

# *Insight World Aid eNewsletter*

*Volume 5*

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Girl in Zimbabwe.

## ***Great Compassion***

If I am good to someone, he or she will learn goodness and, in turn, will be good to others. If I am not good, he or she will harbor hatred and resentment and will, in turn, pass it on to others. If the world is not good, I have to make more effort to be good myself. Taking care of others is the same as taking care of myself. When I respect and serve others, I am serving all Buddhas everywhere. This is called great compassion. Compassion is a happy mental state. When we protect ourselves

through mindfulness, we are protecting others as well. When we protect other living beings through compassionate action, we are also protecting ourselves.

From “STEP BY STEP: Meditations on Wisdom and Compassion”  
by Maha Ghosananda, the former Patriarch of Cambodian Buddhism



## **COMPASSION IN ACTION: INSIGHT WORLD AID UPDATE AND BENEFIT:**

With Gil Fronsdal and others at IMC in Redwood City.  
Wednesday, February 29, 2012 at 7-8:30 pm

Started by members of IMC, Insight World Aid is a new non-profit dedicated to applying the Buddha's teachings on wisdom and compassion to individuals and communities in need throughout the world. We have organized IWA to be a means through which to bring together individual with like-minded aspirations in order to provide the medical and economic support to others so to enhance their sense personal dignity, peace, and inner freedom. IWA has been involved in local health fairs offering free medical care to the underserved in Northern California. It is also exploring putting together a medical mission to Cambodia sometime in the next year or two. Gil Fronsdal will give a short talk on compassion in action and IWA board members Jeff Hardin and Nancy Smee will discuss their experience with compassionate action. IWA's mission and ways of participating will also be discussed. For more info, please visit our website: [insightworldaid@gmail.com](mailto:insightworldaid@gmail.com)

## **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](mailto:insightworldaid@gmail.com) or fill out the volunteer application found at IMC or on our website: [insightworldaid.org](http://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 2012 or 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 weeks 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. Dr. Jeff Hardin is returning to Cambodia in January 2012 for further scouting of potential volunteer sites and networking with other individuals and organizations.

# Gratitude for YogaSource

We are grateful to YogaSource Los Gatos in their continuing efforts to offer donations to IWA through fundraiser workshops. Please visit their newly opened studio and their website: [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:

Our Website: <http://insightworldaid.org/>

Our Mailing Address:

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Facebook: <http://www.facebook.com/InsightWorldAid>

For more information about IWA or to be **added** to or **removed** from this email list write: [insightworldaid@gmail.com](mailto:insightworldaid@gmail.com)

Cover photo: Girl in Zimbabwe by Nancy Smee.

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