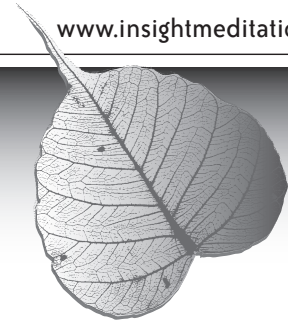


# Insight



JULY, AUGUST, SEPTEMBER 2009

VOLUME 12, NUMBER 3

## The Path

When arriving at the monastery new monks and nuns would commonly ask the abbot for instruction on the Path of practice. If they were insistent enough about finding the Path, the abbot would take them to a remote corner of the monastery garden where people seldom went. There he pointed them to a narrow walkway that disappeared into the bushes and trees. He told them, “You will find the Path at the end of this walkway.” Then the old abbot turned away, leaving each novice to walk on alone.

Intrigued, the new monastics set off in search of the Path. Before long, however, the trail took a sharp turn. When they rounded the corner they came face to face with a very large mirror. It blocked their way. Seeing their own image reflected in the mirror confused the new monastics. Some wondered, “Maybe I have taken the wrong path.” Still, no matter how many times they tried to retrace their steps or start over, sooner or later they found the mirror blocking their way again.

More than a few assumed the mirror was placed on the trail to show them that the real Path was in them, not in the external world. This understanding frightened some. They ran away. Others collapsed in hopelessness. Some simmered in anger. Occasionally, someone would become so upset that they would hurl a heavy rock at their reflection. The mirror, however, was impervious. Each time they threw a rock at it the stone bounced back and struck them instead.

There were some monastics among them who lingered in front of the mirror, each gazing at his or her own likeness. It mesmerized and delighted them. They spilled over with the conceit of themselves somehow being the great Buddhist Path. And, of course, there were those novices who simply tried to walk around the mirror. Believing it blocked their way, they plunged headlong into the surrounding thicket of bushes only to emerge scratched and bloodied by an impenetrable web of thorns and undergrowth.

From time to time one of them would see his or her

mother or father standing next to them in their reflection. This was an eerie sight, as there was no doubt in their minds about whether their parents were walking with them or not. They knew they were alone. At other times, their reflected image was obscured by crowds of people.

In due course some of the monks and nuns finally calmed down enough to stop and look into their reflection. For many it was the first time they ever really looked deeply into themselves. More than a few concluded that the mirror and the reflection were the *end of the Path*. Those who did ended up stuck for a very long time. The others, however, remembered the abbot’s directive about finding the Path at the “end of this walkway.” When these monks and nuns stopped and looked deeply into their likeness in the mirror, a wonderful realization arose in their minds instead: “The reflection is of me, but I am not the reflection.” Then when they reached out and lightly touched the mirror, it gave way. Like a great door silently swinging open, it revealed a bright, expansive, sunlit section of garden unlike anything they could ever have imagined existed. Just beyond, at the edge of the path, stood the old abbot holding two shovels.

—Gil Fronsdal

*Soil for legs  
Ax for hands  
Flower for eyes  
Bird for ears  
Mushroom for nose  
Smile for mouth  
Songs for lungs  
Sweat for skin  
Wind for mind  
Just enough.*

—Nanao Sakaki

# SANGHA PROGRAMS & NEWS

## PROGRAM DEVELOPMENTS

In response to the ever-increasing needs of our growing sangha, IMC is expanding its regular offerings with two new programs which will begin this quarter. These regular sittings support young adults and those who may only be able, or prefer, to attend daytime activities.

**Tuesday Morning Sitting.** The addition of Andrea Fella as a regular IMC teacher allows us at last to offer a regular daytime sitting program on Tuesdays from 9:30 to 11am, beginning July 14. As with our other sitting programs, this one will begin with a period of meditation followed with a talk and discussion led by Andrea or guest teachers.

**Young Adults Sitting.** In January, IMC hosted a daylong with Will Kabat-Zinn and Kate Janke directed towards young adults, called Dharma Fire. A great deal of energy and enthusiasm was generated out of the day and groups all over the Bay Area have formed to realize the potential of the dharma in this age group. Beginning July 12, IMC is launching a once-a-month Sunday Evening Sitting for Young Adults, led by Will Kabat-Zinn.

Will has practiced Vipassana meditation in the U.S. and in Burma. He teaches regularly at SF Insight, Spirit Rock and California Institute for Integral Studies (CIIS). For the past eight years Will has taught meditation and awareness practices to incarcerated youth, first in New York City and currently in Alameda County. As an MFT Intern in private practice in San Francisco and Berkeley, Will sees individuals and couples for psychotherapy. He is in teacher training with Jack Kornfield.

## NEIGHBORHOOD DHARMA DISCUSSION GROUPS

In early 2007, we organized a dozen or so small neighborhood dharma discussion groups of 6 to 10 people to meet monthly for six months. Two groups are still meeting. They have found that the group provides both a wonderful way to develop community and a more intimate environment to skillfully support their practice. We will be launching a new series of neighborhood dharma discussion groups around the Peninsula this fall. Volunteers will host the groups in their homes in various locations wherever there is sufficient interest. This is a chance to get together with your neighbors in the sangha to discuss the practice and share thoughts and experiences on dharma topics. The suggested format is to have a short sit (10 to 15 minutes), a check-in with each member, and an informal peer-led discussion of the topic of the week. We will provide the groups with some ideas for potential topics to discuss.

If you wish to participate, please commit to attend all six monthly meetings and sign up at the IMC flyers counter beginning in August. Locations and times will be finalized in late September. If you can't get to the center, contact Chris Clifford, [ctclifford@sbcglobal.net](mailto:ctclifford@sbcglobal.net) or Cheryl Hylton, [cjhylton@earthlink.net](mailto:cjhylton@earthlink.net) to sign up.

## COMPASSION IN THE WORLD: EXTENDING BUDDHIST PRACTICE TO BENEFIT ALL BEINGS

### A Benefit for the Brahmavihara AIDs Project with Donald Rothberg and Beth Goldring, September 27, 7 to 8:30 pm.

IMC's Karuna Program is hosting its first annual Karuna Award evening to honor Beth Goldring for her efforts at bringing spiritual care to some of the most impoverished residents of Phnom Pehn, Cambodia. Donald Rothberg will give a keynote talk on the significance and growth of the modern Engaged Buddhism movement, for which he has been a prime spokesperson. A primary focus in this movement is on how inner transformation can be deeply connected with service and work for social transformation. As we give Beth Goldring our Karuna Award, she will describe her work, especially how it is an expression of her Buddhist practice. A celebratory reception will follow. All donations received this evening will go directly to Beth's Brahmavihara organization.

## WHAT WE'RE READING\*

*In the Buddha's Words*, ed. Bikkhu Bodhi  
Wisdom Publications, ©2005

The collection of the Buddha's discourses known as the Pali Canon preserves the earliest written records of the Buddha's teachings. It is available in English as several 1000+ page volumes and can appear to the beginner, as translator Bikkhu Bodhi says, "like the great ocean—vast tumultuous and forbidding".

Recognizing the need to make the words of the Buddha more accessible, Bikkhu Bodhi has edited a one-volume selection of key teachings from across the Canon, organized around a progressive set of themes such as 'The Human Condition', 'Approaching the Dhamma', 'Mastering the Mind' and 'The Path to Liberation'. He also provides a valuable overview of the history, context and structure of the Canon and a commentary on the key teachings for each of his thematic chapters. These read together would constitute an excellent introduction to Theravada Buddhism. The organization of this book makes it possible to grasp the significance of each theme in contemporary language, see its place in the overall architecture of the Buddhist path and then quickly find and plunge in to the most relevant original texts on each subject.

The selections are edited to reduce the repetitions characteristic of the original oral tradition, while preserving the earthy similes and lively dialogs with seekers that make the discourses come alive.

—Chris Clifford

*\*This is the first of a new series in the Newsletter. Sangha members who would like to review a favorite Dharma book in a future issue are invited to contact the editor at [imc.newsletter@gmail.com](mailto:imc.newsletter@gmail.com).*

## NOTES FROM A VOLUNTEER

As the Facilities Director at IMC, I helped with the recent renovation and try to keep things running smoothly around the building. Volunteering at IMC, like a coin, has two sides.

*The positive side:*

- Developing relationships with sangha members. Some of these are turning into friendships.
- Receiving thanks for my efforts.
- Enjoying the rewards of being able to “give back” for the many benefits received.
- Doing work in an area that I understand and to which I can contribute.
- Seeing results clearly and quickly such as an unstuck drain or a door that no longer squeaks.

*The other positive side:*

- My Sunday morning meditation can be interrupted by that squeaky door
- My new friends don't always agree with me. And I'm the expert!
- Committees can be a pain in the neck.

*Both sides of the coin contribute fodder for my practice. I've learned that:*

- I can focus on my breath—the squeaky door will wait.
- Differences of opinion do not mean differences in motives.
- Being an “expert” can be taken too seriously.
- Receiving a compliment or thanks should be held lightly.

Heads I win, Tails I win.

—Steve Johnson

## IMC'S WORLD-WIDE COMMUNITY

If you've ever wondered why we bother to use the microphones for questions and discussion after Dharma talks, consider that your willingness to speak up and be heard is appreciated in over 50 countries around the world!

We are the Dharma “home” for people all over the world who are far from any practice center or teacher. As a listener from Senegal, West Africa wrote “How wonderful that technology allows so many in so many far away places to hear these talks. Blessings to all!”

Last year, we began offering on-line introductory courses. The most recent course drew over 200 students from 30 countries including India, China, Saudi Arabia, Brazil, Turkey, Belarus, Romania and Israel. Both the courses and Audiodharma are a collective offering of our speakers, mentors, recorders, editors and webmasters plus the podcasters who pick up and distribute our offerings through many channels. One student from the first course expressed this well: “My appreciations for all the teachers, their helpers, and all in the IMC family who made the commitment and effort to see this unique offering of the dharma. I value that you would integrate current technology (e.g., web-based content) to help share the teachings. It is undoubtedly valuable in our world to be creative in how we build sangha, a community of mindfulness. Thank you deeply for sharing the teachings with me.”

Sometimes the online connection leads to the chance to meet in person. Members of the global sangha have come to visit IMC while traveling in the states, and graduates of the classes have been inspired to make their way to our residential retreats.

If you would like to help with the recording and editing of talks for Audiodharma, contact [imc.volunteerdirector@gmail.com](mailto:imc.volunteerdirector@gmail.com). The next on-line introductory course is scheduled to begin in October.

## WHAT VOLUNTEERS DO: TEMPLE CLEANING

Several hundred people visit IMC every week. They bring in dirt on their shoes, wash their hands on paper towels, use the bathrooms, leave coffee cups and water bottles, and forget coats, notebooks, cell phones and gloves. We depend on our attendees to keep our ‘temple’ clean.

Our main temple cleaning takes place after the dharma talk on the first and third Sundays of the month. A manager asks for five volunteers to do the actual work of straightening up, vacuuming, dusting, sweeping, cleaning the bathrooms, refilling the toilet paper and taking out the garbage. With five volunteers, this takes about 15 to 20 minutes.

The center is also cleaned throughout the week. We do a short temple cleaning on Wednesday after the half-day retreat and after a Saturday retreat. A volunteer comes in mid-week to pick up after the Monday evening program. We also have a volunteer who sees that old food is removed from the refrigerator. Special cleaning tasks such as window cleaning are done as needed.

We all appreciate a clean temple. If you'd like to volunteer, consider joining a cleaning group. Cleaning doesn't have to be a chore and when done mindfully can be another opportunity for practice.

## DHARMA TALKS

Recordings of Dharma talks by Gil Fronsdal and many of our guest speakers are available to listen to or download at [www.audiodharma.org](http://www.audiodharma.org). You can also borrow tapes or CDs of some of our talks from our library. To request that a CD be made of a particular talk, please contact Victor Medina, [ivgm@mac.com](mailto:ivgm@mac.com).

For general information about IMC contact either [insightmeditationcenter@gmail.com](mailto:insightmeditationcenter@gmail.com) or 650/599-3456.  
For other inquiries contact [imc.liaison@gmail.com](mailto:imc.liaison@gmail.com).



**DANA**—All teachings at IMC are offered freely according to the Buddhist tradition of dana. Our center and its teachers are supported entirely by your generosity. Thank you.

# Insight Meditation Center

108 Birch Street

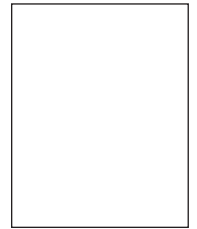
Redwood City, CA 94062

[www.insightmeditationcenter.org](http://www.insightmeditationcenter.org)

Email: [insightmeditationcenter@gmail.com](mailto:insightmeditationcenter@gmail.com)

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## IMC AND THE ORDAINED SANGHA

We have recently had the privilege of hearing teachings from several distinguished monks and nuns. Bikkhu Bodhi, the renowned translator of the Wisdom editions of the Discourses of the Buddha, visited IMC for the first time in April. Thanissaro Bikkhu, Abbott of Metta Forest Monastery near San Diego, visits us every spring for sessions of lively teaching and discussion. His books of translations and commentaries are often available in our literature area. Ajahn Liem, the revered Thai Forest Tradition teacher and successor to Ajahn Chah spoke in May. From the community of nuns, Ajahns Metta and Santacitta, from the Amaravati monastery in the UK, visited us while searching for a site to establish a monastery in this area. On June 1, Ajahn Sundara returned for a Monday evening talk.

While the teachings and practice at IMC are mainly oriented towards supporting a broad range of householder lives, it is vital that we also learn from and support those rare people who have ordained in order to pursue and conserve the most profound depths of the traditional teachings. The search for fresh ways to adapt the teachings to our busy, worldly lives is well balanced and anchored by association with these living examples of the power of simplicity and total commitment.

Bikkhu Bodhi says even in ancient times, “Buddhism involved the close collaboration of householders and monastics in the twin tasks of maintaining the Buddha’s teachings and assisting one another in their efforts to walk the path to the extinction of suffering.” We are fortunate to continue this collaboration at IMC.

## RETREAT CENTER SEARCH UPDATE

Our search for a retreat center site continues. We are currently looking at a magnificent property in La Honda. It is quite large with several ecological zones including a redwood grove, areas of oak and meadow and a large plot of arable soil for gardening. Several usable buildings are presently on the site. There are many flat areas suitable for building and walking meditation trails. We hope to know whether this property will work for us by early summer.

If you have any questions or know of any other properties within 45 minutes of IMC, please email Carol Collins at [ccollinsc@verizon.net](mailto:ccollinsc@verizon.net) or call Carol at 408/354-2578. More information about our retreat center project can be found at [www.insightretreatcenter.org](http://www.insightretreatcenter.org).

**To sign up for either or both of our Email Lists, go to [www.insightmeditationcenter.org](http://www.insightmeditationcenter.org) and click “Subscribe”.**

### MAILING LIST OPTIONS AND CHANGE OF ADDRESS

To be added or removed from the Mailing List, or to update address, phone, or e-mail—contact Cindy Heyer, [fox.paws@comcast.net](mailto:fox.paws@comcast.net) 650/712-0231.

**NEWSLETTER** questions—contact Chris Clifford, [imc.newsletter@gmail.com](mailto:imc.newsletter@gmail.com) 650/967-8741.

# SCHEDULE OF EVENTS

July thru September 2009

## WEEKLY MEDITATION AND TALKS

### MONDAY EVENING SITTING AND TALK WITH GIL FRONSDAL

7:30 to 9pm. A 45-minute sitting and a 45-minute dharma talk.

### TUESDAY MORNING SITTING AND TALK WITH ANDREA FELLA

9:30 to 11am. A 30-minute sitting followed by a talk and time for questions.

### WEDNESDAY MORNING HALF-DAY RETREAT

9:30am to 12:15pm. Sitting and walking meditation with Gil Fronsdal or guest teachers. Bring lunch, informal discussion afterwards. You may attend any part of the morning.

- 9:30 am - Sitting • 10:15am – Walking
- 11:00 am - Sitting • 11:45am – Dharmette (Brief Talk)
- Noon to 12:15pm – Temple Cleaning

### THURSDAY EVENING SITTING AND TALK WITH ANDREA FELLA

7:30 to 9pm. A 30-minute sitting is followed by a talk and time for questions. Beginners welcome.

### SUNDAY MORNING SITTINGS AND TALK WITH GIL FRONSDAL

- 1st Sitting - 8:30am • Walking Meditation - 9:10am
- 2nd Sitting - 9:25am • Talk - 10 to 10:45am

Second Sunday Tea after the dharma talk.

Vegetarian Potluck Brunch — Last Sunday each month at 11am.

All welcome. Contact Di or Dave Tatro 650/595-4260.

## MEDITATION INSTRUCTION

### BASIC MEDITATION INSTRUCTION

- Every Thursday evening 6:15 to 7:15pm, prior to the 7:30pm sitting and talk.
- 1st Monday evening each month, 6:15 to 7:15pm, prior to the 7:30pm sitting and talk.
- 1st Thursday morning each month, 10:30 to 11:30am.

### INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

The basic instructions in Insight Meditation will be taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, thinking & the application of mindfulness in daily life. No pre-registration.

- 5 Tuesday Evenings – July 7- August 4, 7:30 to 9pm, with Andrea Fella
- 6 Wednesday Evenings — October 7 - November 11, 7:30 to 9pm, with Gil Fronsdal

### ONLINE COURSE: INTRODUCTION TO MINDFULNESS MEDITATION

October 4 – November 21, with Gil Fronsdal and Ines Freedman.

For info: [www.audiodharma.org/onlinecourses.html](http://www.audiodharma.org/onlinecourses.html).

## NON-RESIDENTIAL RETREATS

### ONE-DAY MEDITATION RETREATS

- Saturday, June 27, 9:30am to 4:30pm, **The Four Elements** with Bob Stahl
- Saturday, July 18, 9am to 4:30pm, **Daylong for Men** with Richard Shankman
- Saturday, August 1, 9am to 4:30pm, **Mindfulness in the style of U Tejaniya** daylong with Andrea Fella
- Saturday, August 15, 9:30am to 3:30pm, **Introduction to Mindfulness** with Ines Freedman
- Saturday, August 29, 9am to 4:30pm, **Body, Mind & Heart** daylong with Daniel Bowling, Maria Straatmann, Chris Clifford
- Saturday, September 12, 9am to 12:30pm, **Yoga & Meditation** with Terry Lesser
- Saturday, September 19, 9am to 4:30pm, **Mindfulness in the style of U Tejaniya** daylong with Andrea Fella
- Saturday, October 10, 9am to 4:30pm, **Daylong for People of Color** with Spring Washam

## RESIDENTIAL RETREATS

### IMC SPONSORED RETREATS

There is no cost for IMC sponsored retreats. Donations welcome. Contact: [info@insightmeditationcenter.org](mailto:info@insightmeditationcenter.org) or 650/599-3456 unless noted. Registration opens 4 months prior to event.

- August 19-23 with Andrea Fella & Heather Martin at Jikoji Retreat Center in Los Gatos.
- September 13-27 with Gil Fronsdal. Hidden Villa, Los Altos. For senior practitioners.
- September 25 -27 with Andrea Fella and Pam Weiss at Jikoji Retreat Center in Los Gatos.
- October 11-18 with Steve Armstrong & Kamala Masters at Hidden Villa in Los Altos.

### OTHER RETREATS WITH GIL FRONSDAL

Spirit Rock Retreats See [www.spiritrock.org](http://www.spiritrock.org) for info.

- August 5 – 9 Family Retreat with Ajahn Amaro, Gil Fronsdal, Betsy Rose, Heather Sundberg
- August 14 – 23 Vajrapani Retreat with Mary Grace Orr, Gil Fronsdal and John Travis
- December 26 – January 3 New Year's Retreat with Gil Fronsdal, John Travis, Eugene Cash, Sharda Rogell, Janice Clarfield
- March 1 - 28, 2010 Insight Meditation One Month Spirit Rock Retreat, with Gil Fronsdal, John Travis, Mary Grace Orr, Donald Rothberg, Heather Martin

### SATI CENTER

These events are presented by Sati Center: [www.sati.org](http://www.sati.org) or 650/223-0311 for more information. Pre-registration preferred.

#### INTRODUCTION TO PALI

Saturday, August 22, 9am to 5pm, taught by Dr. Baba Norihisa and Dr. Fred Porta. This class will introduce the basics of Pali, the language of the Buddhist teachings in the Theravada tradition.

*Dr. Norihisa, a scholar of Pali and Sanskrit Buddhist texts, is on a one-year term as visiting research fellow at Stanford to study Sanskrit Buddhist manuscripts and early Chinese translations. Dr. Porta is a lecturer at Stanford who, in addition to Pali language and literature, teaches Sanskrit, Greek and other classical languages.*

#### BUDDHIST CHAPLAINCY TRAINING PROGRAM

One Friday a month: Sep 25, Oct 23, Nov 20, Dec 11, Jan 8, Feb 5, Mar 5, Apr 16, May 14, Jun 11 and Jul 9 at IMC. Taught by Jennifer Block, Gil Fronsdal, Paul Haller and a variety of guest teachers. A year-long training in Buddhist chaplaincy and spiritual care giving, oriented to Buddhist practitioners with at least four years of committed practice. Its aim is to provide a strong foundation in Buddhist chaplaincy for volunteer chaplains, those working toward being professional chaplains, and those serving the pastoral needs of their local sanghas. Information [www.sati.org](http://www.sati.org), or [karuna@sati.org](mailto:karuna@sati.org) 650/223-0311

#### THE SAFETY OF THE ISLAND, EXPLORING THE NATURE OF NIBBANA WITH AJAHN AMARO

Saturday, October 31, 9:30am to 5pm  
Beginning with an overview of the teachings on *nibbana*, Ajahn will elaborate on definitions and the teachings of 'non-self'. The afternoon will address the essential themes of attending to the deathless, unsupported consciousness and the unconditioned and non-locality. He will then include applications of the teachings to the Gradual Path, stream entry and the blessings of *nibbana*, followed by discussion.

#### BRINGING THE DHARMA TO PRISON

An introduction to offering meditation, chaplaincy and Buddhist practice in prisons and jails. Taught by Paul Haller and Jacques Verduin. Date TBD.

### YOGA

Suitable for all levels, including absolute beginners. Bring a large towel and sticky mat, if you have one. Mats are also available in class. Taught by Terry Lesser.

#### MONDAY EVENING YOGA

6:30 to 7:15pm. Join us for Yoga before evening meditation.

#### THURSDAY MORNING YOGA AND SITTING MEDITATION

8 to 10:15am.

#### HALF-DAY RETREAT: MEDITATION AND YOGA

Saturday, September 12, 9:30 am to 1 pm.

### SPECIAL EVENTS

#### MEDITATION ON THE FOUR PRIMARY ELEMENTS

with Bob Stahl, Saturday, June 27, 9:30am to 4:30pm.

The meditation on the four primary elements supports one to penetrate beyond the normal level of conceptual labels and categories. One begins to connect directly with the elements of solidity, liquidity, motion, and temperature within the body and discover their intrinsically impermanent and insubstantial natures.

*Bob Stahl is a long-time practitioner of insight meditation who lived in a Buddhist monastery for over 8 years. He now directs Mindfulness-Based Stress Reduction programs in Bay Area medical centers, and teaches at Vipassana Santa Cruz. Bob is also a husband and father of two sons.*

#### PRACTICE DISCUSSIONS WITH ANDREA FELLA

By appointment, most Thursdays, before the evening program, half hour one-on-one discussions about mindfulness practice. Discuss your personal meditation practice and general questions about Buddhist practice, its place in your life. Not counseling sessions. To schedule contact [imc.thursday.interviews@gmail.com](mailto:imc.thursday.interviews@gmail.com), or call IMC at 650/599-3456. (Email contact is preferred).

#### THE PARAMIS: QUALITIES OF AN OPEN HEART

Thursday Evenings June 11 - August 13, 7:30 to 9pm

During this 10 week series, we will explore the *paramis*, beautiful qualities of mind that are developed as we engage in our practice: generosity, virtue, renunciation, wisdom, energy, patience, truthfulness, determination, loving kindness, and equanimity. The term *parami* is often translated as 'perfection' because these qualities become perfected as we engage in the practice. We can actively and intentionally cultivate them, yet they also naturally develop as our hearts open.

July 2: Renunciation: Ines Freedman

July 9: Wisdom: Chris Clifford

July 16: Energy: Andrea Fella

July 23: Patience: Andrea Fella

July 30: Truthfulness and Determination: Andrea Fella

Aug 6: Loving Kindness: Andrea Fella

Aug 13: Equanimity: Andrea Fella

#### AN EVENING OF BUDDHIST CHANTING

Fridays, 7 to 9pm. Traditional Theravadan chanting, refuges and precepts.

• July 24 led by Andrea Fella

• September 25 led by Steve Gasner and Bill Kostura

#### DAYLONG FOR MEN WITH RICHARD SHANKMAN

Saturday, July 18, 9am to 4:30pm

• How do we relate to our roles and expectations from family, partners and society?

• How do we deal and practice with sexuality, money and power?

• How do we relate to dharma qualities such as love and compassion, which may be viewed by society as soft or weak? Periods of silent sitting and walking meditation, interspersed with talks and discussion examining issues of special interest to men, especially

## SCHEDULE pg. 3

in the context of dharma practice. Using both small and large groups, we will explore challenges we may experience and share together what it means to be a spiritual man in our culture and in dharma practice.

*Richard Shankman has been a meditator since 1970 and teaches at dharma centers and groups throughout the Bay Area. He is a co-founder of the Sati Center for Buddhist Studies and the Community Partnership for Mindfulness in Education, and the author of The Experience of Samadhi: An In-Depth Investigation of Buddhist Meditation.*

### YOUNG ADULTS SITTING GROUP

Sundays, July 12, August 23 and September 20, 7 to 8:30pm  
A new once a month offering for young adults (ages 20 – 35) led by Will Kabat-Zinn. Contact [IMC.iGeneration@gmail.com](mailto:IMC.iGeneration@gmail.com). (See Sangha Programs & News for details).

### MINDFULNESS OF MIND RETREAT IN THE STYLE OF U TEJANIYA

With Andrea Fella, Saturday, August 1, 9am to 4:30pm.  
An approach to mindfulness emphasizing relaxation and careful attention to the attitude one has toward one's experience; mindfulness in the context of one's daily life.

### INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG

Saturday, August 15, 9:30am to 3:30pm with Ines Freedman.  
Introducing the basic practice of mindfulness, with direction in mindfulness of the breath, body, emotions, thoughts, walking and eating. There will sitting and walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

### BODY, MIND & HEART

**With Daniel Bowling, Chris Clifford, Maria Straatmann**  
Saturday, August 29, 9am to 4:30pm. A daylong devoted to the integration of body, mind, and heart as the path to freedom. Using meditation, talks and discussion, we will explore how knowing, training and embodying each of these aspects of humanness add to a deepening awareness and freedom from suffering. Bring lunch.

### HALF-DAY RETREAT: MEDITATION AND YOGA

Saturday, September 12, 9:30am to 1pm with Terry Lesser. This is an opportunity to develop a continuity of awareness in movement and stillness, and to explore how the practices of yoga and meditation inform and deepen each other.

### HOUSEHOLDER RETREAT: AN INTEGRATED PRACTICE RETREAT

Sunday to Saturday, September 13 - 19, with Andrea Fella.  
Integrating practice into our daily lives can be difficult. Many of us need support for this challenging but rewarding aspect of practice. We will integrate formal practice and Dharma discussion with our daily life by surrounding our usual workweek and workdays with practice & discussion. Begins with a half-day retreat on Sunday, and ends with a daylong retreat on the following Saturday. During the week we will meet each morning and evening to inspire, encourage and support our daily life practice. You may participate in any part of the program.

Householder Retreat Schedule:

- Sunday 9/13: 1:30 to 5pm
- Monday-Friday 9/12-9/18, mornings: 7:30 to 9am
- Monday-Friday 9/12-9/18, evenings: 7:30 to 9pm
- Saturday 9/19: 9 am to 4:30 pm, Daylong Retreat

### MINDFULNESS DAYLONG WITH ANDREA FELLA

Saturday, September 19, 9am to 4:30pm taught in the style of U Tejaniya

### BUDDHISM 101, A COURSE IN THE BUDDHA'S TEACHINGS

With Andrea Fella. Tuesdays, September 22 to October 13, 7:30 to 9pm. A series on the fundamentals of Buddhism

### COMPASSION IN THE WORLD: EXTENDING BUDDHIST PRACTICE TO BENEFIT ALL BEINGS

A Benefit for the Brahmavihara AIDS Project with Donald Rothberg and Beth Goldring. September 27, 7 to 8:30pm. See *Sangha Programs and News* for details.

### DHARMA PRACTICE SERIES: THE SEVEN FACTORS OF AWAKENING

With Gil Fronsdal Oct 2, Nov 6, Dec 4; Jan 22; Feb 26, Apr 23, May 21, Jun 4, 9:30am to 3:30pm  
Each of these Dharma Practice days will focus on one of the 7 factors of awakening: mindfulness, investigation, energy, rapture, tranquility, concentration and equanimity through teachings, meditation, and discussion. Everyone is welcome.

### BUDDHIST SPIRITUAL CARE SYMPOSIUM

Saturday, October 3rd, 9:30 am to 4:30 pm. Vegetarian lunch included. Welcoming Buddhist chaplains and those interested in deepening their spiritual care practice for a day of learning and community-building. Topics will include issues of Spiritual Direction, Buddhist Parables, Rituals. Gil Fronsdal and Daijaku Judith Kinst will be the speakers. By Buddhist Chaplains Group. Pre-register at [www.buddhistchaplainsnetwork.org](http://www.buddhistchaplainsnetwork.org) or call Bill Hart: 415/567-9823.

### DAYLONG FOR PEOPLE OF COLOR WITH SPRING WASHAM

Saturday, October 10, 9:30am to 5pm  
The joy of community! Please join us for a very special day of meditation and community building. This daylong will include periods of silent meditation, group discussion, sacred music and talks on the theme of the day which is community and sangha. Please invite all of your friends and bring a special dish for our potluck lunch!

*Spring Washam is a meditation teacher and co-founder of the East Bay Meditation Center. She has practiced meditation intensively since 1997 with many teachers and is known for her joyful heart and loving spirit. She pioneered bringing mindfulness-based meditation practices to youth and communities of color. Spring is a Spirit Rock Community Dharma Leader and leads a weekly sitting group in Oakland. She is in teacher training with Jack Kornfield at Spirit Rock Meditation Center.*

### IMC YOUTH PROGRAMS

- **Dharma Sprouts (K- 2nd Grade and their parents).** Led by Liz Powell and others, 2nd Sunday of the month, 11:15 to 12pm. (No meeting in August or October). Brief meditations, songs, movement, crafts, stories, and games offering simple daily practices of mindfulness. Contact Liz at [epowell@aol.com](mailto:epowell@aol.com) if you plan to attend.
- **Dharma Rocks (3rd – 8th Grade).** Led by Misha Merrill, 2nd Sunday of the month, 5:15 to 7:15pm (No meeting July & August). Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and dharma. Hilary Borison 650/575-2052, [hborison@sbcglobal.net](mailto:hborison@sbcglobal.net).
- **Dharma Teens (High School)** Led by Mary Hofstedt and Alicia McLucas, First Sunday of the month, 5 to 7pm. A safe and fun space where teens can learn to apply the practices and principles of mindfulness to support their self-discovery, empowerment, and fulfillment. Intended to be a trusting environment where teens can discuss issues that are important in their lives. Contact Alicia, 650/361-8800.
- **Coming-of-Age Program (7th and 8th Grade).** Starting in September 2010. Monthly meetings for youths to provide support through the transition from childhood to adolescence. Contact Lauren Silver, [silverlauren@gmail.com](mailto:silverlauren@gmail.com).

### SUPPORT GROUPS

#### (A) THOSE EXPERIENCING LIFE-THREATENING ILLNESSES

Wednesdays, 1:30 to 3pm at IMC

#### (B) THOSE EXPERIENCING CHRONIC HEALTH CHALLENGES

Wednesdays, 3:45 to 5:15pm (Location: check with Mick Bennett) Meetings include brief sittings and consideration of pertinent Dharma topics; the primary purpose of each group is to provide each participant an opportunity to share personal challenges, triumphs, hopes, and fears with individuals facing a similar situation. Before attending either group for the first time, please contact Mick Bennett at 650/368-2518 or [hmbennett@sbcglobal.net](mailto:hmbennett@sbcglobal.net)

### DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our sangha. If you are interested in joining the Dharma Friends Steering Committee, contact Anne Foster, [afoster@rawbw.com](mailto:afoster@rawbw.com), 650/591-1285.

- **Dharma Friends Steering Committee Planning Meeting**— August 9, Sunday, 11:10am to 12:30pm. Plan events for October thru December 2009. IMC conference room. Anne Foster [afoster@rawbw.com](mailto:afoster@rawbw.com) 650/591-1285.
- **Full Moon Gathering for Women**—Friday, July 10, August 7, September 11, 7:15 to 9:15pm. Meditation and dharma teachings with local teachers, sharing and creativity. RSVP Nicole [drncherok@gmail.com](mailto:drncherok@gmail.com).

- **Windy Hill OSP Hike/Yerba Buena Nursery** visit—Sat. 9/12 (4.6 miles). Meet at 9:15 am at IMC to carpool, or meet at Nursery ([www.yerbabuenanursery.com](http://www.yerbabuenanursery.com)) at noon for picnic lunch & to stroll native plant gardens. Marianna [taraihito@yahoo.com](mailto:taraihito@yahoo.com) 650/367-7325.

#### RECURRING DHARMA FRIENDS EVENTS

- **Dharma Friends Brunch**—(1st Sundays) Gather at IMC by the kitchen at 11:15am and choose a local restaurant for brunch. Contact Dwight 510/754-7389, [zydeholic@yahoo.com](mailto:zydeholic@yahoo.com).
- **Cinema Sanity**—Occasional weekend evenings. Know of a movie with a Dharma message you'd like to see with some dharma friends? Contact Jim Podolske, 650/968-6168, [James.R.Podolske@nasa.gov](mailto:James.R.Podolske@nasa.gov).
- **Dharma-Inspired Book Group**—5:30 to 7pm. July 10, August 7, September 11, IMC Social Hall. Anne Foster, [afoster@rawbw.com](mailto:afoster@rawbw.com), 650/591-1285.

### RELATED SITTING GROUPS

#### COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7 to 8:30pm. For information and location, [www.coastsidevipassana.org](http://www.coastsidevipassana.org)

#### INSIGHT MEDITATION SOUTH BAY WITH SHAILA CATHERINE

2094 Grant Rd, Mtn View. Weekly Sitting & Talk—Tuesdays, 7:30 to 9pm. [www.imsb.org](http://www.imsb.org), [doug.forehand@sun.com](mailto:doug.forehand@sun.com).

#### LA HONDA SITTING GROUP

Every Tuesday night, 7 to 8pm. For information contact Cindy Crowe-Urgo at [brwthus@sbcglobal.net](mailto:brwthus@sbcglobal.net)

#### OAKLAND MONDAY DROP-IN MEDITATION GROUP

Instruction 5:15pm; meditation/discussion 5:30 to 6:30pm. Unitarian Church, 14th/Castro. Rebecca Dixon 510/482-2032.

#### YOUNG ADULTS MEDITATION GROUP

Contact [IMC.iGeneration@gmail.com](mailto:IMC.iGeneration@gmail.com).

#### SAN JOSE SANGHA

1041 Morse Street, San Jose. Contact Berget, 408/255-2783 [bbjelane@gmail.com](mailto:bbjelane@gmail.com) Website: [www.geocities.com/sjsangha](http://www.geocities.com/sjsangha)

- Wednesday Evening Sitting & Teaching, 7:30 to 9pm
- July 11, 9:30am to 4:30pm **Metta Daylong**
- August 15 and Sept 26, 9:30am to 12:15pm—Half-day retreat.
- **Intro to Meditation & Basic Buddhist Principles**  
6 Mondays, Sep 14 - Oct. 19; 7 to 9pm, including Sat Oct 17, 9am to 2:30pm. Please bring own cup; tea provided.
- **Meditation & Psychotherapy Experiential Class**  
6 Wednesdays Oct 7 to Nov 11; 6 to 7:15pm in Harmony Hall.
- **Meditation and Creativity with Yoga Weekend Retreat.** July 31 to August 2, Jikoji Retreat Center, Los Gatos, with Caroline Dille, Berget Jelane, and Terry Lesser (yoga). An opportunity to integrate mind and body through mindfulness, creativity, and yoga. Bring writing and/or drawing materials, or musical instrument. Contact Berget 408/255-2783, or [terrylesser@gmail.com](mailto:terrylesser@gmail.com).