



January 2016 Newsletter

The Perth Insight Meditation Group is a not-for-profit organization consisting of a small group of people who have organized meditation retreats in Perth for more than 20 years.. We invite both lay and ordained teachers from around the world to teach Insight Meditation (Vipassana) in the Theravada Tradition. We are fortunate to have been invited, by the Buddhist Society of WA, to use the excellent facilities at the Jhana Grove Meditation Centre in Serpentine where yogis are accommodated in single en-suite rooms.

Current PIMG Management Committee:

Kanthe and Sanath de Tissera; Laura Bernay; Jim Ellis (Treasurer); Michele Ellis; Sue and Keith McBurnie; and Geetha Mendis

Kamala Masters – December 2015

In December PIMG had the pleasure of hosting a retreat with Kamala. It has been quite a few years since Kamala has taught in Perth and many yogis were delighted to have her back.

The retreat was called The Integration of Love and Wisdom and was focussed on strengthening our ability to maintain a continuous quality of awareness that will hopefully extend into daily life. Kamala emphasised the teachings of Sayadaw U Tejaniya and the benefits of strengthening Loving Kindness and Equanimity. She also paid homage to her “Grandfather” Teachers Sayadaw U Pandita and Munindra Ji.

Kamala will return to Jhana Grove in December, 2017 from the 1st – 10 December.

Retreats Planned for 2016

Patrick Kearney July 8th – July 17th 2016.

Establishing Mindfulness. The Way of Serenity & Insight

Patrick is an independent teacher, in the lineage of Mahasi Sayadaw and has practiced Buddhist meditation for almost 40 years. Patrick has been teaching for 20 years and is a highly regarded

teacher who is always warmly welcomed by Perth Yogis.

For information and registration details for Patrick's retreat please visit the PIMG website – www.pimg.org and go to the Upcoming Retreats page.

For more information about Patrick, visit his website at www.dharmasalon.net.

The cost for the July retreat is:

Full Time

Early Bird: \$580 (early bird cut off is 27th May, 2016)

Full rate: \$630

Weekend

Early Bird: \$230

Full rate: \$260

To register for the retreat please visit the PIMG website www.pimg.org and complete the online registration form.

Steven Armstrong – December 2 – December 11, 2016.

PIMG are very happy to be hosting Steve Armstrong at Jhana Grove in December 2016. For more information on this retreat visit our website (www.pimg.org). Costs and registration details for this retreat will be available later in the year.

General

Retreats – PIMG currently organise two retreats per year however there are many other retreats offered at Jhana Grove. PIMG advertise some of these retreats on the PIMG website and BSWA advertise retreats they are sponsoring on their website - www.dhammadaloka.org.au.

Organizing retreats can be time consuming and we would love to hear from you if you feel you can be of assistance. We often need help to set up for the retreat, we need Managers, Cooks, and Cooks' Assistants. If you feel you could help in anyway please contact the committee. In particular we are hoping to find people who may be interested in cooking on retreats. Michele is happy to advise, help, or train anyone has an interest in cooking. The cook is paid for cooking and for several shopping days prior to the retreat. Managers attend the retreat free of charge and we pay a small daily stipend for the cooks' assistant.

For each retreat the organizers and teachers do their best to ensure that the retreat is a valuable experience for all Yogis. The stability of a retreat is dependent upon participants arriving on time and not leaving until the full retreat has finished. This helps management to get everyone settled and is important for the continuity of yogi jobs. More importantly however are the Spiritual aspects of the retreat. Teachers find that Yogis get more benefit if they participate for the complete retreat,

which means being present for the opening Dhamma Talk and Instructions and also being part of the Closing Ceremonies. With waiting lists growing we ask Yogis to commit to the whole retreat because by coming late, or leaving early, you are denying another Yogi the opportunity to benefit from a complete experience, as well as missing out on the full benefits of the retreat yourself.

We endeavour to keep the cost of retreats as low as possible however with rising costs this is becoming more difficult. Retreat costs are based on accommodation costs at Jhana Grove, the salary for the cook and the cooks' assistant, food costs and travel expenses for the teacher, plus minor miscellaneous costs. We also offer several scholarships for each retreat to assist those who need financial help to attend.

Weekly Meditation and Dhamma Talks

Monday night sit – there is regular meditation in Shenton Park on Monday evenings, followed by a short discussion and a cup of tea. If you are interested in attending the Monday group you can contact Laura by email at: lbernay@iinet.net.au

Margaret River – There are two weekly sit in Margaret River. On Tuesday from 1- 2 pm, followed by an optional afternoon tea and on Thursday evening from 6 -7 pm.

For details about these sittings you can call Anne on:

9758 8631 or 0417 996 787.

Dhamma Talks: Another way to rejuvenate your Dhamma practice is to listen to guided meditations or Dhamma Talks. An excellent source for this is Dharmaseed which is a small non-profit organization supported through donations. Your donations help in making these priceless teachings available to all who need them. There are also opportunities on this site to support the teachers through *dana*, the practice of generosity that has supported the teachings for over 2,500 years.

<http://www.dharmaseed.org>

You can also find excellent Dhamma Talks on the Buddhist Society of WA website.

I would like to remind you to check the PIMG website on a regular basis to see what is happening and to stay informed about upcoming events. The website is:

www.pimg.org

With Metta

The PIMG Committee

NOTE: If you have received this newsletter and would like to be taken off the mailing list please email keithmcburnie@inet.net.au.