

# **TWO YEAR PROGRAM TO OPEN THE HEART**

## **The Invitation:**

Based principally on the Buddha's teachings, this Two Year Training Program is an intense training filled with teachings and practices. Its challenge to the student is to see through his/her existing beliefs and views. What's left is an open heart.

## **The Course:**

During the first year of the Two Year Training Program there are weekly email contemplations that cover topics ranging from resolving issues from our past that prevent us from living in the present moment; cultivating skillful mind states such as gratitude, generosity, patience, and compassion; working effectively with fear and other afflictive emotions; and developing equanimity with the process of aging, illness, and death.

The training for the second year is based on the practice of insight meditation with sections of the emailed instructions and practices covering mindful awareness of the body, feelings, states of consciousness, and cognitive processes. We also spend time with contemplations that open the heart, supporting the experience of deep intimacy in our lives. The final segment is about Non-Duality and Freedom.

## **Course Format:**

The instructions are emailed about once a week. Students provide e-mail feedback based upon them on a monthly basis. There are monthly phone conferences as well. Attendance at three formal week-long retreats is required. These will occur in May and September of 2012 and May of 2013.

## **Course Cost:**

The Two Year Training is dana (donation) based. Dana is requested to be sent to the teacher at the beginning of each month. As with any event that is based upon the generous hearts of those involved, there are no specific requirements or expectations as to how much dana should be offered.

The retreats will be held near Richmond, Va. For planning purposes, one should budget approximately \$550 per retreat for room and board. Retreat dana for the teacher is additional.

## **Teacher:**

Carol Blotter has been practicing Insight (Vipassana) Meditation since 1989 and has been teaching since 1999. She is a teacher for The Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth that is both balanced and integrated. Carol's primary teacher has been Matthew Flickstein. Matthew co-founded the Bhavana Monastery and Meditation Center in 1984 and The Forest Way in 1996. He has published three books on meditation. Matthew is the author of the Two Year Training program.

## **Application Process:**

To apply, please contact Carol at [cb.meditate@gmail.com](mailto:cb.meditate@gmail.com) or [www.ChelseaMeditation.com](http://www.ChelseaMeditation.com)

Begins in May, 2011