

Insight World Aid eNewsletter

Volume 4

September 1, 2011



Children at clinic in Guatemala.

Wisdom and Compassion in Action

“[Compassion] concerns our attitude to the suffering of others. In the Buddhist texts the term often refers to an attitude of mind to be radiated in meditation. This is usually considered its primary usage. Nevertheless, the definitions of Buddhist writers past and present, as well as the [early Buddhist] texts themselves, stress that it is also more than this... In fact, at least three strands of meaning in the term "compassion" can be detected in the texts: a prerequisite for a just and harmonious society; an essential attitude for progress along the path towards wisdom (*paññā*); and the liberative action within society of those who have become enlightened or who are sincerely following the path towards it. All these strands need to be looked at if the term is to be understood and if those who accuse Buddhist compassion of being too passive are to be answered correctly.”

This passage from an essay by Elizabeth J. Harris titled “Detachment and Compassion in Early Buddhism” speaks to an essential aspect of acting with compassion in the world. The article discusses the importance of working with the balance between the care and concern for others (and ourselves) on the one hand and the development of mindfulness, wisdom, and equanimity on the other. If we are to be effective and skillful in our actions we need both limbs of a meditation practice: insight and compassion. You can find the full article at the Access to Insight website ([here](#)).



Looking for a Few Volunteers!

Insight World Aid is seeking motivated volunteers to help build our organizational structure. We are looking for people interested in website development, newsletter publication, fundraising, grant writing, project research, Cambodia trip coordinator and more. If you are interested in helping to build this newly created service branch of the insight meditation community please send an email to insightworldaid@gmail.com or fill out the volunteer application found at IMC or on our website: insightworldaid.org. Click ([here](#)).

Help Us Save the Eyes and Teeth of Cambodia

Due to the rigors of countryside work and life in Cambodia, many people suffer from tooth and gum disease and cataracts and other eye illnesses. Please donate your eyeglasses, sunglasses and new, packaged toothbrushes for our next trip to Cambodia. We have a donation box on the counter at Insight Meditation Center in Redwood City. These items will be distributed for free to our patients during our next trip.

First IWA Aid Mission Plans Evolving

We are currently organizing a volunteer medical and humanitarian aid mission to Cambodia for late 2012 or early 2013. The project will establish a temporary medical clinic, provide nutritional and hygiene support and education, and assist with repair/construction of local infrastructure of a small community in Cambodia. Volunteers will have the opportunity to help people in need overseas while learning more about this ancient culture. The trip will be of 2 week duration and will include teachings and practice of insight meditation. Organization for this project currently includes identifying communities in need in Cambodia, exploring partnerships with organizations and individuals, research, recruiting volunteers, and fundraising.

YogaSource is Offering a Fundraiser for IWA

Our biggest supporter, YogaSource Los Gatos is offering an afternoon Bikram Yoga Clinic at YogaSource Palo Alto on Saturday, Sept 10 at 1:30pm - 4:30pm. The fee is \$45 to be donated to IWA. Please come and show your support. Register under "Workshops" [here](#).

Support Insight World Aid:

1. **Volunteer** - Insight World Aid is in need of volunteers. We appreciate help from both people with medical training and qualifications and also people with non-medical skills. If you would like more information regarding donating your time and skills to IWA please visit our website and download a volunteer description list and application.

2. **Donate** - Insight World Aid is now accepting donations. As a non-profit 501 (c) (3) organization, donations made to IWA are tax-deductible. If you would like to make a donation at this time please send your check to our mailing address below or visit our website to donate through PayPal.
3. **Spread the word** – If you know someone who may be interested in our work, please forward this email to them or give them the link to our website. Also, please bring a friend to our IMC event on June 12, 2011.

How to contact us:

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Cover photo: Children at clinic in Guatemala.

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