



SPIRITUAL VERSUS PSYCHOLOGICAL INSIGHTS

By Matthew Flickstein

Psychological insights are important. They enable us to see what our reactive patterns are, how those patterns may have been formed, and how our self-image actually determines the quality of our lives. The difficulty is that these types of insights will not directly lead to freedom from the conditioned mind.

The real transformative work is in generating spiritual, rather than psychological insights. A spiritual insight is the awareness that we have identified with some aspect of the body or the mind, and we directly recognize the false assumption.

When a spiritual insight arises, there is no internal dialogue. Our awareness just sees through the false assumption, and the identification disappears. A spiritual insight is not a mental activity; it is the cessation of the mental activity called identification.

We are not "trying" to avoid identifying with our experiences before they arise, since that creates a tension in the mind. We cannot force an insight. When we bring mindful awareness to a situation, the false identification simply disappears, and spiritual insights arise.

The Upcoming Retreat:

The theme of this retreat will be "Dying into Life." The focus will be on recognizing the impermanent nature of the body, the conditioned nature of the mind, and the deathless reality that informs them both. Practices will cover all four foundations of mindfulness, choiceless awareness, and learning to take our true seat in the world.



**WINTER RETREAT WITH
MATTHEW FLICKSTEIN
FEBRUARY 21—25, 2003**

Virtue has non-remorse as its benefit and reward.

Non-remorse has gladness as its benefit and reward.

Gladness has joy as its benefit and reward.

Joy has serenity as its benefit and reward.

Serenity has happiness as its benefit and reward.

Happiness has concentration
as its benefit and reward.

Concentration has insightful understanding
as its benefit and reward.

Insightful understanding has non-attachment
as its benefit and reward.

Non-attachment has liberation
as its benefit and reward.

In this way, virtue leads step by step to the highest.

— Buddha

RESIDENTIAL MEDITATION RETREAT FEBRUARY 21-25, 2003

Insight Meditation (Vipassana) is a simple, direct and powerful practice—the moment to moment observation and investigation of the mind-body process through the development of a calm, focused, and balanced awareness. As stillness deepens, we begin to understand life and ourselves as a constantly changing process, thus beginning to free the heart/mind from fear and clinging. We awaken to living more fully in the present moment with greater wisdom, compassion, and an inner peace.

This retreat will be held in noble silence and will include sitting and walking meditation with clear instructions, dharma talks, and group and individual meetings with the teacher. The retreat will provide an introduction for new students and an opportunity for experienced students to renew and deepen their practice.

About the Teacher Matthew Flickstein has been practicing and teaching vipassana meditation for over twenty-five years. At one time he was ordained as a monk in the Theravadan Buddhist tradition. His primary teacher has been Bhante Henepola Gunaratana, a Buddhist monk for over fifty-eight years and author of the highly regarded book, *Mindfulness in Plain English*. Matthew co-founded the Bhavana Society Meditation Center in West Virginia with Bhante Gunaratana in 1982. He has published two books, *Journey to the Center: A Meditation Workbook* and *Swallowing the River Ganges: A Comprehensive Practice Guide to the Path of Purification*, through Wisdom Publications.

Dana (Generosity) Since the Teachings of the Buddha are considered priceless, they have traditionally been offered freely and out of the spirit of dana. Teachers for these retreats do not ask for or receive any payment from TCVC for their teaching. At retreat's end, retreatants may practice dana by offering a voluntary donation to express appreciation for the benefit they have received and to support the teacher's continued dharma work and meditation practice.

Attendance Retreatants are expected to arrive in time for the opening of the retreat at 8:00 PM and to stay for the duration. The weekend retreat ends late afternoon on Sunday. The full retreat ends at 10:00 AM on Tuesday. Exceptions to this policy must be approved by the retreat manager. If you wish to arrive in time for the optional Friday supper, contact the registrar for the time to arrive on Friday.

Meals and Facilities Vegetarian meals are served, beginning with an optional supper on Friday, Feb 21. Meals end with lunch on Sunday, Feb 23 for weekenders, and breakfast on Tuesday, Feb. 25 for those staying the full retreat. All accommodations at the Christine Center are shared with one or more people. Accommodations vary from rooms in the main house to modern and rustic cabins. Towels and bedding are supplied. You may want to bring earplugs if you are a light sleeper.

What to Bring Come prepared for the outdoors! We recommend a flashlight, outdoor boots, and a winter coat.

Bring comfortable, loose-fitting clothes, along with a blanket for sitting. Bring a meditation cushion or bench, along with a blanket or soft floor pad. (TCVC provides a limited number of meditation cushions.) Chairs are also available for sitting meditation. In addition, you may want to bring an alarm clock.

Please do not wear or bring strongly scented lotions or shampoos, perfumes, incense, essential oils, or aromatic balms.

Scholarships Scholarships are available for up to 50% of the retreat fee. To apply for a scholarship, attach a letter with your registration, giving the background of your need and the amount of your request. Send a check for the retreat fee minus the scholarship amount requested. Those with financial resources may wish to help others by donating to the scholarship fund.

To Register Send a check payable to TCVC for the full amount along with the registration form. Registrations are not confirmed unless you send a self-addressed, stamped envelop or postcard along with your registration.

If you send a self-addressed, stamped *business-size* envelop you will receive directions to the retreat and some general orientation information. You can also retrieve this information under the Retreats section of our web site at <http://www.tcvc.info>.

Cancellations Notify the registrar as early as possible if you need to cancel. TCVC will retain a \$25 fee for all cancellations received after the close date, along with any cancellation amount charged by the retreat venue.

TCVC 2003 CALENDAR

All events are suitable for both beginning and experienced students.
Both weekend and full-time retreat options are offered for residential retreats.

DATE	EVENT	LOCATION	CONTACT
Feb. 21—23 or Feb. 21—25	Matthew Flickstein Vipassana retreat	Christine Center Willard, Wisconsin	Bob Thomas 612-824-4827 bob.thomas@co.hennepin.mn.us
April 13 1:00—3:30 P.M.	TCVC Annual Meeting	Common Ground Meditation Center 3400 E. 26th St., Minneapolis, MN	Joanne Skarjune 612-724-9357
May 2—4	Franz Moeckl Non-residential Qi Gong & mindfulness retreat	Sisters of St. Joseph Carondelet Center, St. Paul, MN	Paul Norr 651-698-1772 p.norr@att.net
June 13—15 or June 13—21	Kamala and Steve Armstrong Vipassana retreat	Christine Center Willard, Wisconsin	Mariann Johnson 612-872-7959
October (tentative)	Santikaro Bhikkhu Vipassana retreat	Christine Center Willard, Wisconsin	To be determined

☎ **TCVC Info Line 651-229-3139**

💻 **TCVC web site <http://www.tcvc.info>** ✉ **E-mail tcvcoop@hotmail.com**

📮 **TCVC, P.O. Box 14683, Minneapolis, MN 55414**

Twin Cities Vipassana Cooperative (TCVC) is a community of people interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of *vipassana* (insight) and *metta* (lovingkindness) meditation, primarily in the Theravada Buddhist tradition.

GrassRoots Dhamma is published by Twin Cities Vipassana Cooperative. Editor: David Hall.
To join our mailing list, send your name, address, and phone number to the TCVC e-mail address or PO box.

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P.O. Box 14683
Minneapolis, MN 55414**