

# The Unity of Concentration, Mindfulness and Insight

a meditation retreat with Richard Shankman  
sponsored by the Eno River Buddhist Community

Wed., Dec. 7<sup>th</sup> - Mon., Dec. 12<sup>th</sup>, 2011

Avila Retreat Center, Durham, N.C.



Concentration and *jhāna* are often taught as a separate practice from mindfulness and insight meditation. We will explore how they can be brought together in a mutually supportive way, integrating concentration, mindfulness and insight into a single meditative path.

Practicing in this way, the mind becomes collected and centered, leading to deepening states of concentration, peace, clarity and calm abiding, and culminating in states of unification of mind known as *jhāna*. At the same time, we will guide awareness to open naturally into mindfulness of the body, states of the heart and the mind, revealing the Four Foundations of Mindfulness. The synthesis of concentration, calm, and mindfulness builds a strong foundation for the natural and revelatory arising of insight.

**Richard Shankman** lives in Oakland, CA. He has been a meditator since 1970 and teaches regularly at dharma centers and groups throughout the San Francisco Bay Area and nationally, including Spirit Rock Meditation Center and IMS. Richard is the guiding teacher of the Metta Dharma Foundation in Berkeley and is the co-founder of the Sati Center for Buddhist Studies and of Mindful Schools, which brings mindfulness training into elementary schools. Richard is the author of "The Experience of Samādhi." He may be contacted through [www.mettadharm.org](http://www.mettadharm.org).

**Avila Retreat Center** is situated on 51 acres in the country just north of Durham. The surrounding fields, forest, streams, and hillside provide a rich and nurturing setting for the retreat. Avila is operated by the Roman Catholic Diocese of Raleigh as an ecumenical retreat center open to persons of all faiths.

The retreat will begin at 7:00 p.m. on Wednesday, Dec. 7<sup>th</sup> and will close after lunch on Monday, Dec. 12<sup>th</sup>. Please plan to arrive between 5:00 p.m. and 6:30 p.m. on Wednesday to allow time for additional registration and for settling in to rooms prior to the beginning of the retreat. An informal light supper will be available during this time. In order to maintain a focused retreat environment for all, please plan to arrive on time and to participate through the conclusion of the retreat.

The retreat registration fee of \$415 covers lodging, meals, scholarships, and other retreat expenses. *The preregistration fee is \$215 per person, with the remaining balance due upon arrival the first day of the retreat.* Refunds, minus \$20, will be given for cancellations received by Nov. 18<sup>th</sup>. A limited number of partial scholarships are available. For questions regarding scholarships, please contact Callie Justice [justice.callie@yahoo.com](mailto:justice.callie@yahoo.com) or (919) 286-5041.

The registration fee does not include compensation to the teacher, who offers the teachings on a *dāna* basis as a gift of the *Dhamma*. Participants will be invited to make a donation at the end of the retreat to support the continuation of the teachings.

For general information regarding the retreat, please contact Scott Bryce at [stgb@earthlink.net](mailto:stgb@earthlink.net). An effort will be made to assist those traveling commercially (i.e. by air, train or bus) in getting to the retreat center once they arrive in Durham. Those requiring local transportation assistance, please contact Scott to find out about the availability of assistance before registering for the retreat.

*To pre-register, please mail the form below along with your check, postmarked no later than **Nov. 18<sup>th</sup>** to: **Dave Durham, 2108 Rhine Rd., Hillsborough, NC 27278.** Please make checks payable to "**ERUUF**," and write "ERBC retreat" on the memo line.*

*Directions to the Avila Retreat Center and other retreat information will be included in an email or letter confirming your registration.*



Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Those who do not pay for the **single room** option will be assigned to a double room with one roommate.

If you would like to contribute to the ERBC **Scholarship Fund**, please enter the amount in the "Pre-registration Payment" box above.

Would you like to be added to the Eno River Buddhist Community's e-mail list to receive information about retreats and other ERBC-sponsored activities?  Yes  No

<b>Pre-registration Payment</b>	
Number attending:	_____
Pre-registration fee:	× \$215 _____
Single room? (+ \$50):	_____
Scholarship Fund:	_____
Total enclosed:	_____