

Insight Meditation Center of Pioneer Valley Dharma Dena presents

Dharma Seed

Recorded teachings of modern dharma teachers

The Dharma Seed Archive contains the oral teachings of modern dharma teachers. Collected over the past 25 years, all its holdings are now freely available at dharmaseed.org. The archive contains talks by Joseph Goldstein, Sharon Salzberg, Jack Kornfield, Sylvia Boorstein, Arinna Weisman, Christina Feldman, Rebecca Bradshaw, Tara Brach and many others.

You may listen to any talk in real time, download it in MP3 format to your computer, and burn as many copies as you wish to distribute freely to your friends. If you still need physical copies of tapes and discs to be made for you, this service continues to be available from a friendly provider for an appropriate fee. Please make free and frequent use of this valuable resource. And when the opportunity presents itself, please think of putting a modest offering in Dharma Seed's bowl to help support it in being of service to the world. It survives by your generosity.



Generosity (Dana)

Generosity is at the heart of the Dharma. Teachers offer their time and wisdom freely. You have an opportunity to enter the circle of giving by making a voluntary donation to support the efforts of teachers who make the Dharma available for the benefit of all.



Dharma Seed has gone forth in accordance with the mission given by the Buddha to his first disciples: *“Walk on tour ... out of compassion for the world, for the benefit, well-being and happiness of both human and non-human beings ... Teach Dharma, which is lovely in its beginning, lovely in its middle, and lovely in its culmination. Illuminate, both in general and in detail, the spiritual life, completely fulfilled, wholly pure. There are beings with only a little dust in their eyes, who, from not hearing Dharma, are diminishing; they will become knowers of Dharma.” (Mv11)*

For complete information about
**Insight Meditation Center
of Pioneer Valley Dharma Dena**,
schedules of drop-in sittings, re-
treats, events and classes, please
visit us at: www.insightpv.org