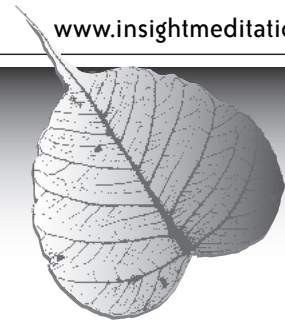


Insight



OCTOBER, NOVEMBER, DECEMBER 2009

VOLUME 12, NUMBER 4

Awakening to Dependent Origination

Deep, indeed is this dependent origination. It is through not understanding and penetrating it that people become entangled like a tangled ball of threads.

—The Buddha (Long Discourse No. 15)

When the Buddha awakened, he awakened to something. With the stilling of his mind and the dropping of his attachments, he awoke to Dependent Origination and attained liberation. This insight is the foundation of everything else he subsequently taught.

The principle of Dependent Origination is that when anything arises dependent on particular conditions, it ceases with the ceasing of those conditions. So, for example, rain is dependent on clouds; when the clouds vanish, the rain stops. The Buddha used the principle of Dependent Origination to understand human suffering and how to bring that suffering to an end. According to the principle, if suffering depends on some thing, and that thing is eliminated, the suffering will come to an end. With his awakening, the Buddha understood the causes and conditions of suffering and how to remove them. It is with this insight that the Buddha could then teach a path to liberation.

By *understanding* the concept of Dependent Origination, the Buddha's teachings become clear. By personally *seeing* Dependent Origination, the Buddha's teachings become liberating. The importance of this insight is emphasized in the ancient saying, "One who sees Dependent Origination sees the Dhamma; one who sees the Dhamma, sees Dependent Origination."

The Buddha's first, succinct way of teaching Dependent Origination was with four Noble Truths which explain the cause of suffering and the conditions required for the ceasing of this cause. The first truth concerns knowing when suffering is occurring. The second truth is understanding craving as the cause of suffering. The third points to the possibility of ending that suffering. And the fourth truth describes the path to do this.

When suffering seems impenetrable and the Four Noble Truths seem too simple for penetrating the complex tangle that gives rise to the suffering, it can be useful to investigate further with the Buddha's teaching known as the Twelve-Fold Dependent Origination. This teaching lists a sequence of twelve psycho-physical processes where each process is presented as a necessary condition for the arising of the next process. When suffering, the final link, is seen as a condition for ignorance, the first link, the twelve links are often depicted as a circle. The image of a circle is useful in that it suggests that when the processes are not interrupted, people can all too easily loop around and around in cycles of suffering.

However, all twelve processes seldom operate in a neat twelve-step sequence. More often they all also interact and shape one another in complicated ways. Instead of a circle, it might be useful to see each as

different threads of a matted ball of threads. The task of mindful investigation is to discover some of the individual threads and the connections between them. It then becomes possible to begin unraveling the tangled ball of suffering. Because of the way they are all intertwined, loosening any one thread loosens the rest.

Beginning with ignorance, the first seven processes in the twelve-fold list are the conditions that give rise to craving, which is the eighth item on the list as well as the second Noble Truth. The ninth to eleventh processes are those that build on craving to create the necessary conditions for suffering, which is the twelfth process in the sequence of Dependent Origination and the first of the Noble Truths.

Ignorance, as the first step in the sequence, refers specifically to "ignoring", or at least not understanding, our experience through the framework of the Four Noble Truths. When we are ignorant of our suffering or its cause, it is easy to look for happiness and peace in the wrong places. For example, pleasure can be mistaken for happiness; clinging and aversion can be assumed to be helpful strategies; and depending on a self-identity can be seen as important. One of the most significant symptoms of ignorance is believing that our psychological suffering is caused by external events. The teaching on Dependent Origination acts as a corrective to this by pointing to the role that our inner mental life has in suffering.

Because ignorance is the first process in the Twelve-fold Dependent Origination, all the subsequent processes are dependent on it. In other words, ignorance runs through the other eleven processes. It is said, therefore, that applying the Four Noble Truths to any of the twelve processes can untangle the ball of suffering.

Ignorance has consequences when it is the basis for how we react to the world. Ignorant reactions shape or "form" us, and this is why the second step in the twelve-fold cycle is called "**formations**". Most prominent are the array of intentions and dispositions that arise dependent on ignorance. They can include such mental reactions as anger when a craving is frustrated, or anxiety when we are attached to a particular self-identity. Some of these may be momentary intentions; others may be pervasive motivations that shape both our personality and how we experience the world.

The third step, usually called '**consciousness**', consists of the mental processes by which we cognize or pay attention to things – processes influenced by our dispositions and conditioning. How we are mentally disposed can shape how we pay attention and what we pay attention to. Our awareness is seldom unbiased. When connected to suffering, our awareness is selective and colored by our ignorant dispositions.

Continued inside

A TEEN REPORT ON THE FAMILY RETREAT

The teen years are notoriously tough, but believe me, the ever-changing challenges of adjusting to semi-adulthood are harder than you might remember. There are no “solutions” to this difficult coming of age, but many teens, myself included, have found that taking on the Buddhist outlook of appreciation for the present moment can be very helpful. The best coping mechanism I have found is to go on retreat.

It's never easy to keep your equanimity in the school hallways or the malls, where it seems inevitable that drama will arise, that friendships and relationships will end. Then you toss in those raging hormones and things can get pretty dicey.

Although many of you know the benefits of retreat, seeing it through the eyes of a teen may give you an entirely new perspective. As Austin Koblick, a fellow teen-retreatant at this year's Spirit Rock Family Retreat, explained it, “It helps me get away from the world and get to a calm place.” For another teen on the retreat, Amy Sowers, it was a way to process the tough stuff: “Going to a teen retreat helps you deal with hard issues in life.”

The retreat gave me the safest place possible to unscrew the cap on my emotions and allow myself to share them with the people who understood best. As teen Chris Borglum put it, “I need a teen retreat because it lets me connect with people my age who share my conflicts.” And every time I would think about how helpful the retreat was for these teens in my group, and for me, I would say to myself “Just think of what a different world my high school would be if everyone on campus was privileged to have an experience like this one. How much easier would teenhood be if we all took retreats?”

—Cora Kammeyer (member of IMC's Dharma Teens Program)

IMC'S LANDSCAPE MAINTENANCE TEAM

Organizing Meeting—11am, Sunday, October 18

We are forming a group to provide for the ongoing care of our new landscape. The team will work closely with Jack Buktenika, the master gardener who designed the landscaping. The three areas we need help with are: weekly removal of fallen leaves (especially in the Fall), monitoring the automatic irrigation system, and pruning. We are hoping a number of people will each adopt particular plant species for caring and pruning. Anyone with expertise or who is interested in being trained can come to the October 18 meeting or call Jack at 650/494-1731.

IMC HOSTS INTER-BOARD DAY, JUNE 20, 2009

Board members (not including teachers) from eight community vipassana centers in Northern California, plus one from Los Angeles, met at IMC recently to get to know each other and discuss common issues. Much of the day was devoted to group introductions and dialogue about issues such as the decision-making process, supporting the teacher, organizing volunteers, and creating programs.

A theme that emerged from the day was the strong current interest in the dharma by young adults, and the wish to support them. Also, participants learned that other centers are facing similar challenges, albeit with unique flavors depending on the character of the group. Two of the groups have recently conducted community surveys which helped them to better understand their sanghas. We invite you to participate in our latest survey (see below).

The idea of having future meetings was discussed, as the group had only begun what seemed to be a very fruitful dialogue.

COMMUNITY SURVEY

IMC is currently conducting an online survey to learn about the interests and makeup of our sangha. We have done this twice in the past and found it very useful. The survey will take 10 to 15 minutes, and responses are anonymous. Please feel welcome to participate! <http://tinyurl.com/IMCsurvey09>.

If you prefer not to use the computer, please pick up a paper copy from (and return to) the file in the library.

IMC RETREATS AT HIDDEN VILLA

Some of you may not realize what a rare treasure we have available to us in the retreats offered by IMC. I've sat a number of retreats at Hidden Villa over the years and I have come to appreciate them more each time. I wanted to share a few thoughts and reflections about those retreats—to express my gratitude for this precious resource and perhaps to inspire you to sit a retreat or to support the retreats that IMC offers.

The retreats at Hidden Villa have a unique setting not found at most other retreats—one which embraces nature with its many animals, birds, reptiles and other creatures, the sights and sounds of exuberant children, the sights, sounds and smells of farm, garden, and kitchen—all the while creating an intimate, peaceful and nurturing refuge for sustained practice. Since the facilities are not large, we may be in close quarters while we share the bathroom, showers, kitchen, dining porch and meditation hall, yet we manage to weave and cultivate and honor the space and privacy of each other in a way that creates a strong sense of community. Hidden Villa is not always quiet—and that, too is unique—offering up for our practice a multitude of changing sounds to work with and to ultimately find ease and joy with. The teacher(s) and cook(s) nourish, guide and support our work with palpable love and devotion—and somehow, maybe because of our physical closeness, we yogis also create tremendous support for each other's practice. By their own imperfection, these retreats are just perfect! I hope you'll take the opportunity to taste this treasure for yourself.

—Lori Wong

Dependent Origination, cont'd. from front page

How we pay attention has an influence on how we experience our **'body and mind'**, the fourth step. So, for example, if I get angry at my suffering, this anger activates my body and mind in particular ways: I tense up, get hot, and become impatient. In addition, I might focus my attention so that I mostly notice what I don't like about my body and mind.

The first four processes are powerful conditions for how we use our **'senses'**, the fifth step in the sequence. For example, if the first four links are shaped by selfishness, then we may use our senses to notice only things that have an impact on our self-centeredness. If they are shaped by anger then that may filter how we see, hear, smell, taste, and touch the external world or how we 'perceive' our inner world.

How the senses are directed conditions how we directly experience the world. Sixth in the sequence is **'contact'**, the meeting of our senses with the outside world or with thoughts and feelings. People often assume that the world they experience through the senses is how the world actually is. The teaching on dependent origination suggests that when we suffer, we do not perceive accurately and the way our senses connect to the world is biased.

The seventh link is the **'feeling tone'** associated with any sense contact or perception. It is the seemingly impartial way in which we experience things as pleasant, unpleasant, or neutral. However, the feeling tones that are part of the twelve-fold sequence are influenced by the preceding six links and are therefore not necessarily objective.

Feeling tone is a condition for the arising of **'craving'**, the eighth link in the dependent origination of suffering. In other words, craving is a reaction to feeling tone. It can be quite humbling to discover how many of our desires, even seemingly sophisticated ones, are responses to feelings of pleasantness and unpleasantness.

Craving is a necessary condition for **'grasping'**, the ninth process. We are not going to cling to something unless we crave it.

The tenth step, 'becoming' refers to the creation of states of being or states of mind based on grasping. It is called **'becoming'** because it is an ongoing process of coming into being. If I grasp onto anger, it is more

than a passing reaction, it can 'become' a habitual response, or even a pervasive and enduring mood.

Based on my ongoing anger, I may define myself by it: *'I am an angry person.'* Giving birth to an identity based on our state of being is the eleventh process of Dependent Origination, and is called **'birth'**. A fixed identity is a very significant condition for suffering because of all the expectation, assertion, disappointment, fear, and anger that can be triggered as we try to support or defend ideas we hold about ourselves.

The combined working of the first eleven processes is the dependent condition for suffering, the final process in the sequence. In looking carefully at suffering it is important to remember we are always investigating the particular form it is taking. The word 'suffering' is an abstraction and abstractions are difficult to explore. As a reminder to look into the particular expressions, the twelfth link has a long name: **"aging, death, sorrow, lamentation, pain, grief, and despair."**

Each link is dependent on all the preceding links. This means that if a particular step is removed, the subsequent links cannot occur. If one of the links is occurring, it will cease when any of the earlier processes are stopped.

As we explore the tangled ball of our suffering, some threads are easier to discover than others and some can be addressed more directly. Using the framework of the Four Noble Truths helps untangle ignorance; insight into how our dispositions shape our experience can help us see more clearly; learning to not react to the feeling tones of experience lessens craving; not acting on cravings, lessens grasping which, in turn, lessens becoming. When the tangle of suffering is tightly woven, all these approaches may be needed. When the threads have become loose enough, a gentle tug on one strand may be all that is needed for the whole ball to unravel. And when suffering is untangled, what's left is profound and peaceful. What's left is not dependent on anything.

—Gil Fronsdal

(1) Ignorance → (2) Formation → (3) Consciousness → (4) Body & Mind → (5) Senses → (6) Contact → (7) Feeling Tone → (8) Craving → (9) Grasping → (10) Becoming → (11) Birth → (12) Suffering

CEREMONY OF LOVE AND REMEMBRANCE

Each year IMC sets aside time for remembering loss and honoring those we have loved who are no longer with us. We recall the warmth and sorrow they have brought into our lives. In these ceremonies, we make room for grief and fear and sorrow. We also celebrate the lives of departed loved ones and offer farewell. Through recognition and ritual we offer a community of support for allowing these experiences to be expressed and passed through. Each person has an opportunity to name their loved one, place them in our group memory, to honor the relationship of being in the world and passing away.

With the Buddhist practices of mindfulness and compassion, we will have a period of silent sitting and rituals of remembrance, bereavement, and farewell. One of the favorite aspects is the altar we create with pictures or memorabilia. What does this object represent and what is the memory associated with it? We smile and remember. Talk with others who have passed through similar experiences of care, caregiving and loss. Come join us, this year on Friday, October 30 from 7:30 to 9pm.

—Maria Straatmann, IMC Chaplaincy Council

THE REMEMBRANCE TABLE

In consultation with Gil and the program committee, we decided to create a way for sangha members at IMC to honor those among us and those close to us who have recently died. The idea of a Remembrance Table was inspired by the one at the Muir Beach zendo of Yvonne Rand, a Zen priest and student of the Dalai Lama. Our Remembrance Table is now located next to the statue of the nun Mahapajapati. If you would like a name card created and placed on the table, please send email to imc.sanghacaredirector@gmail.com or fill out the form on the back of the Remembrance Table Stand. Name cards will stay for 49 days.

—Cate Beauheim



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

Insight Meditation Center

108 Birch Street

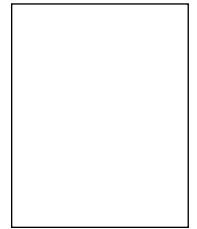
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

RETURN SERVICE REQUESTED



Printed on
Recycled Paper

WELCOME TO NEW VOLUNTEER COORDINATOR

For the past two years, I have had the privilege to serve as the Volunteer Director for IMC. I am now passing this responsibility on to Hilary Borison. Hilary is a great choice and I am sure that she will enjoy the position as much as I have. Hilary has a long association with IMC and she is currently working with Misha Merrill in the children's program.

I very much want to thank you all for your service to IMC and helping me make our volunteer program tremendously vital and energetic. I have enjoyed meeting so many lovely people, making friends, and becoming a part of the IMC sangha. I am sure that Hilary will find something else for me to do.

—Cate Beauheim (retiring Volunteer coordinator)

MESSAGE FROM NEW SANGHA CARE DIRECTOR

Thank you for the honor of serving as Sangha Care Director. My job will be to co-ordinate care for those in the Sangha who are ill or facing end of life needs. Volunteers will be needed to offer support such as giving rides to medical appointments, personal visits, grocery shopping, or providing meals. If you need care, or if you would like to provide care, please email me at imc.sanghacaredirector@gmail.com.

With metta, Jeanie Cotton

Please fill out our Community Survey:
<http://tinyurl.com/IMCsurvey09>
Many Thanks!

SARANALOKA BENEFIT

On Sunday, November 15th, IMC is holding a benefit for the Saranaloka Foundation, an organization that supports Theravadan nuns. The teaching that morning will be given by Ajahns Anandabodhi and Metta, who were trained at Amaravati Monastery in England, and have come to the Bay Area to establish a new monastery. All dana from that morning will go to Saranaloka and will help the new monastery. We will also have the opportunity to offer meal dana to the monastics.

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

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

MAILING LIST OPTIONS AND CHANGE OF ADDRESS

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

NEWSLETTER questions—contact Chris Clifford, imc.newsletter@gmail.com 650/967-8741.

SCHEDULE OF EVENTS

October thru December 2009

WEEKLY MEDITATION AND TALKS

MONDAY EVENING SITTING AND TALK

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

TUESDAY MORNING SITTING AND TALK

With Andrea Fella and guest teachers. 9:30 to 11am. A 30-minute sitting followed by a talk and time for questions.

WEDNESDAY MORNING HALF-DAY RETREAT

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

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

THURSDAY EVENING SITTING AND TALK WITH ANDREA FELLA

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

SUNDAY MORNING SITTINGS AND TALK WITH GIL FRONSDAL

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

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

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

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

With Gil Fronsdal. The basic instructions in Insight Meditation will be taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, thinking & the application of mindfulness in daily life. No pre-registration. 6 Wednesday Evenings, October 7 - November 11, 7:30 to 9pm

ONLINE COURSE: INTRODUCTION TO MINDFULNESS MEDITATION

October 4 – November 21, with Gil Fronsdal and Ines Freedman. To support the listeners of Audiodharma, an online course based on Gil Fronsdal's 6-week *Introduction to Mindfulness Meditation* class. The course will be supplemented with written material, mindfulness exercises and reflective questions. Ines, as the online teacher, will provide further teachings and email guidance to the participants. Additional teachers will offer weekly support by e-mail, phone or instant messenger. For more info: www.audiodharma.org/onlinecourses.html

ONE-DAY MEDITATION RETREATS

- October 17, 9am to 4:30pm **Mindfulness of the Breath** w/Gil Fronsdal
- October 10, 9am to 4:30pm **Daylong for People of Color** w/Spring Washam
- October 24, 9am to 4:30pm **Aging as a Spiritual Practice** w/Lew Richmond, Peter Schireson and Karen Geiger
- November 7, 1 to 4pm **Teen Retreat** w/ Gil Fronsdal
- November 14, 8:30am to 5pm **Daylong Retreat** w/Gil Fronsdal (interviews available)
- November 21, 9:30am to 3:30pm **Introduction to Mindfulness Meditation** w/Ines Freedman
- December 5, 9:30am to 4:30pm **Young Adults Daylong Retreat** (ages 20–35) with Kate Janke.
- December 12, 9am to 4:30pm **Daylong Retreat** w/Gil Fronsdal
- January 30, 8:30am to 5pm **Daylong Retreat** w/Gil Fronsdal

RESIDENTIAL RETREATS

IMC SPONSORED RETREATS

There is no cost for these retreats. Donations welcome. Contact: info@insightmeditationcenter.org or 650/599-3456 unless otherwise noted. Registration opens 4 months prior to event.

- October 11–18 with Steve Armstrong & Kamala Masters at Hidden Villa in Los Altos.
- May 2–9, 2010 with Gil and Andrea at Hidden Villa.
- Memorial Weekend, May 28–31, 2010 with Andrea Fella, Jikoji.

OTHER RETREATS WITH GIL FRONSDAL

Spirit Rock Retreats See www.spiritrock.org for info.

- December 26 – January 3 New Year's Retreat with Gil Fronsdal, John Travis, Eugene Cash, Sharda Rogell, Janice Clarfield
- March 1–28, 2010 Insight Meditation One Month Spirit Rock Retreat, with Gil Fronsdal, John Travis, Mary Grace Orr, Sharda Rogell, Donald Rothberg, Heather Martin

YOGA

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

MONDAY EVENING YOGA

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

THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8 to 10:15am, Cancelled on Thanksgiving & New Years' Eve; meet as usual on Dec 24.

HALF-DAY RETREAT: MEDITATION AND YOGA

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

SPECIAL EVENTS

PRACTICE DISCUSSIONS WITH ANDREA FELLA

Thursdays, before the evening program, half hour one-on-one discussions about mindfulness practice. Discuss the details of your personal meditation practice as well as more general questions about Buddhist practice and its place in your life. Not counseling sessions. Contact imc.thursday.interviews@gmail.com, or call IMC at 650/599-3456. (Email contact is most direct.)

YOUNG ADULTS SITTING GROUP

Third Sundays, 7 to 8:30pm. A once-a-month offering for young adults (ages 20 – 35). September 21 with Will Kabat-Zinn

AN EVENING OF CHANTING WITH STEVEN GASNER & BILL KOSTURA

Friday, September 25, 7 to 8:30pm. Traditional Theravadan chanting with refuges and precepts.

BUDDHISM 101, A COURSE IN THE BUDDHA'S TEACHINGS

With Andrea Fella, Tuesdays, September 22 – October 13, 7:30 to 9pm. This course is designed to provide an overview of the key concepts that are discussed in talks given at IMC. We will discuss both the theory and practice of the teachings, and how they relate to our day-to-day lives. Through an exploration of the Four Noble Truths, the Three Basic Facts of Experience, Karma, and the Four Foundations of Mindfulness, we will touch most of the key teachings of the Buddha.

DHARMA PRACTICE DAYS – THE SEVEN FACTORS OF AWAKENING

With Gil Fronsdal, Fridays, 9:30am to 3:30pm

Each of these Dharma Practice days will focus on one of the 7 factors of Awakening through teachings, meditation, and discussion. Everyone is welcome.

Oct 2: Mindfulness, Nov 6: Investigation, Dec 4: Energy, Jan 22: Rapture, Feb 26: Tranquility, Apr 23: Concentration, May 21: Equanimity, Jun 4: Development and Incorporation.

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

A Benefit for the Brahmavihara AIDS Project with Donald Rothberg and Beth Goldring September 27, 7 to 8:30pm
IMC's Karuna Program is hosting its first annual Karuna Award evening to honor Beth Goldring for her efforts to bring spiritual care to some of the most impoverished residents of Phnom Penh, Cambodia. Donald will give a keynote talk on the significance and growth of the modern Engaged Buddhism movement: how inner transformation can be deeply connected with service and work for social transformation. Beth will describe her work as founder and director of the Brahmavihara/Cambodia AIDS Project, providing Buddhist services to destitute AIDS patients and their families in Phnom Penh. A celebratory reception will follow.

Donald Rothberg, a member of the Spirit Rock Teachers Council and the Executive Faculty at Saybrook Graduate School, writes and teaches classes, groups, and retreats on meditation, daily life practice, and socially engaged Buddhism, in the San Francisco Bay Area and nationally. Donald is the author of The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World.

BUDDHIST SPIRITUAL CARE SYMPOSIUM V

Saturday, October 3, 9:30am to 4:30pm. Welcoming Buddhist chaplains and those interested in deepening their spiritual care practice for a day of learning and community-building. Topics include Spiritual Direction, Buddhist Parables and Rituals with Gil Fronsdal and Daijaku Judith Kinst. Vegetarian lunch included. Presented by Buddhist Chaplains Group. Pre-registration at www.buddhistchaplainnetwork.org or Bill Hart: 415/567-9823.

DAYLONG FOR PEOPLE OF COLOR WITH SPRING WASHAM

Saturday, October 10, 9am to 4:30pm. The joy of community! Please join us for a very special day of meditation and community building. This daylong will include periods of silent meditation, group discussion, sacred music and talks on the theme of the day which is community and sangha. Please invite all of your friends and bring a special dish for our potluck lunch!

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

MONDAY NIGHT SERIES ON THE LIFE OF THE BUDDHA

With Gil Fronsdal, October 12, 19 and 26 during the regular Monday night sitting.

MINDFULNESS OF THE BREATH WITH GIL FRONSDAL

Saturday October 17, 9am to 4:30pm

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 distractions that get in the way of clear seeing and developing a continuity of awareness for an extended period. Alternating periods of sitting and walking meditation, instruction in mindfulness practice and a dharma talk. Recommended for beginners and experienced practitioners.

AGING AS A SPIRITUAL PRACTICE

With Lew Richmond, Peter Schireson and Karen Geiger

Saturday, October 24, 9am to 4:30pm. The experience of growing older is one important way we experience in our own bodies the fundamental Buddhist truths of suffering and impermanence: see Lew's blog www.AgingAsASpiritualPractice.com. The workshop will explore the connection between our own experiences of aging—loss, disappointment, loneliness, fear, as well as the positive aspects of gratitude, compassion, and a sense of wise perspective—with the basic Buddhist teachings of impermanence, the Five Great Fears, liberation from a fixed self, mindfulness (of aging) and lovingkindness. The day will combine formal teaching with small and large group discussion. People will be encouraged to share their own personal experiences of aging with each other. Bring lunch.

Chikudo Lew Richmond is an ordained disciple of Zen Master Shunryu Suzuki, and a lineage holder in that tradition. Beginning in 1967, for 15 years he lived and trained at Tassajara Zen Monastery, San Francisco Zen Center, and Green Gulch Zen Temple, where he was Head of Practice

SCHEDULE pg. 3

from 1977-1983. He is the author of three books: *Work as a Spiritual Practice*; *Healing Lazarus*; and *A Whole Life's Work*. Lew's home sangha is www.vimalasangha.org. Peter Schireson and Karen Geijer are both long time practitioners of Zen.

EXPLORING SAMADHI; RIGHT EFFORT, RIGHT MINDFULNESS AND RIGHT CONCENTRATION OF THE EIGHTFOLD PATH

With Richard Shankman. Thursdays October 29 – November 19, 7:30 to 9pm. In this 4-week series we will explore the understanding of these final three elements of the Eightfold Path, how they work together and how they apply in our meditation practice.

CEREMONY OF LOVE AND REMEMBRANCE

With Maria Straatmann, Friday October 30, 7:30 to 9pm. 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. With the Buddhist 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 may send Maria the name of the person you would like included. *Maria serves on IMC's chaplaincy council. Contact: mstraatmann@gmail.com.*

TEEN RETREAT WITH GIL FRONSDAL

Saturday, November 7, 1 to 4pm. Meditation is one element of an integrated approach to living a wise and stress-free life. Retreat includes instruction and practice of meditation, and introduction to the Four Noble Truths, the heart of Buddhist teachings. The Four Noble Truths point to a happiness and peace not tied to our experiences in life. Discovering this brings balance through all the changes life can bring. Time for peer discussion and exploration of the topic of the day. All teens welcome.

SARANALOKA BENEFIT

Sunday, November 15, during the regular morning program. A benefit for Saranaloka Foundation, an organization that supports Theravadan nuns. For details see *Sangha Programs & News*.

BEGINNERS' PRACTICE GROUP

With Susan Ezequelle and Bud Silver, 5 Wednesdays, November 18– December 16 (no class on November 25). To help build and support your practice. This five-week discussion group on developing mindfulness practice will include a 20 minute sitting, a review of the basic teachings, and lots of discussion.

INTRODUCTION TO MINDFULNESS MEDITATION

With Ines Freedman, Saturday, November 21, 9:30am to 3:30pm. Introducing the basic practice of mindfulness, with direction in mindfulness of the breath, body, emotions, thoughts, walking and eating. There will sitting and walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

COMMUNITY MEETING

Sunday, November 22, 11am. Gil and the board will share current information about IMC's programs and finances, as well as ideas for the future. All are welcome to attend!

YOUNG ADULTS DAYLONG WITH KATE JANKE

Saturday, December 5, 9am to 4:30pm

NEW YEAR'S EVE MEDITATION AND CELEBRATION

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

NEW YEARS' DAY HALF-DAY RETREAT: MEDITATION & YOGA

With Terry Lesser, Friday, January 1, 9am to 12:30pm.

SATI CENTER

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

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

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

SUTTA STUDY: FRUITS OF THE CONTEMPLATIVE LIFE

Taught by Gil Fronsdal, Friday, January 15, 9:30am to 1pm. This class will offer an in-depth study of an important discourse by the Buddha. In a dramatic narrative context, a king asks the Buddha about what benefits come from the religious life. The Buddha responds by describing the stages of Buddhist practice. A translation (2nd discourse in Long Discourses) can be found online at <http://www.accesstoinsight.org/tipitaka/dn/index.html>.

IMC YOUTH PROGRAMS

DHARMA SPROUTS (K- 2ND GRADE)

Led by Liz Powell, Carla Rayacich and others, 2nd Sunday of the month, 11:15 to 12pm (No meeting in October). Brief meditations and dharma practice through stories, songs, art, movement, and games. Parents/caregivers participate alongside their young children. Contact Liz at eapowell@aol.com if you plan to attend.

DHARMA ROCKS: (3RD – 8TH GRADE)

Led by Misha Merrill, 2nd Sunday of the month, 5:15 to 7:15pm. Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and dharma. Hilary Borison 650/575-2052, hborison@sbcglobal.net.

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

Starting September 2010. Monthly meetings for youths who commit for the entire year aiming to provide support through the transition from childhood to adolescence, laying the strong foundation for the teenage years. There will be two groups, one for girls and one for boys. Lauren Silver silverlauren@gmail.com

Continued on next page

SCHEDULE PG. 4

DHARMA TEENS: (HIGH SCHOOL)

Led by Mary Hofstedt and Alicia McLucas, 1st Sunday of the month, 5 to 7pm (3rd Sunday in September) A safe and fun space where teens can learn to apply the practices and principles of mindfulness to support their self-discovery, empowerment, and fulfillment. It is also intended to be a trusting environment where teens can discuss among themselves and adult facilitators, issues that are important in their lives. Contact Alicia 650/361-8800.

SUPPORT GROUPS

(A) Those Experiencing Life-Threatening Illnesses

Wednesdays, 1:30 to 3pm at IMC

(B) Those Experiencing Chronic Health Challenges

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

DHARMA FRIENDS

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

- **Portola Redwood State Park Hike** — Sunday, Oct 11, 11:15am to 4:15pm. Gentle hiking/lunch in a quiet secluded park W of La Honda. Marianna taraihito@yahoo.com 650/367-7325.
- **Meditative Drumming Evening**—Friday, Oct 16, 7:30 to 9pm. IMC. Come discover the subtle silent rhythms in all of us. Robert Latimore rrapid@pacbell.net.
- **Hungry Ghost Halloween Ceremony for All Boo-dhists**—Oct 24, Saturday, 6 to 9pm. Mike Kupfer & Anne Foster's home, San Carlos. Anne Foster annefoster2@earthlink.net 650/591-1285.
- **Dharma Friends Steering Committee Planning Meeting**—Nov 8, Sunday, 11:10am to 12:30pm. Plan events for January thru March 2010. IMC conference room. Come join us! Anne Foster afoster@rawbw.com 650/591-1285.
- **Buddhists Go Bowling**—Nov Friday the 13th, 7:30 to 9:30pm. At a local alley. Don Kensil dkensil@hrsolvers.com 650/965-4112
- **Holiday Potluck**—Dec 12, Saturday, 6:30 to 9:30pm. IMC. A simple evening focused on sharing good food with fellow friends of the Dharma. Contact Dwight, zydeholic@yahoo.com, to help create this festive evening.

RECURRING DHARMA FRIENDS EVENTS

- **Dharma-Inspired Book Group**—Fridays Oct 2, Nov 6, Dec 4, 5:30 to 7pm. IMC Social Hall. Anne Foster, afoster@rawbw.com, 650/591-1285.
- **Full Moon Gathering for Women**—Fridays Oct 2, Nov 6, Dec 4, 7:15 to 9:15pm. IMC conference room. Nicole Cherok drncherok@gmail.com

- **Dharma Friends Brunch**—(1st Sundays) Meet at IMC kitchen, 11:15am to choose a local restaurant for brunch. Dwight: zydeholic@yahoo.com.
- **Cinema Sanity**—Occasional weekend evenings. Know of a movie with a Dharma message you'd like to see with some dharma friends? Contact Jim Podolske James.R.Podolske@nasa.gov 650/968-6168.

RELATED SITTING GROUPS

COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7 to 8:30pm. For information and location www.coastsidevipassana.org

INSIGHT MEDITATION SOUTH BAY WITH SHAILA CATHERINE

2094 Grant Rd, Mtn View. Weekly Sitting & Talk – Tuesdays, 7:30 to 9pm. Introduction to Meditation class – 1st Tuesday each month, 6:30 to 7:20pm. www.imsb.org, doug.forehand@sun.com.

LA HONDA SITTING GROUP

Every Tuesday night, 7 to 8pm. For information contact Cindy Crowe-Urgo at brwthus@sbcglobal.net

MODESTO DROP-IN MEDITATION GROUP WITH LORI WONG

Tuesday evenings from 6:30 to 8:30pm Unitarian Universalist Fellowship Church on 2172 Kiernan Rd., <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.

YOUNG ADULTS MEDITATION GROUP

Contact IMC.iGeneration@gmail.com.

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

- Wednesday Evening Sitting & Teaching – 7:30 to 9pm
- Yoga—Wednesdays at 6:30pm (begins Nov 7)
- Half-Day Retreat – Sept 26 & Dec 19, 9:30am to 12:15pm
- Intro to Meditation – 6 Mondays, 7 to 9pm, Sep 14 – Oct 19. Incl. Saturday Oct 17, 9am to 2:30pm.
- Meditation and Psychotherapy experiential class 6 Wednesdays 6 to 7:15pm, Oct 7 – Nov 11. In back room (Harmony Hall).
- November 14 – Yoga & Meditation, 9:30 to 2:30