Wisdom and Compassion in Action
Insight World Aid

• Formed by members of the Insight Meditation Center of Redwood City in 2010 with the goal of bringing resources and aid to end suffering worldwide using the principles and practices of insight meditation
• Became a 501 (c)(3) non-profit in 2011
• Chose Cambodia as our pilot project and have been researching medical, nutritional, and educational needs there for 3 years
• Partnering with NGOs and individuals internationally
2013 Mission to Cambodia

• Team of 26 IWA volunteers joined the CHPAA mission, total of 160 volunteers
• 1 week of volunteering at Takeo clinic or at Wat Opot orphanage
• 1 week touring Phnom Penh, Siem Reap and Angkor Wat
• Meditation sessions and a daylong retreat
• Integrating the practices of mindfulness and compassion while volunteering, traveling and sightseeing
Our Organizational Partners and Sponsors

Cambodian Health Professionals Association of America

YogaSource Los Gatos

Creative Living Fellowship

Sacramento Insight Meditation

Buddhist Global Relief

Wat Opot Children’s Community

Insight Meditation Center

Partner’s in Compassion Cambodia

Brahmavihara Cambodia Aids Project

Cambodian Tevoda

Vitamin Angels
# Individual Donors

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Special Thanks

Jenny Mueller
Nanette Wylde
Brian McKinsey
Nancy Smee
Bonnie Goodman
Terry Lesser
Marilyn Johnson
Therese Strum
Beth Kanji Goldring
Dr. Song Tan
Stav Zotalis
Dr. Teri Tan
Ven. Yos Hut Khemacaro
Eng Seng
Wayne Mathyse
Melinda Lies

Our Board of Directors:
Gil Fronsdal
Linda McGrath
Nancy Smee
Gary Kissiah

Our Advisors:
Adrianne Ross, MD
Ven. Bhikkhu Bodhi
Jack Kornfield, Ph.D
Basil Stamos, MD
Beth Kanji Goldring

Our Bloggers:
Lauren Smith
Rik Center
Emily Girschick
Friends of the Trip Fundraising Campaign

• Raised over $6000 from individuals and organizations
• $4000 donated to CHPAA for purchase of medications and supplies at the clinic
• $1000 donated to Wat Opot for school fees
• The rest will be forwarded to the next trip
Medical Conditions and Treatments on Mission

• Team of over 100 health care professionals and assistants served about 10,000 patients during 6 full clinic days at Takeo Hospital and mobile clinics.

• Conditions treated: headaches, gastritis, backaches, arthritis, scabies, diarrhea, diabetes, lacerations, strokes, hypertension, malnutrition, pregnancy, eclampsia, vaginitis, hemorrhoids, cancer, goiter, parasites, colds, trauma, sexually transmitted diseases, pneumonia, TB, HIV, PTSD, Thalassemia, skin infections, and rashes.

• Treatments provided: health education, suturing, surgeries (including hysterectomies, cholecystectomies, herniorrhapies, abscess drainage, tumor resections, cataract removals), dental care, fillings, tooth extractions, splinting, vitamins, antibiotics, antacids, analgesics, cold remedies, steroid creams, antifungal creams, aspirin, counseling, therapy, meditation and referrals to local physicians and specialty hospitals.
Wat Opot Children’s Community

The things we have gone through together
The Five Precepts

1. Do not harm any living being.
2. Avoid actions that are harmful to your body and mind.
3. Do not steal.
4. Do not lie.
5. Do not speak kindly of others.
Sightseeing Cambodia
Possibility of Visit
Meditation Practice on Mission

• Daily group sitting meditation with guided instructions
• Daily reflections/poems/quotes
• Readings and practice on the flights, bus rides and while sightseeing
• Practice while serving in the clinic and orphanage
• Guided yoga
• Evening group debriefing sessions
• Visited Buddhist monastery and teachings from a senior monk
• Daylong meditation retreat on the last day
2013 Mission to Peru

- Team of IWA volunteers will leave for Peru on Aug. 21 and return on Sept. 6.
- Costs: $4000 includes all flights and transportation costs, lodging, all meals, medication and supplies for volunteering, tourism and the tour leader’s services.
- 1 week of service at a medical clinic or building solar stoves and 1 week touring Cusco, Sacred Valley and Macchu Picchu.
- We will be practicing mindfulness and compassion while on the trip and end with a daylong retreat.
- Opportunity to fundraise to subsidize your trip using Crowdrise.
How to Get Involved

1. Volunteer to help organize IWA or develop local IWA projects
2. Donate to IWA or organize a fundraiser
3. Sign up for the Peru 2013 or Cambodia 2014 IWA trips
4. Tell your friends and family about IWA and signup for our enewsletter.
THANK YOU
WATOTO

LOVE YOU

I'm praying

Bonnie Goodman

G. Schulz, Tery Lesser, Rik Center.

Terri Townsend