



BIMS Practice Period

Beginning April 4th

Perspectives on Renunciation

BIMS begins its annual practice period on Tuesday, April 4th. Our practice period is an opportunity to deepen our understanding of the Buddhist path and to more fully integrate practice into our daily life. We meet as a Sangha to support and energize each other.

The theme for this year is **Renunciation**. Renunciation is a core element in Buddhist practice. The Buddha mentions it frequently - he saw it as the path to freedom and happiness. But what does renunciation mean? And how would a lay person practice renunciation?

- ◆ **April 4th** Jean La Valley -- Introduction to the Practice Period and our topic of renunciation
- ◆ **April 11th** Mary Stone -- Untangling from the mind state of craving, which the Buddha says is the origin of suffering, by cultivating mind states of gratitude, generosity, kindness, and contentment.
- ◆ **April 18th** John Fries -- Renunciation (nekkhamma) as "Right Resolve": What is it and why should we cultivate it?
- ◆ **April 25** John Fries -- Cultivating the Right Resolve of renunciation: contemplations and reflections for practical use
- ◆ **May 2** What might be next in the practice of renunciation? And stories from our Sangha