



THE BEAUTIFUL MIND

Deepening Concentration Through Jhana Practice

A Residential Insight Meditation Retreat

With Guest Teacher **Leigh Brasington**

October 3 – 5, 2014

The Wonderwell Mountain Refuge, Springfield, NH

In the slow beauty of fall in New England, this retreat will help us still the mind through the focused practice of jhana meditation. Valley Insight is privileged to have master teacher Leigh Brasington to guide us on our way as we explore the jhanas, sometimes referred to as The Beautiful Mind.

These stages of practice in Vipassana meditation are the cornerstone of cultivating right concentration on the eightfold path. Does practicing them bring the peace of mind and ease of heart we might have been searching for at the outset of our meditation journey? Perhaps, but jhana states, too, are impermanent and subject to change. They are not the end goal of our practice. What then is the point of these deep concentration experiences?

The Buddha suggests: “When the mind is thus concentrated and infused with mindfulness, one directs and inclines the mind towards ‘seeing things as they are.’” Leigh explains that the jhanas are like a whetstone sharpening the mind for Insight practice and deepening our understanding of the four foundations of mindfulness: mindfulness of the body, of feelings, of the mind, and of phenomena themselves. Working with the jhanas brings us closer to living our lives with the clarity and natural benevolence of the beautiful mind.

About the Teacher

LEIGH BRASINGTON is a classical Buddhist scholar and practitioner as well as a wonderful storyteller. He knows the early Buddhist Suttas intimately—the collected teaching stories of the Buddha, rich in similes and history. While staying true to the essence of the teachings, Leigh often uses contemporary examples in order to explain “The Gradual Training,” which guides us toward awakening while helping us live a fully engaged and happy life here and now. A retired software engineer, Leigh has been practicing meditation since 1985 and is the senior American student of the late Ven. Ayya Khema, teacher in the Theravada tradition of Buddhism. She confirmed his practice and requested that he begin teaching with her, in 1994. Leigh has been leading retreats on his own since 1997 in both Europe and North America.

About the Retreat, Friday Through Sunday

Friday, October 3, 7:30 – 9:00 pm

Public talk by Leigh Brasington: *The Fruits of Spiritual Life*

(\$10 fee for those not attending the full retreat)

www.valleyinsight/retreats.html

This talk will stand on its own and, for those staying on for the weekend retreat, it will show the context of the jhanas and explain their role in the path to freedom.

Friday, 9 pm through Sunday, 4 pm

Noble silence will be held from 9:00 pm Friday, up until lunch on Sunday.

Meditation practitioners of any level and all traditions are welcome.

Registration will open at 4:00 pm on Friday.

The retreat fee of \$199 includes room and board (three meals on Saturday, breakfast and lunch on Sunday). In keeping with the Buddhist Insight tradition, this does not include payment for the teacher.

Donations to support his efforts can be offered separately in a dana box at the end of the retreat.

Scholarships may be available on request.

Registration

Full payment of \$199 is requested by August 22, 2014. **Registration closes on September 26.** You may reserve a place with a \$100 deposit or make the full payment pay through PayPal. If online registration is difficult, you may print and fill out this form and send it along with a check to Valley Insight Meditation Society, P. O. Box 634, Lebanon, NH 03766. Make checks out to Valley Insight Meditation Society or VIMS.

Cancellation Policy: Deposits are refundable in full if we are notified no later than **August 22**. Half the deposit will be retained if canceling more than two weeks prior to the retreat opening. The entire deposit will be retained if canceling after **September 19**.

To ensure the teachings are available to everyone, we keep the expenses as low as possible and offer partial scholarships. If you need financial assistance, please contact Landon Hall, elhall888@gmail.com. For all other retreat questions, email vimsretreat@gmail.com.

NAME: _____

ADDRESS: _____

PHONE/EMAIL: _____

GENDER: M _____ F _____ DATE OF BIRTH: _____

Can you include a donation toward scholarship? If so, how much? _____

TO HELP US PLAN SLEEPING AND DINING ARRANGEMENTS, please answer the following questions:

Do you snore? YES _____ NO _____

Do you have any special concerns?

How did you hear about this retreat? _____