



DEEP SPRING CENTER



September – December 2011: Classes and Programs

The foundation of our meditation program is Insight Meditation (Vipassana). It is a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, focused awareness. It allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of negativity, self-centeredness, and confusion; it opens our heart to deeper wisdom and compassion. This process of opening, compassionately and non-judgmentally to ourselves, moves from the sitting period to the whole of our lives. We balance insight practice with lovingkindness and a deepening awareness of our true nature, which is eternal and present *now*. Although the practices are derived from Buddhist teachings, no special religious beliefs are necessary. We also work with other forms of meditation that nurture non-dual awareness and open the heart.

Many classes/programs have a building fee, which goes directly to support the rental and operation of the facility. ***No one will be denied participation for financial reasons.*** All Deep Spring teachers offer their time on a *dana* basis, joyfully sharing the teachings. Your free-will offerings to the teachers are welcomed.

Level 1: For those relatively new to insight (Vipassana) practice.

Level 2: Focusing on meditators who have some level of insight practice experience and may have attended a retreat or two.

Level 3: Designed for students who have a significant commitment to their meditation and find that insight practice has become an integral part of life.

For complete class-level descriptions, visit www.deepspring.com under *Classes/Workshops, Drop in Programs or Retreats*.

✧ Classes at DSC ✧

Complete descriptions and online registration for Deep Spring classes and programs are available at www.deepspring.org.

To mail in, please include class/building fee, contact information—name, address, phone, email—and the class/program name to DSC. Registration handled by another organization/individual will be so noted in the description.

Cosmic Healing

Barbara Brodsky, Anna Marie Henrich and Aaron

Level 2 – *Pre-requisites: Vipassana Meditation semester-long class and regular practice (or willingness to develop one); an open mind, eager to explore.*

\$56 (building fee) with an opportunity to offer *dana* to the teacher. Pre-registration required.

9/14 Cosmic Healing Introduction with Aaron. Though not officially part of the class schedule, this talk would be very helpful for Cosmic Healing students. (See Evenings with Aaron for Description.)

Using Barbara's book *Cosmic Healing* as a guide, participants will begin to explore a variety of spiritual practices that will enable letting go of blockages and distortions in experiencing our spiritual essence, and to open to deeper levels of awareness, open heart and wisdom. Practices include Vipassana and Pure Awareness Meditation, Working with Inner Guidance, and Supporting Changes in our physical/spiritual bodies through work with body energy, the elements, sound, and Open Heart. Full description online. For information and questions, contact Anna Marie Henrich at Spiritualinquiry@yahoo.com.

Wednesday 7 sessions

7:00 pm – 9/14 (dana);
9:30 pm 9/21, 10/5,
10/19, 11/2
11/16, 11/30
12/14

Introduction to Meditation Workshop

DSC Teachers (see below)

Level 1 – *Beginning (no experience necessary) or reviewing basic instructions.*

\$24 (building fee) for each session with an opportunity to offer *dana* for the teacher.

Pre-registration requested, but walk-ins welcome.

An introduction to insight meditation; no experience necessary. Wear comfortable clothes; cushions and chairs provided. For information and questions, contact the teachers listed.

Saturday 1 session

9:00 am – 10/8
noon 11/12
12/10

October 8 – Ann Barden, 734.994.1026 or bardena@comcast.net

November 12 – TBA

December 10 – TBA

<p>The Hungry Ghost Cafe David Lawson <i>Level 2/3 – Continuing – Advanced</i> \$64 (building fee) with an opportunity to offer <i>dana</i> to the teacher. Pre-registration required. This fall session will be the kick-off of a 3-year series of gatherings. As acknowledged hungry ghosts, we will practice learning how to answer our spiritual questions in the lowest of ways, without trying to transcend our experience. Full description online. For information and questions, contact David Lawson at 734.662.8317.</p>	<p>Thursday 8 sessions 7:00 pm – 9:15, 22, 9:00 pm 10/6, 20 11/3, 17 12/1, 15</p>
<p>The Three Refuges Mary Grannan and Peg Tappe <i>Level 2 – Continuing</i> \$48 (building fee) with an opportunity to offer <i>dana</i> for the teacher. Pre-registration required. Taking refuge in the Buddha, Dhamma, Sangha is a practice that expresses confidence in and reverence for the path. The class will focus on selected teachings that can lead to increased depth of meditation practice. For information and questions, contact Mary Grannan at 734.453.8915 or Peg Tappe at 734.662.3419.</p>	<p>Thursday 6 sessions 10:00 am – 9/15, 22, 29 noon 10/6, 13, 20</p>
<p>Realizing Freedom – Here and Now Ann Barden <i>Level 2/3 – Continuing – Advanced</i> Dana for teacher and Deep Spring Center. Held at Newport West Clubhouse. Pre-registration required. Do we really believe that it is possible to be free from suffering in the midst of all the things that happen to us as human beings? This series of classes will investigate what impediments arise in realizing that freedom and provide practice to remove and release them. Full description online. For more information or questions, contact Ann Barden at 734.994.1026 or bardena@comast.net.</p>	<p>Wednesday 6 sessions 7:00 pm – 9/21, 28 9:00 pm 10/5, 12 10/19, 26</p>
<p>Ten Ox-herding Pictures: Exploring Our Journey to Joyfulness Carol Blotter <i>Level 2/3 – Continuing – Advanced</i> \$48 (building fee) with an opportunity to offer <i>dana</i> for the teacher. Pre-registration required. The Ten Ox-herding pictures, which first appeared in the 12th century, were drawn by a Chinese Zen Master. This class will study and work with the stages as represented by the pictures. Full description online. For more information or questions, contact Carol Blotter at 734.475.0942.</p>	<p>Tuesday 6 sessions 7:00 pm – 9/20, 10/4 9:00 pm 10/18, 11/1 11/15, 11/29</p>

*** Classes Registered Outside of DSC ***

<p>Beginning Insight Meditation Lisa Zucker and Julie Wolcott <i>Level 1 – Beginning</i> \$59 Held at Forsythe Middle School. The focus of this class is learning to be more present and mindful in our lives. The class is designed for those new to insight meditation and for those who would like to review the basics. May bring mat and cushion or blanket and pillows as desired. Full description online at Deep Spring website. For information about class content, contact Lisa Zucker at 734.355.9282 or Julie Wolcott at 734.426.4978. For registration, see www.aarecd.com or contact Adult Enrichment, Community Rec & Ed, at 734.994.2300, ext. 53203.</p>	<p>Thursday 8 sessions 7:00 pm – 9/29, 10/6 9:00 pm 10/13, 10/20 10/27, 11/3 11/10, 11/17</p>
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*** Drop-in Programs ***

<p>Tuesday Morning Group Meditation <i>All levels of meditators are welcome!</i> Offered as <i>dana</i>; donations to DSC appreciated. Sitting meditation to start the day. Please enter and depart in silence. (No instruction provided.) For more information, contact Bilha at 734.369.3256 or ybrivlin@comcast.net.</p>	<p>Tuesday Weekly 6:30 am – 7:15 am</p>
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Healing Circle

All are welcome! No experience necessary.

Offered as *dana*. We circle together to join our energies to support each other and to request support for others. We take turns sharing and receiving the healing energies of love through touch and intentional presence. For information, contact DSC at 734.477.5848.

Tuesday

Weekly

noon –
1:00 pm

Yoga Postures with Optional Lunch

All are welcome! No experience necessary.

Offered as *dana*. Class is taught by DSC experienced yogis; sitting meditation, yoga postures and relaxation. If possible, please bring a mat and/or blanket to class. For more information, contact Diane Kimball at 734.327.9416 or Dorothy Ann Coyne at 734.930.0192.

Note: *Optional lunch after class: bring your own or buy nearby and we'll spread a blanket and have a picnic.*

Wednesday

Weekly

10:30 am –
noon

noon –
1:00 pm

Lunch

Evenings with Aaron

Barbara Brodsky and Aaron

All are welcome! No experience or registration necessary.

Offered as *dana*. An open session with Aaron and Barbara. Aaron gives a talk, followed by a short social break; he will then answer questions. Aaron's talk will be based on topics from Barbara/Aaron's book *Cosmic Healing* and cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, Working with Inner Guidance, and Supporting Changes in our physical/spiritual bodies through work with body energy, the elements, sound and Open Heart.

9/14 – *Overview: Who are we and why are we here in human form? How do we live this incarnation with wisdom and compassion? The roles of vipassana, pure awareness and devotion as we work with difficult emotions and body states.*

10/5 – *How intention guides our life journey; opening the heart; the work of devotional practice and the brahma viharas.*

11/2 – *Understanding resistance, taking it into practice. Working with negativity.*

12/21 – *Christmas Stories – 7:30pm – 9:30 pm.*

Wednesday

7:00 pm –
9:30 pm

9/14

10/5

11/2

12/21

(7:30 pm –
9:30 pm on
12/21)

Friday Morning Group Meditation

All levels of meditators are welcome!

Offered as *dana*; donations to DSC appreciated. Sitting meditation to start the day. Please enter and depart in silence. (No instruction provided.)

For more information, contact Sandy at 734.834.6078 or anorton@emich.edu.

Friday

Weekly

6:30 am –
7:15 am

Sunday Morning Group Meditation

All are welcome!

Offered as *dana*; donations to DSC appreciated. Sitting meditation from 10:00 – 11:00 am followed by a half hour of mindful sharing.

Sunday

Weekly

10:00 am –
11:30 am

✧ Day-Long Programs ✧

Meditation: Day of Practice

Carol Blotter

All levels

\$30 per day paid to Michigan Friends Center; no one denied participation for financial reasons. An opportunity to offer *dana* to the teacher. Held at Michigan Friends Center in Chelsea. Includes brief meditation instructions, sitting and walking meditation, a dharma talk and, if requested, a private interview with a teacher. Please bring your own lunch. All proceeds above expenses benefit Michigan Friends Center and Deep Spring Center, two non-profit organizations. For more information or **to register**, contact Carol at 734.475.0942 or cb.meditation@gmail.com

Saturdays or Sundays
as scheduled

9:00 am –
4:30 pm

9/10

Fundraiser

10/23

Check-in starts
8:30 am

Dana (pronounced “dah-na”) is a Pali word meaning “gift” or “giving” and is closely related to the virtue of generosity. Dana is a purely volitional act of giving in which we develop our ability to let go, convey our compassion and caring, demonstrate our commitment, and acknowledge our interdependence and connectedness.

Meditation Retreats

A meditation retreat is a wonderful opportunity to experience our own inner being while sharing in the support of others. Mindfulness throughout the day will be a focus, with alternating periods of sitting and walking practice. Retreats will be held in **silence**, with instructions, evening talks, optional group meetings and private interviews with the teachers. This kind of retreat may not be appropriate for all people. If you have concerns about your emotional stability under the pressures of a deeply introspective meditation experience, please discuss your concerns with a Deep Spring teacher prior to registering. Teachings are offered on a *dana* basis. If finances are a concern, please let us know.

✧ Deep Spring Center Retreats ✧

Register for DSC retreats online at www.deepspring.org, or mail the full fee or a deposit of 50% (check payable to Deep Spring Center) to Terry Gliedt, 495 Village Oaks Ct., Ann Arbor, MI 48103. Identify the retreat (name and dates) and include your name, mailing address, phone number and email address with your registration. Your payment/deposit is refundable up to one month prior to the retreat, after which it is refundable only if someone is on the waitlist who can take your place. A \$25 cancellation fee will be assessed. *Note:* Registration requirements and refund policies that differ from the above will be so stated in the retreat description. For more information, contact Terry Gliedt at 734.369.2628 or retreat@deepsprings.com.

DSC Fall Vipassana Retreat

Vipassana as a Path to Freedom

Barbara Brodsky, John Orr and Aaron

Level 2/3 – Continuing

\$140 paid in full by September 25, \$165 after September 25; includes lodging and meals.

(Retreatants share responsibilities for providing meals; arrangements will be made in advance, 2-3 people per meal.) Estimated out-of-pocket expense is \$20 for meals.

This vipassana retreat will have a special focus: looking at how we find freedom from limiting beliefs and unwholesome old patterns through practice. In practice, we note that objects arise and pass away, are impermanent and empty of a separate self. How does a deeper understanding of these truths give us more freedom in our lives? During this weekend retreat, we will investigate habitual patterns and beliefs in such a way that participants will be able to understand and see how we can make skillful choices in our lives based on clear seeing of the present moment. The weekend will focus on practice and silence, with morning and afternoon meditation periods and discussion.

Open to all meditators who have completed a beginner's series of classes and are ready for Level 2 instruction and beyond.

Howell **Oct. 21–23**
Conference and
Nature Center
near
Howell, MI

✧ Non-DSC Retreats with Barbara ✧

To register or for more information, see contacts listed below.

½-Day Workshop at Interfaith Center

Cosmic Healing; Living Without Limiting Beliefs

Barbara Brodsky and Aaron

For more information and registration contact David Bell at dave@interfaithspirit.org or 734.994.0018.

Ann Arbor, MI **Sept. 18**
1:30 pm –
5:00 pm

Vashon Island at Camp Sealth, Seattle

Barbara Brodsky and Aaron

For more information contact Doron Weisbarth at Doron@weisbarth.com or 206.524.8488.

Seattle, WA **Oct.**
7–9

Stone House – Durham, NC

Barbara Brodsky, John Orr and Aaron

Commuter or residential. Open to all levels. For more information contact john@newhopesangha.com or 919.943.0438, newhopesangha.org.

Durham, NC **Nov.**
11–13