.

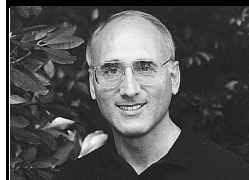
THREE OPPORTUNITIES TO MEET MATTHEW FLICKSTEIN IN 2001

Put these dates in 2001 on your calendar:

- **January 11** public talk at Clouds in Water Zen Center. See details at the bottom of this column. And bring a friend.
- **January 12-21** experienced-yogi retreat in Winona, MN. See the retreat description and registration information inside this issue.
- **March 23-25** non-residential retreat in Roseville, MN. This is a low-cost retreat with minimal travel if you live in the Twin Cities area. If you've wanted to experience a retreat but were unable to travel to Winona (our usual setting), take advantage of this retreat, which is appropriate for beginners and experienced meditators alike. It will be held in silence. The tentative schedule (times of day are subject to change): 7 P.M.-9 P.M. March 23; 8 A.M.-6 P.M. March 24; and 8 A.M.-4 P.M. March 25.

Cost and final schedule will be mailed in mid-February.

TCVC AND CLOUDS IN WATER ZEN CENTER CO-SPONSOR A PUBLIC TALK BY MATTHEW FLICKSTEIN



at **Clouds In Water Zen Center**
308 Prince Street
St. Paul, MN

Thursday, January 11, 2001
Doors open: 7:00 P.M.
Talk: 7:30 P.M.

Topic: The Unfolding of Wisdom, the Purification Process in Insight Meditation, a brief exploration of the stages of spiritual development and the practices that support that development.

This talk is offered in the spirit of generosity. Donations to the speaker are gratefully accepted, but aren't expected.

- The Center is on Prince Street, which is on the east side of Broadway. (Prince is a continuation of 4th Street, which is on the west side of Broadway.) **Parking:** Please do not park on Prince Street in front of the Center's building – cars have been towed from that location! Park on Broadway or in a pay lot east of the Center.
- For driving directions and a map, call Clouds in Water Zen Center, 651-222-6968, and ask to have directions mailed, or get directions from their Web site at www.cloudsinwater.org.
- For more information, call Kay Wicker, 612-373-0824.

POETRY CORNER

Retreat into Silence

Red winged blackbirds
Rabbits on the run
Turtles swimming in the creek.

Rain falling heavily
Tears flowing freely
Window panes washed
The creek swells
A McDonalds cup creeps downstream
Settled scum and muck released
Clarity restored.

Sit, walk, sit, Eat, rest,
 Sit, walk, sit, Eat, rest,
 Sit, walk, sit. Sleep.

Barefoot walks on uneven earth
Feel the dew on the grass
the warm wooden planks on the footbridge.
Shade trees cast an umbrella shadow
Flowers bloom
Roses scent the air
The wind rustles upper branches
Poplars sing
Mulberries ripen.

Soccer team voices beyond the chain link, fenced in yard.
Helicopters, airplanes and cars
Reminders of the world outside.

Sit, walk, sit, Eat, rest,
 Sit, walk, sit, Eat, rest,
 Sit, walk, sit. Sleep.

At dusk
We receive the waning light—gently through lace curtains.
One more light before it ends
The sky, the evening sky streaked out in brilliant reds
the sun descends
The last red rim retreats
Sit in silent darkness.

Retire with a hot cup of camomile tea
Push the single bed toward the open window
and let the moon shine in.

Sit, walk, sit, Eat, rest,
 Sit, walk, sit, Eat, rest,
 Sit, walk, sit. Sleep.

In Silence, Freedom expands.
Breathe in, breathe out and feel the growing space.
Breathe in, breathe out and fill the growing space.

— *Ruth Lambach*
Report on the Silent Retreat at the Tau Center in
Winona, Minnesota June, 2000

MINDFULNESS AND QIGONG WORKSHOP WITH FRANZ MOECKL

Franz Moeckl has practiced Qigong and Ta Chi Ch'uan for more than 20 years. In 1985 he began to practice vipassana meditation both in the West and in Asia, where he spent time as a Buddhist monk. He trained at the Stress Reduction Clinic in Worcester, MA, founded by Jon Kabat-Zinn, where he also co-taught the program. He now teaches in the U.S., Europe and Asia.

The May 4-6 workshop will offer a talk Friday evening and, on Saturday and Sunday, a Qigong workshop called Awaken to the Joy of Being Alive.

ATTENDANCE AT FALL, 2000 RETREAT

For readers interested in news about past retreats

- 46 retreatants (18 full time, 28 weekenders)
- 39 from MN; 4 from WI; 3 from IA
- 12 attended their first TCVC retreat (3 full time; 9 weekenders)



CHANGEOVER OF TCVC VOLUNTEER COORDINATOR

We extend a hearty "Thank you!" to Patrice Koelsch, who has ended her 3 ½-year reign as Volunteer Coordinator, one of the TCVC Coordinating Committee positions. Patrice continues her dharma work, actively engaged in activities at Common Ground Meditation Center, with the Buddhist Peace Fellowship and with other tasks at TCVC.

Joey Lee has undertaken her first task as Volunteer Coordinator – recruiting a small crew to help Sylvester Fernandez label and stamp this issue of the GrassRoots Dhamma. Welcome to the Coordinating Committee, Joey.

OUTREACH: AN ONGOING EFFORT

"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. We hope to maintain a healthy base of old timers as well as attract newcomers to our retreats.

Eight participants (of 46 total) at the September, 2000 retreat heard about the retreat from friends, relatives, or from information posted at their retreat center. Please continue to let others know about our retreats. (The remaining 38 participants' names were on the TCVC mailing list.)

Here s how you can help: 1) Post the enclosed Matthew Flickstein talk/retreat flyer where it will be seen by a sympathetic audience, for example, at a public library, health food store or where your meditation group meets. 2) Invite a friend to attend the January 11 public talk by Matthew Flickstein at Clouds In Water Zen Center. 3) If a fellow meditator is concerned about retreat fees, mention the TCVC scholarships. 4) Gift yourself or a friend with the January residential retreat or the March or the May, 2001 non-residential retreat.

Thank you!

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.
- 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

For information, contact
Nita Truitner weekdays at
Tel: 612-348-3587
or nita.truitner@co.hennepin.mn.us

Compassionate Ocean Dharma Center/ Center for Mindful Living

Thich Nhat Hanh and Soto Zen style.
Also Jon Kabat-Zinn approach to mindful living.

3206 Holmes Avenue
Minneapolis, MN 55408
Tel: 612-825-7658
(Michael O Neal and
Joel Snyder O Neal)

Rivers Way Meditation

Monthly vipassana retreats for beginners and experienced meditators alike, on the following Sundays from 1-5 P.M. —
Jan. 7, Feb. 11, and March 4, 2001

Also, ongoing meditation sessions, Wednesday nights, 5:30-7 P.M. All events are offered on a dana (donation) basis and are held at St. Paul Yoga Center
1162 Selby Ave., St. Paul
(at Selby and Dunlap off of Lexington). Call for further information.
Tel: 612-253-5228 (Merra Young)

TIBETAN TRADITION

Shambhala 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.cloudsinwater.org/>
(Dosho 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

Winona, MN Sitting Group

A meditation group meets from 8:30 to 9:15 A.M. every Sunday. For more information, call
507-457-0347 (Lynn Rabuse)

Madison Insight Meditation Group

Sponsors vipassana retreats and related activities in Madison, Wisconsin.

- March 22-25, 2001 – Wes Nisker
- June 7-10, 2001 – Miyoshin Kelly

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.

- Dec. 28, 2000-Jan 2, 2001 –
Santikaro Bikkhu
- Feb. 16-19, 2001 – Rodney Smith
- Mar. 3-5, 2001 – Myoshin Kelly

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.

Beverly White Community Outreach

Opportunity to facilitate simple self-awareness meditation sessions for people in challenging life circumstances. Contact
Cal Appleby at 612-929-0901.

RESIDENTIAL VIPASSANA MEDITATION RETREAT FOR EXPERIENCED MEDITATORS WITH MATTHEW FLICKSTEIN JANUARY 12-21, 2001

What is this retreat about?

This is a vipassana retreat for experienced yogis. **It is required that participants have previously attended a minimum of one 4-day, residential, vipassana retreat and have a consistent meditation practice. Also, participants will attend this entire 9-day retreat in residence at the Tau Center.**

We will be practicing some of the essential exercises from the Satipatthana Sutta that are less addressed during typical retreats. Although we will begin with mindfulness of the breath, we will spend most of our time contemplating feelings, states of mind, and mental objects. The focus of our practice will be to break through our identification with the more subtle aspects of mind.

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 Matthew Flickstein, guiding teacher

Matthew Flickstein, the resident teacher at The Forest Way Insight Meditation Center in the Blue Ridge Mountains, has been practicing and teaching vipassana meditation for over twenty-two years. At one time, he was ordained as a monk in the Theravada Buddhist tradition.

Prior to developing The Forest Way, Matthew was a psychotherapist and facilitated personal development workshops.

His primary teacher has been Bhante Henepola Gunaratana with whom, in 1982, he co-founded the Bhavana Society Monastic and Meditation Center in West Virginia.

Matthew's most recent book, "Swallowing the River Ganges: A Practice Guide to the Path of Purification," will be published January, 2001. His first book, "Journey to the Center: A Meditation Workbook," was published in 1998.

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

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.

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

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 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: arrival and departure

- **Arrival:** Registration is 6:00 – 7:30 P.M. Friday, January 12. Please do not arrive before 3:00 P.M. Retreatants are expected to attend Friday night's 8:00 P.M. opening and stay for the duration of the retreat. Exceptions must be approved by the retreat manager.
- **Departure:** Your retreat ends Sunday afternoon, January 21, at approximately 1:00 P.M. immediately after lunch.
- Please note: there is **no weekend option** for this retreat **nor a commuter option**. Participants reside at Tau Center for the entire 9 days.

Retreat fees and refunds

The registration form on the next page lists the fees. 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, Dec. 27, the due date**, to avoid a late fee.
- **Late fee:** Include the late-registration fee if either of these is the case: your registration is postmarked after Wednesday December 27 OR you estimate the registration material will arrive at the TCVC PO box on January 2 or 3.
- **Registrations not accepted after Jan. 3:** The registrar will not accept registrations received at the TCVC PO box after January 3.
- **No confirmation:** The registrar won't send a confirmation if your registration is accepted.
- **Cancellation fee:** Cancellations received after December 27 will be assessed a non-refundable \$80 fee covering retreat center fees and TCVC retreat expenses.
- **Refunds:** Refunds for room and meal fees cannot be guaranteed after December 27. 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. 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.

Contacts for this retreat

For questions, contact the registrar, Steve Burt, either at 612-721-1021 or via letter to Attention: Steve Burt, 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 personal 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

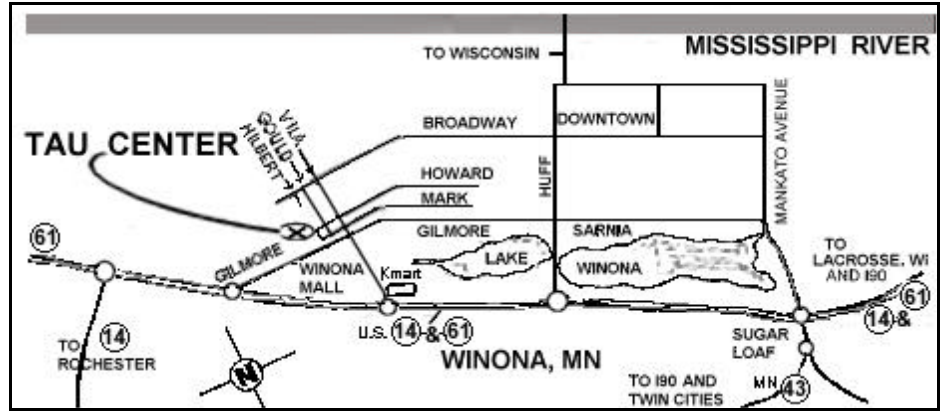
It's 2½ hours drive time in fair weather.

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 REGISTRATION FORM: RESIDENTIAL VIPASSANA MEDITATION RETREAT FOR EXPERIENCED MEDITATORS, WITH MATHEW FLICKSTEIN, JANUARY 12-21, 2001

Please read "**Attendance**" 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>
	Full time January 12-21	
Room and meals	\$490	} \$_____.
Room only (no meals)	\$330	
(There is no commuter option and no weekend option.)		
Late fee: \$25 if registration is postmarked after Wednesday, Dec. 27 OR received at TCVC PO box on January 2 or 3. (The registrar will not accept registrations received at the TCVC PO box after Wednesday, January 3.)		\$_____.
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?
Jan. 12-21, 2001	Matthew Flickstein	Tau Center (Winona, MN) registrar: Steve Burt,	It is required that participants will have previously attended a minimum of one 4-day residential vipassana
March 23-25, 2001	Matthew Flickstein	Phat An Temple (Roseville, MN) <i>contact is to be determined</i>	Beginning and experienced meditators alike. (NOTE: See page 1 of this issue for retreat description.)
May 4-6, 2001	Franz Moeckl	St. Paul, MN <i>contact is to be determined</i>	Beginning and experienced meditators alike. (NOTE: See page 2 of this issue for workshop description.)
June 15-24, 2001	Kamala Masters Steve Armstrong	Tau Center (Winona, MN) <i>contact is to be determined</i>	Beginning and experienced meditators alike.

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 Twin Cities Vipassana Cooperative.

Main editor: Kay Wicker

Other editors and dhamma workers for this issue: Robin Blake, Sylvester Fernandez, Joey Lee, Paul Norr, David Skarjune and Joanne 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.

To add your name to the mailing list, email or send your name, postal address, and home phone 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**

