

GRASSROOTS DHAMMA



Winter 2019

Teacher
Biographies and
Online Registration
are available at
WWW.TCVC.INFO



WINTER RETREAT FEBRUARY 15-22, 2019

With Chas DiCapua & Rebecca Bradshaw

Four Foundations of Mindfulness

In the Satipatthana Sutra, the Buddha gives us precise instructions for how to be mindful and what to be mindful of in a way that frees our hearts and minds from contraction and suffering. During this retreat held in meditative silence, we will enrich our mindfulness practice by exploring in our own experience one of the most central Buddhist discourses around insight practice. Infusing mindfulness with kindness, we will discover for ourselves a deeper sense of relaxation, clarity and peace.

Dear Friends,

TCVC is happy to continue offering two residential retreats each year here in Minnesota. We treasure this time, guided by our teachers at the beautiful setting of Koinonia. We want to make the experience as conducive as possible to practice. This is our intention for revising our policies.

In the past, we've allowed people to come late, leave early and for dharma-related reasons to leave the retreat temporarily with teacher permission. We've also allowed people not attending the retreat to come for the evening dharma talk. To minimize disruptions, everyone must now arrive at the beginning of the retreat and stay for the duration. There are no exceptions. In addition, outside visitors will no longer be able to attend any part of the retreat.

TCVC and our teachers are very clear around the practice of sila (moral conduct) throughout the retreat; we commit to that with the chanting of the precepts each day. At the beginning of the retreat, we'll also require everyone to formally commit to following the instructions of the teacher and attending (at a minimum) the morning instructions, afternoon guided meditation, and evening dharma talk. Everyone must attend all group and individual interviews for which they are scheduled by the teacher. The retreats aren't structured for people to use for a self-retreat.

People must also commit to honoring noble silence. If you're attending the retreat with your partner or a close friend, please regard that person as just another yogi. This applies to everyone, both newcomers and people who have been practicing for many years. Not honoring noble silence has a ripple effect and may cause confusion around the practice for others.

We hope you understand how these changes will benefit of everyone; it's up to each of us to hold our container with care. Thank you for your reflection on and commitment to these expectations.

May you all be well,
TCVC Board

Four Foundations of Mindfulness by *Rebecca Bradshaw*

The Satipatthana Sutra, The Four Foundations of Mindfulness, is a seminal text in the Buddhist teachings. It gives instructions on what and how to pay attention to develop mindfulness and wisdom leading to liberating freedom. Rather than seeing the four foundations as separate entities, recently I have been enjoying how each foundation naturally flows into the next, resulting in an integrated whole.

The first foundation of mindfulness offers a way to drop from our conceptual mind into the vast space of the sense experience of the body. It is through this movement that we can begin to discover the deeper truths about life that free the heart and the mind. It is through this shift that we begin to abandon the fabricated stories of our mind, which are often based in delusion and ignorance, and dive into the alive experience of the present moment, which can teach us everything about truth and freedom. This section of the sutra contains more pages than any other section, with nine different strategies for connecting with the body, pointing to the fundamental importance of this connection in our spiritual path.

The second foundation, mindfulness of feeling tone, evolves from our connection with our sense experience. Being mindful of our senses (all six, including the mind), we notice that each moment has the flavor of pleasant, unpleasant or neutral. We explore our deeply habitual conditioning around this flavor of pleasant, unpleasant, and neutral feeling that leads us into stress and struggle. We also explore how mindfulness can help us break these conditioned patterns and allow us to choose peace and equanimity instead. We are researching for ourselves, through our own experience, why we suffer and how we can develop a peaceful heart/mind.

The third foundation of the mindfulness explores the mind/heart colored by mental states and emotions, following naturally from our reactions and responses to feeling tone. The mind/heart has something to say about feeling tone in the form of mind states and emotions. Just as we want to intimately know the body, we also want to connect deeply with the mind/heart in these many manifestations. We meet the mind when it is disturbed and we meet the mind when it is clear. We meet the heart when it is angry, and we meet the heart when it is joyful. This clear and intimate connection leads to an ever deeper understanding about struggle and about peace.

The fourth foundation, typically called mindfulness of mind objects, has been described in a variety of ways and can include a list of various Buddhist teachings. I find the most useful way (supported by scholarly research) is to focus on two parts mentioned, the hindrances and the factors of awakening, which, being mind states, follow naturally from exploring the mind/heart flavored by mind states. I call this fourth foundation the foundation of wisdom as we go more deeply into cause and effect, exploring what supports the arising flourishing of beautiful mind states of awakening, and what discourages the arising and continuation of unhelpful obstructive mind states. We're gaining greater knowledge of and facility working with the mind and the heart.

In the end, the four foundations of mindfulness directs our spiritual path, connecting us with the body and sense experience, exploring habitual conditioning and its effect on the mind/heart, and increasing wholesome states of mind/heart and decreasing unwholesome states of mind/heart. This process clears the mind and heart of the clutter of turbulence so that awareness can see ever more deeply into the truth of things, see in a way that liberates and frees. How beautiful!

Registration for February 15-22 With Chas DiCapua & Rebecca Bradshaw

**Registration is due by January 18, 2019. There is a \$25 late fee after January 18th.
Register online at WWW.TCVC.INFO or mail your registration to Phil Harper,
1148 Hague Avenue, St. Paul, MN 55104**

Name _____ Please identify your gender _____

Address _____ City _____ State: _____

Zip code _____ Phone _____ Email _____

This is my first 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 email the registrar.)

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

I need an assisted listening device.

Enclosed is a scholarship request for \$ _____ Maximum scholarship is \$240

Optional Roommate Request _____

\$ _____ Retreat Fee* Shared \$480 Single \$625

\$ _____ Add \$25 late fee if mailing after January 18, 2019

\$ _____ Optional tax-deductible donation to TCVC

\$ _____ Total Enclosed (Make check payable to TCVC)

*The teachers that we ask to lead our retreats do not request or receive any compensation from us for their teaching. At the end of the retreat, students are encouraged to practice *dana* (generosity) by offering a donation to the teachers.

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.

Held in noble silence, the retreat includes sitting and walking meditation, instructions, Dharma talks, and group and individual meetings with the teachers.

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

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

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 Retreat Fund.

Accommodations at the Koinonia Retreat Center have modern plumbing. Handicap accessible and single rooms are available on a first-come basis. You may leave Koinonia's phone number, 888-801-7746, with family for emergency contact only.

Retreat Schedule

Fri. 2/15	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Fri. 2/22	Retreat ends	After 10:30 AM brunch

Attendance Yogis are expected to arrive by 6:00 PM on opening day and to stay for the duration. Exceptions must be approved by the teachers. Priority is given to people who commit to the full retreat.

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

Meals Vegetarian meals begin with an evening meal from 6:00–7:00 PM on Friday night and end with brunch on the last day of the retreat.

Registration

Send a check for the full amount to secure your registration. If you are applying for a scholarship, subtract the scholarship amount requested from the registration fee.

You will receive an acknowledgement of registration by email. Shortly thereafter, you will receive a confirmation of your status for the retreat (registration or wait list). Approximately one month before the retreat, you will receive an email giving you more information about the retreat. **If you have any questions or special needs, please email retreats@tcvc.info or call or text the registrar, Phil Harper at 612-396-5632.**

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*Retreats are held at Koinonia Retreat Center near Annandale, MN
www.KoinoniaRetreatCenter.com*

TCVC retreats are appropriate for both beginning and experienced meditators. We are committed to cultivating a retreat environment that is welcoming to people of diverse identities, including those of all races, ethnicities, cultures, sexual orientations, gender identities, religions, abilities and ages. It is our aim that all may feel safe and respected on their TCVC retreat.

TCVC CALENDAR

Dates	Teachers
Feb 15-22, 2019	Chas DiCapua & Rebecca Bradshaw
June 7-15, 2019* <i>This date has been changed to accommodate the teachers</i>	Steve Armstrong & Kamala Masters
Feb 14-21, 2020	Chas DiCapua & Rebecca Bradshaw
June 19-27, 2020	Kamala Masters

Contact Us

retreats@tcvc.info

Directions to Koinonia from Minneapolis

394 West to 169
North on 169 for 1/4 mile
West on Highway 55 2.5 miles past Annandale
South (Left) on County Road 3 for 4/10 of a mile
West (Right) on 80th Street for one mile
South (Left) on Pilger Avenue for 2/10 of a mile
Allow two hours travel time from Minneapolis.