



Bellingham Insight Meditation Society
One Day Online Retreat



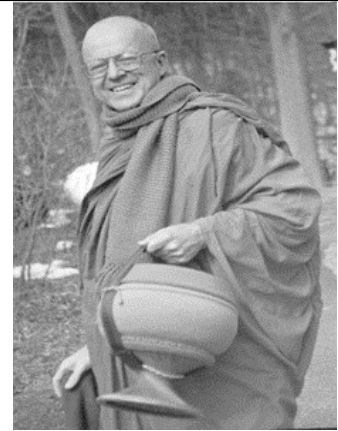
Appropriate Attention

A One Day Online Retreat
 (via Zoom)
 with

Thanissaro Bhikkhu (Ajaan Geoff)

Saturday December 10, 2022

9:30 am to 3:30 pm, PST



The Topic: The Buddha never taught bare attention, but he did teach appropriate attention (*yoniso manasikāra*): the ability to bring the right questions to your experience for the sake of putting an end to suffering. In fact, he said that this is the most useful of all internal qualities in bringing the mind to awakening. Appropriate attention helps you to get the most out of listening to the Dhamma and out of your practice of meditation. It also provides you with a useful framework for dealing with issues in everyday life. This daylong will be devoted to learning how to develop appropriate attention and apply it to problems both on and off the cushion.

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.

Please read these two essays before the course
 (found in Book - Essay section on dhammatalks.org):

“[Untangling the Present](#)” in *Purity of Heart*
 “[Food for Awakening](#)” in *Head & Heart Together*

To Register: Use [this link](#) to register for the Retreat
 Retreat details will be emailed to registrants.

Cost: In keeping with the teachings and spirit of generosity, this retreat is freely offered.
 Opportunities to donate (give dana) are below.

Dana for the Metta Forest Monastery may be made
 by check
 Attn. Steward
 Metta Forest Monastery
 P.O. Box 1409
 Valley Center, CA 92082

Or via

<https://www.dhammatalks.org/donations.html>

Donations to help offset BIMS organizational
 costs
 may be made by check or PayPal (US Funds
 only).
 Bellingham Insight Meditation Society
 PO Box 1182
 Bellingham, WA 98227
<https://www.paypal.me/BIMSRetreats>

