

## **When Awareness Becomes Natural: *Cultivating a Compassionate Awareness***

with  
**Alexis Santos**

Saturday, September 28, 9 – 4 pm &  
Sunday, September 29, 9 – 4 pm, 2019

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



\* Alexis will also be giving a public talk Friday, September 27th at 7-9 pm at the hall \*

**The Teacher:** Alexis Santos has practiced Insight Meditation in India, Burma and the US since 2001. He met Sayadaw U Tejaniya in Burma in 2003 and has been his long-time student, including several years of training as a Buddhist Monk under his guidance. Alexis' teaching emphasizes knowing the mind through a natural and relaxed continuity. He brings a practical, intuitive and compassionate approach to the development of wisdom. Alexis teaches meditation at retreat centers throughout the US and internationally and is a featured teacher in the 10% Happier meditation app.

**The Topic:** *"When awareness becomes natural,"* as Sayadaw U Tejaniya explains, our practice becomes part of our life, rather than a separate activity or pastime.

Wisdom and compassion are natural to the mind and they develop when we learn to attend skillfully to our experience with awareness. They arise when the mind is not obscured by confusion and distractedness, anxiety and fear, and the relentlessness of desires and wants. And yet these afflictive habits of mind are natural as well - meaning they are not a self. They also arise due to causes and conditions that can be understood.

Through relaxing the body and mind, we can come to understand the effortless nature of being mindful. This natural awareness leads to the blossoming of wisdom and compassion.

**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 Alexis. 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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## Alexis Santos non-residential meditation retreat September 28<sup>th</sup> & 29<sup>th</sup>, 2019

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**\*\* Alexis will be giving a public talk on Friday, September 27<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: [BIMSretreats@gmail.com](mailto:BIMSretreats@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 \_\_\_\_\_