



# *Strategies for Overcoming Distracting Thoughts*

***An Insight Meditation Retreat  
With Shaila Catherine***

**Wednesday, December 27, 2017 to  
Monday, January 1, 2018 noon**

**Margaret Austin Center  
Chappell Hill, Texas**

**THE THEME:** This silent insight meditation retreat will focus on strategies for overcoming distracting thoughts. Mental restlessness is an insidious and pervasive hindrance that all practitioners struggle to overcome. We can refine our skills for working with the modes of thinking that distract us from being mindful: critical thoughts, planning, worrying, lustful thoughts, judging, memories, internal commentaries, to name a few. The teachings on this retreat will present a sequence of strategies for dealing with obstructive mental patterns; these instructions will follow two discourses taught by the Buddha and recorded in the Middle Length Discourses (suttas 19 and 20). Practitioners will be encouraged to develop a mindfulness-based meditation practice, while exploring these strategies for overcoming distractions.

This silent retreat is structured with alternating periods of sitting and walking meditation, dhamma talks, question and answer sessions, and teacher consultations. All levels from beginners to advanced practitioners are welcome.

**THE TEACHER:** Shaila Catherine is the founder of Bodhi Courses, an online Dhamma classroom ([BodhiCourses.org](http://BodhiCourses.org)), and Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley, USA ([imsb.org](http://imsb.org)). She has been practicing meditation since 1980, with more than eight years of accumulated silent retreat experience and has taught internationally since 1996. Shaila studied with masters in India, Thailand, and Nepal, and also with the founders of western meditation centers. She completed a one-year intensive meditation retreat with the focus on concentration and jhāna, and authored Focused and



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Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity. Shaila practiced under the guidance of Venerable Pa-Auk Sayadaw from 2006-2015, and authored Wisdom Wide and Deep: A Practical Handbook for Mastering Jhāna and Vipassanā to help make this traditional approach to meditative training accessible to western practitioners.

**RETREAT LOGISTICS:** The retreat will begin with a light meal at 7 PM Wednesday, December 27 followed by the formal opening at 8:15 PM. The retreat will end on Monday, January 1 at noon, followed by lunch.

All meals (vegetarian) will be provided. Separate bunkhouse accommodations are provided for men and women, with two complete bathrooms in each. You may bring a tent if you wish. You will need to bring a sitting cushion and pad for meditation, or you may use chairs available at the center. You will also need sheets, blankets, pillow, towels and toiletries, a flashlight and rain gear. Since the retreat will be held in silence to facilitate the practice of looking within oneself, we ask you not to electronics or other distractions.

This is a **fragrance-free** environment. Please do not wear scented products or fragrances, such as scented shampoo, lotion, shaving cream, perfume, cosmetics, or any product containing fragrance.

**COST:** The registration fee of \$440 covers only your room and board. It does not include any compensation for the teacher. **The teacher offers the teachings in the spirit of Dana, with the firm intention of keeping the retreat costs as low as possible. Giving freely is a corner stone of the practice.** Participants will be asked at the end of the retreat to reciprocate the teacher's kind and generous gift with free will donations according to their means and their own heart's response. Please bring a check book or cash.

**Partial scholarships are available.** Contact [katheyferland4@gmail.com](mailto:katheyferland4@gmail.com) if you will need a scholarship.

The **Basic Rate** registration fee is \$440. **Partial scholarship** registration fee is \$290.

**Paying the Supporting Rate is appreciated.** In order to provide scholarships, we are requesting that those with the financial resources pay an additional \$25 above the Basic Rate, for a total of \$465. Your donation of \$25 above the basic rate is tax deductible and you will receive a letter acknowledging your donation for tax purposes.

Your early registration will help us in retreat planning and food purchase and preparation.

**REGISTRATION:** There are two ways to register and pay:

1. **Register online** and pay by Paypal or mail in a check. Click on this link <http://mariposasangha.org/events/distracting-thoughts/> to register. We



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ask that you consider this option (registering online) as it greatly simplifies our process. You can still mail in a check, even though you register online.

**2. Register by mail** and pay by check using the attached form.

Checks are payable to Mariposa Sangha and should be mailed to Connie Shortes, 3412 Westside Cove, Austin, TX 78731. Print out the registration form and include it with the check if registering by mail. You do not need to complete the paper form if registering online and mailing in a check.

Confirmations will be sent to paid registrants via email. You are not registered until we receive payment.

**CANCELLATION:** If you cancel less than 5 days prior to the start of the retreat, the food portion of the registration fee (approximately 50%) cannot be refunded.

**QUESTIONS:** Call Kathey at 512-565-3774 or email Kathey at [katheyferland4@gmail.com](mailto:katheyferland4@gmail.com)



## **New Year's 2018 Retreat Registration Form (used if registering by mail)**

### **1. Register Online**

When registering online, you have two options for payment: Paypal or mailing in your check to the address below (payable to "Mariposa Sangha").

OR

### **2. Register By Mail and Pay by Check:** To register for the retreat by mail, mail this form and a check (payable to "Mariposa Sangha") to:

Connie Shortes  
3412 Westside Cove  
Austin, Texas 78731

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#### **Registration Fee**

Basic Rate: \$440

Supporting: \$25 above the Basic Rate of \$440, for a total of \$465. Your \$25 donation will be acknowledged with a letter for your tax records.

Partial Scholarship: Because we have a limited number of scholarships, contact [katheyferland4@gmail.com](mailto:katheyferland4@gmail.com) prior to registering using this option. Scholarship rate is \$290.

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#### **RESIDENTIAL RETREAT REGISTRATION FORM:**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Occupation: \_\_\_\_\_

Indicate if you need handicap-accessible bath and bedroom: \_\_\_\_\_



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Gender: M F

Meditation Experience: None      2 years      5 years      10 plus years

Emergency Contact:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you have any current significant mental or physical health concerns that the retreat manager or teacher should be aware of?

Do you plan on camping, weather permitting?

**Food Allergies:** (Circle all that apply.)

No gluten      No dairy      No soy

**How did you hear about the retreat?** (Circle your response.)

Mariposa Sangha mailing list

Facebook

Web search

Other mailing list

From a friend

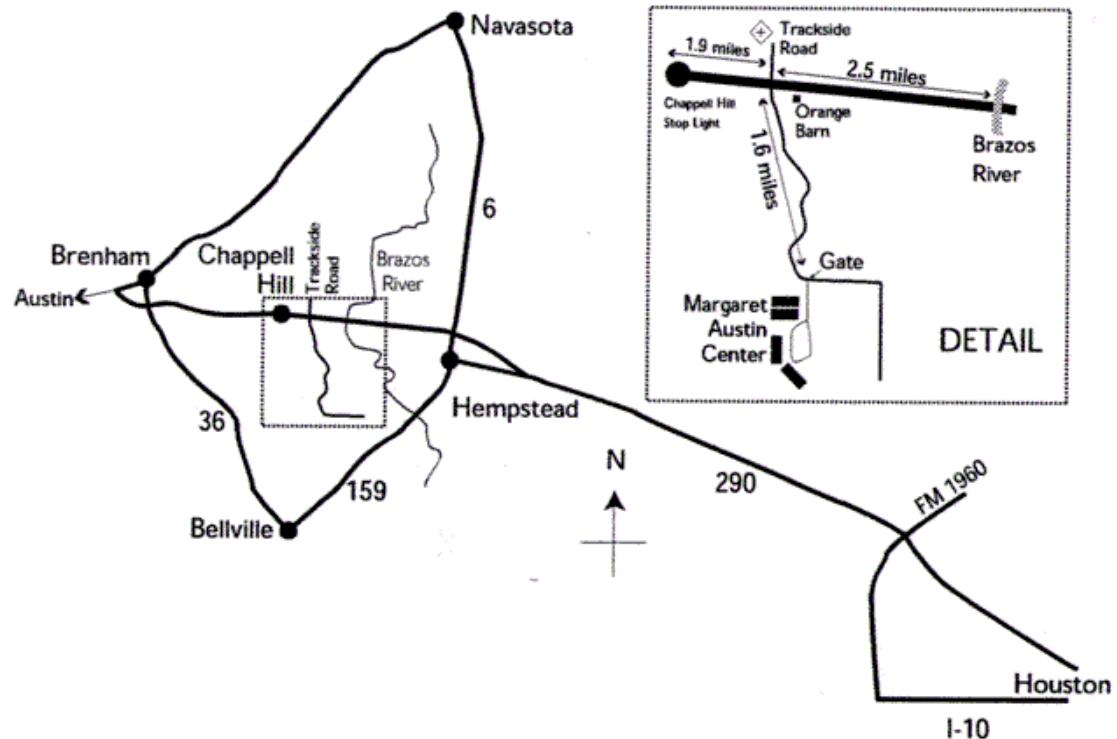


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## Map to Margaret Austin Center

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