



## SACRAMENTO INSIGHT MEDITATION

**One-Day Retreat with Senior Teacher Kamala Masters  
Saturday, February 27, 2016**

### **“The Integration of Love and Wisdom”**

"Love tells me I'm everything  
Wisdom tells me I'm nothing  
And between the two  
my life flows."  
Sri Nisargadatta Maharaj

### **DESCRIPTION:**

The spirit of this retreat will strengthen our ability to maintain an enduring quality of awareness not only in retreat, but also so that it can extend into our daily lives in a seamless way. We will be exploring the Four Foundations of Mindfulness with more emphasis on awareness of the qualities of mind. We will explore how we can more clearly uncover the wisdom in our minds by strengthening the loving kindness in our hearts.

The retreat schedule will include periods of sitting meditation and stillness in the Dharma Hall, interspersed with walking practice. The retreat will be held in Noble Silence, and will include complete meditation instructions with Q&A afterwards, group practice discussions, eating and resting as opportunities to maintain continuous awareness, and a formal Dharma talk. This retreat is suitable for both beginning and experienced meditators.

**Kamala Masters** is one of the founders and teachers of the Vipassana Metta Foundation on Maui. She teaches retreats in the Theravada tradition at venues worldwide, including being a Guiding Teacher and member of the Board of Directors at the Insight Meditation Society at Barre, Massachusetts. Practicing since 1975, her teachers have been the late Anagarika Munindra of India and Sayadaw U Pandita of Burma, and Sayadaw U Tejaniya of Burma with whom she continues to practice. Kamala has a commitment to carrying and offering the purity of the teachings of the Buddha in a way that touches our common sense and compassion as human beings, and allows the natural inner growth of wisdom. She lives on Maui where she raised four children, and is now blessed with five grandchildren. Kamala has practiced both insight and loving kindness meditations intensively under the guidance and preceptorship of Sayadaw U Pandita, in the USA, Australia and in Burma as a nun and a laywoman.



## **Registration Details**

**Date:** Saturday, February 27, 2016

**Time:** 8:30 a.m. - 4:00 p.m.

**Location:** Sierra Arden United Church of Christ  
890 Morse Ave,  
Sacramento, CA 95864

**Parking is available in two lots: one on Morse and one on Northrup.**

**Registration:** Advance Registration is preferred by Friday, February 13, 2016. Fees will be collected at the event.

### **Registration**

**Fee:** **\$35.00 payable at the door (bring exact change or check).** However, no one is turned away due to lack of funds.

**Teacher Dana:** On the day of the retreat there will also be an opportunity for you to provide financial support for the teachings of Kamala Masters. Checks should be made out to SIM.

### **How to**

#### **Register:**

Send an e-mail to the registrar, Mary Howard, at [registrar@sactoinsight.org](mailto:registrar@sactoinsight.org). **You may contact Mary directly at (916) 203-7014 if you have questions.**

**Please include the following information:** Name, Address (street, city, state, zip code), Telephone, Email

**Mary will confirm your registration.**

**Volunteers:** It “takes a village” to put on a large event for our Buddhist community. If you would be available to assist in set-up, take-down, tea service, providing flowers or other duties for the event, please let Mary know when you register or give her a call.

