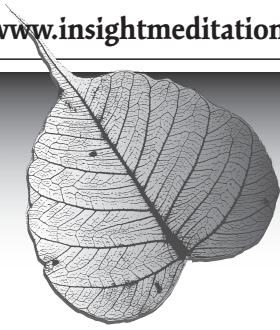


# Insight



APRIL, MAY, JUNE 2006

VOLUME 9, NUMBER 2

## Mindfulness Meditation as Buddhist Practice

While mindfulness can be practiced quite well without Buddhism, Buddhism cannot be practiced without mindfulness. In its Buddhist context, mindfulness meditation has three overarching purposes: knowing the mind; training the mind; and freeing the mind.

**Knowing the mind:** It is easy to spend an hour, a day, or even a lifetime so caught up with thoughts, concerns, and activities as to preclude understanding deeply what makes us operate the way we do. People can easily be clueless as to what motivates them, the nature of their reactions and feelings, and even, at times, what they are thinking about. The first step in mindfulness practice is to notice and take stock of who we are. What is going on in the body, in the mind, in our emotional life? What underlying dispositions are operating?

This part of mindfulness practice is a simple process of discovery; it is not judging something as good or bad. Meditative discovery is supported by stillness. Whatever our degree of stillness, it acts as a backdrop to highlight what is going on. It doesn't take much stillness to notice a racing, agitated mind. Discovery means becoming familiar with what a racing mind is like instead of being critical of it. What is the mind itself like, and what is its effect on the body? What emotions are present? What thoughts and beliefs?

The knowing aspect of mindfulness is deliberate and conscious. When you know something this way, not only do you know it, but also a presence of mind grows in which you clearly know that you know. It is like being one of two calm people in an unruly crowd. Neither of you gets caught up in the crowd's agitation, and a spark of recognition, maybe even a smile, passes between you as you share knowing that both of you are not caught.

When the focus is on knowing, we make no attempt to try to change anything. For people who are always trying to make something happen, just observing the mind can be a radical change and a relief.

**Training the mind:** The mind is not static. It is a process

or, more accurately, a series of interacting processes. As such, the mind is malleable and pliable: it can be trained and shaped in new ways. An important part of Buddhist practice is taking responsibility for the dispositions and activities of our own mind so that it can operate in ways that are beneficial. When we don't take responsibility for our own mind, external forces will do the shaping: media, advertisements, companions, and other parts of society.

A good starting point is to train the mind in kindness and compassion. Even a little mindfulness will sometimes prove the cliché, "Self-knowledge is seldom good news." Mindfulness may reveal mental conflict with ourselves, others, or the inconstant nature of life. Such conflict can take the form of aversion, confusion, anger, despair, ambition, or discouragement. Meeting conflict with further conflict will only add to our suffering. Instead, we can begin exploring how to be kinder, more forgiving and spacious with ourselves.

Sometimes how one makes effort in meditation can be counterproductive. Striving too hard, trying to escape something, clinging to views and ideals, meditating as penance or obligation, and measuring every little bit of progress are some of the things that interfere with meditation. An antidote to this struggle is training the mind to be more at ease with how things are. Rather than trying to organize the conditions of the world, we can cultivate an ability to be relaxed with whatever is happening.

Once the mind experiences some ease in meditation, it is easier to train it in other ways. We can develop concentration or mental stability. We can foster the growth of generosity, ethical virtue, courage, discernment, and the capacity to

*Continued inside*

The mind, hard to see,  
Subtle and—alighting where it wishes—  
The sage protects.  
The watched mind brings happiness.

—Dhammapada 36

# Sangha Programs & News

## BUDDHIST CHAPLAINCY TRAINING PROGRAM

One Friday a month from September 2006 to July 2007 at IMC. Taught by Jennifer Block, Gil Fronsdal, Paul Haller, and a variety of guest teachers. The Sati Center for Buddhist Studies is offering a year-long training in Buddhist chaplaincy and spiritual care-giving. The training is 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 who are working toward being professional chaplains, and for people serving the pastoral needs of their local sanghas. For info, [www.sati.org](http://www.sati.org) or email [karuna@sati.org](mailto:karuna@sati.org) or 415/646-0530.

## IMC VOLUNTEER CELEBRATION

One of the very happy things about IMC is the many volunteers who have stepped forward to run every detail of our center. We currently have 125 volunteers. We hope that many of these volunteers, as well as past volunteers, will come to share in the happiness and gratitude that their efforts have brought our community. On Friday evening, April 28, from 7 to 9 pm we will celebrate together with light refreshments, meditation, a short talk by Gil, and festivities.

## ONLINE DHARMA CONTEMPLATION

**Exploring *The Dhammapada*, Using Gil Fronsdal's Translation. April 24 – May 5**

Dharma Contemplation is a practice of intimate contact with the words of the Buddha. Participants will contemplate short excerpts of the Buddha's teachings and engage one another, posting reflections to a private bulletin board. Each meditator checks in on their own schedule, and real human help is available via email at any time. Community-supported practice joined with deep personal contemplation forms a gentle yet thorough approach to foster insight into the original teachings. These insights have immediate meaning because participants remain engaged in everyday life.

The practice explores words and meanings, then emotional impact, followed by the lived experience of the teachings. Finally, we let the teaching ripen in meditative silence. A learning community is formed as we speak the truth and listen deeply. This takes place over a two-week period, so the pace is relaxed; insight has ample time to emerge.

*A joint offering of the Metta Foundation and Insight Meditation Center, the program will be facilitated by Gary Steinberg, director of Metta's Dharma Contemplation Program, and overseen by Gregory Kramer, Metta's guiding teacher. To be added to the participant list or ask any questions, email [gary@metta.org](mailto:gary@metta.org). More information is available at [www.metta.org](http://www.metta.org).*

## NAME BADGES

For easier access, the bulletin board with name badges is now in the community hall. To weed out badges that are not being used, many remain on the board in the library. If you can't find yours, look in the library, and if you wish to use it, place it on the board in the community hall. Eventually, those badges that are left in the library will be considered inactive and will be recycled. If you would like a badge made for you, just leave your name in the space provided on the community hall board, or call Gabriele 650/701-1075.

## NEW! MEDITATION TIMER

We now have a meditation timer on our website. The recording begins with one bell and ends with 3 bells. There are 6 different lengths: 15, 20, 30, 40, 45, or 60 minutes. You can either play the recording or download it for later use on your computer, MP3 player, or burn it to CD. The link can be found at the bottom left of our home page: [www.insightmeditationcenter.org](http://www.insightmeditationcenter.org).

## 2005 FINANCIAL SUMMARY

The operation and maintenance of our building and programs, including our website, newsletter, books and audio-dharma, are all funded by donations. All basic services are freely offered by volunteers. Please see below a brief overview of how the operations dana received was used in 2005:

**Dana received (excluding Yr End Fund Drive) \$ 83,281**

### Use of Funds

<b>General Operations</b>	\$ 32,154
<b>Newsletter Expenses</b>	5,885
<b>Building Operations</b>	8,682
<b>Issue at Hand Reprinting</b>	7,560
<b>Final Mortgage Interest</b>	675
<b>Reserve for Retreats &amp; Renovation</b>	<u>28,324</u>
	<b>\$83,281</b>

- **General Operations** include the cost of computers, office supplies, postage, printing, telephone, internet access, liability insurance and teacher health insurance.
  - **Building Operations** include repairs & maintenance, building supplies, utilities and small equipment.
  - **Residential Retreats:** \$19,641 was spent for 3 retreats, (rent, food etc.) taken from funds previously set aside for retreats. IMC is offering 5 residential retreats on a *dana* basis in 2006.
  - **Year-End Fund Drive:** we received \$48,835 which we are planning to use for upcoming projects such as further renovation and residential retreats.
- Thank you for your generosity. All donations to IMC are fully tax-deductible.

## ARE YOU NEW TO IMC?

If you are relatively new to IMC, here are some things that might be helpful to know:

**NO COST:** Donations welcome—IMC does not require payment for any classes or events. Our teachers and IMC's expenses are completely supported by donations.

**LEARNING TO MEDITATE:** Our weekly Basic Instruction class is all that is necessary to begin to meditate. A more thorough 5-week *Introduction to Mindfulness Meditation* course is offered a few times a year to help develop and deepen the practice. (see schedule)

**PROGRAMS:** In addition to our regular sittings and talks 3 times a week, we have many other programs (see schedule):

- **Yoga** — twice a week.
- **Family Program** — monthly.
- **Retreats** — a range of meditation retreats from half-day and day-longs to 2-week residential retreats.
- **Study Programs** — including classes by our sister organization, the Sati Center for Buddhist Studies.

## RESOURCES:

- **Website:** [www.insightmeditationcenter.org](http://www.insightmeditationcenter.org). A rich resource with more than 800 audio talks, many articles, helpful links, and current schedule.
- **2 E-mail lists:** Insight Announce (announcements only) and Insight Forum (for discussion)—instructions to sign up are on the website under “subscribe.”
- **The Issue at Hand:** a very accessible book on mindfulness practice written by Gil Fronsdal. Pick up a free copy at the IMC literature table or view it on our website.
- **Library:** A large variety of meditation-related books are available to check out, as are many audiotapes.

## COMMUNITY:

- **Dharma Friends**—social events including hikes, movies, book clubs, music-jams, poetry-readings and more.
- **Monthly Potluck** on the last Sunday of each month.
- **Sangha Neighbors**—community volunteers are available to support others when they need help. Contact Berget 408/255-2783 or Rainbow 650/321-3649.

**VOLUNTEER:** All the work that keeps IMC running smoothly is done by volunteers. Volunteering can be an opportunity to participate and meet other sangha members. If you would like to support our center by donating your time and skills, contact our Volunteer Coordinator, Audrey Guerin at 650/574-4053 or [aeguerin@sbcglobal.net](mailto:aeguerin@sbcglobal.net).

Please see the schedule for specifics. If you have any questions, e-mail [info@insightmeditationcenter.org](mailto:info@insightmeditationcenter.org).

## MANAGING DIRECTOR

We are pleased to announce that Ines Freedman has been appointed to the position of Managing Director. As many of you know, Ines has been closely involved with the management of IMC for a number of years. It seemed fitting to acknowledge the significant contribution she makes to the running of our center and formalize her volunteer role. Ines will continue to be the point of contact for sangha members seeking clarification about our programs and all things IMC. The Managing Director will report to IMC's Board of Directors. Please join us in expressing our heartfelt gratitude to Ines for her ongoing service to the sangha and smooth running of our center.

## Mindfulness Meditation, *cont'd. from front page*

release clinging. Often a Buddhist practitioner will choose one particular quality to cultivate for a period of time.

**Freeing the mind:** Central to Buddhist practice is training the capacity to let go of clinging. Sooner or later, the first aspect of Buddhist meditation, knowing the mind, will reveal how and where clinging is present. Some of the more painful forms of grasping are clinging to such things as pleasure, desire, self-image and judgments, opinions and ideals, people, and possessions. All clinging limits the mind's freedom and peace.

The good news of Buddhism is that we can release clinging. We can free the mind. Or, if you prefer, you can call it “freeing the heart.” The ultimate aim of Buddhist practice is to liberate the heart so there are no barriers, shackles, or constrictions to our heart's freedom. Usually freeing the heart begins in small steps, each bringing a corresponding peace. Freed completely, the heart is completely at peace. Complete freedom is not easily attained. It requires knowledge and training.

Knowing, training, and freeing the mind develop together. The more we know ourselves, the easier it is both to train ourselves and to know what needs to be released. The more our minds are trained, the easier it is to know ourselves and the more strength and wisdom we have to let go. And the more we let go, the fewer the obstructions to understanding ourselves and the easier it will be to train the mind.

Few people care for their own minds as they do their own bodies, their clothes, or their possessions. Care of the body is a daily task. The mind too needs regular care, exercise, and training. With freedom from suffering as the goal, knowing, training, and freeing are the three Buddhist ways of caring for the mind.

—Gil Fronsdal

*Please refrain from wearing scented products to our Center, as there are those who have allergies, asthma, or chemical sensitivities.*

# Insight Meditation Center

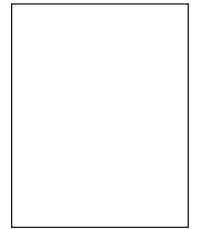
1205 Hopkins Ave.

Redwood City, CA 94062

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

Email: [info@insightmeditationcenter.org](mailto:info@insightmeditationcenter.org)

650/599-3456



Printed on  
Recycled Paper

## TAKING CARE OF IMC

It is sometimes said, “There are only two things in Buddhist practice: meditation and cleaning the temple, and the whole world is our temple.” All the cleaning of our center is done by people who come here to meditate. At the end of some events we have 15-minute cleaning periods: on the Wednesday half-day sittings, at the end of day-long events, and on the first and third Sunday morning programs each month, when we focus on cleaning both indoors and outdoors. We also have some dedicated volunteers who periodically come in to clean. Our hope is that caring for the center is a natural outgrowth of practicing at the center. Please feel free to step in any time you notice that something needs attention. Many thanks.

## SANGHA YELLOW PAGES

Are you looking for a good acupuncturist? A carpenter? An electrician? An internist? Check out the Sangha Yellow Pages binder on the literature table: you'll find information about sangha members providing these services and more. If you have a service you would like to promote to others in the sangha, fill out a provider sheet and put it in the relevant section. Contact Anne Foster [annefoster2@earthlink.net](mailto:annefoster2@earthlink.net).

## WE HAVE 2 E-MAIL LISTS

### **Insight-Announce:** For sangha-related **announcements**.

Requests for ride-sharing and housing are welcome—no discussion, humor, personal services or businesses, for-pay seminars, or items for sale. To join, send a blank e-mail to:

[insight-announce-subscribe@yahoogroups.com](mailto:insight-announce-subscribe@yahoogroups.com)

When you receive an e-mail back from Yahoo, click Reply, then Send, without adding anything.

**Insight Forum:** For **discussion** of our Buddhist practice—may include personal insights, social/political activism, ecology, poetry, quotations, wise humor. Send a blank e-mail to:

[insightforum-subscribe@yahoogroups.com](mailto:insightforum-subscribe@yahoogroups.com)

When you receive an e-mail back from Yahoo, click Reply, then Send, without adding anything.

## MAILING LIST OPTIONS AND CHANGE OF ADDRESS

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

**NEWSLETTER** questions—contact Ines Freedman, [info@insightmeditationcenter.org](mailto:info@insightmeditationcenter.org) or 408/732-7535.

# SCHEDULE OF EVENTS

April thru June 2006

## WEEKLY MEDITATION AND TALKS

### MONDAY EVENING SITTING AND TALK

7:30 to 9 pm. A 45-minute sitting is followed by a 45-minute dharma talk.

### WEDNESDAY MORNING SITTING & TALK

11 am to 11:45 sitting, followed by a 15 minute talk.  
On days of half-day retreats, you can come for the full morning or just for this sitting.

### THURSDAY EVENING SITTING AND TALK

7:30 to 9 pm. Especially suited for new meditators. A 30-minute sitting is followed by a talk and time for questions.

### SUNDAY MORNING SITTINGS AND TALK

1st Sitting 8:30 to 9:10 am

Walking Meditation 9:10 to 9:25 am

2nd Sitting 9:25 to 10 am

Talk 10 to 10:45 am

Vegetarian Potluck on the last Sunday of the month at 11 am. Everyone welcome. Contact Di or Dave Tatro 650/595-4260.

## MEDITATION INSTRUCTION

### BASIC MEDITATION INSTRUCTION

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

### INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

During this course, the basic instructions in insight meditation will be given sequentially, starting with a focus on mindfulness of breathing, followed by mindfulness of the body, of emotions, of thinking, and of the application of mindfulness in daily life. No pre-registration necessary.

- 5 Tuesday mornings - May 16 to June 13, 10 to 11:30 am. Taught by Andrea Fella.
- 5 Tuesday evenings - July 11 to August 8, 7:30 to 9 pm. Taught by Andrea Fella
- 5 Wednesday evenings - September 27 to October 25, 7:30 to 9 pm. Taught by Gil Fronsdal.

## RETREATS

### DHARMA PRACTICE DAYS WITH GIL FRONSDAL

Meditation, Teachings and Discussions. Bring lunch.

The following Fridays, from 9:30 to 3:30 pm

- April 28 - *Mindfulness of Mind*
- May 19 - *Five Aggregates and Six Sense Bases*

- June 9 - *Seven Factors of Awakening*
- July 14 - *Four Noble Truths*
- September 8 - *Right View*

### HALF-DAY RETREATS WITH GIL FRONSDAL

On the following Wednesdays, from 9:30 am to 12:15 pm.

- April 26, May 17, June 7, July 12

Silent sitting & walking meditation ending with a short talk. Interviews available. You may attend any part of the morning. Bring lunch for informal discussion afterwards.

9:30 to 10:15 am - Sitting

10:15 to 11 am - Walking

11:00 to 11:45 am - Sitting

11:45 to 12 noon - Dharmette (Brief Talk)

12 to 12:15 pm - Temple Cleaning

### ONE-DAY MEDITATION RETREATS

Silent retreat. Sitting & walking meditation, dharma talk. Bring lunch.

- Saturday, April 8, 8:30 am to 5 pm, **Daylong Retreat** with Gil Fronsdal. No instruction, previous experience recommended; short interviews with Gil available.
- Saturday, May 20, 9 am to 4:30 pm—**LGBTQ Retreat** with Larry Yang and Anushka Fernandopulle.
- Saturday, June 10, 6 am to 9 pm—**Intensive Daylong Retreat**, with Gil Fronsdal. Interviews will be available. Bring breakfast and lunch, a light supper will be provided. (You may attend parts of the day.)
- Saturday, July 1, 9 am to 4:30 pm—**Daylong Retreat** with Andrea Fella.

## RESIDENTIAL RETREATS

### IMC SPONSORED RETREATS

There is no cost for IMC retreats. Donations welcome.

- May 7-14 with Gil Fronsdal and Andrea Fella at **Hidden Villa** in Los Altos Hills. Contact Judy Turkalj [sturkalj@mac.com](mailto:sturkalj@mac.com) 415/384-0386.
- May 26-29 with Gil Fronsdal—Memorial Day weekend at **Jikoji Retreat Center** in Los Gatos. Contact Judy Turkalj [sturkalj@mac.com](mailto:sturkalj@mac.com) 415/384-0386.
- August 25-27 with Donald Rothberg at **Jikoji Retreat Center** in Los Gatos. Contact Curt Smith 408/842-0988 registrar06jikoji@mac.com (Register after 4/25/06)
- September 10-24 with Gil Fronsdal at **Hidden Villa**. Contact Laura Crabb, [lauracrabb2@earthlink.net](mailto:lauracrabb2@earthlink.net), 408/380-3002 X80. Pre-requisite: one 10-day retreat.
- October 20-22 with Andrea Fella and Richard Shankman

## SCHEDULE pg. 2

at **Hidden Villa** in Los Altos Hills. Contact Bess Touma [etouma@comcast.net](mailto:etouma@comcast.net) (650) 712-0773.

### SPIRIT ROCK SPONSORED RETREATS WITH GIL FRONSDAL

- August 4 to 13 at **Vajrapani** with Gil Fronsdal, Mary Orr, and Richard Shankman. 415/488-0164 X371.

## YOGA

### MONDAY EVENING YOGA

6:30 to 7:15 pm. Join us for Yoga before our evening meditation. Suitable for all levels. Please bring a large towel and sticky mat, if you have one. Taught by Terry Lesser.

### THURSDAY MORNING YOGA AND SITTING MEDITATION

8 to 10:15 am. Suitable for all levels. Bring a large towel and sticky mat, if you have one. Taught by Terry Lesser.

## FAMILY PROGRAM

### MONTHLY FAMILY PROGRAM

Last Sunday of every month, 11:30 am to 1:30 pm. Join sangha members ages 4 to 13 for meditation, songs, and activities. The group will be divided into three age-appropriate groups: 4 to 7, 8 to 10, and 11 to 13. Parents are welcome to join the activities or take the time for meditation. Contact Amy Saltzman 650/326-0701 [thesaltzmans@comcast.net](mailto:thesaltzmans@comcast.net).

- 3/26 Eightfold Path: Right Speech, Action, & Livelihood
- 4/30 Right Effort, Mindfulness & Concentration
- 5/21 Buddha's Birthday (see below for details)
- No Program on 5/28
- 6/25 Four Boundless States, Introduction

### BUDDHA'S BIRTHDAY — VESAK

Sunday, May 21, with Gil Fronsdal. We will be celebrating Buddha's Birthday after our morning sitting. Families should arrive by 9 am. Bring lots of flowers to decorate the pagoda. Gil will tell the children about the Buddha's birth and teach a simple chant to sing as we carry the pagoda into the meditation hall. The children will then participate in a brief ceremony with the adult sangha, prior to the dharma talk.

*Note: There will be no family program on May 28*

## SPECIAL EVENTS

### GREED, AVERSION, AND DELUSION

3 Thursdays, March 30- April 13, 7:30 to 9 pm. With Richard Shankman. The *kilesas* are known as the defilements or torments of the mind—greed, aversion or hatred, and delusion. These are central forces that Buddhist practice is meant to overcome.

### FULL MOON GATHERINGS FOR WOMEN

Fridays, March 24 and June 16, 7 to 9 pm  
Women in our sangha come together for meditation, movement, moon-gazing, creativity and discussion. We are making art together, in the form of creating a quilt and other projects. All aptitudes/interests welcomed. RSVP Cheryll Gasner, 650/969-5793 or [cheryll.gasner@sbcglobal.net](mailto:cheryll.gasner@sbcglobal.net).

### ETHICS FOR LAY PEOPLE

Saturday, April 1, 9 am to 5 pm, with Richard Shankman. This class is presented by the Sati Center. For details and to pre-register (preferred), [www.sati.org](http://www.sati.org) or 415/646-0530.

### FOUR FOUNDATIONS OF MINDFULNESS

The monthly Dharma Practice Days focus on helping meditators develop their meditation practice through the Four Foundations of Mindfulness (Body, Feelings, Mind, and Dharmas). Each day explores particular areas that are important for meditation practice. The series began in 2005, but you may attend any part of the series.

- **Dharma Practice Days:** Fridays, 9:30am to 3:30 pm. 4/28, 5/19, 6/16, 7/14.
- **Discussion Group with Gil:** Wednesdays, 9 to 11 am. 4/5, 5/3, 5/31, 7/19.
- **Supplementary Study Group with Ines Freedman & Tony Bernhard,** based on *Satipatthana: The Direct Path to Realization*, by Analayo. Fridays, 10am to 12pm, 4/21, 5/12, 6/23, 7/28. For current reading contact Ines: [inesfreed@gmail.com](mailto:inesfreed@gmail.com) 408/732-7535.

### MEDITATION RETREAT DISCUSSION

Sunday, April 16, from 11:15 to 12:30 pm with Andrea Fella, Ines Freedman & Bill Hart. Three sangha members with extensive retreat experience will share their thoughts and perspectives about retreat. For those who have never sat a retreat, or for those who have sat retreats but are curious about extended retreat practice or practice abroad.

### ONLINE DHARMA CONTEMPLATION:

*Exploring The Dhammapada*, April 24 to May 5. An online course exploring *The Dhammapada*, using Gil's new translation of this most widely read Buddhist text. Participants will contemplate short excerpts of the Buddha's teachings and engage one another, posting reflections to a private bulletin board. Each meditator checks in on their own schedule, and real human help is available via email at any time.

Facilitated by Gary Steinberg, Director of Metta's Dharma Contemplation Program, and overseen by Gregory Kramer, Metta's Guiding Teacher. For info [www.metta.org](http://www.metta.org). To be added to the participant list or ask questions, email [gary@metta.org](mailto:gary@metta.org).

### CHEERS FOR OUR VOLUNTEERS!

#### IMC Volunteer Appreciation Celebration with Gil Fronsdal and the IMC Board

Friday, April 28, 7 to 9 pm. Everything that happens in our sangha happens because of the good hearts and efforts of the many volunteers who give their time and skills to our community. They do everything from managing events to cleaning the temple. In appreciation, there will be a celebration for our volunteers, past and present. All volunteers are welcome to come and celebrate each other. Greetings at 7pm; short meditation and festivities at 7:30; light refreshments.

#### THE BREATH: A VEHICLE FOR LIBERATION

Saturday, May 6, 9 am to 5 pm, with Thanissaro Bhikkhu (Than Geoff). Presented by the Sati Center. For details and to pre-register (preferred), [www.sati.org](http://www.sati.org) or 415/646-0530.

#### LGBTQ RETREAT: *Relationships, with Ourselves and Others*

Saturday, May 20, 9am to 5 pm with Larry Yang & Anushka Fernandopulle. All folks identifying as Lesbian, Gay, Bisexual, Transgender, or Questioning are invited to a day of meditation and connecting with ourselves and our communities. There will be instructions in sitting, walking & eating meditation. Mindfulness will be experienced through silence, movement, contemplation, & sharing.

Larry Yang is a Spirit Rock Community Dharma Leader. He leads meditation retreats for People of Color, LGBTQ, men's work, and those in recovery. He teaches meditation in SF and Oakland and is a psychotherapist & consultant in cultural diversity.

Anushka Fernandopulle has practiced in monasteries in Asia and the U.S. for over 15 years. She is on the board of the Buddhist Peace Fellowship and works to support community-based non-profits at CompassPoint Nonprofit Services.

#### BUDDHA'S BIRTHDAY — VESAK

Sunday, May 21, with Gil Fronsdal. We will be celebrating Buddha's Birthday after our morning sitting. At 9 am there will be flower decorating of our pagoda done by children. (See family program for full description).

#### THE FOUR RIGHT EFFORTS

4 Thursdays, June 1 to 22, 7:30 to 9 pm. Living a wise life requires effort; the challenge is to know what effort to make. The Buddha gave instruction in 4 Right Efforts. These are four approaches to succeeding in any endeavor. The Buddha showed how to apply them to walking the path from suffering to happiness, from a troubled mind to a liberated mind.

- 6/1 **Avoiding Unhelpful Thoughts & Mind States.**  
With Jim Podolske.
- 6/8 **Letting Go of Unhelpful Thoughts & Mind States.**  
With Cheryl Hylton.

- 6/15 **Giving Rise to Helpful Thoughts & Mind States.**  
With Ines Freedman.
- 6/22 **Sustaining Helpful Thoughts & Mind States.**  
With Kim McLaughlin.

#### INTRODUCTION TO BUDDHIST CHAPLAINCY

Saturday, June 3, 9am - 5pm with Jennifer Block, Paul Haller & Richard Shankman. Chaplains provide spiritual care and support to people in places such as hospitals, hospices, and jails. Participants will explore options for volunteer and professional chaplaincy in a variety of settings and learn about the opportunities available for formal chaplaincy training. Presented by the Sati Center. For details and to pre-register (preferred), see their website: [www.sati.org](http://www.sati.org) or 415/646-0530.

#### MINDFULNESS, INSIGHT & LIBERATION

June 11-16. With Gil Fronsdal at Tassajara in the Big Sur Mountains. Mindfulness is one of the central practices taught by the Buddha. Like salt that brings out the flavor of a soup, mindfulness helps bring presence and depth to all our experiences. It is also the vehicle for liberating insight. Through instruction, meditation, dharma talks, and discussion, this retreat will present the practice of mindfulness within the context of the Buddha's teachings on the path to liberation. Instruction and practice will also include mindfulness of our bodies, emotions and mental life. There will be ample free time for enjoying Tassajara and each other. Call Tassajara Reservations, 415/865-1899 or [www.sfzc.org](http://www.sfzc.org).

#### DEVOTION ON THE PATH OF AWAKENING

Saturday, June 17, 9 am to 5 pm, with Ajahn Amaro. This class is presented by the Sati Center. For details and to pre-register (preferred), [www.sati.org](http://www.sati.org) or 415/646-0530.

#### HOUSEHOLDER RETREAT: *An Integrated Practice Retreat*

June 25 to July 1, Sunday to Saturday. 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 work-week and workdays with practice and discussion. Begins with a half-day retreat with instructions and discussion on Sunday, and ends with a daylong retreat on the following Saturday. During the week we will meet mornings and evenings. You may participate in any part of the program.

- Sunday 6/25: 1:30 to 5:00 pm
- Monday-Friday mornings 6/26 - 6/30: 8 to 9 am
- Monday-Friday evenings 6/26 - 6/30, 7:30 to 9 pm  
(Monday & Thursday we will integrate with the usual sitting)
- Saturday 7/1, 9am to 4:30pm, Daylong Retreat

## SCHEDULE pg. 4

### THE FIVE HINDRANCES: 4 WEEK SERIES

7/11 to 8/1, Tuesday mornings, 10 to 11:30 am with Richard Shankman. An exploration of the Five Hindrances—sensual desire, aversion or ill-will, sloth and torpor, restlessness, and doubt—the major obstacles to meditation and liberating insight.

### DHARMA STUDY PROGRAM:

**The Noble Eightfold Path** with Gil Fronsdal.

A year-long program centered around the Friday Dharma Practice Days, beginning September 8, and focused on the development of the Noble Eightfold path in the fullness of our lives. Periodic interviews and discussion groups will be included. More information will be available in the next newsletter. The Dharma Practice Days for this program will be on the following Fridays, from 9:30 am to 3:30 pm: **2006:** 9/8, 10/6, 11/3, 12/1. **2007:** 1/19, 4/20, 5/18, 6/8.

### 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, [annefoster2@earthlink.net](mailto:annefoster2@earthlink.net), 650/591-1285.

- March 31, May 5, Fridays, 7-9pm—**The Dharma of Pool:** Keep Your Eye on the Cue. An evening of pool at a local pool hall. Audrey Guerin [aeguering@sbcglobal.net](mailto:aeguering@sbcglobal.net), 650/574-4053.
- April 2, May 7, June 4—**First Sunday Singles' Brunch.** Meet by the kitchen at IMC at 11:15am, or at Joy Meadow at 11:30, 701 El Camino Real, RWC. Questions? Ask Carol Ann Wagenast [CarolAnn123@sbcglobal.net](mailto:CarolAnn123@sbcglobal.net) 650-365-8804 or Cindy Heyer [cyn@coastside.net](mailto:cyn@coastside.net) 650/766-6395.
- April 2, May 7, June 4 (1st Sundays), 5:30-7:30pm—**Dharma-Inspired Book Group** at IMC. Share potluck and your thoughts and opinions about this month's dharma book. Which book? Ask Cindy at [cyn@coastside.net](mailto:cyn@coastside.net) 650/766-6395.
- April 9, May 21, June 18 (third Sundays), 5:30-7:30 pm—**North Bay Fiction/NonFiction Book Group.** We meet at the home of a member, usually in Menlo Park. All book lovers welcome. RSVP Ursula Berg at [bergu@earthlink.net](mailto:bergu@earthlink.net).
- April 9, May 21, June 18 (3rd Sundays), 5:30-7:30 pm—**South Bay Fiction/NonFiction Book Group.** We meet at the home of a member. Lively book discussions. Email to confirm date & location. For info, Karen Brown, [karenb@sbcglobal.net](mailto:karenb@sbcglobal.net).
- April 21, May 19, June 16—**Friday Night Outings to the Movies.** Bill Roberts, [Billyblacksmith@yahoo.com](mailto:Billyblacksmith@yahoo.com).
- April 23, Sunday—Ancient Oaks Trail along **Russian Ridge Hike.** 3.4 miles loop with 200 foot elevation change. 11:15am

carpool departure from IMC. Jim Bronson [JBrons@aol.com](mailto:JBrons@aol.com) 650/856-1791.

- May 21, Sunday, 11:15am-12:30—**Dharma Friends Steering Committee** planning meeting for July-September, 2006. IMC conference room. Come join us! Anne Foster, [annefoster2@earthlink.net](mailto:annefoster2@earthlink.net), 650/591-1285.
- June 24, Saturday—**Angel Island Hike.** 5 mile mostly flat loop around the island, with stops for scenic vistas, lunch, and historical sites along the way. 8:45am carpool departure from IMC. Bring lunch and money for the ferry ride. Jim Podolske, [James.R.Podolske@nasa.gov](mailto:James.R.Podolske@nasa.gov), 650/968-6168.

### RELATED SITTING GROUPS

#### COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7:30 to 9 pm. For information and location see: [www.CoastsideVipassana.org](http://www.CoastsideVipassana.org).

**INSIGHT MEDITATION SOUTH BAY – MOUNTAIN VIEW** with Shaila Catherine. St. Timothy's Episcopal Church, 2094 Grant Road, Mt. View. [www.bodhi-retreats.org](http://www.bodhi-retreats.org); e-mail [keithandfiona@sbcglobal.net](mailto:keithandfiona@sbcglobal.net).

- Tuesdays, 7:30 to 9 pm, **Sitting & Talk**
- April 1, Saturday Retreat, **Cultivating Joy**, 9:30am-3pm
- May 7, **Meditation & Feldenkrais**, 3803 S. Bascom, Ste. 200, Campbell, 9:30-4pm
- May 20, Saturday Retreat, **Equanimity**, 9:30-3pm

#### OAKLAND DROP-IN MEDITATION GROUP

Mondays: instruction 5:15 pm; meditation/discussion 5:30 to 6:30 pm. First Monday each month: presentation at 6 pm, then discussion. Unitarian Church, 14th and Castro, downtown Oakland. Contact Rebecca Dixon 510/482-2032.

#### PALO ALTO: DROP-IN MINDFULNESS GROUP

Wednesdays 2 to 3 pm with Julie Forbes 650/323-2601 At Avenidas, 450 Bryant St., Palo Alto. Meets in the Garden Room. For information at Avenidas call 650/326-5362

#### 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 & Discussion**, 7:30 to 9 pm
- **Beginning Meditation Instruction:** 1st Wednesday of month 6:15 to 7:15 pm
- Saturday **Practice Day**, April 8, 9:30 am to 2:30 pm. With Berget.
- Wednesday, May 31, 7:30 to 9 pm: **Vesak.** Bring flowers for a traditional celebration of the Buddha's birth, enlightenment and death.