

A Journey Inward: Exploring the Five Faculties with Tuere Sala

Saturday, June 1, 9 – 4 pm &
Sunday, June 2, 9 – 4 pm, 2019

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



* Tuere will also be giving a public talk Friday, May 31st at 7-9 pm at the hall *

The Teacher: Tuere Sala is retired prosecuting attorney who has practiced Vipassana meditation for over 25 years. She has been an active member of Seattle Insight Meditation Society (SIMS) since 2001 and is currently a Co-Guiding Teacher at SIMS. Tuere has completed extensive trainings including: the 2 Year Spirit Rock/IMS Community Dharma Leader Program; a 1 Year Focusing for Complex Trauma Course which incorporates mindfulness principles with somatic listening and a 1 Year Mindfulness-Based Mind Fitness Training Course (MMFT) which incorporates mindfulness principles within the high stress work environments of first responders. Tuere believes that urban meditation is the foundation for today's practitioner's path to liberation. She is inspired by bringing the Dharma to nontraditional places and is a strong advocate for practitioners living with high stress, past trauma and difficulties sitting still. Her teachings reflect an approach to Dharma that is both easy to follow and understand – making it accessible to everyone.

The Topic: This journey towards inward awakening asks more of us than force of will. It is a gradual unfolding of understanding and equanimity. The engine behind this gradual unfolding are the five faculties. The five faculties are faith (or conviction), energy, mindfulness, concentration and wisdom. Together they gradually turn the wheel of dharma. Faith/conviction strengthens energy; energy strengthens mindfulness; mindfulness strengthens concentration and concentration strengthens wisdom and vice versa. These five faculties are natural activities of mind that move us along the path. This retreat will focus on learning how to cultivate these faculties and recognize their impact upon our 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 Tuere. 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

Tuere Sala non-residential meditation retreat June 1 & 2, 2019

**** Tuere will be giving a public talk on Friday, May 31st, 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, U.S. Funds only.	
I am not a BIMS member. I am enclosing a check or money order for \$50 (\$25 for 35 or younger), U.S. Funds only.	
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

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!

For registrar use only:

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

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

Confirmation sent _____