

MIDL Insight Meditation Retreat Information

Thank you for your interest in joining the MIDL Insight Meditation Community in this online meditation retreat. Our wish is that each meditator develops their potential through supportive retreat conditions.

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Retreat Risk Waver Form

“I understand the voluntary nature of my participation in work, programs and activities of this MIDL retreat, and in return for the benefits I receive from them, I release and discharge MIDL, its agents and members from liability. I promise to hold MIDL and its agents and members harmless, from all causes of action, liability and claims for all personal injuries, illness, property damage or death which I may now or hereafter have, which are caused by, or are directly or indirectly related to, any work I may perform or any activities in which I engage during my participation in this retreat program. For the period covered by this program, I agree that I am covered by medical insurance, and I acknowledge that medical insurance is not the responsibility of MIDL. By entering my name into this email, I agree to the Terms and Conditions above.”

Retreat Introduction

MIDL Insight Meditation: MIDL (Mindfulness in Daily Life) is a Buddhist Insight Meditation practice, based on Theravada Buddhist Suttas, designed for daily life. MIDL uses the development of samatha (relaxation, calm, tranquillity) as a foundation for vipassana (insight) into anything that hinders the development of samatha during seated meditation, walking meditation and daily activities.

Because of curiosity toward the integration of samatha-calm and vipassana-insight, and its low levels of meditation induced dukkha (suffering), MIDL has the advantage over other retreat practices, of being able to be continued outside of meditation retreats in family and work life.

MIDL Teachers: Join MIDL teachers Stephen Procter, Monica Heiser, and Krister Trangius in a 9-day online MIDL Insight Meditation Retreat hosted on zoom. Because of the location of our three teachers, the online retreat runs 24hrs per day with group activities (GA) and group meditations (GM) that you can join in online at any time throughout the day. This Retreat is a special opportunity to withdraw from the business of everyday life and deepen your experience of calm & insight practice in the Theravada Buddhist Insight Meditation Tradition.

Retreat: There are three options for this retreat:

1. **Full Retreat (FR)** means following the 9-day schedule, with the option of joining daily retreat Online group activities and private interviews with a teacher.
2. **Working Retreat (WR)** means organising your time to meditate mornings and evenings while still working while being mindful in daily life, with the option of joining daily retreat Online group activities.
3. **Drop in Meditator** means that you are welcome to join any of the daily retreat Online group activities online as displayed in the MIDL Class Calendar.

Online Meetings: The retreat will include online group meetings all held on [ZOOM](#) throughout the day including Online group sharing, Qi Gong, Dhamma talks, and Optional interviews (separate Zoom link).

Private Interviews: The first 27 Meditators registered for the Full Retreat (FR) will have the option of booking 3 x 15-minute interviews with a MIDL Teacher. Full Retreat (FR) students who select Yes in the question on interviews in the retreat registration form. An optional 2 x 40min group interviews are being offered for meditators doing a Working Retreat (WR) who select Yes in the question on interviews in the retreat registration form. This is supported by two daily group Q&A opportunities. Both (FR) & (WR) meditators will **be emailed interview times** appropriate for their time zone **closer to the date of the retreat**. These interviews are support by two online Group Sharing sessions set 12hrs apart where you can also ask for guidance from a teacher on your practice. Please note, to respect the teachers time, if you miss an interview and did not let the teacher know ahead of time that you could not make it, you will forfeit your remaining interview sessions.

Retreat Schedule: In this PDF we have included a retreat schedule for you to printout. This schedule has three versions: US EDT, Europe CEDT, Australia AEST. In each of these schedules you will find certain activities with (G) next to them. This signifies that this is an Online Group Activity (G) held online. If you have signed up for private interviews, an interview time will be sent to you closer to the retreat start date. The full 24hr retreat schedule will also appear in the MIDL Google Calander, in your time display, closer to the starting date.

Teacher Support: Dana: There is no formal charge for this 10-day MIDL Insight Meditation Retreat, as Stephen, Monica and Krister are offering their time preparing this retreat and teaching it, as a gift to you in the spirit of dana (generosity & letting go). As the receiver of a gift, you also have the option to support their work by donating toward the time they have spent preparing and, on the retreat, using the PayPal links below.

- Stephen Procter: [Donate with PayPal](#)
- Monica Heiser: [Donate with PayPal](#)
- Krister Trangius: [Donate with PayPal](#)

It is important to note that there is not expectation to donate, and no one will be turned away or judged in any way. Entering the relationship of the gift with these Dhamma teachers is a movement and letting go of the heart.

Preparing for Your Retreat: It is important to create the conditions for your retreat beforehand. Since it is an online retreat there will a few times each day when you will have the option to join in on a video call for Dhamma talks, interviews and Online group activities. Making sure you tie up all loose ends before beginning your retreat, and making a pact to be with yourself, let the world take care of itself for this time, is important. Pre-shopping and partially preparing food can be helpful.

For fulltime retreatants you can use your home, or even better, remove yourself from that environment to a short-term holiday rental. Creating a set meditation space with a Buddha statue, and an area to use as a walking meditation track nearby is perfect, with a camera, is ideal.

Lights, camera, action: We recommend doing a dry test run in setting up your camera, microphone and joining [ZOOM](#) before the retreat. When setting up your camera, it is helpful to think of the framing of the image as compared to taking a photo – it's all about framing and light. Your microphone should always be muted except when a teacher signals you to share. A background image can be setup in ZOOM for privacy in your home. It is polite to leave your camera on during Online group sessions and interviews. Becoming familiar with all of this, and checking that is it working before starting time, will give your mind one less thing to think about.

MIDL Retreat Structure: MIDL is a samatha-vipassana meditation practice. MIDL uses the cultivation of samatha-calm, to reveal the hindrances to calm, for vipassana-insight. Hindrances are experiences like restlessness, mind wandering, forgetting, dullness and doubt that hinder our ability to develop relaxation and calm. MIDL Insight Meditators approach these hindrances with kindness, openness and curiosity.

Meditation in MIDL is divided into three equally important areas: Seated meditation, walking meditation and mindfulness in all other activities. The secret is to approach your retreat in a relaxed way, not in a rush to get anywhere, and use that time to clearly observe your mind, body and your relationship toward your present experience. MIDL Insight Meditators follow a simple formula: **Ground > Observe > Soften > Smile > repeat** if need, to relax any habits of their mind to desire or push away what they are experiencing. Momentum in [GOSS](#) leads to happiness in disenchantment and letting go, that gains momentum toward Awakening.

Retreat Schedule: US Eastern Daylight-Saving Time.

This schedule is designed to bring meditators from different time zones together as a community by highlighting optional online group activities. Feel free to adjust your meditation and mealtimes to suit your own needs.

Friday March 27

Online group activity = (GA). Online group meditation = (GM).

[Join on ZOOM.](#)

- **1.30pm** Optional: Meet your fellow meditators. (GA)
- **2pm** Welcome / introduction Dhamma talk. (GA)
- **3pm** Guided group walking meditation (GA)
- **3.30pm** Guided group seated meditation. (GA)
- **4.30pm** Walking meditation / mindful movement.
- **5pm** Online group seated meditation. (GM)
- **6pm** Hot drink / break / dinner.

- **7.30pm** Group sharing and discussion (Stephen). (GA)
- **8.30pm** Walking meditation / mindful movement.
- **9pm** Online group seated meditation. (GM)
- **10pm** Rest.

Saturday March 28 - Saturday April 4

Online group activity = (GA). Online group meditation = (GM).

[Join on ZOOM.](#)

- **5am** Walking meditation / mindful movement.
- **5.30am** Dhamma Talk: Stephen Procter. (GA)
- **6.30am** Mindful stretching / qi gong. (GA)
- **7am** Breakfast / break.

- **8.30am** Walking meditation / mindful movement.
- **9am** Online group seated meditation. (GM)
- **10am** Walking meditation / mindful movement.
- **10.30am** Group sharing and discussion (Monica). (GA).
- **11.30am** Walking meditation / mindful movement.
- **12pm** Lunch / break.

- **1.30pm** Online group seated meditation. (GM)
- **2.30pm** Walking meditation / mindful movement.
- **3pm** Daily Kusala Session (Monica & Krister). (**GA**)
- **4pm** Walking meditation / mindful movement.
- **4.30pm** Online group seated meditation. (GM)
- **5.30pm** Hot drink / break / dinner.
- **7pm** Walking meditation / mindful movement.
- **7.30pm** Group sharing and discussion (Stephen). (**GA**)
- **8.30pm** Walking meditation / mindful movement.
- **9pm** Online group seated meditation. (GM)
- **10pm** Rest.

Sunday April 5

*Online group activity = (GA). Online group meditation = (GM).
[Join on ZOOM.](#)*

- **5am** Walking meditation / mindful movement.
- **5.30am** Dhamma Talk: Stephen Procter. (**GA**)
- **6.30am** Mindful stretching / qi gong. (**GA**)
- **7am** Breakfast / break.
- **8.30am** Walking meditation / mindful movement.
- **9am** Online group seated meditation. (GM)
- **10am** Walking meditation / mindful movement.
- **10.30am** Group sharing and discussion (Monica). (**GA**).
- **11.30am** Walking meditation / mindful movement.
- **12pm** Lunch / break.
- **1.30pm** Online group seated meditation. (GM)
- **2.30pm** Walking meditation / mindful movement.
- **3pm** Closing discussion & sharing. (**GA**)

Retreat Schedule: Central Europe Daylight-Saving Time.

This schedule is designed to bring meditators from different time zones together as a community by highlighting optional online group activities. Feel free to adjust your meditation and mealtimes to suit your own needs.

Friday March 27

Online group activity = (GA). Online group meditation = (GM).

[Join on ZOOM.](#)

- **6.30pm** Optional: Meet your fellow meditators. **(GA)**
- **7pm** Welcome / introduction Dhamma talk. **(GA)**
- **8pm** Guided group walking meditation **(GA)**
- **8.30pm** Guided group seated meditation **(GA)**
- **9.30pm** Rest.

Saturday March 28

Online group activity = (GA). Online group meditation = (GM).

- **5am** Walking meditation / mindful movement.
- **5.30am** Online group seated meditation. (GM)
- **6.30am** Walking meditation / mindful movement.
- **7am** Breakfast / break.

- **8.30am** Walking meditation / mindful movement.
- **9am** Online group seated meditation. (GM)
- **10am** Walking meditation / mindful movement.
- **10.30am** Dhamma Talk: Stephen Procter. **(GA)**
- **11.30am** Mindful stretching / qi gong. **(GA)**
- **12pm** Lunch / break.

- **1.30pm** Walking meditation / mindful movement.
- **2pm** Online group seated meditation. (GM)
- **3pm** Walking meditation / mindful movement.
- **3.30pm** Group sharing and discussion (Monica). **(GA)**
- **4.30pm** Walking meditation / mindful movement.
- **5pm** Online group seated meditation. (GM)
- **6pm** Hot drink / break / dinner.

- **7.30pm** Walking meditation / mindful movement.
- **8pm** Daily Kusala Session (Monica & Krister). **(GA)**
- **9pm** Walking meditation / mindful movement.
- **9.30pm** Online group seated meditation. (GM)
- **10.30pm** Rest.

Sunday March 29 - Saturday April 4 (Daylight Saving begins)

Online group activity = (GA). Online group meditation = (GM).

- **5am** Online group seated meditation. (GM)
- **6am** Walking meditation / mindful movement.
- **6.30am** Breakfast / break.
- **8am** Walking meditation / mindful movement.
- **8.30am** Online group seated meditation. (GM)
- **9.30am** Walking meditation / mindful movement.
- **10am** Online group seated meditation. (GM)
- **11am** Walking meditation / mindful movement.
- **11.30am** Dhamma Talk: Stephen Procter. **(GA)**
- **12.30pm** Mindful stretching / qi gong. **(GA)**
- **1pm** Lunch / break.
- **2.30pm** Walking meditation / mindful movement.
- **3pm** Online group seated meditation. (GM)
- **4pm** Walking meditation / mindful movement.
- **4.30pm** Group sharing and discussion (Monica). **(GA)**
- **5.30pm** Walking meditation / mindful movement.
- **6pm** Hot drink / break / dinner.
- **7.30pm** Online group seated meditation. (GM)
- **8.30pm** Walking meditation / mindful movement.
- **9pm** Daily Kusala Session (Monica & Krister). **(GA)**
- **10pm** Rest.

Sunday April 5

Online group activity = **(GA)**. Online group meditation = **(GM)**.

[Join on ZOOM.](#)

- **5am** Online group seated meditation. **(GM)**
- **6am** Walking meditation / mindful movement.
- **6.30am** Breakfast / break.

- **8am** Walking meditation / mindful movement.
- **8.30am** Online group seated meditation. **(GM)**
- **9.30am** Walking meditation / mindful movement.
- **10am** Online group seated meditation. **(GM)**
- **11am** Walking meditation / mindful movement.
- **11.30am** Dhamma Talk: Stephen Procter. **(GA)**
- **12.30pm** Mindful stretching / qi gong. **(GA)**
- **1pm** Lunch / break.

- **2.30pm** Walking meditation / mindful movement.
- **3pm** Online group seated meditation. **(GM)**
- **4pm** Walking meditation / mindful movement.
- **4.30pm** Group sharing and discussion (Monica). **(GA)**
- **5.30pm** Walking meditation / mindful movement.
- **6pm** Hot drink / break / dinner.

- **7.30pm** Online group seated meditation. **(GM)**
- **8.30pm** Walking meditation / mindful movement.
- **9pm** Closing discussion & sharing. **(GA)**

Retreat Schedule: Australian Eastern Standard Time.

This schedule is designed to bring meditators from different time zones together as a community by highlighting optional online group activities. Feel free to adjust the meditation and mealtimes to suit your own needs.

Saturday March 28

Join on [ZOOM](#). Online group activity = (GA). Online group meditation = (GM).

- **4.30am** Optional: Meet your fellow meditators. (GA)
- **5am** Welcome / Introduction Dhamma Talk (GA)
- **6am** Guided group walking meditation (GA)
- **6.30am** Guided group seated meditation (GA)
- **7.30am** Breakfast / break.

- **9am** Online group seated meditation. (GM)
- **10am** Walking meditation / mindful movement.
- **10.30am** Group sharing and discussion (Stephen). (GA)
- **11.30am** Walking meditation / mindful movement.
- **12pm** Lunch / break.

- **1.30pm** Walking meditation / mindful movement.
- **2pm** Online group seated meditation. (GM)
- **3pm** Walking meditation / mindful movement.
- **3.30pm** Online group seated meditation. (GM)
- **4.30pm** Walking meditation / mindful movement.
- **5pm** Hot drink / break / dinner.

- **6.30pm** Walking meditation / mindful movement.
- **7pm** Online group seated meditation. (GM)
- **8pm** Walking meditation / mindful movement.
- **8.30pm** Dhamma Talk: Stephen Procter. (GA)
- **9.30pm** Mindful stretching / qi gong. (GA)
- **10pm** Rest.

Sunday March 29 - Saturday April 4

Join on ZOOM. Online group activity = (GA). Online group meditation = (GM).

- **5.30am** Walking meditation / mindful movement.
- **6am** Daily Kusala Session (Monica & Krister) (**GA**)
- **7am** Breakfast / break.

- **8.30am** Walking meditation / mindful movement.
- **9am** Online group seated meditation. (GM)
- **10am** Walking meditation / mindful movement.
- **10.30am** Group sharing and discussion (Stephen). (**GA**)
- **11.30am** Walking meditation / mindful movement.
- **12pm** Lunch / break.

- **1.30pm** Walking meditation / mindful movement.
- **2pm** Online group seated meditation. (GM)
- **3pm** Walking meditation / mindful movement.
- **3.30pm** Online group seated meditation. (GM)
- **4.30pm** Walking meditation / mindful movement.
- **5pm** Hot drink / break / dinner.

- **6.30pm** Walking meditation / mindful movement.
- **7pm** Online group seated meditation. (GM)
- **8pm** Walking meditation / mindful movement.
- **8.30pm** Dhamma Talk: Stephen Procter. (**GA**)
- **9.30pm** Mindful stretching / qi gong. (**GA**)
- **10pm** Rest.

Sunday April 5 (Daylight Saving end NSW)

Join on ZOOM. Online group activity = (GA). Online group meditation = (GM).

- **5am** Daily Kusala Session (Monica & Krister) **(GA)**
- **6am** Breakfast / break.

- **7.30am** Walking meditation / mindful movement.
- **8am** Online group seated meditation. (GM)
- **9am** Walking meditation / mindful movement.
- **9.30am** Group sharing and discussion (Stephen). **(GA)**
- **10.30am** Walking meditation / mindful movement.
- **11am** Lunch / break.

- **12.30pm** Walking meditation / mindful movement.
- **1pm** Online group seated meditation. (GM)
- **2pm** Walking meditation / mindful movement.
- **2.30pm** Online group seated meditation. (GM)
- **3.30pm** Walking meditation / mindful movement.
- **4pm** Hot drink / break / dinner.

- **5.30pm** Walking meditation / mindful movement.
- **6pm** Online group seated meditation. (GM)
- **7pm** Walking meditation / mindful movement.
- **7.30pm** Dhamma Talk: Stephen Procter. **(GA)**
- **8.30pm** Mindful stretching / qi gong. **(GA)**
- **9pm** Rest.

Monday April 6

Join on ZOOM. Online group activity = (GA). Online group meditation = (GM).

- **5am** Closing Discussion & Sharing. **(GA)**

The Three Refuges

Namo, Tassa, Bhagavato, Arahato, Samma Sambuddhassa (*repeat 3 times*)

I pay homage to the Buddha, the fully Awakened one.

Buddham saranam gacchami

I go to the Buddha for refuge.

Dhammam saranam gacchami

I go to the Dhamma for refuge.

Sangham saranam gacchami

I go to the Sangha for refuge.

Dutiyampi Buddham saranam gacchami

Twice, I take refuge in the Buddha.

Dutiyampi Dhammam saranam gacchami

Twice, I take refuge in the Dhamma.

Dutiyampi Sangham saranam gacchami

Twice, I take refuge in the Sangha.

Tatiyampi Buddham saranam gacchami

Three times, I take refuge in the Buddha.

Tatiyampi Dhammam saranam gacchami

Three times, I take refuge in the Dhamma.

Tatiyampi Sangham saranam gacchami

Three times, I take refuge in the Sangha.

The Five Precepts

1. Panatipata veramani sikkhapadam samadiyami

I undertake the training of harmlessness and pervading kindness to all beings.

2. Adinnadana veramani sikkhapadam samadiyami

I undertake the training of not taking that which isn't freely offered and of generosity toward all beings.

3. Kamesu micchacara veramani sikkhapadam samadiyami

I undertake the training of renouncing pleasure & distraction from sensuality and of contentment of heart & mind.

4. Musavada veramani sikkhapadam samadiyami

I undertake the training of truthfulness in thought, speech and action.

5. Sura meraya majja pamadatthana veramani sikkhapadam samadiyami

I undertake the training of avoiding anything that lowers the clarity of awareness.

Mettā: Loving Kindness Chant

Imāya,
dhammānu Dhamma,
patipattiyā,
Buddhaṃ pūjemi

Imāya,
dhammānu Dhamma,
patipattiyā,
Dhammaṃ pūjemi

Imāya,
dhammānu Dhamma,
patipattiyā,
Sanghaṃ pūjemi

Ahaṃ avero homi
Abyāpajjo homi,
Anigho homi
Sukhī attānaṃ,
parihārami

Mama mātā pitu
Ācariyāca, ñatimittaca
Sabrahma cārinoca

Averā hontu,
Abyāpajjā hontu
Anighā hontu,
Sukhī attānaṃ,
parihārantu

Imasmiṃ ārāme, sabbe yogino
Averā hontu,
Abyāpajjā hontu
Anighā hontu,
Sukhī attānaṃ, parihārantu

Amhākaṃ,
ārakkha devatā
Imasmiṃ vihāre,
Imasmiṃ avāse
Imasmiṃ ārāme,
Ārakkha devatā

Averā hontu,
Abyāpajjā hontu
Anigho homi
Sukhī attānaṃ,
parihārantu

Sabbe sattā, Sabbe pānā
Sabbe bhutā, Sabbe puggalā
Sabbe attabhāva, pariyāpannā
Sabbā itthiyo, Sabbe purisā
Sabbe itthī/purisā, Sabbe anittha/purisā
Sabbe ariyā, Sabbe anariyā
Sabbe deva, Sabbe manussā,
Sabbe vinipātikā

Averā hontu, Abyāpajjā hontu
Anighā hontu,
Sukhī attānaṃ, parihārantu
Dukkhā muccantu
Yathā laddha sampattito

Māvigacchantu, kammassakā
Idaṃ no puñña bhāgaṃ
Sabba sattānaṃ, bhājema
Sādhu, sādhu, sadhu.

Metta Chant Translation.

By this practice in accord with the true dhamma, I honour the Buddha.

By this practice in accord with the true dhamma, I honour the Dhamma.

By this practice in accord with the true dhamma, I honour the Sangha.

May I be free from enmity/danger;

may I be free from mental suffering;

may I be free from physical suffering;

may I take care of myself happily.

May my father and mother and teachers, relatives and friends and fellow brahma farers, be free from enmity, be free from mental suffering, be free from physical suffering, take care of themselves happily.

May all yogis in this grove, be free from enmity, be free from mental suffering, be free from physical suffering, take care of themselves happily.

May our guardian deities, in this temple, in this dwelling, in this grove,

May the guardian deities be free from enmity, be free from mental suffering, be free from physical suffering, take care of themselves happily.

May all beings, all living things, all creatures, all individuals, all personalities, all females, all males, all both female & male, all neither female nor male, all noble ones, all who are not nobles, all deities, all humans, all those in unhappy states,

be free from enmity;

be free from mental suffering;

be free from physical suffering;

take care of themselves happily;

may they be free from all suffering;

may they enjoy safety and abundance;

have kamma as their true property.

May this merit of ours be shared with all beings. Well said, well said, well said ...