



**WINTER RETREAT WITH  
MATTHEW FLICKSTEIN  
JANUARY 30—FEBRUARY 3, 2004  
(WEEKEND: JANUARY 30—FEBRUARY 1)**



## Psychological Versus Spiritual Insights

*by Matthew Flickstein*

Many of us attempt to work through the issues related to our conditioned mind as if the conditioned mind were our true identity. Instead of recognizing that the real issue is one of misidentification, we believe that we are unsuccessful in relieving our suffering because we are not working hard enough or smart enough. This thought process only leads to feelings of inadequacy and frustration. If our ultimate goal is to realize our inherent freedom, we need to recognize and eradicate this deep-rooted misperception about our true identity. This is achieved by cultivating spiritual, rather than psychological insights.

Psychological insights relate to the content of our mind. They enable us to recognize our behavioral patterns (how we express anger, the ways in which we are addicted, how we sabotage our relationships, and

so forth); how those patterns may have begun (our caretakers modeled them, we rebelled as a child and now we are in the habit of acting out in this manner, and so on); and how our self-image determines the quality of our lives. These insights can be important to our psychological development. However, they are limited in scope because they keep us identified with the conditioned mind. As a result, they do not lead directly to freedom.

A spiritual insight, on the other hand, is the recognition that we have become identified with some aspect of our psychophysical organism. As we become non-conceptually aware of this false identification, it immediately disappears. A spiritual insight is never accompanied by internal dialogue. We may mentally reflect upon a spiritual insight after it has passed, to consider the impact and consequences of having realized that insight, but the insight itself is not a mental activity. A spiritual insight is actually the cessation of the mental activity referred to as identification.

The following is an example of the difference between a psychological and a spiritual insight. If anger arises in the mind and you *think*, "I am acting just like my father and I need to break that reactive pattern," that would be a psychological insight. It is merely another mental or conceptual position. If, on the other hand, you identify with the anger when it first arises, and then *non-conceptually* "see" or realize that the anger arose through certain causes and conditions, and has nothing to do with a personal self who is angry, that would be a spiritual insight.

It is essential to realize that we cannot generate spiritual insights unless a process of identification occurs. As opposed to being a hindrance, our identification creates the opportunity for spiritual growth.

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## U OF M AWARDED \$2.1 MILLION TO STUDY IMPACT OF YOGA AND MEDITATION PARTICIPANTS NEEDED

A year-long pilot exploring the impact of mindfulness-based stress reduction on solid organ transplant patients has led to the award of a five-year, \$2.1 million grant from the National Institutes of Health to conduct a larger clinical trial. The trial will compare two approaches to symptom management after transplant surgery.

Studies reveal anxiety, depression, and sleep disturbances are among the many symptoms that kidney, pancreas, heart, lung and liver transplant patients experience post-surgery. These symptoms are often in response to such stresses as income loss, physical limitations, fear of organ rejection, susceptibility to illness, and high medical costs. These symptoms may continue for years.

Principal investigator Cynthia Gross, Ph.D., professor of Pharmacy and Nursing, and co-principal investigator Mary Jo Kreitzer, Ph.D., R.N., Director of the Center of Spirituality and Healing and associate professor in the School of Nursing, will conduct the "Wellness in Transplant" study. One symptom management approach, Mindfulness-Based Stress Reduction, will teach patients to use gentle yoga exercises and mindfulness meditation, a technique popularized by Jon Kabat-Zinn. The other approach, Living a Healthy Life with Chronic Conditions, was developed at Stanford University and is an innovative peer-led education program emphasizing exercise, diet, and communication with health care providers.

The study will enroll 150 solid organ transplant recipients from Fairview-University Medical Center, Hennepin County Medical Center, and other health systems. Researchers will evaluate anxiety, depression, sleep disturbances, objective sleep changes, quality of life, and use of health care services at 6- and 12-month follow-ups. Prior to the grant award, Gross and Kreitzer completed a pilot study that showed mindfulness-based stress reduction helped to reduce transplant-related stresses.

The College of Pharmacy offers its program on the Twin Cities and Duluth campuses. Founded in 1892, the College of Pharmacy educates pharmacists and scientists and engages in research and practice to improve the health of the people of Minnesota and society.

The Center for Spirituality and Healing oversees the university's efforts to integrate complementary care and healing practices into patient care, research, and health sciences education. For more information, call 612-624-9459 or visit [www.csh.umn.edu](http://www.csh.umn.edu)

## TEACHER TRAINEE AT SUMMER RETREAT

Steve Armstrong and Kamala Masters, along with Joseph Goldstein, Carol Wilson and Michelle McDonald-Smith are in the process of training seven senior students in guiding dhamma-farers, such as ourselves. In their fourth year of training, it is important for the students to get exposure to many different students and their varieties of practice experience.

Steve and Kamala have asked if TCVC would be willing to provide the opportunity for a teacher trainee to attend the summer retreat. The trainees offer sign-up interviews, eventually moving on to regular scheduled interviews, guiding afternoon brahmavihara practice and instructions. The TCVC coordinating committee, in the interest of passing the dhamma on to many future generations, has agreed.

The committee has also decided to offer the trainee room and board of \$450. TCVC will raise this money separately from existing funds. If you would like to help pay for the cost of the trainee's retreat expenses, please send a donation to the TCVC PO Box, or include the donation with your registration.

Thanks in advance for your support.

## TCVC TREASURY REPORT AS OF NOVEMBER 15, 2003

Retreat Fund	(160.25)
Operations Fund	830.08
Scholarship Fund	1,499.69
Backup Fund	1,500.00
<b>Balance</b>	<b>3,669.52</b>

The negative retreat fund balance is a result of retreat deposits of \$2,500. If we ignore these deposits, which are more accurately reflected as TCVC assets rather than liabilities, our retreat fund balance is \$2,339.75, with an overall balance of \$6,169.52.

TCVC gratefully accepts donations for operating expenses and scholarships. As TCVC operates as an informal club, donations are not tax-deductible.

**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 the Twin Cities Vipassana Cooperative. Joanne Skarjune is the editor. To join our mailing list, send your name, address, and phone number to the TCVC e-mail address or the PO box.

## VIPASSANA PRACTICE IN THE TWIN CITIES

### Common Ground Meditation Center

3400 East 26th Street  
Minneapolis, MN 55406  
Contact Mark Nunberg and  
Wynn Fricke at 612-722-8260  
www.commongroundmeditation.org

Common Ground offers beginning instruction, daily meditation sessions, a Buddhist study program, and weekly sitting groups.

#### Upcoming retreats:

##### Holiday Retreat:

December 27—31

##### Weekend Retreat:

February 27—29

##### Day-long Retreats:

January 31 & March 27

##### Half-day Retreat:

February 14

##### Day of Mindfulness:

Tuesdays  
Jan. 20, Feb. 17 & Mar. 23

### Midwest Vipassana Association

807 University Avenue NE  
Minneapolis, MN 55413  
www.dhamma.org

#### Upcoming 10-day course:

Mar 24—April 4

Contact Jane Scamurra  
651-649-4725  
registration@mn.us.dhamma.org

### Phat-An Temple Vietnamese Buddhist Association of MN

Chua Phat-An  
475 Minnesota Avenue  
Roseville, MN 55113

**1st & 3rd Saturdays:** Sitting  
and walking meditation 7—9 A.M.

**2nd & 4th Saturdays:** half day  
retreats 7 A.M.—NOON

Contact Nita Truitner  
651-644-8641  
nitatruitner@yahoo.com

Also K. Ngan Doan  
612-374-2225  
doanx008@umn.edu

### Thich Nhat Hanh Sangha

Heartwood Mindfulness  
Practice Center  
3706 East 34th Street  
Minneapolis, MN 55406

**Sundays, 7:30–9:00 P.M.:** sitting  
and walking meditation, followed  
by taped dhamma talk by Thich  
Nhat Hanh.

Contact Judith Lies at  
612-724-8168

### Triple Gem of the North

TripleGemNorth@yahoo.com

#### Upcoming retreat:

**Feb. 13—15** Bhante Sathi

Contact Chi Vu at 651-631-3252

## OTHER RESOURCES IN THE TWIN CITIES

### Buddhist Peace Fellowship

For information about the next  
meeting, call Michael O'Neill  
at 612-825-7658

### Beverly White Community Outreach

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

## METTA ON MAUI

### Vipassana Metta Foundation

P.O. Box 1188, Kula HI 96790  
www.vipassanametta.org  
meditate@maui.net  
808-573-3450

#### Upcoming retreat:

**Aug 14—28** Kamala Masters and  
Steve Armstrong at the YMCA in  
Keanae, Maui.

## REGIONAL VIPASSANA

### Liberation Park: Buddhist Abbey & Meditation Center

c/o 8910 South Kingery Highway  
Willowbrook, IL 60527  
www.liberationpark.org  
info@liberationpark.org

Liberation Park will open a teach-  
ing and meditation center in the  
Chicago area (Oak Park) in Spring  
2004, with retreats following later  
in the year. Until then, Santikaro  
Bhikkhu is living and working at  
Buddha-Dhamma Meditation  
Center in Willowbrook and teach-  
ing around Chicagoland.

### Madison Vipassana, Inc.

www.vipassana.net

#### Upcoming retreats:

**Jan. 22—25** Ginny Morgan

**April 29—May 2** Sally Clough

**Sept. 30—Oct. 2** Wes Nisker

All retreats are residential and  
held at the St. Benedict Center,  
Madison, Wisconsin.

Contact Tony Fernandez at  
608-661-9959

### Mid America Dharma

P.O. Box 120246  
Kansas City, Missouri 64112  
www.midamericadharma.org

#### Upcoming retreats:

**Dec 30, 2003—Jan 2** Ginny  
Morgan. Contact Bridget Rolens  
at 314-426-4238  
or bridgetr@brick.net.

**May 7—12** Matthew Flickstein.  
Contact Bridget Rolens as above  
**July 23—25** Sharda Rogell. Con-  
tact Jon Yaffee at 314-644-1926

**Oct. 8—10** Rodney Smith.  
Contact Ginny Morgan at  
573-817-9942

**Nov 3—7** Shinzen Young  
Contact Ginny Morgan as above.

### Winona Sitting Group

A vipassana meditation group  
meets 8:00–9:00 A.M. every Sun-  
day. Contact Lynn Rabuse at  
507-457-0347.

**RESIDENTIAL MEDITATION RETREAT  
WITH MATTHEW FLICKSTEIN  
WEEKEND: JANUARY 30, 6:00 PM—FEBRUARY 1, 5:00 PM  
FULLTIME: JANUARY 30, 6:00 PM—FEBRUARY 3, NOON**

**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 address the question of how much and what type of effort is actually needed to experience freedom. Through sitting and walking meditations, guided contemplations, dharma talks, and personal conferences, we will explore the place of psychological work, spiritual practices, and what really prevents us from recognizing our true nature. Other than during practice instructions, dharma talks, and personal conferences, this will be a silent retreat.

**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 dhamma work and meditation practice.

**Attendance** Please plan to arrive by 6:00 P.M. on the opening day of the retreat and to stay for the duration. The weekend retreat ends at 5:00 P.M. Sunday Feb. 1; the full-time retreat ends after the noon meal on Tuesday Feb. 3. Exceptions must be approved by the retreat manager.

**Meals and Facilities** Vegetarian meals begin with an evening meal at 6:00—7:00 P.M. on the opening night and end with lunch on the last day of your retreat. Accommodations are shared with one or more people and vary from rooms in the main house to modern and rustic cabins.

Room assignments are made on a random basis with the exception of those with special needs. In order to treat everyone fairly and to care for the container of the retreat, preferences and roommate requests are not considered when assigning rooms.

**What to Bring** Come prepared for the outdoors: flashlight, boots and a warm coat. Bring an alarm clock, and earplugs if you are a light sleeper. Towels and bedding are supplied.

Wear comfortable, loose-fitting clothes. Bring a meditation cushion or bench, a soft floor pad, and blanket as needed for sitting. TCVC and the Christine Center have extra meditation cushions, benches and floor pads, but not enough for the whole group. Chairs are also available.

**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 envelope or postcard along with your registration.

If you send a self-addressed, stamped *business-size* envelope 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>. Registration priority is given to full-time retreatants. **Registration deadline is January 9.**

**Cancellations** Notify the registrar as early as possible if you need to cancel. TCVC retains a \$25 fee for cancellations received after the due date, along with any cancellation fees charged by the retreat venue.

## DIRECTIONS TO THE CHRISTINE CENTER

**The Christine Center is a 2 1/2- to 3-hour drive from Minneapolis/St. Paul and from Madison, WI, depending on conditions.**

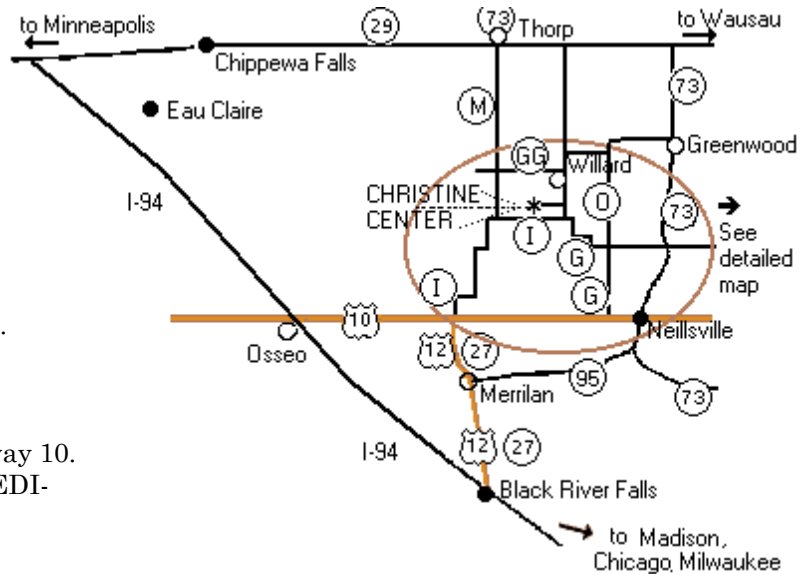
**From the Northwest (Mpls/St. Paul)**

Take I94 East to Osseo, Wisconsin.  
 Exit on Highway 10 going East.  
 Turn left (north) on Clark County I for 15 miles.  
 Turn left (north) on County G for one mile.  
 Turn left (west) on side road to Christine Center.

**From the Southeast (Madison)**

Take I-94 West to Black River Falls.  
 Exit on Highway 12/27 and head north to Highway 10.  
 Turn right (east) on Highway 10 and then IMMEDIATELY left (north) on County I for 15 miles.  
 Turn left (north) on County G for one mile.  
 Turn left (west) on side road to Christine Center.

**Please plan to arrive by 6:00 P.M. for the evening meal on Friday night.**



Christine Center phone number is 715-267-7507  
**Use for emergencies only.**  
**Do not direct questions to Christine Center.**

*Please send registration to Steve Burt, 3937 21st Avenue South, Minneapolis, MN 55407*



**Registration for Winter 2004 Retreat with /Matthew Flickstein Due Jan. 9**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Male Female (circle one)

**Please check all that apply:**

- I have enclosed a stamped, self-addressed, business-size envelope. Please send registration confirmation.
- I have enclosed a scholarship request of \_\_\_\_\_.
- This is my first TCVC retreat.
- I can help set up or clean up for this retreat. (Retreat manager will contact you.)
- I have special physical needs: Accessibility \_\_\_ Medical \_\_\_ I Snore \_\_\_ Other: \_\_\_\_\_  
 (Enclose description of special needs or contact retreat manager.)
- I need a ride.     I can give a ride.

\_\_\_\_\_ Retreat Fees     Weekend (Jan 30—Feb 1) \$140\*     Full-time (Jan 30—Feb 3) \$240\*

\_\_\_\_\_ Add \$25 late fee if you are mailing your registration after January 9.

\_\_\_\_\_ Optional donation to TCVC     Operating Fund or     Scholarship Fund

\_\_\_\_\_ Optional donation for room and board for teacher trainee at June retreat. (See Page 2)

\_\_\_\_\_ **Total enclosed. Make check payable to TCVC.**

\* The retreat fee does not include any compensation for the teacher. At the end of the retreat, students will have the opportunity to practice *dana* (generosity) by offering a donation to the teacher.

## TCVC CALENDAR

All retreats are suitable for both beginning and experienced students.

DATE	EVENT	LOCATION	CONTACT
Jan 30—Feb 1 or Jan 30—Feb 3	Matthew Flickstein Residential retreat	Christine Center Willard, Wisconsin	Steve Burt 612-721-1021 sburt@hclib.org
Feb 10 7:00 P.M.	TCVC Business Meeting	Home of Merra Young	Merra Young 612-724-2185
April 16—18	Sharon Salzberg Non-residential retreat	Carondelet Center St. Paul, MN	Veronica Weadock 651-771-3183 vweadock@yahoo.com
June 11—13 or June 11—20	Steve Armstrong & Kamala Masters Residential Retreat	Christine Center Willard, Wisconsin	Mariann Johnson 612-872-7959 TCVCoop@hotmail.com
Sept 17—19 or Sept 17—21	Phillip Moffitt Residential Retreat	Christine Center Willard, Wisconsin	Terry Pearson 612-928-8350 tpearsonusa@yahoo.com
Feb 18—21 or Feb 18—26, 2005	Marcia Rose Residential Retreat	Christine Center Willard, Wisconsin	TCVCoop@hotmail.com
June 10—12 or June 10—19, 2005	Steve Armstrong & Kamala Masters Residential Retreat	Christine Center Willard, Wisconsin	TCVCoop@hotmail.com



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