

# Mid America Dharma News

Offering Insight Meditation to the Heartland | Fall 2018



Excerpt from Spring Washam's recent book:

## “A Fierce Heart: Finding Strength, Courage, and Wisdom in Any Moment”



If you were to write your own autobiography, it would be filled with triumphs and tragedies, laughter and tears. Each of us has stories of how we came to be the person we are today... I compare my life to that of a lotus flower, which can bloom for a thousand years in the muddiest of waters. The unfolding petals of the lotus represent the awakening of the heart. Part of the beauty and

mystery of life is that we are in a continuous state of growth, very much like the lotus flower. Cultivating a fierce heart is about learning to embrace it all, even the most painful aspects of our lives—every experience and all of ourselves.

*The Buddha said that in a human life, we experience ten thousand joys and ten thousand sorrows. None of us is free from either.*

We have to open up to *everything* in order to transform it. We become willing to use every condition, challenge, and misery as a teaching, no matter how bad it feels or how dark it gets. Some of the wisest and most courageous people I know have also bloomed in mud. When we allow the shadows and the suffering in, they become the vehicles for our healing. Heartbreak, loss, and the worst betrayals become the fuel for transformation. We can learn how to use the mud and muck of our lives to wake up and grow. When it feels impossible, that is exactly the time when we need a fierce heart the most. Let it *all* burn in the cosmic fires, so you can forge your fierceness and grow stronger and wiser. No matter what you've been through, *now* is the starting point, so if you're feeling hopeless or at a loss, please trust me when I say your greatest moments are yet to come. ♦

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### Register online for our retreats:

- Visit [midamericadharmadharma.org](http://midamericadharmadharma.org)
- Click Mid America Dharma Retreats
- Register for your preferred retreat by clicking Online Registration



We post up-to-date information on our Facebook page.

Comment or message us anytime. We love to hear from you!

Spring Washam is a core teacher at East Bay Meditation Center, Oakland, CA. For more information, see page 10.

## The Obstacle is the Path

by Robert Brumet

“If it weren’t for “X” life would be just great!” If we’re honest with ourselves we may see that we’ve repeated this mantra many times in our life—only the X has probably changed!

“It’s always something!” “Why is there always something in the way of my happiness?” Asking this question is a bit like walking into a hospital and saying, “Why are there so many sick people here?”

To answer the question, “Why is there always something in the way of my happiness?” we must bring into awareness a hidden assumption that lies behind the question itself.

We’ve been deeply conditioned to believe that our happiness depends upon external circumstances and we also believe that the obstacles to our happiness lie in external conditions. Human beings are chronically unhappy.

*The reason we are unhappy is not due to our life circumstances, it’s because we are deluded—we look for happiness in all the wrong places.*

The delusion is that we believe that we can acquire happiness by changing some external condition. This delusion is not your fault. It’s present in virtually every human on earth.



When we were very young our sense of happiness and satisfaction was tied largely to having our physical and emotional needs met. These needs (if met) were met by something external to us—typically by parents and family. We learned to equate happiness with getting our immediate needs met. But as we grew up things got more complicated. A full belly and a dry diaper were no longer enough to make us happy. As we got older the list of requirements for happiness grew longer and longer. We may have achieved one goal after another only to find that happiness still eludes us.

It’s not necessarily wrong to change some condition in your life. This is often quite helpful. If you have a toothache, it may be wise to see a dentist. No problem—unless you believed that it was the toothache that was keeping you from being happy. If so, then you will once again be disappointed, because soon after the toothache is gone something else will appear to be in the way of your happiness. There will always be some joy or sorrow that lies before you. Happiness is found not in what lies before you, but in the way you relate to that which lies before you.

What is in your life is less important than *how* you live your life. If you face each obstacle with a clear mind and an open heart then each apparent stumbling block can become another stepping stone on your journey of awakening. An obstacle for a child may be a step-stone for an adult—it all depends on how big one is! When the mind and the heart are big enough then every seeming obstacle will become another stepping stone on the path before you.

What is *in* the way, *is* the way. Begin right where you are. Make friends with all that lies before you. Make peace with each step of the journey. ♦

*Robert Brumet leads the Unity Sangha in the Kansas City area and offers meditation retreats throughout North America. For more information, see page 9.*

## Why Mindfulness is Inherently Relational

by Oren Sofer

The Buddhist path can be easily mistaken for a solitary affair in which the practitioner strives for enlightenment independently. The Buddha himself was often referred to as a “lone tuskier.” However, the more one examines the practice and the way of life that supports and expresses it, the more clearly one sees that this path—and its key factor of mindfulness—is at its heart relational.

Consider how you found this practice. I’m willing to bet it involved another person. Whether it’s a friend, an author, or a podcast, we all learn about the Dharma through a relationship. The Buddha called this “the voice of the other.” It is one of the two causes for the arising of right view (the other being our own deep and careful attention).

In guiding people towards inner freedom, the Buddha began with a very simple instruction: see how it feels to give to others. The practice of generosity reveals the value of letting go, and creates favorable conditions for introspection. It connects us to others, creating a sense of belonging and community, brings joy and delight, and enhances our sense of self-respect and dignity—all essential qualities for meditation. From here, the Buddha instructs us to observe the five precepts, a training in ethical sensitivity that cultivates an inner awareness of mind states and intentions, as well as a relational awareness of the effects of our actions. This deepens the sense of connection we feel to life on the planet, and strengthens our capacity to be present with others.

The Buddha also places immense emphasis on the company we keep. He repeatedly extols the benefits of associating with wise friends, *kalyanamitta*. He waxes poetic: just as the dawn is the precursor for the rising of the sun, so too having a good friend is the precursor for developing the Noble Eightfold Path (SN.45.29). He goes so far as to say, “I do not see even a single thing that so causes unarisen wholesome qualities to arise and arisen unwholesome qualities to decline as good friendship” (AN.1.71).



Even the core teaching on *dukkha*—the stress, difficulty and underlying anxiety inherent to life—includes relationship. Suffering is not just personal; it is also relational and social. Again, step back and consider: how much of the *dukkha* that you experience involves relationship: with others, with yourself, or with our society and planet? Taking this on, we learn how wounds that were created in relationship are often healed in relationship.

The importance of relationship on this path goes even further. *Mindfulness itself is a relational activity.* Consciousness is by definition awareness of something: the mind is knowing an object. Being alive is a relational experience. As soon as there is “me” there is the “other,” the world out there. The question we examine again and again on this path is: what qualities of heart/mind constitute that relationship? Is it characterized by confusion, craving, fear, manipulation, hostility? Or is it characterized by the clarity of wisdom, the brightness of generosity, and the warmth of compassion?

As consciousness becomes infused with healthy qualities, we can investigate the process of conditioned awareness itself. We start to question the very sense of self that appears to be at the center of our lives, and liberating insight into the true nature of relationship can occur: all things are dependently arisen, changing, and inherently empty. With this understanding, our way of being in the world continues to shift from a rigid, self-centered focus, to a more fluid and responsive participation in life. ♦

*Oren Sofer has practiced meditation in the Theravada Buddhist tradition since 1997. For more information, see page 11.*

## Investigating Perception

by Bridget Rolens

Whenever we see a sight, hear a sound, smell a fragrance, taste a flavor, feel a physical sensation or think a thought, the mind forms perceptions. Perception is the mind's capacity to recognize and name, draw associations and relate, remember, and imagine and plan. Perception in and of itself does not cause suffering. It's just what the mind does.

For example, you walk past a display window and recognize cars of a particular make and model. Perhaps you associate having that particular car with being prosperous and successful or being environmentally responsible. As you walk down the street you find yourself lost in the memory of how good it felt the last time you got a new car. Your mind moves from the past and you imagine what it would be like to own this car. You begin planning how you will arrange financing or you rehearse arguments you can use to justify getting the car.

Up to this point there may not be suffering associated with the activity of the mind. If, however, you become attached to the perception that you need a new car in order to be happy and satisfied with life, there will probably be some measure of suffering.

*All we have to do is look at the suffering in our world that is due to people clinging to their views and refusing to consider any other possibilities.*

In a course on the mental formation of perception Gloria Taraniya Ambrosia explains: "With each moment, there is contact at one of the six sense doors. Each moment of contact has a pleasant or unpleasant feeling tone. In very short order, the pleasant or unpleasant feeling tone escalates to likes and dislikes. We tend to form views based on those likes and dislikes. Then we extend our views to form value-laden statements



about the world, about the people in it, and even about ourselves. Having formed views, we tend to relate to objects, people, situations based on our views... thus distorting our experience. Our practice is to highlight this view-making activity of the mind, to see how easily we get caught up in views, to see how highly conditioned that tendency can be, to see and feel the consequences of doing that, and to notice what it feels like to see it clearly and to let it go."

All we have to do is look at the suffering in our world that is due to people clinging to their views and refusing to consider any other possibilities. Perhaps we don't need to look beyond ourselves to find that suffering. Do the views we hold about ourselves keep us trapped in suffering? Do we experience suffering in the conflicts that arise within the circles of our families, work places, local communities because we or others are so attached to our views, opinions and beliefs that we harm each other with verbal or physical acts of aggression?

The bad news is that we can't prevent the mind from forming perceptions. The good news is that we can gain skill in clearly seeing our perceptions and responding to them without greed, hatred or delusion. ♦

*Bridget Rolens teaches mindfulness meditation as a spiritual practice and as a tool for stress reduction. For more information, see page 9.*



## Grief, Joy, and Awakening

by David Chernikoff

I was a little surprised when I arrived at Maria's room and found out that I needed to put on a gown and gloves because she was at high risk for infection. I understood what compromised immunity was. Still, I felt awkward and silly whenever I put that stuff on.

The discharge planner had spoken to Maria about our hospice program and Maria agreed that hospice care was an appropriate next step. Still, Maria wanted to meet one of our staff people and I was happy to put a human face on our organization. She didn't have any real questions that she couldn't answer for herself. What she really wanted was to share the story of her life, and to prepare for the end of what she called, "my life in this world."

That night, I joined some friends for dinner at their home. My friend, Dan, was a physical therapist who worked at the hospital. His very pregnant wife, Katie, was a dancer and yoga teacher who was "due any day now." About a half hour into the meal, Katie excused herself and went to the bathroom.

"Dan," she called out, after she'd been gone a couple of minutes, "Come here, please. I don't think this is pee." Dan popped up from his place at the table and walked through the living room to the bathroom. When he re-entered the dining room, he looked white and pasty. "Katie's water broke and our baby is on the way... I'm supposed to call the midwife..." I got up and walked him over to the phone.

"Ok. Now call the midwife." "She'll be here as soon as she can," he said, "within thirty minutes."

Dan stood there looking shell-shocked and didn't move. "I'd suggest you go check on Katie," I said. I decided I'd wait until the midwife arrived and then quietly slip out. That plan changed abruptly when Dan came back to the dining room table. "Katie and I just talked and we'd like it if you would stay and help us with the birth." "Sure," I said.

What words can do justice to what it's like to see a baby enter this world? Katie and the midwife were an amazing team. Dan and I massaged Katie at times and helped her deal with her back pain when it became really intense. This was a first experience for all of us...except the midwife, of course.

It was 2:10am when I walked out of the house. The July night air was warm and welcoming. I looked up at a brilliant full moon and came to a new, improved understanding of what the word "wonder" actually means. Earlier in the day, I had visited someone who was preparing to leave this world. This evening I had helped someone brand new to enter it. What did it all mean? "Perhaps I'll never really know," I thought to myself. "And that's just fine with me." ♦

*David Chernikoff will be in St. Louis for a residential retreat June 11-16, 2019. For more information, see page 11.*



## Putting Intentions into Action: Update on Mindfulness of Race and Racism

by Rose Metro

In the Fall 2017 MAD newsletter, I wrote about starting a Racial Affinity Group in our sangha. I was inspired after reading the work of African-American dharma teacher Ruth King. Our small group of white people met every several weeks to investigate Buddhist responses to racism. We talked about our own experiences related to race, and we read books, articles, and suttas.

The first point we acknowledged was that our sangha is predominantly white, notwithstanding the racial and ethnic diversity of our city. When people of color do come, they seem unlikely to return. We also acknowledged that not everyone in our sangha saw the underrepresentation of racial minorities as problematic. We knew that unskillful attempts to “welcome” people of color could backfire. Yet we were guided by the tradition of engaged Buddhism, which inspired us to respond to conditions in the world with right action in an effort to reduce suffering.

Our discussions helped us see racism as a form of ignorance that can be reduced through mindfulness. In the Buddha’s time, caste hierarchies were more salient than racial hierarchies. In the Assalayana Sutta, the Buddha clarified that no caste was superior; our bodies are composed of the same elements. Despite this intellectual understanding, racism today is often expressed in implicit biases, which influence our actions before feelings become thoughts. The Suttas on Effacement and Non-Conflict inspired us to open our hearts to everyone, even while noticing discomfort around race in particular.

*Rose Metro is part of the Teachers Collective at Show Me Dharma in Columbia, MO. She has been practicing vipassana meditation since 2005.*

Taking all this into account, we proposed the following steps to make our sangha more welcoming to all people, especially people of color.

- We designed this sign to be posted at the entrance:

### **Welcome to Show Me Dharma We Send Goodwill To All Beings**

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May all beings be free from danger

May all beings be free from physical suffering

May all beings be free from mental suffering

May all beings live in comfort

**-METTA SUTTA**

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Show Me Dharma welcomes people of all abilities, all ages, all ethnicities, all genders, all national origins, all political views, all races, all religions or beliefs, all sexual orientations, all socio-economic statuses.

Please let a teacher know or use the comment box in the meditation hall if there is something we can do to help you feel more at home here.

- We created a shelf in our library devoted to diversity, showcasing titles related to race, sexuality, and gender (e.g., Spring Washam’s *A Fierce Heart* and Larry Yang’s *Awakening Together*)
- We asked that Show Me Dharma print business cards, with which teachers could provide contact information to anyone new to the sangha, in the hope that a personal connection would make new folks more likely to reach out with questions or concerns.

These are small changes. We do not expect that our sangha will be transformed overnight, or that forms of ignorance like racism will evaporate. But we are glad to be able to put our intentions into actions that we hope are skillful. ♦

## Dana for our Sangha

Mid America Dharma operates through the generosity of our volunteers and the financial gifts of our supporters, which help to cover our operating expenses, support our teachers and scholarship fund.

In the Pali language, generosity is called dana. Generosity is part of a 2,500 year old tradition of supporting the Buddha's teachings, Dharma teachers, and sangha through gifts.

The practice of dana is more than just providing financial support. It allows each of us to explore the experiences of giving and receiving. Mid America Dharma is very grateful for all the support we receive.

Interested in giving dana to Mid America Dharma? Donate online by going to the donate page of our website or complete and mail the form to the right.



**Yes, I want to support the work of  
Mid America Dharma!**

**Please accept the enclosed check in the  
amount of \$ \_\_\_\_\_**

**to support the following:**

Please mark your choice(s).

\_\_\_\_\_ **MAD Operating Support**

\_\_\_\_\_ **MAD Scholarship Fund**

\_\_\_\_\_ **MAD Teachers**

Please send your gift by check to:

Mid America Dharma

c/o Amy Zoe Schonhoff

P.O. Box 8472

Kansas City, Missouri 64114

## Retreat Basics-The Five Precepts

We ask everyone participating in our retreats to make a commitment to follow the Five Ethical Precepts, a foundation for our practice.

The precepts create the community of harmony and safety necessary for our work of turning inward.

The self restraint we show by following the precepts is essential to settle the mind.

Through this we develop confidence in our work and ability to do the practice. Following the precepts bestows a sense of happiness with our own goodness.

- 1 *I undertake the training of refraining from taking the life of any living being.*
- 2 *I undertake the training of refraining from taking what has not been given.*
- 3 *I undertake the training of refraining from any form of intentional sexual activity.\**
- 4 *I undertake the training of refraining from false and harmful speech.*
- 5 *I undertake the training of refraining from intoxicating drink or drugs that lead to heedlessness.*

\*A more general form of this precept is "I undertake the training to refrain from sexual misconduct," but at retreat we commit to the version stated above.

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## Retreat Registration

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**Insight Meditation** offers an easily accessible way to free the mind from the distortions of self-centeredness, negativity and confusion. Through concentrated awareness, we see that our experience is a constantly changing process, in which all aspects of life are accepted with increasing balance and equanimity. This insight leads to the possibility of living each moment fully, with compassion and genuine freedom. Insight Meditation requires no belief commitments and is compatible with religious affiliations. Unless specified, no previous meditation experience is required.

**Retreat Format:** Periods of sitting meditation and/or Dharma teachings alternate with walking meditation. Retreats are held in silence, with talking only during specified teaching periods. Beginners should be present from the start of the retreat to receive initial instructions.

Please bring a meditation cushion or bench and a soft floor pad for meditation. Standard chairs are available and may also be used. Wear comfortable, loose fitting clothes. Please do not wear or bring strongly scented lotions, perfumes or incense.

Residential retreats begin with check-in at 4pm on the first day and run through lunch on the last day. Participants are guided through group or private interviews and daily general lectures. Meals are simple. A tea table is provided.

**Registration:** Information about retreat site, starting times, etc., is available online or will be sent after you register.

**Fees:** Retreat costs are listed under each retreat heading.

**Sliding Scale:** Costs for each retreat are listed as a range. Any amount paid above the actual cost will be regarded as a tax-deductible contribution used to support retreat expenses and scholarships.

**Residential:** A minimum deposit of \$75 must accompany registration; full payment is due before the start of the retreat. Non-residential retreats: please pay the full fee when you register.

**Registration Opening Dates and Deadlines:** are listed on the specific retreat pages. Registrations are not accepted prior to the beginning date for each retreat. If the registration fee for a residential retreat is not received by the deadline, there is a \$25 late fee.

**Refunds :** We will refund fees if requested before the deadline. Refunds requested later than this are made at the discretion of Mid America Dharma's Board of Directors.

**Scholarships:** We do not want inability to pay to prevent you from attending. We offer a reduced rate on residential retreats. If further financial support is needed to attend residential and non-residential retreats, we offer scholarships. Learn more about these options when you register online or the registrar can send you written materials. Applications must be received by the registrar no later than three weeks prior to the retreat.

**Teacher Support:** Our retreats are led by teachers who freely give the teachings without payment. All retreat fees go for retreat expenses, such as facility rental and meals. It is central to this tradition that students support teachers through their dana (donations).

There is no expected amount, but please give to the extent you are able. Dana is completely voluntary.

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**Missing Retreat Information?** When you register through our on-line system once you complete payment you will immediately be sent a confirmation of your payment and a separate message with all of the information you need to plan for your retreat. If you do not receive these messages after 30-60 minutes, please contact the registrar immediately. The registrar will work with you to resolve whatever has caused this.



## Mid America Dharma Retreats

### Bridget Rolens

Non-Residential Retreat—The Dharma of the Senses

October 12-14, 2018 | Springfield, Illinois



**BRIDGET ROLENS** teaches mindfulness meditation as a spiritual practice and as a tool for stress reduction. She holds an MA in Theology and a BS in Occupational Therapy. Bridget has certification as a Mindfulness-Based Stress Reduction teacher and a Healthy Steps trainer. She also completed the Core Coach Training Program of Wellcoaches School of Coaching.

Recognized by the Spirit Rock Teachers Council as a Community Dharma Leader, Bridget leads a weekly insight meditation group and offers classes and retreats. Forty-five years of experience in traditional healthcare and a variety of spiritual practices rooted in the Christian, Buddhist and Twelve-Step Recovery traditions, have given Bridget a strong understanding of the connection between body, mind and spirit in promoting health and well-being. Her deep passion is to help people attain freedom from the forces that bind the mind and heart in suffering.

**FEE RANGE:**

|                           |       |
|---------------------------|-------|
| Actual Cost, Single ..... | \$85  |
| Minimum .....             | \$55  |
| Reduced .....             | \$75  |
| Supporter .....           | \$95  |
| Benefactor .....          | \$115 |

**ONLINE REGISTRATION**

**CLOSES OCTOBER 4, 2018**

### Robert Brumet and Joe McCormack

Householder Retreat—Multi Day Non-Residential Retreat

October 21, 23, 25 & 27, 2018 | Kansas City, Missouri



**ROBERT BRUMET** has practiced Insight Meditation since 1988. He has been leading a local sangha and conducting meditation retreats throughout North America since 1995. In the early 1990s he received Vipassana facilitator training from Shinzen Young. In January 2000 he graduated from the Community Dharma Leader training program sponsored by Spirit Rock Meditation Center. Robert is one of the founding members of Mid America Dharma. He lives in Kansas City and teaches at Unity Institute and Seminary near Lee's Summit, MO.

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**FEE RANGE:**

|                           |       |
|---------------------------|-------|
| Actual Cost, Single ..... | \$85  |
| Minimum .....             | \$55  |
| Reduced .....             | \$75  |
| Supporter .....           | \$95  |
| Benefactor .....          | \$115 |

**ONLINE REGISTRATION**

**CLOSES OCTOBER 21, 2018**

**LISTEN**

Find Robert's retreat recordings on our Audio page. <https://midamericadharm.org/index.php/audio/>



**JOE MCCORMACK** has practiced insight meditation since 1995. He has been a member of the Show Me Dharma Teachers Council since 2002. Joe leads an insight meditation group in Jefferson City, and has taught insight meditation to prison inmates since 1998. His teachers include Ginny Morgan, Phil Jones, and Matthew Flickstein. In January 2008, he completed the Community Dharma Leader training program through Spirit Rock Meditation Center. In his dharma instruction, Joe draws from traditional Theravada Buddhist teachings, Zen and Dzogchen practice, Advaita teachings, and the Diamond Approach. He is also trained as a psychologist and practices psychotherapy in Jefferson City.

he completed the Community Dharma Leader training program through Spirit Rock Meditation Center. In his dharma instruction, Joe draws from traditional Theravada Buddhist teachings, Zen and Dzogchen practice, Advaita teachings, and the Diamond Approach. He is also trained as a psychologist and practices psychotherapy in Jefferson City.

## Mid America Dharma Retreats

### Spring Washam

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Two Part Non-Residential Retreat

November 1, 2018: Evening talk for self-identified People of Color only

November 2-4, 2018: Non-Residential retreat for All community

St. Louis, Missouri



**SPRING WASHAM** is a well-known meditation and dharma teacher based in Oakland, California. She is a founding member and core teacher at the East Bay Meditation Center located in downtown Oakland. She is the founder of Lotus Vine Journeys an organization that blends indigenous healing practices with Buddhist wisdom. She is the author of *A Fierce Heart: Finding Strength, Courage and Wisdom in Any Moment* available in stores on

November 7th. She was trained by Jack Kornfield and has studied numerous meditation practices and Buddhist philosophy since 1997.

She is a member of the Sprit Rock Teachers Council. In addition to being a teacher she is also a healer, facilitator, spiritual activist and writer. Spring is considered a pioneer in bringing mindfulness based healing practices into diverse communities. She has studied indigenous healing practices and shamanic practices for over a decade. She has practiced and studied under some of the most preeminent meditation masters in both the Theravada and Tibetan schools of Buddhism. She currently travels and teaches workshops, classes and retreats worldwide. To learn more about Spring visit her website at [www.springwasham.com](http://www.springwasham.com).

#### FEE RANGE:

All Community Weekend:  
Actual Cost .....\$65  
Minimum .....\$40  
Reduced .....\$60  
Supporter .....\$70  
Benefactor .....\$90  
Saturday & Sunday only..\$60  
POC Thursday Night.....\$5

*POC Thursday Night attendees will receive a \$5 discount toward the cost of the All Community Weekend*

Friday Only .....\$5  
Weekend Only .....\$55

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**ONLINE REGISTRATION  
CLOSES OCTOBER 25, 2018**

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### Robert Brumet

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Residential Retreat–The Obstacle is the Path

December 28, 2018-January 1, 2019 | Leavenworth, KS

See bio on page 9 and retreat sneak peek below.

*What is in your life is less important than how you live your life. If you face each obstacle with a clear mind and an open heart then each apparent stumbling block can become another stepping stone on your journey of awakening. An obstacle for a child may be a step-stone for an adult—it all depends on how big one is! When the mind and the heart are big enough then every seeming obstacle will become another stepping stone on the path before you.*

#### FEE RANGE:

Actual Cost, Single .....\$450  
Minimum .....\$400  
Reduced .....\$425  
Supporter .....\$475  
Sponsor .....\$500  
Benefactor .....\$525

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**ONLINE REGISTRATION  
OPENS SEPTEMBER 28 AND  
CLOSES DECEMBER 14, 2018**

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# Mid America Dharma Retreats

## Oren Sofer

Non-Residential Retreat–Mindful Communication

April 4-7, 2019 | Kansas City, MO



**OREN JAY SOFER** teaches meditation and communication nationally. He holds a degree in Comparative Religion from Columbia University, is a member of the Spirit Rock Teacher’s Council, a Certified Trainer of Nonviolent Communication, and a Somatic Experiencing Practitioner for healing trauma. Oren is also author of *Say What You*

*Mean: A Mindful Approach to Nonviolent Communication*. For more info, visit [www.OrenJaySofer.com](http://www.OrenJaySofer.com).

**FEE RANGE:**

- Actual Cost, Single .....\$165
- Minimum .....\$145
- Reduced .....\$155
- Supporter .....\$175
- Benefactor .....\$185

**ONLINE REGISTRATION  
OPENS FEBRUARY 4 AND  
CLOSES MARCH 21, 2019**

## Bridget Rolens

Non-Residential Retreat—Investigating Perception

May 17-19, 2019 | Springfield, Illinois

See bio on page 9 and retreat sneak peek below.

*Do the views we hold about ourselves keep us trapped in suffering? Do we experience suffering in the conflicts that arise within the circles of our families, work places, local communities because we or others are so attached to our views, opinions and beliefs that we harm each other with verbal or physical acts of aggression?*

**FEE RANGE:**

To be determined

**ONLINE REGISTRATION  
OPENS MARCH 17 AND  
CLOSES MAY 5, 2019**

## David Chernikoff

Residential Retreat–Grief, Joy, and Awakening

June 11-16, 2019 | St. Louis, Missouri



**DAVID CHERNIKOFF**, M.Div, LCSW, A student of meditation since 1971, David has completed the Community Dharma Leader training at Spirit Rock Meditation Center and has been teaching Insight Meditation since 1988. His teaching has been influenced by senior teachers from the Insight Meditation Society and Spirit Rock, Tibetan teachers he studied

with during a 3-year stay in Nepal, and spiritual guides from other contemplative traditions, most notably Ram Dass, Father Thomas Keating, and Rabbi Zalman Schachter–Shalomi. David taught meditation and psychology at Naropa University for many years and currently has a private practice as a spiritual counselor and life coach in Boulder. He teaches workshops and retreats throughout the U.S. For more information about David’s teaching, please see his website, [www.davidchernikoff.com](http://www.davidchernikoff.com).

**FEE RANGE:**

To be determined

**ONLINE REGISTRATION  
OPENS MARCH 11 AND  
CLOSES JUNE 2, 2019**

# Mid America Dharma

2756 County Road 338  
New Bloomfield, Missouri 65063

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Permit #286



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## Mid America Dharma UPCOMING RETREATS

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**October 12-14, 2018**

*Non-Residential retreat with Bridget Rolens  
Springfield, Illinois*

**October 21-27, 2018**

*Householder Non-Residential retreat  
with Robert Brumet and Joe McCormack  
Kansas City, Missouri*

**November 1-4, 2018**

*Non-Residential retreat with Spring Washam  
St. Louis, Missouri*

**December 28, 2018-January 1, 2019**

*Residential retreat with Robert Brumet  
Leavenworth, Kansas*

**April 4-7, 2019**

*Non-Residential retreat with Oren Sofer  
Kansas City, Missouri*

**May 17-19, 2019**

*Non-Residential retreat with Bridget Rolens  
Springfield, Illinois*

**June 11-16, 2019**

*Residential retreat with David Chernikoff  
St. Louis, Missouri*

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*For all of our 2018 retreats, visit  
[https://midamericadharmadharma.org/index.php/  
2018-retreat-schedule/](https://midamericadharmadharma.org/index.php/2018-retreat-schedule/)*

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