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Welcome to Vipassana Meditation Class Led by [Tara Brach](#)

6301 River Road, Bethesda, MD 20817
Corner of River Road & Whittier Blvd

Wednesdays, 7:30 p.m.

Orientation: 1st, 2nd, 4th and 5th Wednesdays of the month
at 7 p.m. before class.

The meditation period begins promptly at 7:30. Please
make every effort to arrive on time and enter the
sanctuary mindfully and quietly. (See "Meditation
Etiquette" below)

No registration is necessary. You may bring your sitting
gear or sit in a chair.

Welcome to *IMCW*! We are delighted that you are exploring our sangha (community) and hope to see you often. We have several staff members and many volunteers at every class, all of whom would be delighted to answer your questions. Please seek us out. (If you're not sure, you'll find us working at the tables in the foyers and helping clean up after class.)

What is Vipassana meditation?

Also known as Buddhist Insight Meditation, Vipassana is a meditation practice that trains us to live mindfully in the present moment. Vipassana literally means "to see clearly." When we live with an open heart and clear mind our interconnection with all things becomes visible, and wisdom and compassion arise naturally.

Meditation is not intended as an escape from life. Rather it is a courageous practice in opening, accepting and awakening to our true nature. As we do this, we discover the capacity to be intimate with ourselves, each other and all of life.

Who teaches the class?

Tara Brach, Ph.D., is the founder and senior teacher of IMCW. She is a clinical psychologist and author of *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*. Tara teaches classes locally, and leads Vipassana retreats at meditation centers around the country. Tara's dharma talks and guided meditations can be downloaded weekly from our audio dharma archives webpages. [Listen or Subscribe to Tara's Podcast](#): Please support this podcast by donating to IMCW!

We are fortunate that each year a number of renowned Vipassana guest teachers, as well as members of the IMCW Teachers Council, are invited as guest teachers to lead this class. Guest teachers are announced below the Wednesday class information. Tara Brach will be teaching on Wednesday night unless guest teachers are listed there.

What happens in class?

The typical class begins with meditation instructions and a 30-minute meditation or "sitting." After the



meditation there are general announcements. This is followed by a “dharma” talk (dharma means “path” or “way”) that addresses different facets of the Buddha’s teachings, including how to bring the heart of meditation into our daily life. All dharma talks are recorded and uploaded to the audio dharma page on our website.

You are also invited to attend our Introduction to Meditation class the third Wednesday of each month at 6:30 p.m. before class, and our monthly Blessing Circle for sharing joys and concerns on the second Wednesday of each month after class.

What is meditation etiquette?

As a group we create a sacred field of mindfulness as we meditate together and listen to the dharma talk. Out of respect for your fellow meditators please make every effort to arrive on time. If you arrive after 7:40 p.m., you will be directed to seats in the lobby where you can hear the teacher. At the break between the meditation period and the dharma talk, you are welcome to find a seat in the sanctuary or the balcony or, if you need to, to leave.

What if I am new to class?

We know the challenges of arriving new to a class as large as this one and we want you to feel welcome and included. In that spirit we offer several opportunities to gather and talk with others. Before class there is an orientation at 7 p.m. where a member of the IMCW sangha (community) introduces newcomers to the format of this class and answers questions. Everyone is invited to attend at any time.

Tara is available after class for questions. Please feel free to stay around, have a cup of tea, ask questions or just come up and say hello.

Assistive listening devices are available for sign out at the book and audio table. ASL interpreting services: Please contact us at meditate@imcw.org if you need interpreting services.

What if I am totally new to meditation?

The IMCW resource tables have the latest information on all our activities, as well as offerings by other Buddhist groups in the area. Tara’s book and CDs are available at the Book Table. Information about how to meditate written by Tara Brach can be found on our website.

There is no reason to delay beginning to meditate because instructions are given at every class. Check the audio dharma page on the IMCW website for basic meditation instructions and talks by Tara and other teachers. Try practicing each day, even if only for a very short time. Feel free to ask any questions that arise.

How can I get more involved?

Please join us in any classes, retreats, or other events that appeal to you. You are also welcome to participate by volunteering your time or expertise. This is called “dana of effort” and for many people becomes an integral part of their practice. We are always looking for new ideas and volunteer involvement. If you are interested check the Volunteer Sign-Up table or contact the Volunteer Programs staff at volunteer@imcw.org.

A note about mindful parking:

Because this is a popular and often crowded facility, please help us by not parking in any of the marked fire lanes or driveways, and only park in handicapped spaces if you are authorized to do so.

Do you have more questions?

We hope so! Please feel free to contact IMCW at meditate@imcw.org or 202-986-2922.

May all beings feel safe and secure

May all beings come to know great and natural peace.



Insight Meditation Community of Washington