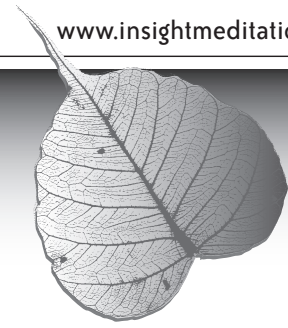


Insight



JANUARY, FEBRUARY, MARCH 2010

VOLUME 13, NUMBER 1

Awakening *with* Dependent Origination

A person who was lost in the jungle may not have learned the way out if he or she accidentally stumbles out. Lost in the jungle again, the person may be no wiser about how to get free. On the other hand, if a lost person carefully studies the jungle and learns the way out, he or she may never become lost in that jungle again. The person may even become a guide helping others out.

The Buddha didn't stumble out of the jungle of suffering; he learned the skills, signposts, and path that led out. He spent many years, in many ways, teaching the way to freedom. In contrast, he said little about what the experience of freedom actually is. He focused mostly on how one becomes free and what one becomes free from or what one no longer experiences. Perhaps freedom cannot be described as any particular experience. It is like two people who are lost in the jungle together for a long time. When they both find their way out, they both experience the same freedom from the jungle. However, what they do and experience once out of the jungle may be very different from each other. What they may have in common is knowing how to avoid getting lost again, and they may both have strong confidence in the path out of the jungle.

One of the useful descriptions the Buddha gave for the way out of suffering is the twelve steps of what is called "Liberative Dependent Origination" (LDO). These steps are successive mental states, each dependent on the presence of the preceding one, which create the conditions for not only becoming free, but for really knowing one is free. The Liberative Dependent Origination sequence is offered in contrast to the more commonly taught twelve-fold dependent origination sequence that describes the main causal conditions that lead to suffering.

Just as one must first know oneself to be lost in order to search for a way out of the jungle, so one must know one is suffering in order to start a process that frees one from that suffering. Because this recognition is so important, the sequence of Liberative Dependent Origination begins with an honest confrontation with our suffering. Many alternative descriptions other than 'suffering' can be used for what is understood in this first, underappreciated step. For some, it may take the form of knowing oneself to be ignorant, that one doesn't yet know what it takes to be liberated from one's distress. For others it might be an understanding of how the way one has been living doesn't really work.

Between knowing one is suffering and starting to walk a path to freedom there needs to be adequate confidence in the path and in one's capacity to walk it. Ignorance or doubt about the path can lead to inaction or to other pursuits. While even a modest amount of confidence can be enough to start, the stronger the confidence, the greater resolve one can have for engaging in the process of liberation. Dependent on confidence, the second step in the LDO, there can arise delight, the third step.

This is gladness in knowing there is a path one has the capacity to discover and follow.

The fourth step is a joy that depends on the delight of the previous step. It is a joy that arises in direct proportion to how enthusiastically absorbed one is in practices that are a part of the path to freedom. Particularly important is meditative joy, since the next four steps are usually developed most fully in meditation practice.

Confidence, delight, and joy, by dispelling anxiety and agitation, help a person become tranquil, which is the fifth step. When the excitation of meditative joy diminishes while its clarity and concentration remain, this tranquility becomes a pervasive calm and stillness. Since the exuberance of joy can be quite attractive and meaningful, it sometimes takes a long time before a person feels ready to move on to more tranquil states.

Tranquility makes possible the arising of happiness, the sixth step in the LDO. This happiness is a broad sense of well-being which is calmer and more satisfying than joy.

This well-being is important for the development of concentration, the seventh step. This is because concentration depends on lessening agitation while the mind becomes unified in its ability to stay focused. As tranquility reduces agitation, happiness supports the unification.

The eighth step is the 'knowledge-and-vision-of-things-as-they-are.' This involves profound and direct insight into the transient and impersonal aspect of our experiences and how unsatisfactory it is to cling to any of it. It can also involve a clear realization of the Four Noble Truths. Sometimes at this stage there can be a complete, but temporary release of all grasping. This experience is quite important because it shows that liberation is possible and worthwhile. Perhaps it is like climbing a hill-top where, standing above the jungle, one can see the end of the jungle in the distance. Though one must descend again into the jungle, one is now certain about the direction to be taken. Experiencing a thorough, but temporary, release from clinging strengthens confidence, which in turn helps develop the succeeding steps of Liberative Dependent Origination.

Dependent on having seen things-as-they-are, there follows a growing disillusionment with the idea that there is anything worth clinging to. This in turn encourages a gradual weakening of the tendency to cling. In the sequence of LDO this disillusionment is called 'disenchantment' and the weakening of clinging is called 'dispassion.' These two are the ninth and tenth steps in LDO. As the thinning of the trees indicates one is coming to the edge of the jungle, so with the weakening of clinging a practitioner can have a clear sense that freedom is near by.

When grasping has weakened enough, a time comes when it is fully dropped. This eleventh step in the twelve-fold sequence is what the

Continued inside

SANGHA PROGRAMS & NEWS

SURVEY: A STRONG SANGHA ACROSS THE WORLD

In September and October, IMC conducted a community survey that garnered 322 responses – 242 (75%) from people who attend in person, and 80 (25%) from people who primarily interact with IMC online. We found that our sangha is thriving, with a healthy mix of new and experienced practitioners, younger and older folks, and a range of program interests that we are largely serving successfully.

Two-thirds of the in-person population has been participating with IMC for at least 3 years, and more than 17% for more than a decade. About 60% of attendees meditate at home nearly every day. The most commonly reported life challenge was 'work' (58% are fully employed, 21% retired), followed by psychological/emotional and spiritual/existential. Fully 98% report that Buddhist practice has had a positive or very positive effect on their life.

Over 30% of our respondents have practiced meditation for over 10 years, with 98% reporting mindfulness as their primary spiritual practice and *metta* practice at almost 80%. The most frequently cited interest was 'daily life practice', followed by residential retreats and sutta study. After the Sunday and Monday sittings, AudioDharma was the most frequently cited program participated in, even among the regular attendees of IMC.

The online-only population is unusual in having more men than women, and it is generally a younger (30% under 35 years old) population than attends IMC in person. This group was naturally quite interested in more video options and online courses, but also in a more interactive sangha. We are just beginning to explore what it means to have a significant fraction of our sangha reside non-locally.

A wide variety of comments were made in the open-ended questions of the survey. Gratefulness for IMC was most common. Access to teachers/mentor support and various ways for connection within the sangha were primary themes. We will be looking for opportunities to bring these ideas into our upcoming programs. More extensive survey results may be found on IMC's website.

STEPPING THROUGH THE DOOR

A JOURNEY YEAR OF SELF-EXPLORATION FOR 7TH AND 8TH GRADERS

For the past two years a group of IMC parents and teachers has been discussing the possibility of starting a new program for middle school youth, to provide support for their transition from childhood to adolescence. The impetus for this idea came from Norman Fischer, former abbot of the San Francisco Zen Center, who writes in his book *Taking Our Places* about his experience guiding a group of young adolescent boys through a 'coming-of-age' year. With the dharma as both a support and a guide, the group acted as a refuge for explorations of the joys and challenges of growing up in today's complex world. The program concluded with a ceremony that acknowledged the boys' person-

al journeys and formally welcomed them into the sangha.

IMC is now planning to start a similar program for youth in our sangha. Two groups will be formed – one for girls, led by Misha Merrill, and one for boys, led by Dan Zigmond. Both Misha and Dan have extensive experience teaching the dharma and working with youth; they currently lead our 'Dharma Rocks' program for 3rd through 8th graders.

We would like to begin the first program in September, 2010; groups will meet monthly through May, 2011, and participants will be expected to commit for the entire year. At this time, we invite all parents whose children will be in 7th or 8th grade during the 2010-2011 or 2011-2012 school year, and who might want to join a group, to let us know of their interest. Contact Lauren Silver (silverlauren@gmail.com), and be sure to include your child's name, gender, and grade. Further information will be provided in the next few months.

LAY PRACTITIONERS SHARE DHARMA INSIGHTS

IMC is happy to announce a new publication called *Passing It On* available at the IMC website. This collection of fiction, non-fiction, poetry and art expresses the dharma insights and experiences of 20 lay practitioners connected with IMC. *Passing It On* seeks to bring the dharma to life through seeing clearly and creatively common experiences, for example: dealing with illness, raising children, deepening a marriage, facing fear and death, and helping oneself and others deal with life's inevitable challenges.

The collection is organized by key elements of practice: Investigation, Transformation, Compassion, Insight and Equanimity. The writing and art is richly personal and filled with lively stories and examples of putting one's practice into expression through living in the world in its many aspects.

The collection is followed by contribution guidelines and encouragement for all readers to polish up a story, poem or piece of art and submit it for next year's *Passing It On*.

For those interested in purchasing it as a paperback, it will be available in 2010 for \$13 from Amazon.com. A percentage of the cost will be donated to IMC. There is also an easy way offered now on the web page to freely share the publication with others in case you are inspired to pass it along with holiday greetings. www.insightmeditationcenter.org/books-articles/passing-it-on

WHAT IS SANGHA CARE?

Sangha care is giving care and support to sangha members who are in need because of illness or disability. This may be short or long term. Since care will be given by volunteers, we will do our best at any given time to provide what is needed. If you need care or can provide care in the form of rides to doctors, help with meals, visiting or other tasks we will do our best to provide the care and support you need. If you need care, please email imc.sanghacaredirector@gmail.com.

—Jeanie Cotton, Sangha Care Director

Dependent Origination, cont'd. from front page

Buddha called Liberation. Since suffering depends on clinging, with the cessation of clinging, one is liberated from both clinging and suffering.

The final step in LDO is to understand what forms of clinging have come to an end with the experience of liberation. For the Buddha, liberation is not enough. It is important to understand what has changed when one is liberated. In part, this is a safeguard against believing one is enlightened when one isn't. The final step in the awakening process is not described as any particular state—and certainly not as some form of annihilation or void. Rather the sequence ends with knowledge. One knows through personal experience the path that led to this freedom. A person who walks a path without understanding this may not be able to teach it to others.

The twelve-fold steps of LDO are not so much a step-by-step approach to Buddhist practice as they are a description of how the fruits of the practice lead naturally all the way to liberation. It is a reminder

that the path to liberation is a gradual progression that unfolds if one can use the recognition of suffering as an inspiration to develop confidence and skill in Dharma practice. Even more important, it teaches that liberation is not a mysterious process dependent on forces outside of our own heart and mind. The Buddhist path clearly depends on our own efforts to cultivate personal qualities that enable deep insight and release.

While the right conditions have to be in place for liberation to occur, when one cultivates those conditions, a time comes when self-effort can fall away and the Dharma can flower in our hearts and minds.

—Gil Fronsdal

Suffering → Confidence → Delight → Joy → Tranquility → Happiness
→ Concentration → Seeing things as they are → Disenchantment →
Dispersion → Liberation → Knowledge

BAY AREA YOUNG ADULTS DHARMA FLOURISHING

Over the past year, a community of young adult practitioners has come together at IMC and across the Bay Area. The catalyst for this was a daylong retreat held at IMC last January that spun off *Kalyana Mitta* groups on the Peninsula and San Francisco.

Along with a group of young practitioners in Berkeley, we essentially take turns hosting the others. It's quite difficult to tease one group apart from the other, as we routinely attend the same events.

At each one of our gatherings there is a deep sense of support. We not only support each other's meditation practice, but each other's development as people trying to balance careers, school, family, healthy habits, and more. We share and develop under this rich Buddhist lineage, bridging the dharma into the next generation.

Our most recent young adult gathering was an organic, free, conference-style event called Twheet (That's short for Turning Wheel Talks 2009). Twheet's goal was to strengthen community as well as help everyone develop their meditation practice, regardless of their experience level. With a great lineup of sessions—including speakers from Berkeley Buddhist Monastery, San Francisco Zen Center, and the Dharmata Foundation—coupled with an enthusiastic pack of attendees—the event was a rousing success. And the next event is just around the corner.

If you are interested in learning more about the young adult community at IMC contact us at IMC.iGeneration@gmail.com. To find out about more Turning Wheel Talks events, please check out www.Twheet.org. Young adult sitting groups and *Kalyana Mitta* groups across the Bay Area typically meet weekly—to find out more check out Berkeley's Young Adult Dharma Council web page at groups.google.com/group/youngadultdharmacouncil (this is the most up-to-date listing of groups available).

—Randima Fernando and Aaron Chavira

FROM OUR NEW VOLUNTEER DIRECTOR

Thank you so much to all the volunteers who make a heartfelt contribution of time and effort to keep IMC running smoothly. From small jobs to large, all are important to the well-being of the sangha.

From the results of our recent survey, it is clear that many more sangha members are interested in volunteering. With this in mind, there are a number of new opportunities for participation. In particular, we are planning major improvements to Audiodharma which will require high-tech skills. We have also scheduled a Spring Cleaning day on Saturday, March 6th from 9am to 1pm.

CURRENT VOLUNTEER OPPORTUNITIES

- Cleaning
- Managing special events
- Transcribing talks
- Recording talks
- Editing recorded talks
- Updating website and audiodharma: Experience in PHP, Drupal, Python, Django, CSS, HTML, SQL, web design, audio or iPhone development

If you are interested in volunteering, please fill out a volunteer application at: www.insightmeditationcenter.org. Under 'Community', click 'Volunteer.' I'm also happy to hear from you with any suggestions for improvements.

IMC is such a strong community because of the caring and commitment each of you offers. Thank you for all you do.

—Hilary Borison, Volunteer Director
IMC.VolunteerDirector@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

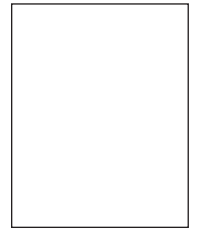
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www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

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THE HOUSEHOLDER RETREAT: A GROWING OPPORTUNITY

If I recalled the day IMC's Householder Practice started in Spring 2005, I would light an annual birthday candle, for it's become a mainstay of my Buddhist practice.

Andrea Fella launched the Householder Retreat as a week-long, non-residential retreat. From an original group of 6, a now growing group of 30 householders attend Andrea's two retreats a year. We begin on a Sunday afternoon, then meet the next 5 days every morning and evening, and conclude with an all-day Saturday. 'Regulars' also attend a dozen supplementary Sunday afternoon meetings, providing a strong foundation for our own daily practice.

The householder's day-to-day life is typified by being full of responsibilities and relationships that can make one prone to distraction. Andrea's program supports us as we consider our challenge: how do we as householders live the teachings and translate sitting practice more fully into the thoughts, words, and deeds that compose one's life.

Andrea's practical and open approach provides a real 'how-to guide' for a more aware life. It has served to demystify the dharma as well as to provide space for our experience to reveal itself. As we attend regularly, we're drawn to create new habits more consciously, to cultivate change thoughtfully. The teacher and peer support allow for many opportunities to listen to one another's direct experience, to be curious about "what's arising at the six sense doors?" — and with that to become less inclined to be caught by our stories.

Now, after several years as an active householder retreatant, when I find myself hurrying forgetfully out my front door, I'm likely to spontaneously notice just that and am drawn back to an easier pace...on the driveway at least!

This multi-year, gentle, unfolding group discussion has taught me countless times how much we share, how little we are truly different, and, along the way, to appreciate the gift of my own ordinariness.

—Betsy Meehan

The next Householder Retreat will be March 7 through 13, 2010

For general information about IMC contact either insightmeditationcenter@gmail.com or 650/599-3456. For other inquiries contact imc.laison@gmail.com.

To sign up for either or both of our Email Lists, go to www.insightmeditationcenter.org and click "Connect".

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 imc.mailinglist@gmail.com.

NEWSLETTER questions—contact the editor at imc.newsletter@gmail.com.

SCHEDULE OF EVENTS

January thru March 2010

WEEKLY MEDITATION AND TALKS

MONDAY EVENING SITTING AND TALK

With Gil Fronsdal or guest teachers. 7:30 to 9pm. A 45-minute sitting and a 45-minute dharma talk.

TUESDAY MORNING SITTING AND TALK

With Andrea Fella or guest teachers. 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)

THURSDAY EVENING SITTING AND TALK

With Andrea Fella or guest teachers. 7:30 to 9pm. Especially suited for new meditators.

SUNDAY MORNING SITTINGS AND TALK

With Gil Fronsdal or guest teachers.

- 1st Sitting – 8:30am • Walking Meditation – 9:10am
- 2nd Sitting – 9:25am • Talk – 10 to 10:45am
- **Sunday Community Tea**—2nd Sunday of each month at 11am.
- **Vegetarian Potluck Brunch**—Last Sunday each month at 11am. Contact Di or Dave Tatro 650/595-4260. All are welcome.

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

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

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

With Gil Fronsdal. 6 Wednesday Evenings, January 6 to February 10, 7:30 to 9pm. 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.

ONLINE COURSE: INTRODUCTION TO MINDFULNESS MEDITATION

March 21 – May 1, with Gil Fronsdal and Ines Freedman. To support the listeners of Audiodharma, an online course based on Gil Fronsdal's 6-week *Introduction to Mindfulness Meditation* class. The course will be supplemented with written material, mindfulness exercises and reflective questions. Ines, as the online teacher, will provide further teachings and email guidance to the participants. Additional teachers will offer weekly support by email, phone or instant messenger. For more info: www.audiodharma.org/onlinecourses.html

ONE-DAY MEDITATION RETREATS

- January 1, 9am to 12:30pm **New Years' Day Half-Day Retreat:** Meditation and Yoga with Terry Lesser
- January 9, 9:30am to 12:30pm **Awakening to Joy** with James Baraz
- January 22, 9:30am to 3:30pm **Dharma Practice Day: The Seven Factors of Awakening - Rapture**
- January 30, 8:30 to 5pm **Daylong Retreat** w/Gil Fronsdal
- February 6, 9am to 4:30pm **Sacred Act of Death & Dying** with Berget Jelane & Jim Bronson
- February 20, 9am to 4:30pm **Daylong Retreat** w/Gil Fronsdal
- February 25, 9:30am to 3:30pm **Dharma Practice Day: The Seven Factors of Awakening - Tranquility**
- February 27, 9am to 4:30pm **Metta Daylong** with Greg Scharf
- March 13, 9:30am to 4:30pm **Mindfulness Daylong** with Andrea Fella taught in the style of U Tejaniya
- April 3, 9am to 4:30pm **Forgiveness Daylong** with Daniel Bowling and Maria Straatmann
- April 10, 8:30am to 5pm **Daylong Retreat** with Gil Fronsdal

RESIDENTIAL RETREATS

IMC SPONSORED RETREATS

There is no cost for these retreats. Donations welcome. For info www.insightmeditationcenter.org/programs/retreats/ or 650/599-3456. Registration opens 4 months prior to event.

2010 Retreats Los Altos Hills (at Hidden Villa)

- May 2–9 with Gil Fronsdal and Andrea Fella
- September 19–October 3 with Gil Fronsdal. For senior practitioners.
- October 17–24 with Gil Fronsdal & Heather Martin

2010 Retreats Los Gatos (at Jikoji Retreat Center)

- Memorial Weekend, May 28-31 with Andrea Fella.
- August 4–8 with Andrea Fella and Pam Weiss
- September 3–5 Retreat for Beginners with Carla Brennan and Ines Freedman

OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

Spirit Rock Retreats www.spiritrock.org

- Jan 31–Feb 28, Insight Meditation One Month Retreat, with J. Baraz, C. Wilson, S. Clough Armstrong, H. Cohn, A. Fella
 - March 1–28, Insight Meditation One Month Retreat, with G. Fronsdal, J. Travis, M. Orr, S. Rogell, D. Rothberg, H. Martin
 - July 2–11, Vajrapani Retreat with M. Orr & G. Fronsdal
- #### Cloud Mountain Retreat Center www.cloudmountain.org
- July 16–21, Vipassana & Metta with A. Fella, and G. Scharf.

SPECIAL EVENTS

NEW YEAR'S EVE MEDITATION AND CELEBRATION

WITH BERGET JELANE. Thursday December 31, 7:30 pm to 12:15 am. Bring poetry or reading and treats to share. Sitting and walking meditation, time to share, refreshments about 9pm, ritual to bring in the new year. Contact bbjelane@gmail.com, 408/255-2783

NEW YEARS' DAY HALF-DAY RETREAT: MEDITATION AND YOGA WITH TERRY LESSER. Friday, January 1, 9am to 12:30pm.

The morning is an opportunity to develop a continuity of awareness in movement and in stillness. Practiced together, yoga and meditation inform and deepen each other.

VISIT THE DIVINE ABODES WITH ANUSHKA FERNANDOPULLE

Thursday Evenings, January 7, 14, 21, 28, 7:30 to 9pm
These are four states of heart and mind that the Buddha encouraged us to develop: unconditional kindness (*metta*), compassion (*karuna*), appreciative joy (*mudita*) and equanimity (*upekkha*).

AWAKENING TO JOY: WORKSHOP AND BOOK READING

WITH JAMES BARAZ. Saturday, January 9, 9:30am to 12:30pm
In Buddhism, Joy is both a Factor of Enlightenment and one of the four Divine Abodes. Today, as we are bombarded with messages that heighten our fear and sadness about the world, more than ever it is vital to understand the importance of joy as a central aspect of spiritual practice. Based on the Awakening Joy course, learn basic principles and experiential exercises for developing and increasing wholesome states drawn from Buddhist philosophy. James Baraz is a founding teacher of Spirit Rock Meditation Center where he started the Family Program, Community Dharma Leader Program and Kalyana Mitta Network. He leads retreats, workshops and classes in the U.S. and abroad and has been teaching the Awakening Joy course (www.awakeningjoy.info) since 2003. James is co-author with Shoshana Alexander of Awakening Joy due in 2010 (Bantam).

MONDAY EVENING SERIES: BUDDHIST TEACHINGS ON PEACE & NON-VIOLENCE WITH GIL FRONSDAL. January 25, February 1 and 8, 7:30 to 9pm

WORKING WITH PAIN IN MEDITATION AND DAILY LIFE

WITH INES FREEDMAN, Tuesdays, January 12, 19 & 26, 7:30 to 9pm. Pain can color every aspect of our lives, but our relationship with pain can be retrained. We will explore different methods of working with the physical, emotional, and cognitive aspects of physical pain both in meditation practice and in daily life. The core principles of mindfulness training can be adapted to a practical process that can be effectively used for both intense and chronic pain. inesfreed@gmail.com

MONASTIC NIGHT WITH SARANALOKA NUNS

Third Friday of the month, Jan 17, Feb 19 & Mar 19, 7 to 9pm
On the Monastic Evenings the nuns will be offering traditional Buddhist chanting, silent or guided meditation, and sharing the *dhamma* from the heart. This may take the form of a *dhamma* reflection, *dhamma* dialogue, or questions and answers. The evening will usually begin and end with chanting. For more information visit www.saranaloka.org

YOUNG ADULTS (AGES 20 - 35) SITTING GROUP

Third Sundays, 7 to 8:30pm. Led by Martina Schneider on Jan 17 and Feb 21; Spring Washam on March 21st

DHARMA PRACTICE DAYS: THE SEVEN FACTORS OF AWAKENING WITH GIL FRONSDAL, Fridays, 9:30am to 3:30pm.

Each of these Dharma Practice days will focus on one of the 7 factors of Awakening through teachings, meditation, and discussion. Everyone is welcome. Jan 22: Rapture, Feb 26: Tranquility, Apr 23: Concentration, May 21: Equanimity, Jun 4: Development and Incorporation of the Seven Factors.

KEEPING COOL IN THE FIRE; BECOMING MORE SKILLFUL WITH INNER OR OUTER CONFLICT

A TWO-DAY TRAINING WITH DONALD ROTHBERG AND LAWRENCE ELLIS Saturday, January 23, 9am to 5pm & Sunday, 1 to 5pm

In this two-day workshop, we will offer perspectives, tools and practices for transforming conflict – drawn from traditional Buddhist teachings, and from leading-edge work of mediators and peacemakers. We'll look deeply at the nature of conflict; see conflicts as opportunities for reconciliation, learning, and deepening relationships; become more skillful when there are difficult emotions and polarizing thoughts; and cultivate mindfulness and skillful speech in the midst of conflict. Meditation, short talks, discussion, interactive exercises, and practice with conflict scenarios drawn from our own life experiences and from simulations.

Lawrence Ellis has been meditating since 1975, mentored by Jack Kornfield and Joanna Macy. He has delivered or taught conflict transformation services in a variety of settings, and draws on systems and complexity theory, Buddhist traditions, and his ancestral African and Native American traditions.

Donald Rothberg, Ph.D., a member of the Spirit Rock Teachers Council, has practiced Insight Meditation since 1976 and is guiding teacher for the two-year Spirit Rock program, "Path of Engagement." He is the author of The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World.

TEA WITH GIL FRONSDAL: A QUESTION & ANSWER SESSION

Sunday, January 24, 11:15am to 12pm

DAYLONG RETREAT WITH GIL FRONSDAL

Saturday, January 30, 8:30am to 5pm. This particular daylong retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. The schedule consists of alternating periods of sitting and walking meditation. At the end of the day Gil gives a Dharma talk. Brief interviews to talk about the practice will be available with Gil. Previous experience is recommended.

SACRED ACT OF DEATH AND DYING

WITH BERGET JELANE AND JIM BRONSON, Saturday, February 6, 9am to 4:30pm. A day of silent and verbal exploration of our own dying process beginning now. In a safe, caring environment we will offer the Buddhist teachings on death as well as our own experiences, fears, hopes, concerns. Together we will get more in touch with the reality of our dying and begin to demystify the aura around death. Please bring lunch.

SCHEDULE pg. 3

MINDFULNESS DAYLONG RETREAT WITH GIL FRONSDAL

Saturday February 20, 9am to 4:30pm

Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. This is a daylong retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice and a dharma talk. It is recommended for both beginners and experienced practitioners. Bring lunch.

METTA (LOVINGKINDNESS) DAYLONG WITH GREG SCHARF

Saturday, February 27, 9am to 4:30pm. Beside insight meditation, *metta* or lovingkindness meditation is a foundational practice of our Buddhist practice. It is the opening to a compassionate heart, the heartfelt wish for the well-being of oneself and others. A day dedicated to cultivating friendliness and goodwill.

Greg Scharf began meditation practice in 1992; studied with a variety of teachers and as a monk in Burma. Greg has served on staff at the IMS in Massachusetts, and as retreat manager in Burma. He has been attendant to Sayadaws U Pandita, U Lakkhanna, and Pa-Auk, and did a year-long pilgrimage to India with Ajahn Amaro. Greg is currently in teacher-training program with Jack Kornfield, Joseph Goldstein, and others.

BEGINNERS' PRACTICE GROUP

Six Wednesdays, February 17 to March 24, 7:30 to 9pm. To help build and support your practice. This 6-week discussion group on developing mindfulness practice will include a 20-minute sitting, a review of the basic teachings, and lots of discussion.

SPRING CLEANING AT IMC

Saturday, March 6, 9am to 1pm. Join us for a major temple cleaning. If we have many hands, the work will be light.

HOUSEHOLDER RETREAT: MINDFULNESS IN DAILY LIFE

WITH **ANDREA FELLA**. Sunday to Saturday March 7–13.

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 daily life by surrounding our usual workweek and workdays with practice & discussion. A half-day retreat with instructions and discussion on Sunday, ending with a daylong retreat on the following Saturday. During the week, meet morning and evening. You may participate in any part of the program.

- Sunday 3/7, 1:30 to 5pm
- Monday-Friday 3/8 – 3/12, mornings: 7:30 to 9am
- Monday-Friday 3/8 – 3/12, evenings: 7:30 to 9pm
- Saturday 3/13: 9:30am to 4:30pm, Daylong Retreat

MINDFULNESS DAYLONG WITH ANDREA FELLA

Saturday, March 13, 9:30am to 4:30pm Taught in the style of U Tejaniya, 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.

FORGIVENESS DAYLONG

WITH **DANIEL BOWLING AND MARIA STRAATMANN**, Saturday, April 2, 9am to 4:30pm. Forgiveness is something we do for ourselves; it is the act of not shutting someone out of our hearts. But how do we forgive the unforgiveable? Forgiveness is a way to let go of the

pain, anger and fear we carry from harm that was done to us or by us. The day will be devoted to Buddhist practices on forgiveness through meditation, discussion and reflection.

IMC YOUTH PROGRAMS

DHARMA SPROUTS (K- 2ND GRADE)

Led by Liz Powell, Carla Rayacich and others, 1st Sunday of the month, 11:15 to 12pm. Brief meditations and dharma practice through stories, songs, art, movement, and games.

Parents/caregivers participate alongside their young children. Contact Liz at eapowell@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 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.

COMING-OF-AGE PROGRAM: (7TH AND 8TH GRADE)

Starting September 2010. Monthly meetings for youths who commit for the entire year aiming to provide support through the transition from childhood to adolescence. Two groups: one for girls and one for boys. Lauren Silver silverlauren@gmail.com

DHARMA TEENS: (HIGH SCHOOL)

Led by Mary Hofstedt and Alicia McLucas, 1st Sunday of the month, 5 to 7pm. A safe and fun space where teens can learn to apply mindfulness to support self-discovery, empowerment, and fulfillment. It is intended to be a trusting environment where teens can discuss among themselves and adult facilitators, issues that are important in their lives. Contact Alicia 650/361-8800.

SUPPORT GROUPS

(A) Those Experiencing Life-Threatening Illnesses

Wednesdays, 1:30 to 3pm at IMC

(B) Those Experiencing Chronic Health Challenges

Wednesdays, 3:30 to 5:30pm at IMC. 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

YOGA

Suitable for all levels, including absolute beginners. Bring a large towel and sticky mat, if you have one. 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, Cancelled on New Years' Eve; meet as usual on Dec 24.

HALF-DAY RETREAT: MEDITATION AND YOGA

- Friday, January 1, 9am to 12:30pm

SATI CENTER

These events are presented by Sati Center: www.sati.org or 650/223-0311 for more information. Pre-registration not required.

SUTTA STUDY: FRUITS OF THE CONTEMPLATIVE LIFE

Taught by Gil Fronsdal, Friday, January 15, 9:30am to 1pm.
An in-depth study of an important discourse by the Buddha. In a dramatic narrative, a king asks the Buddha about what benefits come from the religious life. He responds by describing the stages of Buddhist practice. The second discourse in Long Discourses: a translation can be found online at www.accesstoinight.org/tipitaka/dn/index.html.

BRINGING THE DHARMA TO PRISON

With Paul Haller and Jacques Verduin. Friday, January 29, 9:30am to 4:30pm. An introduction to offering meditation, chaplaincy and Buddhist practice in prisons and jail. This day-long training features two dedicated professionals who aim to share many years of service in the trenches of our prison system. The teaching will address both specific questions related to Buddhist practice as well as how the dharma can be applied in practical ways to honor everyone's religious understanding.

Paul Haller is a Zen Priest Co-Abbot of the San Francisco Zen Center. He was the head of Zen Center's outreach program and has spent many years teaching meditation in prisons. He is on faculty with Zen Hospice Project and the Sati Center for Buddhist Studies.

Jacques Verduin is the founder and director of the Insight Prison Project, a non-profit that works in San Quentin State Prison. The project focuses on assisting prisoners in healing by transforming their negative habit patterns. Through its 'Insight Out Initiative' trained former prisoners work in the East Bay School system to teach the skills that help prevent crime.

DECONSTRUCTING BUDDHISM WITH STEPHEN BATCHELOR

Saturday, March 20, 9am to 5pm.

Based on an examination of early discourses found in the Buddhist Pali Canon, we will explore the question: "What did the Buddha teach that was distinctively and originally his own?" We will seek to uncover a clearer sense of the Buddha's message and then consider what relevance it still has for people living in the modern world. Talks, sitting meditation and discussion.

Stephen Batchelor was a Buddhist monk in the Tibetan and Korean Zen traditions. Known for his secular and agnostic approach, he teaches Buddhist meditation and philosophy worldwide. Author of the best-selling Buddhism without Beliefs, and Confession of a Buddhist Atheist.

THE UNION OF MINDFULNESS AND CONCENTRATION

WITH THANISSARO BIKKHU. Saturday, April 17, 9am to 5pm.

Right mindfulness, concentration and effort form the concentration-aggregate of the noble eightfold path. The Buddha meant for them to form a unified practice. We will explore what these factors mean and how they can be brought together.

SUTTA STUDY: THE SUPREME NET

With Andrea Fella, Friday, April 30, 9:30am to 1pm.

During this class we will study the *Brahmajala Sutta*, an important discourse of the Buddha. A translation may be found at www.sati.org.

DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our Sangha.

- **Pulgás Ridge OSP Hike**—Sunday, Jan 10, 11:15 carpool from IMC. A 3 mile hike at a nearby park. Marianna, 650/367-7325 taraihito@yahoo.com.
- **Buddhists Go Bowling**—Friday, Jan 22, 7:30 to 9:30pm. At a local alley. Don Kensil dkensil@hrsolvers.com 650/965-4112.
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, Feb 14, 11:10am to 12:30pm. Plan events for Apr - Jun 2010. IMC conference room. Anne Foster afoster@rawbw.com 650/591-1285.
- **Green Sangha Presents: Plastic Journey**—an afternoon of awareness & environmental action—Saturday, March 6, 1 to 3 pm, IMC. 3 to 4:30pm local cleanup outing. Marianna Tubman taraihito@yahoo.com 650/367-7325.

RECURRING DHARMA FRIENDS EVENTS

- **Dharma-Inspired Book Group**—Fridays Jan 8, Feb 5, Mar 5, 5:30 to 7pm. IMC Social Hall. Anne Foster, afoster@rawbw.com, 650/591-1285.
- **Full Moon Gathering for Women**—Fridays Jan 29, Feb 26, Mar 26, 7:15 to 9:15pm. IMC conference room. Nicole Cherok drncherok@gmail.com
- **Dharma Friends Brunch**—(1st Sundays) Meet at IMC kitchen, 11:15am to choose a local restaurant for brunch. Dwight, 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 James.R.Podolske@nasa.gov 650/968-6168.

RELATED SITTING GROUPS

For more information about associated sitting groups see our website, www.insightmeditationcenter.org. Under COMMUNITY, click on OTHER RESOURCES and scroll down to ASSOCIATED/LOCAL GROUPS.

COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7 to 8:30pm.

www.coastsidevipassana.org

LA HONDA SITTING GROUP

Every Tuesday night, 6:15pm. Contact Cindy Crowe-Urgo at brwthus@sbcglobal.net

SAN JOSE SANGHA

1041 Morse Street, San Jose. Contact Berget, 408/255-2783 bbjelane@gmail.com, Website: www.geocities.com/sjsangha

- Wednesday Evening Sitting 7:30 to 9pm
- Saturday, January 16, 9:30am to 4:30pm—Who Am I?
- Saturday, February 13, 9:30 to 12:15—Half Day
- Mondays, March 1 – April 5, 7 to 9pm—Intro to Meditation
- Saturday, March 20 9:30 to 12:15 – Half Day
- Saturday, April 3, 9 to 2:30 – Intro Daylong
- Wednesdays, March 3 to April 7, 6 to 7:15pm – Meditation and Psychotherapy experiential group.