



# THE CIMC ENDOWMENT FUND

*A Commitment to Inner and Outer Freedom  
for All Beings*



Cambridge Insight Meditation Center



*The gift of Dharma  
excels all other gifts.*

— THE BUDDHA

## HISTORY and MISSION

The Cambridge Insight Meditation Center (CIMC) was established in 1985 as a nonprofit, nonresidential urban *dharma* (literally the “wise way of living”) center for the practice of insight meditation. Starting with a small number of visionary and committed people, CIMC has grown to more than 500 members, making it one of the largest urban centers for *Vipassana* (insight) meditation in the West. Located in the heart of Cambridge, Massachusetts, CIMC is a pioneering center that has been a beacon in the Greater Boston community and source of inspiration for other centers in the United States and other Western countries. CIMC maintains a physical environment that permits the contemplative life to be developed and protected amidst the complexities of city living. While striving to bring the practice of meditation into the world in a compassionate way, CIMC offers a place where people come together to learn, support and deepen their meditative practice.

Vipassana is one of the central meditation teachings of the Buddha. Vipassana has been practiced and passed on within the Theravadin Buddhist tradition for the past 2,500 years. The core of insight meditation is the practice of mindfulness in the service of wisdom and clear seeing. Sitting and walking meditation, the first steps in formal practice, become the foundation and the continuous inspiration for meeting all aspects of life with a greater openness and willingness to learn.

*Dana*, an ancient Pali word meaning “generosity,” is an important aspect of the Buddha’s teachings. Because these teachings are considered priceless, they have generally been offered freely as a form of *dana*. This was true during the time of the Buddha and remains true in many Buddhist countries today. In return, *dharma* centers have traditionally been supported by the generosity—*dana*—of their communities.

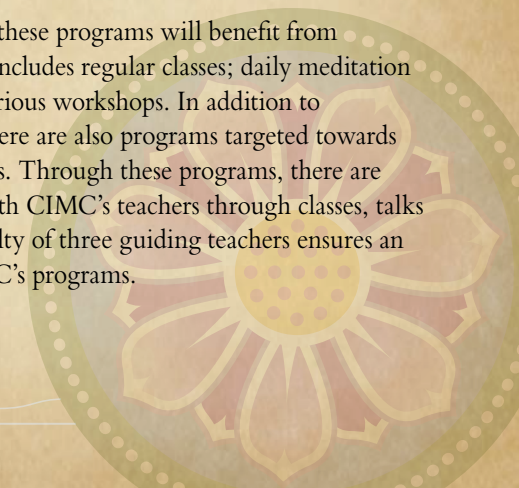


More than just a means of support, *dana* is considered part of our practice. Generosity is one of the ten *paramis*, or qualities of character, to be developed and perfected by the *dharma* practitioner over many lifetimes. The act of giving not only benefits the receiver, but also opens the heart of the giver and acknowledges the interconnectedness of all beings.

In the spirit of *dana*, CIMC is committed to making the Buddha’s teachings available to everyone regardless of financial circumstances. However, the realities of operating and maintaining a meditation center in a modern urban setting can make fulfillment of this goal a significant challenge. By supporting CIMC financially and/or by contributing your time and talent as a volunteer, you can help us meet the challenge and continue an extraordinary 2,500-years-old tradition.

## PROGRAMS

CIMC offers extensive programming, and most of these programs will benefit from endowment underwriting. The range of offerings includes regular classes; daily meditation sessions; drop-in sessions; weekend retreats; and various workshops. In addition to programming for people of all experience levels, there are also programs targeted towards families, children, people of color, and other groups. Through these programs, there are multiple opportunities for ongoing relationships with CIMC’s teachers through classes, talks and interviews. What’s more, CIMC’s current faculty of three guiding teachers ensures an unusually high degree of continuity for all of CIMC’s programs.





**Wednesday Night Talks** A wide range of notable Buddhist meditation teachers including Joseph Goldstein and Sharon Salzberg offer teachings. Topics have included *Self-Knowing: A Quiet Passion*; *Easing the Torments of Heart*; and *Wisdom and Inner Freedom*.

**Meditation Practice Groups** These weekly groups explore various themes and aspects of the Buddha's teachings. All groups include formal sitting meditation, instruction, talks, and discussion. Emphasis is placed on applying the practice in everyday life situations. Common themes have been *Learning How To Live*, *Learning How To Die*; *Metta (The practice of Loving-kindness)*; and *Investigating The Nature of Fear*. Practice groups are designed to support different levels of experience, from introductory to experienced practitioners.

**Workshops** CIMC offers a variety of workshops that include meditation practice, talks and discussion periods—designed for people who are relatively new to Vipassana as well as for those with considerable experience. Themes for these workshops have included: *Inner Strength In An Uncertain World*; *Wise Speech*; and *Relaxing into the Here and Now*.

**Retreats** Retreats are day-long or weekend periods of intensive contemplation. CIMC also offers one nine-day retreat a year. Many practitioners discover that their practice deepens considerably when they participate in retreats which are predominately held in silence and include guidance and teachings from one or more of the guiding teachers.

**Community Activities** There are a large range of community activities offered at CIMC. They provide an opportunity to socialize and discuss dharma in a more informal way. Different events that are offered are holiday dinners, pot-luck dinners, gratitude gatherings, bereavement ceremonies, New Year Eve, thirty-two and under nights, people of color evenings, and “little buddhas” groups which are offered for parents and children.

## the CIMC ENDOWMENT FUND

The CIMC Endowment Fund exemplifies our commitment to preserving the values and goals of Cambridge Insight Meditation Center for generations to come. Through CIMC's annual campaign, donors help to underwrite ongoing programs and special initiatives on a yearly basis. The endowment permits donors to create a legacy of support that will assist in underwriting current programs and help to ensure the future strength of CIMC so that it continues to prosper and maintain its prominence as a leading Western center for meditative practice. All donations are encouraged and valued as expressions of dana that will preserve CIMC and the dharma for future generations.

Funds contributed to the endowment are invested prudently, in consultation with experienced financial advisors, in instruments designed to yield additional annual income to support CIMC programs.

While there is a preference for unrestricted gifts made to the general endowment fund to be used at the discretion of CIMC's Board of Directors to support CIMC's mission and programs, donors are permitted to designate their gifts for support of targeted programmatic or operational priorities consistent with CIMC's mission and goals. Unrestricted gifts offer CIMC maximum flexibility for innovation and annual budgeting of resources. Some current priorities include:

- *Financial support needed to effectively underwrite and expand the innovative Wednesday night programs at CIMC. This includes bringing and supporting teachers from across the country and throughout the world.*
- *Continued scholarships so that anyone can practice at CIMC regardless of financial means.*
- *Funding to underwrite new, innovative and targeted programming for a wide range of constituents.*
- *Continued minimal increases in membership and course fees.*
- *Support for the staff needed to effectively run CIMC.*
- *Continued full-time support for teachers.*
- *Maintaining a beautiful and contemplative facility and physical environment.*

Both current and prospective donors may wish to consider funding an “annual gift” endowment—*i.e.*, an endowment fund whose income will ensure a yearly gift in the donor's name to CIMC in perpetuity. This is a wonderful way to ensure a donor's continuing support far beyond his/her involvement with CIMC.

Prospective endowment donors are encouraged to discuss other specific interests to determine compatibility with CIMC's mission and goals.

## TYPES of ENDOWMENT GIFTS

There are a number of ways to provide support for the CIMC Endowment Fund, while simultaneously gaining potential tax benefits. An outright gift or bequest is a typical means of contributing to the endowment. Contributions may be in the form of cash, real estate, appreciated securities (stocks, bonds, mutual fund shares), or a life insurance policy. Generally, such gifts afford significant tax benefits for the donor. Indeed, gifts of appreciated assets can both avoid capital gains taxes and provide a charitable deduction at the market value. It is CIMC's practice to liquidate immediately all such donated assets.

**Bequests** A bequest to CIMC is a gift conveyed in a donor's will as part of the disposition of his/her estate. It may be a specific amount or percentage of the estate, real estate, certain types of tangible property, or the remainder of a trust. A bequest is not subject to federal estate tax or state inheritance tax. A will is, of course, essential if one wishes to make a bequest.

**Life Insurance** Many people find that, as their family responsibilities diminish, they no longer require the protection of life insurance. In such a case, CIMC may be made the beneficiary of a donor's life insurance policy. The donor receives an immediate charitable income tax deduction for the "present value" of the policy (typically the cash surrender value) and saves estate taxes. If the donor continues to pay the policy premiums to maintain the policy in force, he/she is entitled to an income tax deduction for each year the premiums are paid. A donor may also make CIMC the beneficiary of a new insurance policy and save on both income and estate taxes.



**Appreciated Securities** There are special advantages to donating appreciated securities to CIMC. If a donor is liable for capital gains taxes resulting from the sale of appreciated securities, he/she can reduce the tax liability by contributing them to CIMC. While a contribution from current income may provide a charitable deduction up to as much as 35%, depending upon a donor's tax bracket, a donation of appreciated securities—*e.g.*, stock or mutual fund shares—will earn a tax deduction for the full fair current market value of the gift and avoid the capital gains tax.

**Real Estate** Gifts of real estate are another way to benefit CIMC, and can result in significant tax and investment benefits. They may be made by bequest or lifetime transfer. An outright gift of real estate will be accepted and subsequently sold, unless there is a special investment reason for holding it. The transfer to CIMC will provide an immediate income tax deduction for the fair market value and will avoid capital gains tax on the appreciated value.

There are other types of charitable real estate gifts that can be considered. It is important to note that all proposed gifts of real estate are subject to due diligence by CIMC before final acceptance can be assured.

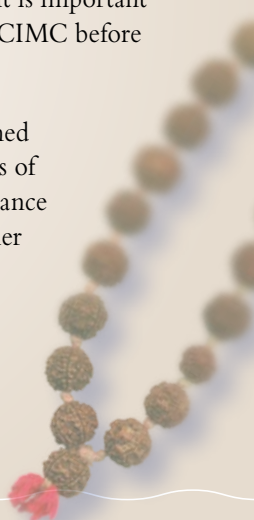
It is important in all cases that donors considering gifts of the aforementioned assets consult a qualified financial advisor to understand all the implications of each specific type of charitable contribution. CIMC can only provide guidance regarding opportunities for endowment giving, but cannot offer tax or other financial counsel to prospective donors.

There are many ways you can invest in the future of Cambridge Insight Meditation Center through the CIMC Endowment Fund. For further information, please call 617-441-9038. You may also access detailed information about CIMC and its programs by visiting [www.cimc.info](http://www.cimc.info).



*Practice is what keeps the true dharma alive.*

— AJAHN MUN



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