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 Waiver 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 the act of applying to join or joining this retreat, 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: This retreat is a chance for you to meditate with members of the MIDL community. There will be no teacher guidance offered during this retreat.

Retreat Schedule: In this PDF, we have included a retreat schedule for you to print out. This schedule has three versions: US EST, Europe CET, and 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 24-hour retreat schedule will also appear in the MIDL Google Calendar, in your time zone, closer to the start date.

Preparing for Your Retreat: It is important to create the conditions for your retreat beforehand. Since it is an online retreat, there will be 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, letting the world take care of itself for this time, is important. Pre-shopping and partially preparing food can be helpful.

For full-time 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, it 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 set up 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 it is working before the 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: **G**round > **O**bserve > **S**often > **S**mile > repeat if needed, 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, which gains momentum toward Awakening.

Retreat Dhamma Talks - YouTube

Talk 1: Retreat Instructions for MIDL Insight Meditation

Talk 2: Establishing a Posture of Mindfulness

Talk 3: Natural Unfolding of Mindfulness of Breathing

Talk 4: Bringing a Posture of Mindfulness into Daily Life

Retreat Schedule: US EST.

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.

Thursday, Nov 26

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

- **8 am** Retreat Begins: Group sharing & meet-up. (GA)
- **Talk:** Retreat Instructions for MIDL Insight Meditation
- **9 am** Walking meditation / mindful movement.
- **9.30 am** Online group seated meditation. (GM)
- **10.30 am** Walking meditation / mindful movement.
- **11 am** Online group seated meditation. (GM)
- **12 pm** Rest Break.

- **3 pm** Walking meditation / mindful movement.
- **3.30 pm** Online group seated meditation. (GM)
- **4.30 pm** Walking meditation / mindful movement.
- **5 pm** Online group seated meditation. (GM)
- **6 pm** Walking meditation / mindful movement.
- **6.30 pm** Rest Break.

Friday, Nov 27

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

- **5 am Talk:** Establishing a Posture of Mindfulness. **(GA)**
- **6.30 am** Walking meditation / mindful movement.
- **7 am** Online group seated meditation. (GM)
- **8 am** Walking meditation / mindful movement.
- **8.30 am** Online group seated meditation. (GM)
- **9.30 am** Walking meditation / mindful movement.
- **10 am** Online group seated meditation. (GM)
- **11 am** Rest Break.

- **2 pm** Walking meditation / mindful movement.
- **2.30 pm** Online group seated meditation. (GM)

- **3.30 pm** Walking meditation / mindful movement.
- **4 pm** Online group seated meditation. (GM)
- **5 pm** Walking meditation / mindful movement.
- **5.30 pm** Group Sharing. **(GA)**
- **6.30 pm** Rest Break.

Saturday, Nov 28

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

- **5 am Talk:** Natural Unfolding of Mindfulness of Breathing. **(GA)**
- **6.30 am** Walking meditation / mindful movement.
- **7 am** Online group seated meditation. (GM)
- **8 am** Walking meditation / mindful movement.
- **8.30 am** Online group seated meditation. (GM)
- **9.30 am** Walking meditation / mindful movement.
- **10 am** Online group seated meditation. (GM)
- **11 am** Rest Break.

- **2 pm** Walking meditation / mindful movement.
- **2.30 pm** Online group seated meditation. (GM)
- **3.30 pm** Walking meditation / mindful movement.
- **4 pm** Online group seated meditation. (GM)
- **5 pm** Walking meditation / mindful movement.
- **5.30 pm** Group Sharing. **(GA)**
- **6.30 pm** Rest Break.

Sunday, Nov 29

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

- **5 am Talk:** Bringing a Posture of Mindfulness into Daily Life. **(GA)**
- **6.30 am** Walking meditation / mindful movement.
- **7 am** Online group seated meditation. (GM)
- **8 am** Walking meditation / mindful movement.
- **8.30 am** Online group seated meditation. (GM)
- **9.30 am** Walking meditation / mindful movement.

- **10 am** Online group seated meditation. (GM)
- **11 am** Rest Break.

- **2 pm** Walking meditation / mindful movement.
- **2.30 pm** Closing Group Sharing. (GA)

Retreat Schedule: Europe CET.

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.

Thursday, Nov 26

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

- **2 pm** Retreat Begins: Group sharing & meet-up. (GA)
- **Talk:** Retreat Instructions for MIDL Insight Meditation
- **3 pm** Walking meditation / mindful movement.
- **3.30 pm** Online group seated meditation. (GM)
- **4.30 pm** Walking meditation / mindful movement.
- **5 pm** Online group seated meditation. (GM)
- **6 pm** Rest Break.

- **9 pm** Walking meditation / mindful movement.
- **9.30 pm** Online group seated meditation. (GM)
- **10.30 pm** Rest.

Friday, Nov 27

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

- **5 am** Walking meditation / mindful movement.
- **5.30 am** Online group seated meditation. (GM)
- **6.30 am** Walking meditation / mindful movement.
- **7 am** Buddhist Sutta Study Class. **(GA)**
- **8 am** Rest Break

- **9 am Talk:** Establishing a Posture of Mindfulness. **(GA)**
- **11.30 am** Rest Break.

- **2 pm** Walking meditation / mindful movement.
- **2.30 pm** Online group seated meditation. (GM)
- **3.30 pm** Walking meditation / mindful movement.
- **4 pm** Online group seated meditation. (GM)
- **5 pm** Rest Break.

- **8 pm** Walking meditation / mindful movement.
- **8.30 pm** Online group seated meditation. (GM)
- **9.30 pm** Rest Break.

Saturday, Nov 28

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

- **5 am** Walking meditation / mindful movement.
- **5.30 am** Online group seated meditation. (GM)
- **6.30 am** Rest Break

- **9.30 am** Walking meditation / mindful movement.
- **10 am** Online group seated meditation. (GM)
- **11 am Talk:** Natural Unfolding of Mindfulness of Breathing. **(GA)**
- **12.30 am** Rest Break.

- **2 pm** Walking meditation / mindful movement.
- **2.30 pm** Online group seated meditation. (GM)
- **3.30 pm** Walking meditation / mindful movement.
- **4 pm** Online group seated meditation. (GM)
- **5 pm** Rest Break.

- **8 pm** Walking meditation / mindful movement.
- **8.30 pm** Online group seated meditation. (GM)
- **9.30 pm** Rest Break.

Sunday, Nov 29

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

- **5 am** Walking meditation / mindful movement.
- **5.30 am** Online group seated meditation. (GM)
- **6.30 am** Rest Break

- **9.30 am** Walking meditation / mindful movement.
- **10 am** Online group seated meditation. (GM)
- **11 am Talk:** Bringing a Posture of Mindfulness into Daily Life. **(GA)**
- **12.30 am** Rest Break.

- **2 pm** Walking meditation / mindful movement.
- **2.30 pm** Online group seated meditation. (GM)
- **3.30 pm** Walking meditation / mindful movement.
- **4 pm** Online group seated meditation. (GM)
- **5 pm** Rest Break.

- **8 pm** Walking meditation / mindful movement.
- **8.30 pm** Closing Group Sharing. (GA)

Retreat Schedule: Aus AEDT.

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.

Friday, Nov 27

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

- **Talk:** Retreat Instructions for MIDL Insight Meditation
- **5.30 am** Walking meditation / mindful movement.
- **6 am** Online group seated meditation. (GM)
- **7 am** Walking meditation / mindful movement.
- **7.30 am** Online group seated meditation. (GM)
- **8.30 am** Rest Break.
- **10 am** Walking meditation / mindful movement.
- **10.30 am** Online group seated meditation. (GM)
- **11.30 am** Walking meditation / mindful movement.
- **12 pm** Rest Break.
- **3 pm** Walking meditation / mindful movement.
- **3.30 pm** Online group seated meditation. (GM)
- **4.30 pm** Walking meditation / mindful movement.
- **5 pm** Buddhist Sutta Study Class. **(GA)**
- **6 pm** Rest Break.
- **9 pm Talk:** Establishing a Posture of Mindfulness. **(GA)**
- **10.30 pm** Rest Break.

Saturday, Nov 28

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

- **5 am** Online group seated meditation. (GM)
- **6 am** Walking meditation / mindful movement.
- **6.30 am** Online group seated meditation. (GM)
- **7.30 am** Rest Break.
- **9.30 am** Group Sharing. **(GA)**

- **10.30 am** Online group seated meditation. (GM)
- **11.30 am** Walking meditation / mindful movement.
- **12 pm** Rest Break.

- **3 pm** Walking meditation / mindful movement.
- **3.30 pm** Online group seated meditation. (GM)
- **4.30 pm** Walking meditation / mindful movement.
- **5 pm** Online group seated meditation. (GM)
- **6 pm** Rest Break.

- **9 pm Talk:** Natural Unfolding of Mindfulness of Breathing. **(GA)**
- **10.30 pm** Rest Break.

Sunday, Nov 29

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

- **5 am** Online group seated meditation. (GM)
- **6 am** Walking meditation / mindful movement.
- **6.30 am** Online group seated meditation. (GM)
- **7.30 am** Rest Break.

- **9.30 am** Group Sharing. **(GA)**
- **10.30 am** Online group seated meditation. (GM)
- **11.30 am** Walking meditation / mindful movement.
- **12 pm** Rest Break.

- **3 pm** Walking meditation / mindful movement.
- **3.30 pm** Online group seated meditation. (GM)
- **4.30 pm** Walking meditation / mindful movement.
- **5 pm** Online group seated meditation. (GM)
- **6 pm** Rest Break.

- **9 pm Talk:** Bringing a Posture of Mindfulness into Daily Life. **(GA)**
- **10.30 pm** Rest Break.

Monday, Nov 30

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

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

Practicing in accordance with the true dhamma, I honour the Buddha.

Practicing in accordance with the true dhamma, I honour the Dhamma.

Practicing in accordance 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, and 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, and 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, and 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,

May they be free from enmity.

May they be free from mental suffering.

May they be free from physical suffering.

May they take care of themselves happily.

May they be free from all suffering.

May they enjoy safety and abundance.

May they have kamma as their true property.

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