

FALL RETREAT with ANNIE NUGENT



October 9–11 or 9–13
Christine Center near Willard, WI

Use Everything as Food for Freedom by Annie Nugent

When we are faced with the challenge of bringing the practice into our everyday lives on a moment-to-moment basis, it can seem like a daunting task. Out of this we may become despondent and feel that it is just too much to ask of ourselves and slowly our good intentions about practice begin to recede into the background as we become seduced by worldly distractions, relegating our practice to a period of formal sitting some time in the day. While this is an important part of the practice, it is only a part. What about the rest of the day?

Rather than limiting the practice to some special period of time on the cushion, can we learn to see everyone and everything as an opportunity for wisdom and compassion to grow? For example: whilst driving our car is there aversion to other drivers or are we perhaps day dreaming? When talking with others are we judging or wanting something from them or when preparing the evening meal are we rushing, leaning in to the moment? In the midst of these very ordinary, worldly situations can we notice what is happening in the mind, how we are relating to the moment?

The Buddha tells us that the end of suffering comes with the uprooting of the defilements of greed, hatred and delusion. So this is what we are working towards—learning to see the presence of these unwholesome habits in the mind and not acting on them. In this way we are working towards ending suffering.

Of course, this is easier said than done. It takes time—the patient, sincere willingness to begin with a gentle but determined encouragement to be aware of what is happening in the mind in any given moment. We begin with just one small moment of recognition of the attitude of mind.... that is all—nothing grandiose like being aware “for the whole day”. One moment is perfectly do-able... and one moment of awareness begets another. This is the way we work with the mind. Slowly and repeatedly throughout the day looking to see what our attitude of mind is in any moment. Asking ourselves the question: “What’s happening in the mind now?”

In this way we can see that there is nothing special we have to do to alter our day. We don’t have to change anything.... no special movements—only watching how the mind is operating. Once we begin to see the tendencies of mind showing themselves, we understand that we don’t need to act out that unkind action (hatred), or that action of greed, or continually be lost in day dreams (delusion). Consequently our attitude of mind slowly begins to shift from living out the defilements of greed, hatred and delusion towards living from a place of generosity, kindness, compassion of heart and wisdom.

There is a certain joy that comes into our lives when we realize the scope of the dharma.... that it doesn’t narrow or limit our lives, but that it brings a growing ease of mind and an expansiveness into life as wisdom and compassion is cultivated in the midst of the fullness and vibrancy of daily life.

We come to understand that present moment awareness is a leap into fresh air, it wakes us up. It is a courageous move and a deeply compassionate one because it brings us out of our stupor, it breaks the cycle of ignorance that we have been living out for so many life times.

Out of this we begin to feel a gratitude for our lives as they may be manifesting right now.... recognizing that the seeds of wisdom and compassion lie in whatever life is offering in this moment.... it is up to us to use them as food for freedom.

Vipassana (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 experience from a place of spacious stillness enables one to relate to life with a balance of wisdom and compassion.

Retreats are held in noble silence and include sitting and walking meditation, instructions, Dharma talks, and time for questions with the teacher.

As the teachings of the Buddha are considered priceless, they have traditionally been offered freely. The teachers do not receive payment from TCVC for their teaching. The registration fee covers room and board, transportation for the teachers and other retreat expenses.

At the end of the retreat, students are encouraged to offer a donation to the teacher to support their living expenses so that they may continue to practice and teach.

Yogi jobs are part of the schedule for all full-time participants. These mindful work periods are assigned on a first come, first served basis at check-in time.

Scholarships are available for up to 50% of the retreat fee. To apply for a scholarship, include a letter with your registration giving the background of your need. Scholarship requests must be received by the due date and are limited to one retreat per person per calendar year.

Those who wish may help others by donating to the TCVC Scholarship Fund, or the Operating Fund.

Detailed information about the retreat is mailed upon registration. Contact the registrar, **Deah Kinion**, at 507-753-3094 or retreats@tcvc.info if you have questions about the retreat.

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

Twin Cities Vipassana Collective Calendar Visit us at www.tcvc.info

Date	Teachers / Event	Location	Contact
Oct. 9–11, 2009 Oct. 9–13, 2009	Annie Nugent	Christine Center Willard, WI	Deah Kinion, 507-753-3094 retreats@tcvc.info
Feb. 12–15, 2010 Feb. 12–19, 2010	Ajahn Punnadhammo	Villa Maria Frontenac, MN	Elizabeth Archerd 612-729-6168 retreats@tcvc.info
June 11–13, 2010 June 11–20, 2010	Kamala Masters & Steve Armstrong	Christine Center Willard, WI	Jean Fagerstrom 612-722-4967 retreats@tcvc.info

TWIN CITIES VIPASSANA COLLECTIVE (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, with an emphasis on residential retreats led by senior teachers in the Theravada Buddhist tradition.

Grassroots Dhamma is published by TCVC. To join our mailing list, send your name, address and phone number to mailings@tcvc.info or the mailing address on the back of this flier. Current and past issues of *Grassroots Dhamma* are available on our website, www.tcvc.info

Registration for TCVC Retreat with Annie Nugent • October 9–11 or 9–13, 2009

Send to Deah Kinion, 38959 603rd St., Zumbro Falls, MN 55991 Registration is due September 18, 2009

Name _____ Male / Female (circle one)

Address _____ City _____ State ____ Zip _____

Phone _____ Email _____

Email confirmation is sufficient Enclosed is a stamped, self-addressed business-size envelope for paper confirmation

This is my first TCVC retreat I can help set up or clean up I need a ride I can give a ride

I have special accessibility, dietary or other needs. (Please enclose a description or contact the registrar.)

I use a CPAP or other medical device. (Please specify or contact the registrar.)

Enclosed is a scholarship request for \$ _____

\$ _____ Retreat Fee: Full-time \$290 Weekend \$155

\$ _____ Add \$25 late fee if mailing after September 18

\$ _____ Optional donation to TCVC: Operations Scholarships Either Fund

\$ _____ Total Enclosed (Payable to TCVC)