

# Maps to Awakening

## A Meditation and Study Course with Thanissaro Bhikkhu

September 8<sup>th</sup> & 9<sup>th</sup>, 2018  
9 am - 4:30 pm

Red Cedar Dharma Hall  
1021 N. Forest St. Bellingham, WA



**The Teacher:** Thanissaro Bhikkhu (Geoffrey DeGraff) has been a Theravada Buddhist monk since 1976. After studying in Thailand with Ajaan Fuang Jotiko for ten years, he returned to the U.S. in 1991 to help found Metta Forest Monastery in the mountains north of San Diego where he is currently Abbot. Thanissaro Bhikkhu's writing includes *The Paradox of Becoming*, *The Mind Like Fire Unbound*, *The Wings to Awakening Straight from the Heart* (Venerable Acariya Boowa), *Right Mindfulness*, and *The Craft of the Heart* (Ajaan Lee Dhammadharo). He has also translated many meditation guides by Thai forest masters as well as numerous scriptural texts from the Pali canon.

**The Topic:** In addition to the noble eightfold path, the Buddha provided many maps to the different stages that the practice of the path can go through, along with descriptions of the qualities of mind and action to develop at each stage along the way. In this weekend course, we will discuss several of these maps with an eye to how they can inform practice both in formal meditation and in day-to-day life.

**Food:** Lunch will be from 12 -1:30 PM. Feel free to bring your lunch or eat out. Tea will be provided. Please note: there will be an opportunity to offer food for the monks at mealtime. If you wish to offer dana at this time, please bring a small amount of food to share with the monks.

**Cost:** \$25.00 for BIMS (Bellingham Insight Meditation Society) pledge-members, \$50.00 for non-members. In order to encourage young people to attend, we are asking a \$25 fee for anyone 35 and younger, regardless of pledging status. There is also an opportunity to offer dana (donation) to the Metta Forest Monastery. For information on becoming a BIMS-pledge member please visit us online at <http://www.bellinghaminsight.org/>.

**Please note that no one will be turned away for lack of funds.**

**Early registration is suggested.** Space is limited and we expect this course to be full.

# REGISTRATION FORM

**Thanissaro Bhikkhu non-residential meditation retreat, Sept. 8 and 9, 2018**

**Please note that the fees charged go to the Bellingham Insight Meditation Society (BIMS), and are used to cover BIMS costs. Thanissaro Bhikkhu offers the Dhamma freely, and neither he nor his monastery receive any of these registration funds. There will be an opportunity to support Metta Forest Monastery at the retreat.**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Prov. \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Email Address (used to confirm and mail any necessary info) \_\_\_\_\_

## Check all that apply:

I am a BIMS member. I am enclosing a check or money order for \$25, <b>U.S. Funds only.</b>	
I am not a BIMS member. I am enclosing a check or money order for \$50 (\$25 for 35 or younger), <b>U.S. Funds only.</b>	
I would like to contribute to BIMS scholarship fund. Amount: _____	

**Cushions:** The Red Cedar Dharma Hall has many cushions, mats, sitting benches, etc., though you may bring your own if you prefer. Also, there are many chairs available.

**Payment:** Make checks payable to **BIMS (Bellingham Insight Meditation Society)**. Send check and completed form to registrar:

Karen Sheldon  
2644 Donovan Ave.  
Bellingham, WA 98225

Email: [karen.sheldon@gmail.com](mailto:karen.sheldon@gmail.com)

**Confirmation:** A confirmation letter with information, including directions to the Hall, and a study guide will be emailed (or posted) to you after your registration form and check have been received.

**Early registration is appreciated – thank you!**