

Let's Talk About Delusion

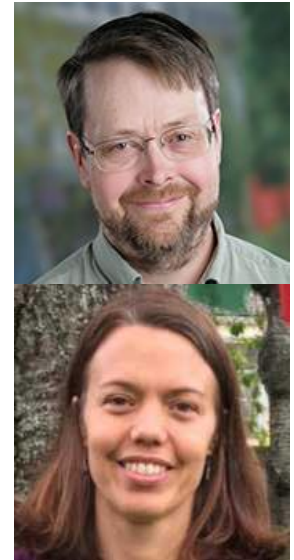
(in person and via Zoom)

with

Tim Geil and Keri Pederson

Friday, October 27, 7 pm - 9 pm &
Saturday, October 28, 9 am – 4 pm, 2023

Location: 1207 Ellsworth St, Bellingham WA



The Topic: Let's Talk About Delusion

In early Buddhist teachings, delusion is described as a condition of mind that confuses, obscures, and mesmerizes us. Under its grip, we mistake the unreal for the real, the surface for the depths, and assume ownership over just about everything. It is the trance-like condition out of which suffering is born — individually, interpersonally, collectively — and is that which we are awakening from. In this Friday evening talk and Saturday day-long retreat, we'll seek to deepen our understanding together of the various tricks and textures of delusion. For our exploration, we'll use the skillful means of sitting and walking meditation, Dhamma reflections, noble silence and optional small group dialogues.

The Teachers:

Tim Geil began practicing Insight Meditation in 1996 and has taught meditation since 2006 under the guidance of Rodney Smith. In 2016, Tim completed the four-year Residential Retreat Teacher Training through Spirit Rock, Insight Meditation Society, and Insight Retreat Center. He is currently a Co-Guiding Teacher of Seattle Insight Meditation Society. Tim emphasizes three expressions of the Dharma: investigation, non-resistance, and compassion.

Keri Pederson is primarily a student of the dharma, but teaches regularly when invited. She began meditating in 1998, motivated by a deepening yoga practice as well as a strong desire to understand suffering. She began formal retreat practice in the tradition of S. N. Goenka, and has since sat retreats with a variety of lay and monastic teachers in the U.S., Thailand, and India. Rodney Smith invited her to teach in 2007 and she was authorized to teach by Spirit Rock/IMS/IRC after a four year retreat-teacher training. Keri also works in elder-care and lives on Vashon Island with her husband and young son.



Bellingham Insight Meditation Society
Non-Residential Meditation Retreat



Registration

In Person Registration: please email [BIMS Retreats](#)

Zoom Registration: [Zoom Link](#)

Retreat details will be emailed to registrants.

Cost: In keeping with the teachings and spirit of generosity, this retreat is freely offered.

There will be opportunities to give dana to the teachers at the hall on Friday and Saturday.

Dana may also be given directly:

Tim Geil – [PayPal](#) or Venmo (@tim-geil)

Keri Pederson – [PayPal](#) or Venmo (@keri-pederson-1)

BIMS suggests a \$10 optional donation to BIMS to help defray the cost of renting the hall.

This may be made by cash, check or PayPal (US Funds only).

Bellingham Insight Meditation Society

PO Box 1182

Bellingham, WA 98227

<https://www.paypal.me/BIMSRetreats>