



New York Insight

MEDITATION CENTER

Where Hearts & Minds Awaken

New York Insight Membership – Mutual Support

Membership is an expression of *mutual support* whereby we are all given the chance to support and nurture the spiritual community that supports and nurtures each of us. Becoming a member of New York Insight is a way of expressing a commitment to our center and making a contribution to its ongoing work. Through annual pledges members support NYI, the teachings offered here, and the center's administrative and program services. Without this source of income, we could not continue to exist as a center for teaching and practice. Of course, each of us can afford different amounts, so membership is accessible at many monetary levels.

Student-Teacher Meetings

One offering of mutual support for members is greater access to teachers for individual meetings on practice issues. While all students at NYI have opportunities to engage with teachers during classes and other activities, **members are given first access to teachers for individual meetings**. These meetings are offered on a dana or donation basis. The suggested dana is \$50 for a 30 minute meeting but the offering to the teacher is made voluntarily and no one is turned away for lack of funds.

Student-teacher meetings are for people who are actively practicing meditation and would like to confer with a teacher about that practice. Discussions may focus on specific questions about one's meditation practice itself, concerns about the integration of practice into one's daily life, or on an exploration of the truth as it is experienced through direct insight from meditation.

Student-teacher meetings are not therapy. Although emotional and psychological issues may surface in meditation practice and can be addressed in an interview, they are addressed from a mindfulness perspective. If more in depth support is needed for exploring issues such as depression/anxiety, trauma, family of origin issues, decision-making, relational issues, addictions, and vocational concerns, it is suggested that you contact a therapist. Teacher-student meetings should not be relied on for crisis intervention.

Teachers that are available for meetings are listed below. You can learn more about each teacher on the teacher page of the website. If you are interested in meeting with a teacher, email them directly and schedule a meeting. Please allow time for a response as sometimes teachers are teaching at or on retreat.

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