

WHOLE LIFE PROGRAM EXPLORING THE FOUR NOBLE TRUTHS 2010



We explore the teachings of the Four Noble Truths in a way that includes some grasp of the traditional understanding, and emphasizes an in-depth and interpersonal understanding of these teachings.

Our Life is our Practice

The Buddha taught a dispensation that encompasses the entire spectrum of life. He taught awareness and contemplation of the nature of experience in all postures and in all activities. In Western lay life, many Buddhist practitioners have come to place a premium on silent retreat practice. But, in truth, the opportunities for unbinding are with us morning, noon, and night. They present themselves in simple personal activities like brushing our teeth or washing dishes, and they also present themselves in the complexity of relationship. Our interactions with friends, family, coworkers, and the people we meet throughout our days all contain within them the opportunity for us to awaken to how things are.

An All-Encompassing Program

The Whole Life Program is an integrated program of practice and study that is designed to aid dedicated students in bringing the Dhamma to all aspects of their lives. The Whole Life Program seeks to break down the barriers between retreat practice and everyday life; to provide an integrated experience of personal practice and interpersonal practice; and, most importantly, to bring the whole of the Dhamma to an engaged life. The relational meditation practice of Insight Dialogue is central to our contemplation process and community building. Weekly ID groups provide an integrated and in-depth practice for an integrated life.

Insight Dialogue

Insight Dialogue is an interpersonal meditation practice. It brings the mindfulness of and tranquility of silent practice directly into the moment of interpersonal contact. As relational beings the majority of our suffering arises in relationship to others. Release from interpersonal suffering is possible. We can practice letting go of interpersonal entanglements the same way we got entangled-interpersonally.

Structure of Practice

This is a distance-learning program involving basic computer skills such as use of the web and downloading files. We are happy to support you in accessing the necessary skills. We will use an online private bulletin board, a free online communication service called Skype, and the good old telephone. Our practice includes weekly live Insight Dialogue practice (via Skype), 'take home' contemplations to guide our practice into everyday life, monthly Dhamma talks, and interviews.

Who Should Apply?

Whole Life Program is open to dedicated practitioners of all meditation lineages. Experience with the practice of Insight Dialogue is preferred, but not required. Applicants are expected to maintain a daily silent meditation practice and have participated in at least one silent meditation retreat of a week or longer.

WLP 1 applicants should be prepared to participate in program-related activities at least 2.5 hours per week consisting of a weekly Insight Dialogue group, reading posted contemplations and taking them into life, and, as is workable, joining in the Whole Life community forum.

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Fees

In order to operate the Whole Life Program we need your financial commitment. To cover the cost of the program we introduce sliding scale fees ranging between \$900 and \$2200. Please consider carefully the amount you can contribute with the intention of supporting the program as fully as possible. These costs cover program operation only. Teachers will work on a Dana basis.

Partial scholarships are available for those individuals who can support Metta as a volunteer.

Deadline of Registration

Registration for WLP 1 -- 2010 closes on February 8, 2010.

For more information or to access the online application please see <http://metta.org/practices/wlp.htm>

Questions can be directed to Gary Steinberg: [gary \[at\] metta.org](mailto:gary@metta.org)