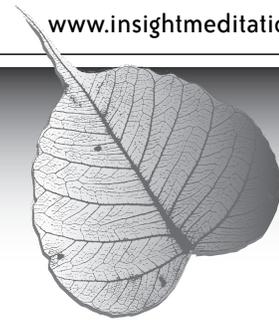


Insight



APRIL, MAY, JUNE 2013

VOLUME 16, NUMBER 2

From the Eightfold to the Tenfold Path

The primary purpose of the Eightfold Path is to bring an end to clinging and the suffering caused by clinging. In describing the fulfillment of this purpose the Buddha occasionally mentioned a Tenfold Path. In this expanded list, Right Knowledge and Right Release are added after the more familiar list of eight factors. When the Eightfold Path leads to the ending of clinging and suffering, Right Knowledge is the insight that brings about Right Release.

Right Knowledge is neither an abstract truth nor something we learn from a teaching; nor is it mysterious or supernatural. As a continuation of the Eightfold Path, Right Knowledge is knowing firsthand the benefits experienced through living the path and the suffering experienced when we don't live the path. The benefits include greater peace, compassion, well-being, integrity, and spiritual freedom. The suffering includes agitation, fear, conceit, greed, and hostility. The more strongly we experience the benefits, the more clearly we see the differences between being attached and being free, having ill will and having goodwill, having ethical integrity and not having integrity. As we begin to make different choices, the contracted and agitated states of clinging begin to lose their appeal and power over us and we learn that they are neither hardwired nor necessary. As we see and experience healthy alternatives, these painful states begin to diminish in strength and frequency.

Right Knowledge is the understanding we gain from directly experiencing the absence of suffering. The more the Eightfold Path alleviates suffering, the better we understand that clinging causes suffering. And experiencing the expansive, peaceful, and happy states that come with the absence of clinging makes us increasingly sensitive to the reappearance of clinging, even in its most subtle forms. It becomes more and more clear that contracting, attacking, resisting, and other expressions of clinging are painful and cause harm.

Right Knowledge also includes recognizing that letting go of clinging is reliable and trustworthy. It is not something we need to fear, even if what we are releasing is our most precious and tenacious attachments to self. Freedom from clinging doesn't diminish us. Rather, it leads to some of the healthiest and most beneficial states of mind humans can experience.

Through the mindfulness and concentration factors of the Eightfold Path, Right Knowledge shows us how all our perceptions and conceptions are constantly in flux. With their fleeting appear-

ance and disappearance, they are not stable and thus cannot provide the fullest experience of peace. They cannot be the basis for a liberated mind. Instead, the basis for liberation is release.

Right Knowledge sets the stage for Right Release by helping the mind relax and appreciate the process of letting go. Knowing the tangible suffering of clinging brings a disinclination to cling. Knowing the peace and well-being of non-clinging teaches that letting go of clinging is letting go into peace.

Right Release differs from ordinary letting go by being more impactful and lasting. It is a ceasing of clinging so clear that Right Knowledge then becomes a knowing that is always available to us. Just as one is no longer fooled by a magic trick after being shown how it is performed, so we begin to see through the tricks of the mind as we release ourselves from clinging.

For most people Right Release includes a gradual process of becoming free in more and more areas of their life. The Buddha described these areas in terms of beliefs, biological drives, and subtle mental tendencies.

Because freedom does not come from beliefs, Buddhism is particularly sensitive to the problems of holding on to beliefs, interpretations, and stories. An important part of living the Eightfold Path is loosening the grip on our views, including views about ourselves. A significant experience of release shows us that we don't need to be defined by any self-concept or identity.

More tenacious than clinging to beliefs is the clinging that stems from the biological drives of sensual desire and hostility. Even when we know that such clinging causes suffering, it can be difficult to let go. Even the wisest people can easily succumb to it. This is where practicing the Eightfold Path is especially important. It provides a satisfying sense of well-being that is an effective alternative to desire or anger. Our strong biological drives can relax and fade away when we are experiencing something better. Often, it is not enough to be instructed to let go of desire and aversions. More useful is relaxing deeply, settling into a unified sense of being, and enjoying the pleasant feelings that can come with non-clinging. Sensual desire and hostility can then simply fade away.

The most difficult areas of clinging to overcome are subtle forms of conceit, agitation, and ignorance. In thinking of oneself as someone who is trying to let go of these, a person may be reinforced

Continued inside

SANGHA PROGRAMS & NEWS

2012 IMC FINANCIAL SUMMARY

All of IMC's programs are freely offered. The programs and the operation of our center are funded by donations and supported by volunteers.

2012 INCOME

Regular Donations to IMC	\$102,934
Donations to Residential Retreat Fund	\$33,876
Year-End Fund Drive	\$ 48,735
Total Ordinary Income	\$185,545

2012 EXPENSES

General Operations	\$76,651
Building Operations	\$7,497
Communications Expenses	\$21,027
Residential Retreats (pre-IRC)	\$49,707
Contribution to IMC Reserve	\$30,663
Total Expenses	\$185,545

With the year-end fund drive, we ended 2012 with a \$30,663 reserve. We hope to use this to continue with our Dharma offerings and to make the seismic upgrade needed for the large glass wall in the meditation hall. The residential retreat income and expenses were for retreats we offered at Hidden Villa before the opening of IRC. Communications expenses were for Audio Dharma, IMC's website, our online courses, our newsletter and postage, and printing *The Issue at Hand*. General operations expenses included donations toward health insurance for our teachers, Andrea and Gil.

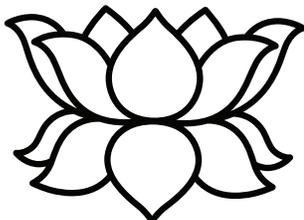
Donations to the new Insight Retreat Center are not included as IMC income. Thank you for your continuing generosity. All donations to IMC or IRC are fully tax deductible.

—Ed Drury, IMC Treasurer

END-OF-LIFE COMPANIONSHIP

After presenting a two-part series in January and February on facing our own death and caring for the dying, we held a training at IMC for a small group of volunteers who will visit folks at Hopkins Manor. The visits are part of our end-of-life companionship program for elderly residents at Hopkins who are on hospice care or who may simply desire the companionship of a caring person. The ongoing program not only benefits individual residents but also helps cultivate a wonderful relationship between IMC and its neighbor, Hopkins Manor.

For information, contact Berget Jelane at 408/255-2783 or bbjelane@gmail.com.



INSIGHT WORLD AID TAKES OFF

After a couple years of planning, Insight World Aid launched its first medical mission in February. Twenty-six IWA volunteers went to Cambodia for two weeks of medical and aid work, as well as sightseeing at Angkor Wat and meditation practice. The trip was voted an overwhelming success by the volunteers and was transformative for those involved. Team IWA treated thousands of needy Cambodians and provided loving support for the residents and staff of an orphanage. Please visit our website, insightworldaid.org, to read the travel blog for this historic event of the Insight meditation community.

A slide show on the Cambodia mission will be presented Sunday, April 14, from 1 to 3pm at IMC. Join members of Team IWA as they relive the exciting first mission in images and stories. All are welcome.

IWA is now planning a second medical and aid mission, this time in Peru. The dates will be August 21 to September 6, 2013. Look for details on the IWA website. If you are interesting in volunteering, please let us know early because this trip is expected to become fully booked.

NOW AVAILABLE: PASSING IT ON

Passing It On: Lay Practitioners Share Dharma Wisdom is an annual compilation of writing and art from the IMC community. The essays, stories, poetry, and art explore the challenges we face and the experience of rising to meet them.

A PDF of the 2012 collection is now available on the "Recommended Books" page of IMC's website. It can also be purchased at Amazon by searching for "Passing It On 2012 by Insight Meditation Center."

THE DHARMA OF IMC

Much about IMC is not apparent to new people and even longtime participants who come here to sit and to listen to teachings. Some of this is by design, since we want the teachings and practice opportunities to be available in simple and accessible ways. Part of what is not obvious is how particular understandings of Buddhist values and practice underpin how IMC is organized and how the teachings and practice opportunities are offered.

On Wednesday, April 10, from 7:30 to 9pm, everyone is welcome to attend a special evening talk on the unique approach that IMC has taken in forming itself as a Buddhist practice community. Gil and Andrea will speak about the history of IMC, where it fits in the Buddhist tradition, the values that guide it, how IMC is organized and run, and the ways people can participate in the practice and community. IMC has grown to become an inspiring practice community. We look forward to sharing our vision.



RETREAT CENTER UPDATE

As of April, we have hosted seven retreats at our Insight Retreat Center in Santa Cruz County. As IRC holds 40 retreatants, some 280 people have now participated in our unique new center.

Through much planning we have designed an elegantly simple retreat system that is run entirely by volunteers and the participants themselves. One person described it as “orchestral.” Another described it as a meaningful combination of deep, silent practice with the palpable support of community.

So far we have had waiting lists for all the IRC retreats. Our plan is to slowly increase the number of retreats we offer. Our ability to do this this will depend on having a growing pool of volunteers who can perform the many tasks needed for retreats. The larger our volunteer community, the more retreats we can offer.

Currently we are building a team of people who care for the center in between retreats. In particular we are looking for people with the handy skills needed to maintain the facility itself. If you are interested in helping, please fill out the volunteer form on the IRC website: insightretreatcenter.org/volunteer.

MY CHAPLAINCY JOURNEY

When I reflect on my chaplaincy journey, the first words that spring to mind are compassion and liberation. I feel so grateful for the Sati Center’s Buddhist Chaplaincy Training Program because it gave me the sense of emotional safety needed for my training and work as a spiritual caregiver. The experiential engagement with the Buddha’s teachings, as well as the commitment of my fellow students and the opportunity to take risks in being vulnerable and in meeting the suffering of others, allowed for both a deep letting go and a development of the qualities most valued in the Sati program: generosity, virtue, renunciation, wisdom, energy/strength, patience, truth, resolve, loving-kindness, and equanimity.

After completing the yearlong Buddhist chaplaincy program, I enrolled in a second yearlong chaplaincy training called Clinical Pastoral Education, a professional, interfaith program offered in numerous hospitals. I was surprised at how different the CPE training was from the Sati program. Whereas the Sati training fostered a feeling of community where we were all in it together, the hospital training was structured hierarchically with a clear chain of command and authority. It was new for me to be on the receiving side of my CPE supervisor’s teaching approach of aggressively challenging us during group processing sessions. This confused me at the time but also strengthened my Buddhist practice and self-understanding. Using the mindfulness tool of gently returning to my breath, I was able to relax, understand, and let go.

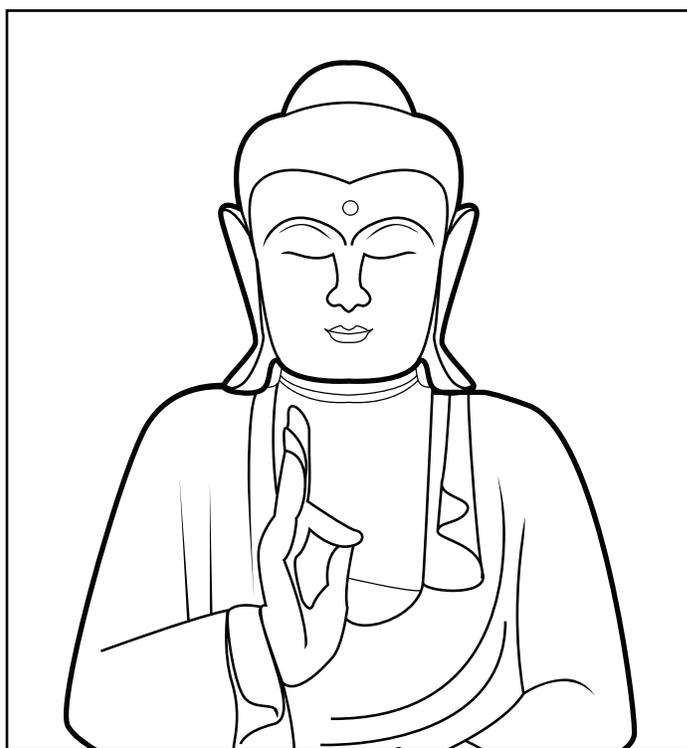
Though the CPE training was hard, I am very grateful for it. The interfaith approach helped me reexamine the religion I had grown up with. I realized that the rituals of my childhood church had nurtured me. This prepared me to use rituals to support people of other faiths. The CPE program also taught me to trust my Buddhist practice and helped me learn to articulate my understanding of the Dharma. In the process, my knowledge of the Dharma and my skills in chaplaincy became more integrated into in my practice—both personally and in my work with patients, their families, and

From the Eightfold to the Tenfold Path, *cont’d. from front page*

ing the idea of being a “doer”; the effort to let go promotes agitation; and believing there is something to release supports ignorance. The way to final release is to settle deeply into a relaxed, alert state where one doesn’t try to do anything. Some people refer to this as a state of equanimity. Others refer to it as resting in being. It is with this kind of ease that the mind can let go of itself.

The Eightfold Path is called a Noble Path because of the integrity and dignity it bestows. As it is not based on beliefs, those who walk this path do not champion Buddhism in opposition to the beliefs of others. In overcoming clinging, people on the path do not create conflict. Instead, practicing the Eightfold Path develops an open mind, an open heart, and an open hand. May this openness benefit the whole world.

—Gil Fronsdal



caregivers in the hospital setting.

The CPE program strengthened my Buddhist practice and my capacity to meet suffering. I am more attuned now to being compassionate in an effortless way. This attunement, in turn, creates an opportunity for liberation, allowing me to see not only the depth of suffering in myself and in the world but also the boundlessness of the heart. As I think of the freedom that chaplaincy has taught me, I also think of the Buddha’s teaching that in protecting myself, I can provide safety to others. In learning not to harm myself with clinging and aversion, I discovered how a chaplain can provide the space for people to open up and share the depths of their lives.

—Eileen Messina

Insight Meditation Center

108 Birch Street

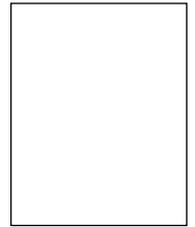
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

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OTHER WAYS TO DONATE

It is in the spirit of generosity that IMC continues a 2,500-year-old Buddhist tradition of providing the teachings freely to all who are interested. The donations we receive support all our expenses, including our building, publications, and website. We at IMC are very grateful for all the support we receive. Besides donating in person or by mail, these are additional ways to offer support:

E-SCRIP: Register your grocery club card and credit/debit cards with E-scrip and the participating merchants will donate a small percentage of your purchases to IMC. You keep all your credit card rewards. Register at www.escrip.com. The Group ID is 238528.

AMAZON PURCHASES: When you make purchases at Amazon through our website's Amazon search link, a small percentage will go to help support the programs at IMC. The Amazon link can be found on the Donate and Recommended Books pages on our website.



• GENERAL INFORMATION:

insightmeditationcenter@gmail.com or 650/599-3456.

- **NEWSLETTER QUESTIONS:** Contact the editor at imc.newsletter@gmail.com.

HELP IRC WHILE BUYING OR SELLING A HOME

Carol Collins is an IMC sangha member and longtime local real estate broker, now retired. If you are selling your home, she can refer you to a realtor who specializes in your area. If you are buying, she can refer you to a realtor who will help you identify properties, areas, loans, etc. Buying or selling, the realtor will make a donation in your name to our Insight Retreat Center.

Carol will be available as your consultant at no charge through the whole process. She has performed this service for sangha members in San Mateo, Santa Clara, Santa Cruz, and other Bay Area counties. If you have any questions or would like to discuss buying or selling a home, contact Carol at 408/348-1385 or carolcollins888@gmail.com.

• MAILING LIST OPTIONS & CHANGE OF ADDRESS:

To be added or removed from the IMC mailing list or to update address, phone, or email, contact imc.mailinglist@gmail.com.

• UPCOMING EVENTS & ANNOUNCEMENTS EMAIL LIST:

To sign up for our email announcements, go to the IMC website and click the **CONNECT** link, or go to insightmeditationcenter.org/email.

SCHEDULE OF EVENTS

April ~ June 2013

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 sitting followed by a talk and time for questions.

TUESDAY EVENING DHARMA EN ESPAÑOL

Con Andrea Castillo, 7:30 a 9pm. Meditación y pláticas de Dharma en Español.

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.

- 9:30am – Sitting • 10:15am – Walking
- 11am – Sitting • 11:45am – Dharmette (brief talk)

THURSDAY EVENING SITTING AND TALK

With Andrea Fella or guest teachers, 7:30 to 9pm. A sitting is followed by a talk and time for questions.

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 of each month at 11am.

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, 10:45 to 11:45am.

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

The basic instructions in Insight meditation taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, and thinking, then application of mindfulness in daily life. No preregistration.

- 5 Wednesday Evenings, May 22, 29 and June 5, 12, 19, 7:30 to 9pm with Ines Freedman.
- 5 Wednesday evenings, October 2–30, 7:30 pm to 9pm with Gil Fronsdal.

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.

NON-RESIDENTIAL ONE-DAY RETREATS

- Saturday, March 30, 9:30am to 4:30pm, Daylong with Andrea Fella.
- Friday, April 5, 9:30am to 3:30pm, **The Noble Eightfold Path: Right Mindfulness** with Gil Fronsdal.
- Saturday April 6, 9am to 3:30pm, **Retiro in Español** (Meditation Retreat in Spanish) with Andrea Castillo and Margarita Loinaz.
- Saturday April 13, 9am to 4:30pm, Daylong with Gil Fronsdal.
- Saturday April 20, 9:30am to 4pm, **Bringing Mindfulness to Children** with Carla Brooke and Kate Janke.
- Saturday April 27, 9:30am to 5:30pm, **The Brahmauiharas** with Thanissaro Bhikkhu.
- Friday May 3, 9:30am to 3:30pm, Dharma Practice Day: The Noble Eightfold Path: **Right Concentration** with Gil Fronsdal
- Saturday May 11, 9:30am to 5:30pm, **Transforming Self, Transforming World** with David Loy.
- Saturday May 18, 8:30am to 5pm, Daylong with Gil Fronsdal.
- Saturday June 1, 6am to 9pm, **Intensive** Daylong with Gil Fronsdal.
- Friday June 7, 9:30am to 3:30pm, Dharma Practice Day: **Beyond the Noble Eightfold Path** with Gil Fronsdal.
- Saturday June 15, 9am to 5pm, **Insight Dialogue: The Power of Spiritual Friendship** with Gregory Kramer.
- Saturday June 22, 9am to 4pm, **Grief Workshop** with Maria Straatmann and Jennifer Block.

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For more information go to www.insightretreatcenter.org/retreats or contact Debra.Chromczak@gmail.com, 831/421-0876.

- June 22–July 6, **Mindfulness of Mind Retreat** with Andrea Fella.
- July 26–28, 2013 **Dharma Integration Weekend** with Gil Fronsdal and Andrea Fella. Registration opens March 26.
- July 31–August 4, 2013 Insight Retreat with Andrea Fella and Pamela Weiss. Registration opens March 31.
- September 15–29, 14-Day Insight Retreat with Gil Fronsdal. Registration opens May 1.
- October 20–27, Insight Retreat with Gil Fronsdal and Richard Shankman. Registration opens June 20.
- November 17 to 24 Insight Retreat with Gil Fronsdal and Paul Haller. Registration opens July 17.

OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

AT SPIRIT ROCK, www.spiritrock.org

- May 4–11, **Insight Retreat** with Gil Fronsdal, Mary Grace Orr, John Travis, Heather Sundberg.

Retreats, continued inside

- May 13–19, **The Four Foundations of Mindfulness: A Living Dharma Retreat** with Andrea Fella, Tempel Smith.

OTHER RETREATS WITH ANDREA FELLA

- **Mindfulness of Mind Retreat** April 12–21, Samish Island, Washington State. With Andrea Fella and Heather Martin. For info, bellinghaminsight.org.

SPECIAL EVENTS

MINDFULNESS OF MIND DAYLONG WITH ANDREA FELLA

SATURDAY MARCH 30, 9:30AM TO 4:30PM. We will explore a relaxed open awareness with an emphasis on exploring qualities of mind, and the attitude towards one's experience. The schedule for the day will alternate periods of sitting and walking with instructions and discussion. Aside from instruction and discussion, the day will be primarily in silence. Recommended for both beginners and experienced practitioners. Bring lunch.

RETIRO IN ESPAÑOL (MEDITATION RETREAT IN SPANISH) WITH ANDREA CASTILLO AND MARGARITA LOINAZ

SATURDAY APRIL 6, 9AM TO 3:30PM Retiro de un día, 6 de Abril, 2013 de las 9am a las 3:30 pm. Hacia la Libertad: Exploración del Dharma y los Nuevos Descubrimientos de la Ciencia Neurológica Maestras: Margarita Loinaz y Andrea Castillo.

THE DHARMA OF IMC: AN EVENING WITH GIL FRONSDAL AND ANDREA FELLA

WEDNESDAY, APRIL 10, 7:30 TO 9PM. For this special evening presentation on the unique approach that IMC as a Buddhist practice community, Gil and Andrea will speak about the history of IMC, where it fits in the Buddhist tradition, the values that guide it, how IMC is organized and run, and the ways people can participate in the practice and community. They look forward to sharing their vision for IMC.

DAYLONG WITH GIL FRONSDAL

SATURDAY APRIL 13, 9AM TO 4:30PM. A daylong retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice, particularly in mindfulness of the body and a dharma talk. It is recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

SLIDE SHOW: IWA IN CAMBODIA

SUNDAY APRIL 14, 1 TO 3PM. Join volunteers from IWA's first medical mission as they share their experiences serving the needy in Cambodia.

BRINGING MINDFULNESS TO CHILDREN WITH CARLA BROOKE AND KATE JANKE

SATURDAY APRIL 20, 9:30AM TO 4PM. For teachers, parents, therapists, and others interested in bringing mindfulness-based practices to children. We will explore fun and easy mindfulness practices that can be shared with youth of all ages to help them develop embodied awareness, emotional intelligence, curiosity and focus, compassion and empathy, and trust in their own inner wisdom.

TEMPLE SPRING CLEANING

SATURDAY, MAY 4TH 9:30AM TO NOON. A morning for the sangha to come together for mindfulness of cleaning. A clean temple promotes clarity of mind, so please mark your calendars to help with this opportunity to uncover the true nature of our center. Everyone welcome.

DHARMA-INSPIRED ARTISTRY: MEET AUTHORS AND ARTISTS

FRIDAY, MAY 17, 7PM TO 9PM. This special evening brings together dharma-inspired authors, musicians and artists. Come to experience an array of ideas, sounds, images and stories about how we can more fully awaken through our informal and formal practices in the world. For info, contact Judy Long, jntlong@sbcglobal.net.

DAYLONG WITH GIL FRONSDAL

SATURDAY MAY 18, 8:30AM TO 5PM. For those who already understand the basic practice of mindfulness; no instruction will be given. The schedule consists of alternating periods of sitting and walking meditation, with a Dharma talk at the end of the day. Brief interviews with Gil will be available. Bring lunch.

INTENSIVE DAYLONG RETREAT WITH GIL FRONSDAL

SATURDAY JUNE 1, 6AM TO 9PM. This is a great opportunity for a full day of immersion in silent Dharma Practice. Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. The simplicity, silence and support of retreats contribute to letting go of many of the distractions that get in the way of clear seeing. Fifteen minute Interviews with Gil will be available on a sign up basis. You are welcome to come for the entire day or drop in for any part of the retreat. If you come while a sitting is in progress, sit in one of the chairs in the outer hall. Bring lunch. A light breakfast and supper provided.

INSIGHT DIALOGUE: THE POWER OF SPIRITUAL FRIENDSHIP WITH GREGORY KRAMER

SATURDAY JUNE 15, 9AM TO 5PM

We will practice meditation silently and in dialogue, based on an interpersonal understanding of the *Dhamma*. A beautiful and natural continuity of mindfulness can arise as the result of attention to each and every moment of contact, personal or interpersonal. Such mindfulness can open the door to non-grasping, understanding and compassion. Please bring lunch.

GRIEF WORKSHOP

WITH MARIA STRAATMANN AND JENNIFER BLOCK

SATURDAY JUNE 22, 9AM TO 4PM. Grief, the heart's natural response to loss, merits great attention and care. With mindful effort, each of us can transform the pain of loss into growth and healing. Through meditation, writing, dharma teachings & discussion, and experiential exercises this workshop will guide participants in a journey of acknowledgment, transformation and release. All who grieve any type of loss (the death of a loved one, an accumulation of relationship transitions, the loss of a job, ability, or identity), as well as caregiving professionals who regularly serve mourners, are invited to this workshop. Please bring lunch.

IMC YOUTH PROGRAMS

DHARMA SPROUTS (K–2ND GRADE) Led by Liz Powell and Carla Rayacich. First Sunday of each month, 11:15am to noon.

Meditations and Dharma practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Liz at eapowell@aol.com if you plan to attend.

DHARMA ROCKS (3RD–5TH GRADE) Led by Liz Powell. Second Sunday of each month, 5:15 to 7:15pm. Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and Dharma. Contact Liz at eapowell@aol.com.

DHARMA TWEENS (MIDDLE SCHOOL 6TH–8TH GRADE) (Sixth-graders have the option of attending Dharma Rocks and/or Dharma Tweens.) Led by Hilary Borison. Fourth Sunday of each month from 5:15 to 7:15pm. A time to explore how the Dharma can support challenges and opportunities pertinent to middle schoolers through small and large group discussions, mindfulness practice, creative activities, interactive games, pizza dinner, and opportunities for community service. No registration required; RSVPs are encouraged for dinner plans. Contact Hilary, 650/575-2052 or hborison@sbcglobal.net, for info or to RSVP.

MINDFUL TEENS (HIGH SCHOOL) Led by Alicia McLucas, Aaron Chavira, Nirali Shah and Trent Walker. First Sunday of each month, 5 to 7pm. A safe, fun space where teens apply mindfulness to self-discovery, empowerment, and fulfillment. A trusting environment where teens discuss issues important in their lives among themselves and adult facilitators. Contact Alicia, 650/361-8800.

MINDFUL PARENTING SERIES

Second Friday of the month: April 12, and May 10, 7 to 8:30pm. The program each month alternates between being led by local dharma teachers who are also parents, and offering discussion groups for parents. No pre-registration required. April 12: with Kevin Griffin May 10: with Angie Boissevain

MEMORIAL DAY WEEKEND FAMILY RETREAT: K- 5TH GRADERS AND PARENTS

WITH RICHARD SHANKMAN AND REBEKKAH LADYNE
SATURDAY, MAY 25–MONDAY MAY 27, JIKOJI RETREAT CENTER, LOS GATOS. Practice together as a family during a relaxed weekend that will offer structured retreat practice and small group sharing with other parents, teens, and children, along with hiking and appreciation of the forest, grasslands, and views from the top of the Santa Cruz mountains. The site features camping and a limited number of shared dorm rooms. Registration is available on the Teen, Youth, and Children page of IMC's website. For more information, contact Liz at eapowell@aol.com.

SATI CENTER

These events are presented by Sati Center and held at IMC unless otherwise indicated. Contact sati.org or 650/223-0311 for more information. Preregistration preferred.

BUDDHIST CHAPLAINCY: AN OVERVIEW

WITH JENNIFER BLOCK AND JAKU KINST. **APRIL 27, 10AM TO 5PM**, at San Francisco Zen Center, 300 Page Street, San Francisco.

Join us for an explanation of this field of chaplaincy and spiritual care, which is gaining in size and scope in Dharma communities. Professional chaplains and educators will introduce aspects of chaplaincy, including: a definition of chaplaincy, the history of chaplaincy, settings where chaplains serve, and the steps one can take to become a volunteer or professional chaplain (including educational requirements) as a Buddhist practitioner.

THE BRAHMA VIHARAS WITH THANISSARO BHIKKHU

APRIL 27, 9:30AM TO 5:30PM. The *Brahmaviharas*—attitudes of unlimited good will, compassion, empathetic joy, and equanimity—are useful tools for walking the Buddha's Path to the end of suffering. This day-long course will use readings, talks, discussions, and periods of meditation to explore the uses and limitations of these attitudes in the context of the total path. Bring lunch. There will be a meal offering for Ajahn Thanissaro and other monastics in attendance; if you would like please bring food to offer them.

TRANSFORMING SELF, TRANSFORMING WORLD

WITH DAVID LOY. **MAY 11, 9AM TO 4:30PM.** What is the connection between our personal transformation and the transformation of society?

Buddhist teachings are applicable to both our personal lives, our interpersonal lives and our social institutions. This class will explore the relationship between personal practice and "social awakening".

YOGA

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

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

- 8:30 to 10:30am.

AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20S AND 30S

WITH MAX ERDSTEIN. **3rd Sunday of the month, 7 to 8:30pm.**

An open, monthly group addressing Dharma themes relevant for twenty- and thirty-somethings. Through meditation, Dharma talks, and discussion we will explore how Dharma practice can be a refuge and inspiration as we make our way through the many worlds we inhabit.



SUPPORT GROUPS

FOR THOSE EXPERIENCING LIFE-THREATENING ILLNESSES

Wednesdays 1:30 to 3pm at IMC.

FOR THOSE EXPERIENCING CHRONIC HEALTH CHALLENGES

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

At least 4 days before attending either group for the first time, please contact Mick Bennett, hmbennett@sbcglobal.net or 650/368-2518.

BUDDHISM AND 12-STEP SUPPORT GROUP

First Sunday of every month, 7 to 8:30pm. Group discussion and study exploring the 12-Step program and Buddhist practice through Kevin Griffin's book, *A Burning Desire: Dharma, God and the Path of Recovery*. Includes 30-minute meditation, reading, and open discussion. Everyone welcome. Facilitated by Jennifer Lemas, jennlemas@comcast.net.

DHARMA FRIENDS

Dharma Friends encourages spiritually based friendships and a sense of community in our sangha. To receive email updates on upcoming Dharma Friends events, go to the IMC website and click on **COMMUNITY, DHARMA FRIENDS, and SUBSCRIBE**.

- **Hike at Windy Hill**—Saturday, April 13, 9am, group walking meditation, 6 miles, steep, full sun exposure. Carpool from IMC. Bring lunch. Ryan Delaney, 650/325-7795. Only heavy rain cancels.
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, May 5, 11am to 12:15pm. Plan events for July–September. IMC conference room. Shelly Gordon, sgordon@g2comm.com, 650 856-1607.
- **Chanting Concert, Lead & Response**—May 11, 6:30pm to 8pm, IMC Meditation Hall. Chanting night with chants, accompanied by guitar, of various spiritual traditions including Hindu/Yogic, Buddhist, English, Hebrew, Arabic and Native American. Joel Frankel, 650/269-2706 or frankel.jfrankel.joel@gmail.com.
- **Dharma Volunteer Fair**—May 12, 10:45am to 12:15pm, IMC Meditation Hall. Get involved in volunteer work outside IMC. Come find out how others are taking their practice into the world. Contact Hilary Borison, hborison@sbcglobal.net.
- **Hike at Pearson-Arastadero Preserve**—Saturday, May 18, 9am. Carpool from IMC. Moderate hike. Bring lunch. Contact Peter Nau, beherenau@gmail.com or 650/593-5949. Rain cancels.
- **Dharma-Inspired Book Group**—April 5, May 3, June 7. IMC Meditation Hall. We are currently reading *Who Ordered This Truckload of Dung?: Inspiring Stories for Overcoming Life's Difficulties*, by Ajahn Brahm. Contact Anne Foster, afoster@rawbw.com, or 650/591-1285.
- **Ballroom Dancing**—Sundays, monthly. 1 hour dance lesson, either 5 or 6pm; 2 hour dance party afterwards. Check listing on Dharma Friends page (from IMC website, click on COMMUNITY>DHARMA FRIENDS>UPCOMING EVENTS) for schedule and dance to be taught. Imperial Ballroom, 822 Cassia Street, Redwood City. Nicole Cherok, drncherok@gmail.com, 650/572-9002.

- **Cinema Sanity**—at least 1 film during the quarter. 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

On IMC website, click on **LINKS** and scroll down to **ASSOCIATED/LOCAL GROUPS** for more information.

BERKELEY VIPASSANA GROUP WITH RICHARD SHANKMAN
Wednesdays 7:15 to 9:15pm at St. Clement's Episcopal Church.
Info at www.mettadharm.org.

COASTSIDE VIPASSANA MEDITATION GROUP
Wednesdays in Montara, 7 to 8:30pm. Info at www.coastsidevipassana.org.

INSIGHT MEDITATION SOUTH BAY WITH SHAILA CATHERINE Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn View, www.imsb.org.

LOS GATOS SITTING GROUP WITH KIM ALLEN
Sundays 10:15 to 11:15am at Yoga Source, 16185 Los Gatos Blvd.

MODESTO DROP-IN MEDITATION GROUP WITH LORI WONG Tuesdays 6:30 to 8:30pm. Unity Church at 2467 Veneman Ave, insightmeditationmodesto.wordpress.com/.

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.

PALO ALTO DROP-IN MINDFULNESS GROUP
Wednesdays 2 to 3pm at Avenidas (Garden Room), 450 Bryant St. Contact Julie Forbes, 650/323-2601.

SAN JOSE SANGHA
1041 Morse St. Contact Berget Jelane, 408/255-2783, bbjelane@gmail.com, website sanjoseinsight.org.

- Wednesday Evening Sitting, 7:30 to 9pm.
- Saturday April 20, Half-day retreat, 9:30am–12:15pm
- Saturday May 18, Daylong, 9:30am–3:30pm
- Saturday June 15, Half-day retreat, 9:30am–12:15pm
- Wednesdays, April 3, 10, 17, 24 and May 1, 8, 6 to 7:15pm, Meditation and Psychotherapy group
- May 22, Vesak with Ayya Anandabodhi

