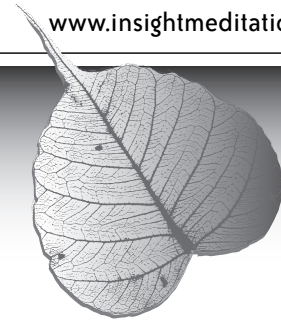


# Insight



OCTOBER, NOVEMBER, DECEMBER 2012

VOLUME 15, NUMBER 4

## The Buddha's Eightfold Path

The Buddha's teachings describe an accessible path to liberation. The ancient Buddhist metaphor of a path draws on the idea of a cleared passageway that allows one to move through an otherwise impassable forest. Just as a person brings his or her entire body along when walking on a path in the forest, so a spiritual practitioner enters the Buddha's path by engaging all aspects of who he or she is. Yet while a physical path exists whether we walk on it or not, the Buddha's path exists only in our engagement with it. We create the path with the activities of our minds, hearts, and bodies. Teachings about the Buddha's path are simply maps indicating how we create the path as we go.

In one version of this path metaphor, the Buddha likens spiritual liberation to a long-forgotten, overgrown city deep in the forest. Just as it's possible to reclaim and then inhabit this city once the path to it is found, it's possible to live a liberated life when we discover and follow a path that will take us there.

Building on the metaphor of a forest path, the Buddha compared the forest's dense undergrowth to the many mental and emotional obstacles that limit our freedom. We each have our own inner wilderness with its dangers and challenges, but we also have within us what it takes to free ourselves of these dangers.

Because both the path and the obstacles are found within us, the Buddha's path requires us to take responsibility for our thoughts, attitudes, and actions. It builds on the principle that we can move towards liberation by disengaging from perspectives and behaviors that weigh us down and by replacing them with behaviors that lighten us and support us as we proceed.

The Buddha's path to liberation—known as the Noble Eightfold Path—is made up of eight interrelated practices. The Buddhist name for each of these practices is prefaced by *samma*, a Pali word usually translated as “right” that can also mean “proper,” “complete,” and “in harmony.” When “right” is the translation, it's useful to think of it as meaning “appropriate,” as when we speak of having the “right tool” for a particular task. Because the path is made up of practices rather than beliefs, “right” does not refer to truths we're obligated to adopt or to moralistic judgments of right and wrong.

The first step on the Eightfold Path is Right View, a pragmatic perspective that guides us along the path itself. We can again make an analogy with hiking. Hikers in the woods practice “orienting”—paying careful attention to details of their surroundings

in order to find their way in the wilderness. They must first have some idea where they're going so they don't wander aimlessly and end up getting lost. But even when the compass points us to the destination, taking the most direct course may not be possible if it entails plunging over the steepest cliffs or into the densest, most overgrown parts of the forest. By knowing what to pay attention to, a hiker can “read” the forest and discover aspects that show the best way forward.

For the Buddha's path, this orienting perspective—called Right View—is the practice of keeping an eye on our relationship to whatever we're experiencing. Classically this is described as using the perspective of the Four Noble Truths. Rather than getting caught up in our opinions and abstract interpretations of what we are experiencing, in this approach we ask ourselves a series of questions: Do we feel any stress, discomfort, or suffering in how we're relating to what's happening or not happening? What is our contribution to this suffering? What are we clinging to that is contributing to the suffering? Right View includes the encouraging perspective that clinging and its resulting suffering can be brought to an end. It also orients us to the practices of the entire Eightfold Path as the easiest and clearest path to liberation from suffering.

Right View is not meant to be the only perspective from which to view our life. Other perspectives can be necessary for other purposes. However, in order to walk the Buddha's path to freedom, Right View is an essential ingredient. It is the perspective needed to find the path and to stay on the path.

Practicing Right View does not require believing something we can't know for ourselves. It does not rely on any supernatural or mystical beliefs. Nor does it require us to be ahead of where we are. Pursuing a path involves walking where we are on the path; we can't walk on what lies ahead until we reach it.

The remaining practices of the Eightfold Path are Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration. These seven have a mutually supportive relationship with Right View. On the one hand, Right View helps us distinguish between the intentions, speech, ethical actions, livelihoods, and mental states that cause suffering and the ones that alleviate it. On the other hand, as we practice the other factors of the Eightfold Path, Right View

*Continued inside*

## SANGHA PROGRAMS & NEWS

### IRC ROOTS TAKE HOLD

When the remodeling of our Insight Retreat Center is completed in October, a seed we have watered and nursed for many years will have sprouted and taken root. The seed was our vision for a retreat center that would complement IMC. It was a seed that emerged from the growth of our Insight community as a way to allow for our continued maturation.

The support of many, many people has created IRC. These supporters are the soil in which the seed has grown. Their generosity and goodwill have made the soil fertile and allowed IRC to be well rooted even before opening for retreats—the first of which will begin November 11.

The countless people who can now come to IRC for retreats inspire me. I am confident that they will further enrich our fertile soil and that together we will nurture a retreat center that will be meaningful not only for those who practice there but also for many in our wider society.

A lot of creativity has gone into planning how we will operate these retreats. Because they will be offered freely and run entirely by volunteers, we are designing a new kind of community-supported retreat center. IRC will be a place where the spiritual practice of service coexists with the practice of silent retreats.

We will have a community meeting at IMC to discuss overall plans for IRC on October 14, right after our usual Sunday morning program. Then, on the weekend of November 3–4, IRC will have an open house (see box below).

To learn more about IRC, please visit its website. We are slowly adding more details about the new center. With time, we also intend for the website to provide information and teachings about retreat practice in general.

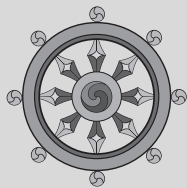
As we stand poised to open our new center, I am tremendously grateful and inspired by all who have made this possible and by all who are eager to participate in IRC retreats. I thank everyone and look forward to welcoming you there!

—Gil Fronsdal

### IRC OPEN HOUSE

Come by IRC to tour the facilities and grounds Saturday and Sunday, November 3 and 4, from 9am to 4pm. See the transformation from retirement home to retreat center, and have the opportunity to meditate in the new meditation hall. Refreshments will be provided.

Please carpool if possible. Check the IRC website for carpool information: [www.insightretreatcenter.org](http://www.insightretreatcenter.org).



INSIGHT RETREAT CENTER  
1906 GLEN CANYON RD  
SANTA CRUZ, CA 95060

### AN INSPIRATIONAL INTERSANGHA MEETING

In August we hosted the fourth annual “InterSangha” meeting, bringing together 66 visitors who hold leadership roles at Insight meditation sanghas around North America. Participants represented 34 groups in the United States and Canada. One highlight of the meeting was a video connection to Insight sangha members in London and to a practitioner in Australia, allowing a simultaneous group meditation on three continents.

The IMC community housed 16 attendees, offering our sangha members a chance to make spiritual friends from across North America. Two lunches were provided by head cook Bill Kostura and his team, giving nourishment for the discussions and community building. Heather Sundberg, representing the Mountain Stream Meditation Center in Nevada City, Calif., gave IMC’s Sunday Dharma talk the morning after the meeting ended. She pointed out the attendees who were still there so that they could meet the IMC community. Overall, the event was marked by great generosity.

It is a time of connection and learning in the Insight community. For about 40 years, the Insight movement in the West has seen steady growth. We have progressed from just a handful of lay retreat teachers in the 1960s to nearly 140 in 2012. In 1984, there were fewer than 10 Vipassana retreats in the West; now there are nearly 200 annually. In the past dozen years, Spirit Rock has trained around 300 community Dharma leaders. With more and more community Insight meditation centers opening out of grassroots interest, the Dharma is reaching more broadly and deeply than ever before. The InterSangha meeting allows these groups to connect and create collective wisdom.

The Insight movement grew from the teachers who started the first U.S. retreat centers: Jack Kornfield, Joseph Goldstein, Sharon Salzberg, Christina Feldman, Christopher Titmuss, and Ruth Denison. The movement now encompasses the Insight teachers trained by them or through other avenues, as well as the many community meditation centers that share a spiritual link to the Insight teachings. It is inspiring to know that IMC is part of this larger picture, contributing to the ongoing cultivation of Insight in the West.

### NEW BOARD MEMBERS

Three new members were added to the IMC board this summer. We welcome Andrea Castillo, Ellen Kirschman, and Elaine Salinger. Andrea teaches Spanish-language Dharma courses at IMC on Tuesday evenings; Ellen is a psychologist; and Elaine is a veterinarian. All three have participated at IMC for several years.

The other board members are Rob Hammond (president), Richard Sievers (vice president), Ed Drury (treasurer), Elena Silverman (secretary), Aaron Chavira, Liz Powell, Nancy Smee, and Gil Fronsdal.

IMC, including its board, is run entirely by volunteers. We are grateful to all who give their time in service to our sangha.

## IWA TAKES OFF

Insight World Aid is a new nonprofit created by IMC members who wish for their Buddhist practice to be directly involved in the work of humanitarian medical aid to people in need. After much planning and working in Cambodia with other nonprofits, IWA is now organizing its first two-week medical mission to Cambodia, which will take place February 20 to March 7, 2013. We are excited by the opportunity to work together with other Insight meditation practitioners to do aid work within a Buddhist culture. If you are interested in learning more, you are invited to our **mission volunteer meeting at IMC on Sunday, December 2, from 1 to 2:45pm**. If you are interested in participating in the mission financially, we are looking for sponsors. All donations will directly benefit the communities we serve in Cambodia. For trip details, application, and information on how to be a "Friend of the Trip," please visit [insightworldaid.org](http://insightworldaid.org) or email [info@insightworldaid.org](mailto:info@insightworldaid.org).



## VOLUNTEER CIRCLES

We invite sangha members to join our volunteer circles—informal groups we can call upon to meet needs arising at IMC and to help generate new ideas. The circles allow volunteers to share responsibility and minimize time commitment while developing community around common interests.

- **Technology:** Help with design and maintenance of the website, social networking, electronic bulletin boards, and audio recording/editing.
- **Temple cleaning:** Help with weekly, monthly, or annual cleaning.
- **Culinary:** Help prepare and serve food for special events, teas, or potlucks.
- **Cushion care:** Help repair, clean, and replace cushions.
- **Building maintenance:** Help with temple maintenance projects and repairs.
- **Landscaping:** Help maintain the outdoor areas, including raking, sweeping, pruning, weeding, and watering.
- **Recycling, composting, trash:** Help with eco-related signage, educational materials, and maintenance of waste system.
- **Sangha care:** Assist sangha members with needs arising from illness, disability, surgical recovery, or other life circumstances. May include giving rides, visiting homes or health care settings, running errands, providing meals, or helping with housework.

If you have an interest in any of these circles, please email Hilary Borison at [imc.volunteerdirector@gmail.com](mailto:imc.volunteerdirector@gmail.com).

## The Buddha's Eightfold Path *cont'd. from front page*

becomes easier and more effective to practice. The more we clear the path, the easier it is to find our way.

The potential for practicing the Eightfold Path lies within us. When we practice the factors well, they transform us. They have the ability to reduce and even end our clinging, attachment, fear, hatred, and delusion. When we do this thoroughly, the Eightfold Path is no longer something we have to walk. When we are free, there is nowhere we have to go to find freedom. When we live from our freedom, the eight factors are no longer practices; amazingly, they become the natural expression of liberation. The Eightfold Path becomes who we are.

—Gil Fronsdal

*Over the next eight months, Gil plans to write articles addressing each factor of the Eightfold Path. They will be posted on IMC's website.*

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## DHARMA STUDY PROGRAM

### THE NOBLE EIGHTFOLD PATH WITH GIL FRONSDAL

From October to May, monthly Dharma Practice Days will focus on cultivating the Noble Eightfold Path in the fullness of our lives. This is the Buddha's classic formulation on how to walk the path of liberation—a path that integrates our outer life and our inner meditation practice. The program will combine meditation, teachings, and discussions. You may attend any part of the series, held on the following Fridays from 9:30am to 3:30pm: October 5, November 2, December 7, January 11, February 15, March 15, April 5, May 3.

### DHARMA MENTORING PROGRAM

Parallel with the Dharma Study Program on the Eightfold Path, IMC is offering a one-on-one mentoring program supporting individuals' practice with the Eightfold Path. Those who sign up for mentoring will have the chance to explore their relationship to each step of the Eightfold Path with one of IMC's seasoned, senior practitioners. The monthly, hour-long mentoring sessions will consist of a brief period of meditation and a discussion structured around that month's Eightfold Path factor. Readings and exercises will be assigned for each month. Participation in the Friday Dharma Study Program is encouraged but not required. If you are interested in this eight-month mentoring program, please fill out the application on IMC's website (Special Events & Daylong Retreats page).

### WALKS TO FEED THE HUNGRY

Buddhist Global Relief will hold two local "Walks to Feed the Hungry"—one in San Francisco on Saturday, October 13, the other from San Jose to Mountain View the next day, October 14. The walks will raise awareness of the many chronically hungry people in the United States and around the world. They will also include a pilgrimage to different Buddhist centers of the Bay Area, highlighted by a free vegetarian lunch October 14 at Chung Tai Zen Center in Sunnyvale.

For details, go to [www.buddhistglobalrelief.org](http://www.buddhistglobalrelief.org), email [info@karunabv.org](mailto:info@karunabv.org), or call 510/542-9111. The related fund-raising drive is at [www.firstgiving.com/BuddhistGlobalRelief](http://www.firstgiving.com/BuddhistGlobalRelief).

# Insight Meditation Center

108 Birch Street

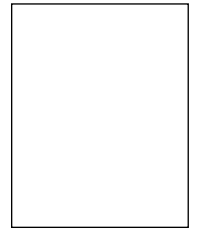
Redwood City, CA 94062

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

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

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](http://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](mailto:insightmeditationcenter@gmail.com) or 650/599-3456.

• **NEWSLETTER QUESTIONS:** Contact the editor at [imc.newsletter@gmail.com](mailto: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 and negotiate a reduced brokerage fee. 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](mailto: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](mailto: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 [www.insightmeditationcenter.org/email](http://www.insightmeditationcenter.org/email).

• **IMC COMMUNITY SITE:** To join discussion and interest groups, click the 'Connect' link on our website or go to [insightmeditationcenter.ning.com](http://insightmeditationcenter.ning.com).

# SCHEDULE OF EVENTS

October – December 2012

## WEEKLY MEDITATION AND TALKS

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### 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. *(No sitting Christmas Eve)*

### 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. *(No sitting Christmas or New Year's Day)*

### 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. *(No sitting Thanksgiving)*

### 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

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### 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 pre-registration.

- 5 Wednesday evenings, 7:30 to 9pm, September 26, October 3, 10, 17 (no session 10/24), and 31, with Gil Fronsdal.
- 5 Wednesday evenings, 7:30 to 9pm, January 9, 16, 23, 30, and February 6, with Gil Fronsdal.

### BEGINNERS PRACTICE GROUP

With Jim Podolske and Shin Kwan Park. For beginners who have taken a basic mindfulness meditation instruction class and would like to take the next step in building and supporting their practice. A three-week series on developing mindfulness practice with a 20-minute sitting, review of the basic teachings, discussion, and an introduction to the Four Noble Truths.

- 3 Wednesday evenings, 7:30 to 9pm, November 7, 14, and 21.

## NON-RESIDENTIAL ONE-DAY RETREATS

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- Friday, October 5, 9:30am to 3:30pm, **Dharma Practice Day: The Noble Eightfold Path** with Gil Fronsdal.
- Saturday, October 13, 8:30am to 5pm, **Daylong** with Gil Fronsdal.
- Friday, November 2, 9:30am to 3:30pm, **Dharma Practice Day: The Noble Eightfold Path** with Gil Fronsdal.
- Saturday, November 3, 1 to 4pm, **Teen Retreat** with Gil Fronsdal.
- Saturday, November 10, 9am to 4:30pm, **Daylong** with Gil Fronsdal.
- Friday, December 7, 9:30am to 3:30pm, **Dharma Practice Day: The Noble Eightfold Path** with Gil Fronsdal.
- Saturday, December 8, 8:30am to 5pm, **Daylong** with Gil Fronsdal.
- Saturday, January 5, 9am to 4:30pm, **Concentration Daylong** with Andrea Fella.

## RESIDENTIAL RETREATS

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### AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For more information go to [www.insightretreatcenter.org/retreats](http://www.insightretreatcenter.org/retreats) or contact [Debra.Chromczak@gmail.com](mailto:Debra.Chromczak@gmail.com), 831/421-0876.

- November 11–18, with Gil Fronsdal, assisted by Max Erdstein.
- December 9–16, with Gil Fronsdal and Andrea Fella.
- December 26–January 1, **Monastic-style Retreat** with Ajahnas Anandabodhi and Santacitta. Register through [Saranaloka.org](http://Saranaloka.org).
- January 27–February 3, with Gil Fronsdal and Mary Grace Orr. Registration opens September 27.
- February 27–March 3, with Gil Fronsdal and John Travis. Registration opens October 27.
- March 16–23, with Andrea Fella and Gil Fronsdal. Registration opens November 16.
- April 5–7, **Dharma Integration Weekend** with Gil Fronsdal and Andrea Fella. Registration opens December 5.
- April 17–24, **Satipatthana Study and Meditation Retreat** with Analayo Bhikkhu and Gil Fronsdal. Co-sponsored by IRC and Sati Center. Pre-requisite: one Insight meditation retreat and having read Analayo Bhikkhu's book *Satipatthana: The Direct Path to Realization*.



### **OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA AT SPIRIT ROCK, [www.spiritrock.org](http://www.spiritrock.org)**

- November 29–December 5, **Emptiness: A Meditation and Study Retreat** with Guy Armstrong, Sally Armstrong, and Gil Fronsdal
- December 26–January 5, **New Year's Retreat** with Gil Fronsdal, Sharda Rogell, Adrienne Ross, John Travis, and Janice Clarfield (yoga).
- May 13–19, **The Four Foundations of Mindfulness: A Living Dharma Retreat** with Andrea Fella, Tempel Smith.

### **OTHER RETREATS WITH ANDREA FELLA**

- **Third Foundation of Mindfulness** January 18–25, Vipassana Hawaii at the Palolo Zen Center, Oahu. For info, [www.vipassanahawaii.org](http://www.vipassanahawaii.org).
- **Forest Refuge** February 1–28, IMS, Barre, MA. For info, [www.dharma.org/ims/fr\\_general\\_teachschedule.html](http://www.dharma.org/ims/fr_general_teachschedule.html)
- **Mindfulness of Mind Retreat** April 12–21, Samish Island, Washington State. With Andrea Fella and Heather Martin. For info, [bellinghaminsight.org](http://bellinghaminsight.org).

### **MONASTIC EVENINGS WITH THE SARANALOKA NUNS**

3rd Friday of the month, October 19, November 16, December 21, 7 to 9pm. One or more Theravadan nuns will be offering traditional Buddhist chanting, silent or guided meditation, and sharing Dharma from the heart. [www.saranaloka.org](http://www.saranaloka.org).

### **SPECIAL EVENTS**

#### **8TH ANNUAL BUDDHIST CHAPLAINCY SYMPOSIUM**

Saturday, October 6, 9:30am to 4:30pm. Vegetarian lunch included. For Buddhist chaplains and those interested in deepening their spiritual care practice in a day of learning and community-building. Presented by Buddhist Chaplains Group. Pre-register at [www.buddhistchaplainsnetwork.org](http://www.buddhistchaplainsnetwork.org) or Bill Hart, 415/567-9823.

#### **IWA COMPASSION AND MEDICINE WORKSHOP**

Sunday, October 7, 1 to 4pm. Please join Insight World Aid board members Dr. Nancy Smeed and Dr. Jeff Hardin for an afternoon of teachings on compassionate care in sickness and health. This experiential workshop will be informative for both caregivers and those who are cared for.

#### **DAYLONG WITH GIL FRONSDAL**

Saturday, October 13, 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. Previous experience recommended. Bring lunch.

#### **ALL ABOUT THE INSIGHT RETREAT CENTER (IRC)**

##### **COMMUNITY MEETING AND TEA AT IMC**

Sunday, October 14, 11am to noon. Please join us for an update and discussion about all things having to do with our new retreat center.

#### **CEREMONY OF LOVE AND REMEMBRANCE**

**WITH MARIA STRAATMANN.** Saturday, November 3, 10 to 11:30am. Anyone who has lost a family member, friend, or other dear person over the last year is welcome to join us for a chance to remember and honor those who have died but who enriched our lives and community. With the practices of mindfulness and compassion, we will have a period of silent sitting and rituals of remembrance, bereavement, and farewell. Bring pictures or mementos for our altar of persons you wish to honor/remember. If you cannot attend, you are welcome to send Maria the name of the person you would like included in our remembrance. Contact [mstraatmann@gmail.com](mailto:mstraatmann@gmail.com).

#### **TEEN RETREAT WITH GIL FRONSDAL**

Saturday, November 3, 1 to 4pm. Within Buddhism, meditation is one element of an integrated approach to living a wise and stress-free life. This retreat will include instruction and practice of meditation with an introduction to Buddhism. There will be time for peer discussion and exploration of the topic of the day. All teens are welcome.

#### **DAYLONG WITH GIL FRONSDAL**

Saturday, November 10, 9am to 4:30pm. With alternating periods of sitting and walking meditation, instruction in mindfulness practice, particularly in mindfulness of the body, and a Dharma talk. Recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

#### **MINDFUL SCHOOLS: BRINGING SECULAR MINDFULNESS TO CHILDREN**

Sunday, November 18, 11:15am to 12:30pm, with Randima Fernando and Megan Cowan. A presentation about Mindful Schools, an organization that has taught mindfulness to over 18,000 children in 53 schools in the Bay Area, most of which serve predominantly at-risk children. The session will include the organization's latest news, research findings, and current focus areas as mindfulness plays an increasing role in education.

#### **GREEN BURIALS AND HOME FUNERALS**

Sunday, November 25, 2 to 4pm, with Judy Long. A workshop for those interested in end-of-life planning. We will review how burials are most commonly provided in contemporary American culture and, in contrast, the growing practice of "green" burials. We will be introduced to the small but growing trend of home funerals as we watch a brief PBS video followed by a facilitated conversation.

#### **DAYLONG WITH GIL FRONSDAL**

Saturday, December 8, 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. Previous experience is recommended. Bring lunch.

## SCHEDULE pg. 3

### NEW YEAR'S EVE MEDITATION AND CELEBRATION

**WITH BERGET JELANE.** Monday, December 31, 7:30pm to 12:15am. Bring poetry or reading and treats to share. Sitting and walking meditation, time to share, refreshments, and a ritual to bring in the new year. Berget, [bbjelane@gmail.com](mailto:bbjelane@gmail.com) or 408/255-2783.

### CONCENTRATION DAYLONG WITH ANDREA FELLA

Saturday, January 5, 9am to 4:30pm. The practice of concentration encourages our minds in the direction of ease, peace, and calm, qualities which support us on our spiritual journey. We will explore breath meditation as a concentration practice, finding our way to a relaxed attention that can rest with the breath.

### FACING DEATH AND DYING WITH BERGET JELANE

Saturday, January 19, and Saturday, February 2, 9:30am to 5pm. The first day will focus on facing our own death and all that it means to us. The second day will focus on being with others who are dying. Both days will be experiential as well as didactic. For more information, contact Berget Jelane, [bbjelane@gmail.com](mailto:bbjelane@gmail.com) or 408/255-2783.

### 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](mailto: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](mailto:eapowell@aol.com).

**DHARMA TWEENS (MIDDLE SCHOOL 6TH-8TH GRADE)** (Sixth-graders have the option of attending Dharma Rocks and/or Dharma Tweens.) 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 Borison, 650/575-2052 or [hborison@sbcglobal.net](mailto:hborison@sbcglobal.net), for more info or to RSVP.

**DHARMA TEENS (HIGH SCHOOL)** Led by Alicia McLucas, Aaron Chavira, 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.

### YOUNG ADULTS SITTING GROUP

Third Sunday of the month, 6 to 7:45pm. Led by Anthony Rodgers.

### 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](mailto:hmbennett@sbcglobal.net) or 650/368-2518.

#### BUDDHISM AND 12 STEP SUPPORT GROUP

First Sunday of every month, 7 to 8:30pm at IMC. 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](mailto:jennlemas@comcast.net).

### 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. (No class on December 24 or 31)

#### THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8:30 to 10:30am

#### THANKSGIVING MORNING YOGA AND MEDITATION

- Thursday, November 22, 8:30 to 10:30am. Everyone is welcome. No experience necessary.

#### HALF-DAY YOGA AND MEDITATION RETREAT

- Saturday, January 12, 9am to 12:30pm. An opportunity to develop a continuity of awareness in movement and in stillness. We will integrate yoga poses, breath work, relaxation, loving-kindness (*metta*), guided and silent meditation and let the synergy of these practices inform and deepen one another to open heart and mind. For beginners to either yoga or meditation as well as experienced yogis and meditators.



#### MONDAY EVENING EIGHTFOLD PATH SERIES

Mondays, October 1 – February 19. For these eight weeks, Gil's Monday evening talks will be on the eight steps of the Eightfold Path.

**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.

### SATI CENTER

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

#### BUDDHIST CHAPLAINCY TRAINING PROGRAM

TAUGHT BY JENNIFER BLOCK, PAUL HALLER, AND GIL FRONSDAL.

An 11-month training program introducing a Buddhist perspective on the spiritual care skills needed for being a chaplain or Buddhist teacher, or providing spiritual support for people in times of major life transitions and challenges. Next training starts September 2013. If there is enough interest there may be an earlier additional program starting in January 2013. More info at [sati.org](http://sati.org).

### SATI INSTITUTE

Formed last year out of the Sati Center, the Sati Institute offers graduate-level courses in Buddhist Studies in partnership with the Institute of Buddhist Studies in Berkeley. Through IBS, the Sati Institute also offers a Masters in Buddhism with a focus on early Buddhism and Theravada Buddhism. Spring courses start in early February and are taught at the Institute of Buddhist Studies in Berkeley. More info at [sati.org](http://sati.org) on the Sati Institute page.

### 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: from the IMC website, click on 'Community', 'Dharma Friends', and 'Subscribe'.

- **Mindful Improv Dance**—Saturday, October 6, 7:30 to 9:30pm. IMC. We will bring mind and body awareness to movement, to connect with ourselves, to allow the music to move us, and to share with others. No previous dance training is necessary. For info contact Andrea Castillo, [castillandrea@gmail.com](mailto:castillandrea@gmail.com).
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, November 4, 11am to 12:15pm. Plan events for January–March 2013. IMC conference room. Come join us! Anne Foster, [afoster@rawbw.com](mailto:afoster@rawbw.com), 650/591-1285.
- **Hike** in nearby open space—Saturday, November 10, 9am. Carpool from IMC. Moderate 7-mile hike. Bring lunch. Ryan Delaney, 650/325-7795.
- **Fall Gratitude Gathering & Vegetarian Potluck**—Saturday, November 17, 6:30 to 9:30pm. IMC. Remember and share with fellow sangha members the benefits and good fortune you have experienced over the past year. Contact Shelly Gordon, [sgorion@g2comm.com](mailto:sgorion@g2comm.com), or Jim Podolske, [James.R.Podolske@nasa.gov](mailto:James.R.Podolske@nasa.gov), to help create this festive evening.
- **Dharma-Inspired Book Group**—Friday, October 5, November 2, December 14, 5:30 to 7pm. IMC meditation hall. We are currently reading *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity* by Shaila Catherine. Anne Foster, 650/591-1285 or [afoster@rawbw.com](mailto:afoster@rawbw.com).

- **Ballroom Dancing**—Saturday or Sunday monthly. Dance lesson precedes dance party. Check listing online (from IMC website, click on 'Community', 'Dharma Friends', 'Upcoming Events') for when to meet at reception desk of Boogie Woogie Ballroom, 551 Foster City Blvd, Suite G, Foster City. Nicole Cherok, [dncherok@gmail.com](mailto:dncherok@gmail.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](mailto: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.mettadhharma.org](http://www.mettadhharma.org).

**COASTSIDE VIPASSANA MEDITATION GROUP**  
Wednesdays in Montara, 7 to 8:30pm. Info at [www.coastsidevipassana.org](http://www.coastsidevipassana.org).

**INSIGHT MEDITATION SOUTH BAY**  
WITH SHAILA CATHERINE Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn View, [www.imsb.org](http://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/](http://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, Palo Alto. Contact Julie Forbes, 650/323-2601.

**SAN JOSE SANGHA**  
1041 Morse St, San Jose. Contact Berget Jelane, 408/255-2783, [bbjelane@gmail.com](mailto:bbjelane@gmail.com), website [sanjoseinsight.org](http://sanjoseinsight.org).

- Wednesday Evening Sitting, 7:30 to 9pm.
- Wednesdays, September 26–October 31, 6pm to 7:15pm. Meditation and Psychotherapy.
- October 1, 8, 15, 7 to 9pm. Intro to Mindfulness Meditation and Basic Buddhist Principles.
- October 6 Daylong, 9:30am to 3pm. Suitable for beginners and experienced meditators.
- November 10 Half-Day, 9:30am to 12:15pm.
- December 15 Half-Day, 9:30am to 12:15pm.

### Cooking Committee