

# The Merging of Wisdom and Love

with

Tim Geil and Keri Pederson

Saturday, November 10, 9 – 4 pm &  
Sunday, November 11, 9 – 4 pm, 2018

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



\* Tim and Keri will also be giving a public talk Friday, November 9<sup>th</sup> at 7-9 pm at the hall \*

## The Teachers:

Tim Geil has practiced insight meditation since 1996 and was invited to teach in 2006 by Rodney Smith. A graduate of the IMS/Spirit Rock Teacher Training Program, he is the co-guiding teacher of Seattle Insight Meditation Society.

Keri Pederson began meditating in 1998 in the lineage of S.N. Goenka. After sitting retreats with a variety of lay and monastic teachers in the US and Asia, she started teaching meditation in 2007. A graduate of the IMS/Spirit Rock Teacher Training Program, she lives and teaches in Seattle, where she also works in elder-care and is the mother of a young son.

**The Topic:** *Wisdom says 'I am nothing.' Love says 'I am everything.' Between these two, my life flows. - Nisargadatta*

The Buddhist path of practice invites us to still and steady ourselves in order to more fully know things as they are, free from our mental noise and grasping. It also reacquaints us with innate qualities and capacities of heart that can be cultivated and that support our awakening. How do we understand the meeting of these two aspects of practice - clarity and kindness, truth and openness, wisdom and love?

Tim Geil and Keri Pederson will share a weekend of teachings and practice on these themes . which will include periods of sitting and walking meditation, guided practices, as well as discussion and small group meetings to support your practice. Both new and experienced meditators are warmly welcome.

**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) for Tim and Keri. 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.***

# REGISTRATION FORM

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## Geil & Pederson non-residential meditation retreat November 10 & 11, 2018

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**\*\* Tim & Keri will be giving a public talk on Friday, November 9<sup>th</sup>, 7-9 pm,  
at the hall\*\***

***Weekend retreatants are encouraged to attend this talk***

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, 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 the registrar:

Karen Sheldon  
2644 Donovan Ave.  
Bellingham, WA 98225

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

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

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

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*For registrar use only:*

Registrar record: Check # \_\_\_\_\_ Check Amt \$ \_\_\_\_\_ Scholarship amt. awarded \$ \_\_\_\_\_

Retreat Fee Paid \$ \_\_\_\_\_ Contribution to scholarship fund \$ \_\_\_\_\_ Date rec'd \_\_\_\_\_

Confirmation sent \_\_\_\_\_