



## A Life of Mutual Benefit

By Gil Fronsdal

Caring for others and for oneself are not distinct from each other. When we benefit others we are benefited in return, not least because it strengthens wholesome qualities in ourselves. When we benefit ourselves through developing our integrity, hearts, and wisdom, we will inevitably benefit others. Conversely, if we harm others we will sooner or later see how this also harms us. Even if others don't retaliate, we cannot escape our own conscience forever.

From the *Insight Meditation Center* newsletter (January 2013).  
Read the entire article at: [www.insightmeditationcenter.org](http://www.insightmeditationcenter.org).

## IWA Mission Trip to Latin America in Planning Phase

Insight World Aid is currently developing a second medical mission for 2013 or 2014.

Plans are under way for a two-week volunteer aid and mindfulness practice trip to Haiti or Peru.

Stay tuned for details as we develop this exciting opportunity to practice compassion in action.

## Cambodia Trip 2013 Update

Insight World Aid is sponsoring its first volunteer medical mission overseas in February 2013.

Twenty-eight volunteers will be traveling to Cambodia for two weeks to work at a medical clinic and an orphanage. We are partnering with the *Cambodian Health Professional Association of America* who will be providing all of the logistical support.

Volunteer participants will be practicing mindfulness and compassion as they work in teams to provide service to impoverished individuals in need.

The trip will include a tour of the historic ruins of Angkor Wat and a daylong meditation retreat.

At this time the trip is full and not accepting further applicants.

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## Friends of the Trip Fundraising Campaign

Please support the Insight World Aid team of volunteers in their effort to provide important services to Cambodians. Although all trip participants are paying their own travel and living expenses while on mission, we are fundraising to provide needed medications and supplies to be used while in Cambodia.

All donations will go toward services in Cambodia and are fully tax-deductible under federal and state tax laws. Those who donate \$500 or more will receive a free limited edition IWA t-shirt.

Please support us in our intentions to help those in need.



## Who We Are

### Board of Directors

**Gil Fronsdal, PhD** (President) is the primary teacher for the Insight Meditation Center in Redwood City, California. He has a Ph.D. in Buddhist Studies from Stanford University and has authored several books on Buddhism.

**Nancy Smee, PhD, CNM, MPH** (Secretary) is a university professor, researcher, and certified nurse-midwife. Her research areas are HIV/AIDS with a special emphasis on the prevention of mother to child transmission, and the health-care of vulnerable populations.

**Gary Kissiah** is a lawyer and author of *The Yoga Sutras of Patanjali: Illuminations through image, commentary and design*.

**Linda McGrath** is the founder and owner of *YogaSource Los Gatos*, Silicon Valley's premier yoga studio. She leads workshops, conferences and retreats in the US and internationally.

**Jeff Hardin MD, PhD** (Executive Director) is an emergency medicine physician who has been practicing Vipassana since 2000. He is a meditation instructor and mentor at Sacramento Insight Meditation.

### Board of Advisors

Adrienne Ross, MD

Ven. Bhikkhu Bodhi

Jack Kornfield, Ph.D

Basil Stamos, MD

Beth Kanji Goldring

## IWA Needs Volunteers

We are still in need of a Volunteer Coordinator, a Local Projects Team, fundraisers, grant researchers and grant writers.

Opportunities to practice compassion in action continue to be available. All teams welcome volunteers. No experience necessary! Visit our website for details.

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## 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.

IWA is seeking volunteers to help fundraise and research grants. No experience needed. Opportunities to volunteer are also available on the communications, local projects and international teams.

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 information to them or give them the link to our website.

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## How to contact us

**Our Website:** [insightworldaid.org/](http://insightworldaid.org/)

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