Compassionate Mindfulness

A 10 Day Silent Vipassana
Mindfulness Meditation Immersion

Integrating Heart-Centered Practices of Metta, Tonglen, Refuge, and Dedication

March 6-16
North Kohala, Island of Hawaii

with Joel & Michelle Levey
Honoring the roots of mindfulness meditation, we discover and connect with the true-heart of mindfulness practice. This intensive ten day silent mindfulness meditation experience will affirm and honor these roots, skillfully integrating them with the heartfelt vital practices of Lovingkindness (Metta), Compassion (Tonglen and Bodhicitta), Refuge, and Dedication. These core contemplative meditations will be woven into the guidance and teachings offered, along with the classic teachings that place the practices of mindfulness and concentration within the “Three Higher Educations” of Sila (Ethical Discipline), Samadhi (Mental Discipline), and Panya (Insight/Wisdom).

Inspired by the View that recognizes the ground of our essential nature as a unified “heart-mind”, the teachings and practice of this unique Mindfulness intensive reflects insights from a variety of traditions of mindfulness meditation practice (Forest Monastery, U Ba Khin/Goenka, and Thich Nhat Hahn lineages), as well as from contemplative science research.

The natural flow and rhythm of each day will offer periods of sitting meditation, walking meditation, meditation instruction, mindful eating, inner-views with Dharma teachers, Dharma teaching, and mindful karma yoga to malama (nurture/care for) the community and the a’ina (land and gardens). This immersion of inner cultivation will be appropriate both for seasoned practitioners who have sat many courses, as well as for sincere practitioners who are newer to more intensive contemplative practice. In order to optimize the potential for each participant to deepen into their practice, the disciplines of “Nobel Silence” and the “Five Mindfulness Precepts” will be observed throughout our time together. Also, to encourage an optimal carry-over of practice into daily life, work, and relationships, a generous time for integration and deep reflection will be provided.

Our practice will be hosted in the foothills of the Kohala mountains on the Northern tip of the Big Island of Hawaii (which is also home to Vipassana Hawaii retreat center) offering a deeply inspiring and nurturing environment for developing and deepening your practice of mindfulness and compassion. This region is cherished for its pristine natural beauty and rich cultural history, and provides a serene and secluded setting with vast, expansive ocean and Maui views, fresh trade-wind breezes, beautiful gardens, abundant orchards and bamboo groves, and many secluded niches for deep contemplative practice. Such a peaceful realm for practice will be true to the Forest Monastery traditions where meditation practice is integrated into the natural world (Dhamma Chat) and practitioners are able to learn the Dharma directly from what some mystics refer to as “The Holy Book of Nature.”

Relevant insights from the Hawaiian wisdom traditions regarding living a pono life in harmony and balance with all beings, within the Lokahi Triangle of Wholeness, and the principle of kuliana (living true to our life’s highest purpose in relationship to the whole) will also be woven into the fabric of this gathering.
Guided by Dr. Joel & Michelle Levey, this “Mahayana Vipassana” mindfulness meditation intensive, encourages the core motivation for practice as a dedication to Awakening fully in order to inspire others in their Awakening to their True Nature.

Michelle and Joel have been fortunate to study closely with many beloved and revered teachers from the diverse streams of mindfulness/Vipassana meditation including: Jack Kornfield, Joseph Goldstein, Sharon Salzberg, Dipama, Anagarika Munindra, S.N. Goenka, Thich Nhat Hanh, Ruth Dennison, Robert Hover, Rina Sircar, Stephen Levine, and Taungpulu Sayadaw. They are teachers within the “Rimay” non-sectarian tradition, and have also studied with: His Holiness the Dalai Lama, Kalu Rinpoche, 16th Karmapa, Zong Rinpoche, Geshe Dhargye, Lama Yeshe, Chagdud Rinpoche, Lama Tharchin Rinpoche, Tsoknyi Rinpoche, Dzigar Rinpoche, Gen Lamrimpa, Joanna Macy, and Robert Thurman.

Their inspiring teachings offer a unique blend of insights distilled from a combined 90+ years of contemplative practice. They've devoted nearly 2 years to silent contemplative retreats, including sitting the historic first Shamatha Project – a year-long silent retreat with Venerable Gen Lamrimpa that they organized with Alan Wallace, and that was sponsored in part by the Dalai Lama. Over the past 45+ years, Joel and Michelle have introduced tens of thousands of people around the globe to mindfulness and compassion practices through their teachings and writings. The Leveys’ unique style of draws inspiration from the best of modern contemplative science, ancient wisdom traditions, and interspiritual views on contemplative practice.

Joel and Michelle have worked closely with many of the leaders in the emerging field of “contemplative science” and have been involved in many global learning communities related to this work including: Mind and Life Institute; Stanford’s CCARE Program; the Presencing Institute; Institute of Noetic Sciences; Contemplative Mind in Society; The International Campaign for Compassionate Cities; Compassion Games International; Society for Organizational Learning (SOL); and the International Center of Compassionate Organizations. They are also contemplative mentors and advisors for the Art Monastery Project and the ArtMonks, an international network of artists dedicated to blending contemplative practice, creative endeavor, and social transformation.

The Leveys’ written works are available in 12 languages and include: Mindfulness, Meditation, and Mind Fitness; Living in Balance: A Mindful Guide for Thriving in a Complex World; Wisdom at Work; The Fine Arts of Relaxation, Concentration, and Meditation: Ancient Skills for Modern Minds; Focus! The Mastery of Mindfulness and Attention. Michelle has also contributed to: Buddhism Through American Women’s Eyes; Dipama; and Keys to the Open Gate, and both are contributing authors to Be The Change: How Meditation Can Transform You and the World.
LOGISTICS

Registration:
Please contact us as soon as possible to confirm your intention to participate: AlohaLevey@gmail.com
Once we have 10 committed participants, we’ll notify you that we have met our minimum. At that time you can proceed to book your travel and send in your deposit to confirm your reservation ($500).

Reciprocity:
To cover costs for food, site management, accommodations, airport transportation, staff, etc, an offering of $950 is requested – plus a “Dana offering” (a traditional donation to the teachers) on a suggested range of $300 to $1000 per person.

Travel:
If you are flying in from off-island, book your travel into Kailua-Kona airport (KOA) which is approximately 75 minutes drive from the site. Airport pick-up and drop off service will be available for participants arriving on the afternoon of Sunday March 6th – and departing the afternoon/evening of March 16. Arrivals and departures at other times may involve an additional fee.

Accommodations:
Our site offers a mix of shared spaces and beautiful campsites. Tent rental and camping gear rental can be provided – or bring your own. Off-site accommodations with local participants or B&Bs may also be an option. Deliciously healthy vegetarian meals – mostly vegan - will be catered utilizing as much local, organic, non-GMO ingredients as possible.

Scholarships:
We welcome applications for scholarships. Priority will be given to younger aged practitioners (15-30) who have an interest in developing and deepening their practice in order to teach and inspire others. Once we reach our minimum of 10 committed contributing participants, we will be open to considering offering scholarships. Please contact us if you are interested.