



RECOGNIZING MENTAL STATES

From a transcript of questions and answers recorded during the fall, 1997, three-month vipassana retreat at Barre, Massachusetts. Retreatants asked questions of Steve Armstrong, one of the teachers who guided that retreat.

Question

Please talk about the "texture" of a mind state, especially the "wanting" mind state.

Steve Armstrong

We can tune into a mental state by noticing the content of a thought or thoughts; thus we can get a clue about what the mental state is. Particularly with the wanting mind, often we'll be focusing on what we want: we see a person, a car, an image in our mind of a future that we want to exist in. And we perseverate on that; the mind goes back to it again and again.

Once you identify that the mind is kind of obsessed, the way to tune into feeling it is to not focus on what you're obsessing about (the object of desire, or the object of aversion, or object of depression, for example), but rather to turn your attention around to what it *feels* like in the body, what it *feels* like in the mind. You turn your attention from outer to inner—knowing that, for example, "this is the mental state of wanting," then noticing what it feels like in the body. There may be sensations in the body that reflect a mental state, in this case, of desire.

But there's also a certain texture to the mind, where, sometimes with the obsessing of wanting, the mind is on fire. It's just really sticky; you can't control it; it's restless; it keeps going to the object of desire again and again. That's a very different quality to the mind than depression.

When you're depressed, you fall into a mood. It's not so much that we have thoughts of depression, at least initially (unlike desire, which manifests lots of thoughts and imagery). Depression is a mental state where the mind feels very bleak, barren, empty, dry. We feel aloof, out of touch, disconnected in some way. And we don't like it. Then we can spin out thoughts about that—why we're depressed, reaffirming that being depressed is definitely going to last forever, and it should last forever because we're such a depressed person, and on in a spiral. Depression is a very different feeling in the mind, in the body and in content of thought than desire.

Thus, when we become aware of a pervasive mental state, also notice the content of thought, the feeling in the body, and the energy or texture or flavor of the mind. And just notice that; be with it.

Mostly all the mental states are really unpleasant, and it's hard to *want* to be aware of them because they are unpleasant. With the mental state of desire, we like the image of what we're desiring. We love to play with that fantasy; you can imagine this future or this person, and you get kind of entranced. That's great, that's fun, that's a lot of pleasure.

But when you turn your attention around to the feeling

of desire itself, it's not pleasant. Unfulfilled desire is terrible, really, you don't want to experience that. So we either get caught in a fantasy or we act out our desire. But what we're doing at this retreat is turning our attention around to the actual mental state, that condition, instead of getting caught in the object, no matter what the mental state is, and not getting so restless that we act it out.

You'll turn your attention inward and take a look. You'll see that all these mental states are really unpleasant, and the body is really unpleasant when the mind is filled with these mental states. A large part of the mindfulness practice is recognizing the mood, the mental state, the flavor, the emotional tone of the mind. It's noting the kinds of thought, the quantity, the quality, the content of the thoughts. And then when you get in touch with the body, it's often very subtle, very unpleasant. It's a type of energy, or a certain pattern of energy in the body that we haven't yet learned to open to successfully every time. And we get caught, and that's when we spin out into thought.

And if we practice again and again and again coming back to recognizing, coming back to the body, opening to that kind of energy in the body and in the mind, then we learn to tolerate that kind of energy, for example, where you can tolerate the energy of frustration and just say, "OK, this is frustration," or "This is depression," or "This is anxiety (or restlessness, or desire, or loneliness)."

(continued on the next page)

TCVC AND COMMON GROUND MEDITATION CENTER COSPONSOR A PUBLIC TALK BY KAMALA MASTERS

Sunday, June 24
Doors open: 6:30 P.M.
Talk: 7:00 P.M.

at Common Ground Meditation Center
3400 E. 26th Street
Minneapolis, MN

The topic will be mindfulness meditation.

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

For more information about this talk, leave a message at 952-253-5228, the voice mail box for Merrra Young.

On page 5 of this newsletter, see Kamala Master's biography and description of a vipassana retreat that she and Steve Armstrong will lead June 15-24.

(Recognizing mental states, continued from page 1)

Question

Give an example of an action that's born out of ignorance.

Steve Armstrong

It's ubiquitous. It's happening all the time. For example, the bell rings for lunch during a retreat. If you aren't hungry, why do you go eat? Or, when the bell rings for lunch, do you know whether you're hungry? The bell rings, it's lunch time; monitor whether you're hungry, then either go or not. In the lunch room, monitor your response when you see chocolate chip cookies. We take the limit of two cookies and, then, look around and wonder if we can take more. We see cookies and think, "My afternoon is going to be great!" We eat the two cookies and get a rush of sugar and chocolate for an hour then crash for the next three hours. And we realize, that's not what I expected. But out of ignorance we ate the cookies (or whatever action we took in a situation), thinking that the action was something that it really wasn't. That's an example of not seeing clearly what's going on.

Sometimes during your meditation practice, the body is painful, the mind is restless and it feels unpleasant, and you'd rather be doing something else. Yet, you continue the practice. Why continue? Well, there's the understanding that the meditation period hasn't ended yet. However, there's also the understanding that we've cultivated some understanding of clarity, of the power of presence of mind, of the benefit of opening to and letting go of mental states and conditions in the body and not being so locked up in them.

We're developing another understanding of how to act in response to difficulty in our life, for example, pain in the body, frustration in the mind. It's learning to not get caught by the difficulty, not get entwined in it or entranced by it so that we then act it out and live our life from a very frustrated, unfulfilled, depressed and unhappy place or whatever other mental state we might be cultivating.

[Vera Matich provided text of questions and answers, above. Text is published here with permission of Steve Armstrong.]

ATTENDANCE AT MARCH, 2001 WEEKEND RETREAT, LED BY MATTHEW FLICKSTEIN

- For readers interested in news about past retreats...
- 46 retreatants attended. 43 were from MN; three were from WI.
- 12 retreatants attended their first TCVC retreat.
- Of those 12, five heard about the retreat from friends; three read about it on the TCVC web site; two heard about it at Matt Flickstein's January public talk in St. Paul; and two heard announcements at Common Ground Meditation Center.

**NEXT TCVC BUSINESS MEETING IS
MAY 16, 2001**

If you've attended at least one TCVC-sponsored retreat (residential or non-residential), the TCVC coordinating committee members invite you to attend a business meeting. We socialize from 7 to 7:30 P.M. then conduct TCVC business from 7:30-9:00 P.M. We're eager to have your input and participation.

On Wednesday, May 16 we'll meet at Merra Young's home. The agenda will include planning the June, 2001 retreat and future retreats and finalizing a change to the TCVC mission statement. To ask about the location and driving directions, leave a message for Merra at 952-253-5228.



HIGHLIGHTS OF TCVC ANNUAL MEETING

Joey Lee's call for volunteers and Merra Young's description of future-retreat ideas and of a change to the TCVC mission statement generated long discussions at the annual meeting held April 22, 2001.

- Regarding volunteers, see the summary on page 3 of this newsletter about names of people who volunteered to fill past-year and current-year positions.
- Regarding future-retreat ideas, you'll see the results in upcoming issues of *GrassRoots Dhamma*.
- Regarding a change to the TCVC mission statement, we'll discuss at the May 16 TCVC business meeting a statement wordsmithed by Wendy Morris. We'll publish the revised mission statement in a future issue of the *GrassRoots Dhamma*.

Joanne Skarjune, TCVC Treasurer, described the state of the TCVC treasury from January, 2000 through end of February, 2001. (As of now, the end-of-year period will occur after the first retreat of the year so that retreat expenses and income are not spread between two reporting periods.) Ending with February 28, 2001 and including income/expenses from the January, 2001 retreat, the TCVC Treasurer's Report is as follows:

Operating fund:	\$1,500.02
Retreat fund:	1,848.74
Scholarship fund:	1,504.50
Backup fund:	<u>1,500.00</u>
Balance:	\$6,353.26

VOLUNTEERS' NAMES FINALIZED AT APRIL 22, 2001 TCVC ANNUAL MEETING

An asterisk (*) indicates each of the TCVC coordinating committee volunteer positions. Listed below each coordinating committee position are additional volunteer positions that augment the coordinating committee.

TCVC Volunteer Positions		
Position Title	Volunteer for 2001-2002 (New Year)	Volunteer for 2000-2001 (past year)
Retreat Coordinator *	Merra Young/Robin Blake	Robin Blake/Merra Young
Backup	OPEN	
Retreat Managers		
March 2001	Paul Norr	April 2000 Merra Young
June 2001	Joanne Skarjune	June 2000 Paul Norr
October 2001	Steve Burt	Sept. 2000 Margie Fagnoli
March 2002	OPEN	Jan. 2001 Merra Young
Menu Volunteer	Kay Wicker	Kay Wicker/James Lenarz
Treasurer *	Joanne Skarjune	Joanne Skarjune
Backup	OPEN	
Retreat Registrars		
March 2001	Steve Burt	April 2000 Vera Matich
June 2001	Vera Matich	June 2000 Su Phenix
October 2001	Veronica Weadock	Sept. 2000 Vera Matich
March 2002	OPEN	Jan. 2001 Steve Burt
Secretary *	Bud Williams	Bud Williams/Joanne Skarjune
Backup	OPEN	
Newsletter Coordinator *	Kay Wicker	Kay Wicker
Backup	OPEN	
Mailing List Maintenance	Paul Norr	Paul Norr
Mailing Coordinator	Sylvester Fernandez	Sylvester Fernandez
Website Engineer	David Skarjune	David Skarjune
Volunteer Coordinator *	Joey Lee	Patrice Koelsch/Joey Lee
Backup	Patrice Koelsch	Patrice Koelsch
Info Phone Line Coordinator	Veronica Weadock	Kay Wicker/Robin Blake
Mail Box Volunteer	Deah Cain-Kinion	Patrice Koelsch/ Merra Young/ Steve Burt

MEDITATION PRACTICE OPPORTUNITIES

TWIN CITIES

VIPASSANA PRACTICE

Common Ground Meditation Center

The Center supports the Twin Cities' mindfulness or vipassana meditation community. Mark Nunberg and guest teachers lead the programs, which include daily open sits, Wednesday evening sitting group, monthly silent retreats, introduction to mindfulness meditation classes and Buddhist Studies courses.

All programs are offered free of charge; donations are welcomed.

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

Rivers' Way Meditation

Monthly vipassana retreats for beginners and experienced meditators alike, on the following Sundays from 1-5 P.M.—May 13, June 3, July 22, Sept. 16, 2001 at
St. Paul Yoga Center
1162 Selby Ave., St. Paul
(at Selby and Dunlap off of Lexington).

New, 10-week class this fall:
8:15 A.M.-9:15 A.M., Sept. 7-Nov. 9, 2001 at
Minneapolis Yoga Workshop
810 W. 31st St.
Minneapolis, MN

All events are offered on a dana (donation) basis.
Call for further information.
Tel: 952-253-5228 (Merra Young)

Phat An Temple/Vietnamese Buddhist Association of Minnesota

Saturdays, 7-9 A.M. vipassana 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

TIBETAN TRADITION

Minneapolis Shambala Meditation 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/>
(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

Winona, MN Sitting Group

A vipassana meditation group meets 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.

- June 7-10, 2001 – Miyoshin Kelly
- Sept. 6-9, 2001 – Eugene Cash

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.

- June 16-23, 2001 – Guy Armstrong and Carol Wilson
- Aug. 30-Sept. 3, 2001 – Eugene Cash and Sally Clough
- Oct. 5-7, 2001 – Matthew Flickstein and Ginny Morgan

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

Vipassana Metta on Maui, HI

Kamala Masters and Steve Armstrong lead retreats on Maui, 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: metta@maui.net
Web: <http://www.maui.net/~metta>

OTHER RESOURCES IN TWIN CITIES AREA

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.

Web site: Buddhism in the Twin Cities

<http://tcfreenet.org/org/buddhism>
lists organizations that sponsor Buddhist-related events, classes and meditation practice sessions.

RESIDENTIAL VIPASSANA MEDITATION RETREAT WITH KAMALA MASTERS AND STEVE ARMSTRONG JUNE 15-24, 2001

www.wordimage.com/tcvc/forms.htm

What is this retreat about?

This vipassana retreat is suitable for beginning and experienced meditators alike. **Participants will reside for the weekend (June 15-17) or nine days (June 15-24) at the Tau Center. There is no commuter (meals-only) option.**

Vipassana or insight meditation is a simple and direct practice: the moment-to-moment investigation of the mind-body process through calm, open and precise awareness. Learning to observe our experience from a place of spacious stillness enables us to relate to life with a balance of wisdom and compassion. This experience fosters clarity and penetrating insight into the nature of who we are and increases peace in our daily lives.

Kamala and Steve give clear and simple meditation instructions, which, along with daily lectures, provide direction throughout the alternating periods of sitting and walking meditation.

To begin the retreat, we undertake the five precepts: to abstain from harming any sentient being, abstain from taking that which is not freely given, abstain from sexual activity, abstain from harmful speech, and abstain from using alcohol, drugs and intoxicants. The retreat schedule provides time for retreatants to ask questions, listen to lectures, and to interview about meditation practice with Kamala and Steve. The retreat will be held in noble silence, which fosters a sense of solitude.

About Kamala Masters and Steve Armstrong, guiding teachers



Kamala Masters began her dhamma practice with Munindra more than 20 years ago and in recent years has continued to attend retreats with Sayadaw U Pandita. Kamala's most intensive practice has been within her home and community, and with that experience she offers effective and insightful guidance for householders as parent (having raised four children herself), spouse and community member. Kamala has practiced both insight and lovingkindness meditations intensively under the guidance of Sayadaw U Pandita. She assists and leads retreats including the annual three-month retreat at Insight Meditation Society (IMS).

Steve has studied the dhamma and practiced insight meditation since 1975. As a layman, he was active for many years at IMS in Barre, Massachusetts as manager and board member. As a monk for five years in Burma under the guidance of Sayadaw U Pandita, he undertook intensive, silent practice of insight and lovingkindness meditations. He studied the Buddhist psychology (Abhidhamma) with Sayadaw U Zagara in Australia and has been leading meditation retreats since 1990, including the annual three-month retreat at IMS.

Dana

The teachers for this retreat do not ask for nor receive any payment from TCVC for the teaching. For support, the teachers rely on *dana* (meaning *generosity* in the Pali language), a form of voluntary giving by students. 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.

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 sleeping rooms supplied with towels and bedding. The sleeping rooms are not air-conditioned. Showers and lavatories are shared with people of the same gender.
- See the back side of this page for travel directions. To request a ride, check a box on the registration form, and the registrar will call you.
- In the event of bad weather or other emergency, call the TCVC Info Line at 651-229-3139 for retreat status.

Please wear unscented personal products, such as shampoo, lotions and deodorant. **Do not use essential oils, perfumes, hairspray, medicinal ointments or aromatic balms.** Scented products are distracting and may trigger allergies in sensitive people.

What to bring

- Wear comfortable, loose-fitting clothes.
- Bring a firm pillow or meditation cushion. Also bring a blanket or zabuton to place under the pillow or cushion. (TCVC will provide a limited number of meditation cushions.) Chairs will be available, if you prefer to sit in a chair.
- Weather in mid-June can be variable. Bring a blanket or shawl to wrap yourself in if you tend to get chilly while sitting. If the forecast is for hot weather, bring a small fan for your sleeping room, which will not be air conditioned.

Attendance options: arrival and departure

- **Arrival:** Registration is 6:00–7:30 P.M. Friday, June 15. 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 their weekend or full time retreat.
- **Weekend option:** Your retreat ends Sunday, June 17 at 5:00 P.M. and includes lunch but not an evening meal on June 17.
- **Full time option:** Your retreat ends Sunday, June 24 at approximately 1:00 P.M. immediately after lunch.

(continued on the next page)

RESIDENTIAL VIPASSANA MEDITATION RETREAT JUNE 15-24, 2001

(continued from page 5)

Retreat fees and refunds

The registration form on page 7 lists the fees. Send a check, payable to "TCVC," for the full cost of your retreat along with the registration form.

- ◆ **Due date:** Your envelope must be **POSTMARKED** on or before **Wednesday, May 30, 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, May 31 OR you estimate the application will arrive at the TCVC PO box on June 4, 5 or 6.
- ◆ **Registrations not accepted after June 6:** The registrar will not accept registrations received at the TCVC PO box after June 6.
- ◆ **No confirmation:** The registrar won't send a confirmation if your registration is accepted.
- ◆ **Cancellation and cancellation fee:** TCVC will retain a \$50 fee on any cancellation received at the TCVC PO box after May 30 or phoned to the registrar after May 30. Notify the registrar as soon as possible if you need to cancel because refunds for room and meals at Tau Center are negotiated on a case by case basis by a TCVC representative.
- ◆ **Refunds:** A refund for room and meal fees cannot be guaranteed if your cancellation is received after May 30. A no-show is not eligible for a refund.

Applying for a partial scholarship

Scholarships are available for up to 50% of room and board. To apply for a partial 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.

Applying for a full scholarship for a first-time retreatant

One full scholarship is available for a retreatant of limited financial means attending their first residential vipassana retreat. This scholarship covers the full cost of the retreat. An application to attend full time (June 15 through 24) will be given first priority. However, first-time retreatants attending for the weekend may also apply.

To apply for this scholarship, please send 1) a letter giving the background of your need and 2) your registration form. If there is more than one applicant who qualifies, one recipient will be selected. The registrar will notify all those who applied as to whether or not they've received the scholarship.

The scholarship is made possible by the generosity of the Vipassana Metta Foundation and a TCVC sangha member. If you would like to sponsor a first-time retreatant, or if you have questions about this scholarship, please contact the retreat registrar (see *Contacts*, below) or contact the TCVC Treasurer, Joanne Skarjune, at 612-724-9357.

Contacts for this retreat

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

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

Directions to Tau Center in Winona, MN from Minneapolis/St. Paul

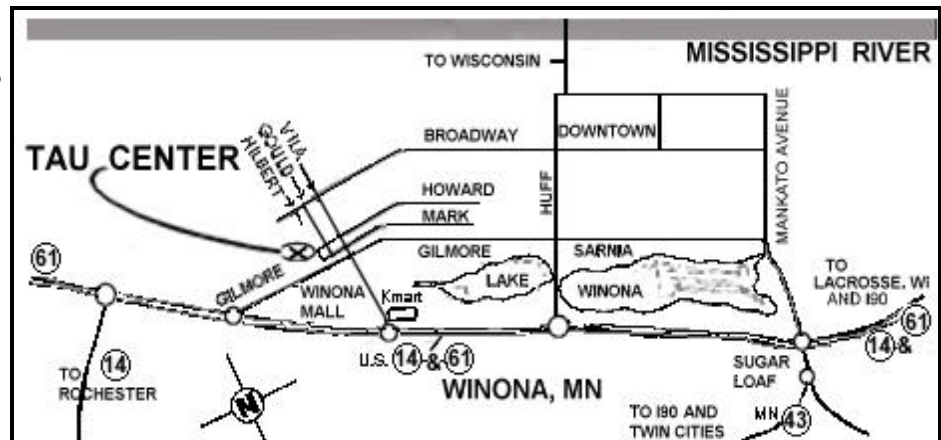
It's 2½ hours drive time in fair weather.

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.



See page 7 for the retreat registration form



✂ Cut here to detach the registration form.

TCVC REGISTRATION FORM FOR JUNE, 2001 RETREAT WITH KAMALA MASTERS AND STEVE ARMSTRONG

Please read "**Attendance options**" on page 5 and "**Retreat fees and refunds**" on page 6 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 one person for room and meals:			
	Weekend June 15-17	Full time June 15-24	
Room and meals	\$160	\$500	} \$_____.
Room only (no meals)	\$130	\$340	
(There is no commuter (meals-only) option.)			
Late fee: \$25 if registration is postmarked after Wednesday, May 30 OR received at TCVC's PO box on June 4, 5 or 6. (The registrar will not accept registrations received at the TCVC PO box after Wednesday, June 6.)			\$_____.
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 for payment in full (payable to "TCVC") to:
Attention: Vera Matich, TCVC, PO Box 14683, Minneapolis, MN 55414**

TCVC calendar: vipassana retreats and other events

Date	Event	Location and contact	Suitable for whom?
June 15-24, 2001	Retreat led by Kamala Masters	Tau Center (Winona, MN) Vera Match, 612-871-6594	Beginning and experienced meditators alike.
June 24, 2001	Public talk by Kamala Masters	Common Ground Meditation Center Doors open 6:30 P.M. Talk 7-9 P.M. For info: Merrra Young, 952-253-5228	Open to the public.
October 17-21, 2001 (Wed. through Sun.)	Retreat led by Eugene Cash	Tau Center (Winona, MN) <i>contact is to be determined</i>	Beginning and experienced meditators alike.
March 8-17, 2002	Retreat led by Marcia Rose	<i>Location and contact are to be determined</i>	Beginning and experienced meditators alike.

about Twin Cities Vipassana Cooperative (TCVC) and GrassRoots Dhamma



TCVC Info Line 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

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.

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

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, Vera Matich, Paul Norr, Mark Nunberg, David Skarjune, Joanne Skarjune and Merrra Young.

We welcome material relating to your vipassana practice at home, in retreat, and in daily life, to be included in *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.

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

