

## WINTER RETREAT with SANTIKARO



February 4–6 or 4–11  
Koinonia Retreat Center  
near Annandale, MN

### Breathing Is So Much More by Santikaro

Breathing is the flow of life. Much more, much deeper, much richer than mere exchange of gases, various muscles contractions and expansions, and membranous sensations, breathing involves energies that keep us alive and nurture us on multiple levels. It is no coincidence that the Buddha shaped his primary meditation teaching around it.

What a shame, then, that modern science sees it in the very limited terms of chemistry and mechanics, though even that is far richer than most folks conceive. What a shame, too, that certain “vipassana teachers”—though not the Buddha—speak of it as “just *ānāpāna*.” Nonetheless, such attitudes reveal an important aspect of Dhamma practice: if one’s theories and beliefs don’t acknowledge the value of something, there’s little chance of seeing it clearly in line with reality (the original meaning of *vipassanā*).

Fortunately, there is much about the breathing that inspires interest-curiosity (*chanda*) and inquiry-investigation (*vimamsā*). If we are curious about the breathing, we start to notice how malleable and vital it is, though at times it may appear to be just doing the same old thing. With open-mindedness and sensitivity, one further experiences its influence within the rest of the body. As mind-body settles and mindfulness sharpens, one experiences the energetics of the breath-body relationship. Just this much opens powerful opportunities for insight into the nature of the body and sentience.

Then there is “mind,” so easy to name and so difficult to pin down. Though we can observe and name the many functions subsumed under “mind,” we don’t ever really know what mind is. A mystery if you like. Or zennish “No Mind.” Thusness and emptiness.

When mind is experienced within the flow of breathing (step nine of *ānāpānasati*), one sees it as central to all experience and never a separate entity or self. What is “mind”? What sort of thing is it?

From there, the Buddha gives three other angles for contemplating mind. Each is a way to investigate the aspect of experience variously called mind, consciousness, and awareness. What sort of nature or reality is “it”?

When it is glad, delighted, and inspired in various ways, what sort of “thing” is it? What experiences gladness? What is inspired? (step ten)

When it is quiet, stable, and focused to various degrees, what is it? What experiences calmness and stability? What is concentrated? (step eleven)

When free of craving and clinging, what sort of thing is that? Whether having let go through effort, insight, or accident, or simply because nothing has stirred up clinging to me and mine, what is left? Forget the concepts and words, simply contemplate this being-knowing within that freedom. (step twelve)

While these contemplations might occur independent of the breathing, the Buddha’s most systematic meditation instruction maps them within breathing in and out. This points to the depth of practice possible when working with the original teachings. (See the *Ānāpānasati Sutta*, MN 118, for further details.)

#### 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 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. For questions contact the registrar, **Elizabeth Archerd**, 612-729-6168 or [retreats@tcvc.info](mailto:retreats@tcvc.info)

Twin Cities Vipassana Collective  
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## Twin Cities Vipassana Collective Calendar Visit us at [www.tcvc.info](http://www.tcvc.info)

Date	Teachers / Event	Location	Contact
Feb. 4–6, 2011 Feb. 4–11, 2011	Santikaro	Koinonia Retreat Center Annandale, MN	Elizabeth Archerd 612-729-6168 retreats@tcvc.info
June 10–19, 2011 Full-time only	Kamala Masters & Steve Armstrong	Koinonia Retreat Center Annandale, MN	Bob Zeglovitch 651-433-2395 retreats@tcvc.info
Jan. 20–22, 2012 Jan. 20–28, 2012	Rebecca Bradshaw	Koinonia Retreat Center Annandale, MN	Naomi Baer, 651-698-1458 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 email distribution list or mailing list, send your name, address and phone number to [mailings@tcvc.info](mailto:mailings@tcvc.info) or the mailing address above. **Grassroots Dhamma** is also available at [www.tcvc.info](http://www.tcvc.info)

### Registration for TCVC Retreat with Santikaro • February 4–6 or February 4–11, 2011

Send to Elizabeth Archerd, 5223 32nd Ave. So., Minneapolis, MN 55417 Registration is due Jan. 14, 2011

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  I can help 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: Weekend Double  \$190 Single  \$230 Singles are available on a first-come basis.  
Full-time Double  \$400 Single  \$500

\$ \_\_\_\_\_ Add \$25 late fee if mailing after January 14

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

\$ \_\_\_\_\_ Total Enclosed (Payable to TCVC)