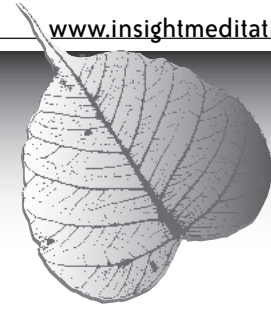


Insight



JANUARY, FEBRUARY, MARCH 2011

VOLUME 14, NUMBER 1

The Relational and the Non-Relational Dimensions of Buddhist Practice

Buddhism offers teachings, practices, and profound realizations for two different dimensions of life: the relational and the non-relational. Classically, these two were referred to as the conditioned and the unconditioned dimensions. A modern way of distinguishing them is to point out that the first has to do with that which occurs or exists only in relationship to other things. The second is that which is independent of any relationship to anything else. In human terms, the first involves all the ways of behaving and thinking which are relational. The second are the non-relational ways of being. When these two ways are emphasized equally they complement each other in creating a balanced life. Sometimes, however, one dimension is emphasized while the other is neglected, or even belittled. The cost of doing so is often a painful segregation of these two important aspects of life.

In the Buddhist analysis, almost everything we do and think involves being in relationship with something. Our concerns can be focused on other people, the external world, and ourselves, including the complex inner world of ideas, opinions, feelings, preferences, and desires. This is not surprising since our very existence depends on being supported by things that exist in relationship to us. Normally when we care for our physical, emotional, and social needs we are acting in relationship to the sources of satisfaction for those needs. When we care for someone who is suffering, we are relating to that person.

Many aspects of the relational world are quite beautiful and inspiring; compassion, love, and generosity are among the most meaningful attitudes that arise in relationship to others. Appreciating how our lives are thoroughly dependent on the supportive relationships of innumerable people, mostly unknown, can give birth to a gratitude that is experienced as deeply spiritual. Direct realizations of how interconnected everything in the world is can be among the most significant experiences in a person's life. At the upper reaches of healthy relationships to the world are powerful, mystical experiences of

oneness, and unity. These can include pervasive feelings of universal love that some people see as the pinnacle of their spiritual life.

Many, if not most, Buddhist teachings are concerned with creating healthy relationships within the relational world. This is certainly the case for the foundational practices of generosity, ethics, loving-kindness and compassion. Many of the inner practices, such as meditation, involve transforming how we relate to ourselves so that we don't undermine our life with negative attitudes and instead regard ourselves with respect and loving-kindness.

One of the most important insights of Buddhism similarly concerns the relational world. The understanding that allowed the Buddha to become liberated was his insight into how things of the world arise in dependent relationship with other things. Nothing that appears exists alone. Everything exists in relationship. By understanding this, when the Buddha saw that suffering exists in a dependent relationship to craving, he could then see how suffering could be brought to an end when the craving ceases.

While Buddhism puts great emphasis on developing healthy and wise relationships to the world, it also includes an understanding of the drawbacks of the relational world: Interconnectedness is dangerous when a tick infects us with Lyme disease or we lose our job because it is outsourced abroad. Unity can be oppressive when a person feels trapped in a social, economic, or political structure where what one can and can't do is controlled by others.

Buddhism never tires in pointing out that the relational world is unstable and unpredictable. The relationships upon which our life depends can change or even disappear in a moment. This includes our relationships to other people, to things, to activities, to our bodies, and to all the other various aspects of ourselves. If our happiness is dependent on the relational world, then our happiness will be as unstable and changeable as is the world.

Many aspects of the relational world are quite beautiful and inspiring; compassion, love, and generosity are among the most meaningful attitudes that arise in relationship to others.

Continued inside

SANGHA PROGRAMS & NEWS

RETREAT CENTER PURCHASE

The IMC Retreat Center Search Committee is delighted to announce that IMC is now in contract for the purchase of a retreat center!

The property is in Scotts Valley, a 50-minute drive from our center in Redwood City. There is over 10,000 sq. ft. of developed space, with 17 bedrooms, 17 bathrooms, a commercial kitchen, 4,000 sq ft. of decking, and an additional 9,000 sq ft of unfinished space. The building sits on 2.8 beautifully landscaped acres in a quiet semi-rural residential area of Scotts Valley.

We will need to raise funds to pay off a \$300,000 loan, to partially remodel the space for our needs, and develop the unfinished space for additional bedrooms, walking room, interview rooms, offices and meditation hall.

We plan to close escrow by June 2011. The long escrow is needed for county approval purposes.

If you are interested in helping realize this long-held dream of our own retreat center, please visit our website at www.insightretreatcenter.org in order to:

- view a video of the property
- sign up to receive updates about our progress
- fill out a Volunteer form
- donate to the Retreat Center Fund

With Gratefulness,

The Retreat Center Committee: Carol Collins, Gil Fronsdal, Ines Freedman and Kim McLaughlin

EXPANDED FAMILY PROGRAM

For some time IMC has been offering monthly programs to support the dharma in families with Dharma Sprouts (K through 2nd grade), Dharma Rocks for pre-teens and Dharma Teens. During 2010 we began a coming of age (7th & 8th grade) dharma program. Now we are initiating two additional areas intended to be more inclusive for the many families in our sangha.

The first of these is a program specifically for parents called Mindful Parenting that will gather together parents in support of the mindful raising of children. The sessions beginning in January will follow a group format with occasional guest teachers, themselves involved in mindful parenting, for discussion and encouragement, sharing and stress reduction. This new offering will be facilitated by Patty McLucas and Liz Powell. (See Special Events in Schedule)

In addition, IMC will be sponsoring our first ever family retreat for 3rd–7th graders and parents over Memorial Day Weekend at Jikoji Retreat Center with Gil Fronsdal, Rebekkah LaDyne, and Liz Powell. This will be a lottery retreat, as space will be limited; registration opens January 27.



A MONASTERY WITHIN

CELEBRATION & BOOK SIGNING

On Wednesday, January 5, there will be a reception at 7pm and a talk and reading from 7:30 to 8:30pm to celebrate Gil's latest book, *A Monastery Within, Tales from the Buddhist Path*.

Gil will give a talk about the role of stories in teaching the Dharma and then read from his new book of Dharma tales, many of which he composed for use in his talks. Inspired by his years of monastic life, these stories both delight and challenge us to find the Buddhist path in ourselves.

A Monastery Within will be available for purchase and Gil will be happy to sign the book. It is also available on Amazon.com. On our website, go to the Recommended Books page and click on *A Monastery Within*.



BAKE OFFERING: DHARMA TEENS THANK-YOU.

Generosity has been a very important aspect in the practice of our Dharma Teens group. There is no better way to show loving kindness towards others than by being generous to them. In this day and age, generosity is often associated with money. However, generosity pertains to so much more. One can be generous with their time, their love, with any aspect of their being.

On October 24th after the Sunday morning program, the sangha at IMC displayed great generosity, in time, interest, and donation. Our Dharma Teens group put on a 'Bake Offering' as a fundraiser for the Cambodian Rotary School of Mongkol Borei, where children who cannot afford to go to school are offered an education. The community at IMC not only accepted our homemade goodies, they were extremely generous with their donations, and also stayed to listen to what we had to say, showing true interest in the school and our cause.

Through our one bake offering that Sunday, Dharma Teens was able to raise an incredible \$534.46 for the Rotary School of Mongkol Borei. This is enough to sponsor two students' education for a year, with some left over to go towards their new library.

I would like to extend my deepest gratitude to the boundless generosity displayed by members of our IMC community. It is clear that the quality of generosity so valued by our Dharma Teens group is an important value in your practice as well!

—Cora Kammeyer, Dharma Teens Program

IN GRATITUDE

Thanks to all for the generosity offered to the inmates at CTF Soledad during the October Book Drive. There was a wonderful assortment of books. Prison staff decided they will go to the library so they will be accessible to all, not just our prison sangha.

The Relational and Non-Relational, cont'd. from front page

When someone meditates it becomes clear that most of our mental activity is concerned with things and people we are in relationship with. It can be quite humbling to realize how compulsive and stressful this mental activity is. Even when our thoughts and feelings about others are healthy and appropriate ones, in meditation even these can hold us back from a deeper, abiding sense of peace. To experience the fullest possibility of peace and freedom we need to put to rest all our preoccupations and concerns, at least temporarily. Our mind does not need to be constantly relating to something. It is possible to still the activity of the mind and so experience a peace that is a radical alternative to how the mind usually operates. For this purpose, Buddhism points to the non-relational dimension of consciousness.

When someone experiences how nourishing the non-relational way of being is, they realize there is a happiness that is not dependent on the conditions of their lives or of the world. If someone believes happiness is only found in particular relationships with the world, then it makes sense to try to control, change, and cling to people, things, and circumstances. When an alternative is known, it is a lot easier to relax the grip of clinging and dependency. It can be a lot easier to meditate when we realize we don't have to always be thinking about things.

The non-relational dimension of the mind is found through a not-doing, and so involves letting go of our efforts to do, accomplish, avoid, and change what is happening. Most often, this is a gradual process of calming down and quieting the mind. As the mind becomes more still, a point is reached when the meditator realizes that wanting further deepening of the peace is the very thing that stands in the way of this peace. At some point even letting go can be too much doing. Letting things be becomes the only possibility.

As we calm down it is possible to sense a way of being in this world which is non-relational. That is, our minds are not operating with any concerns or relationships to anything. With this comes a deepening sense of well-being. As our mind becomes less preoccupied with the relational world, deeper wellsprings of loving-kindness, empathy, and insight can arise. Our relationships tend to become healthier, simpler and more straightforward.

As the mind becomes simpler, more peaceful and less caught up in things, a time comes when all the intentional and relational activity of the mind comes to a stop. Awareness can exist without it being brought into the service of the mind's desires and aversions. It just is. This non-relational way of being defies exact definition. It is impossible to cling to this state or to claim it as one's own because to do so is to leave the non-relational state and return to being in relationship to something. It is a little like grabbing an open hand with the hand itself – the open hand disappears as soon as the hand closes around itself. We can know that we are experiencing the mind that is not relating to anything but we can't touch it with thought, description or any form of self-appropriation.

To have a full experience of the non-relational state of mind is to experience one of the most profound forms of well-being, peace, and liberation. To have confidence in this possibility, and even better, to feel the continued background presence of this dimension in one's mind, allows one to live in the relational world with ease and wisdom. It also opens our hearts to greater compassion, which is one of the most valuable emotions of the relational world. In Buddhism the combination of these two – liberation and compassion, non-relational and relational – is considered the ultimate relationship. Ideally the two dimensions go hand in hand, and as your practice matures you get the best of both worlds.

—Gil Fronsdal

NEW EDITION OF PASSING IT ON: LAY PRACTITIONERS SHARE DHARMA WISDOM

This second edition of *Passing It On* is a new collection of creative works reflecting the helpful teachings found in our daily lives. The authors and artist, all connected with IMC, celebrate everyday activities in ways that honor the richness and complexity of our ordinary experiences. The personal essays, short stories, poetry, and art explore the challenges we face, and the moments we rise to meet them.

The print paperback with full-color cover is available for \$11 each from www.createpace.com/3411350. For every copy purchased from this site, IMC earns a \$2.91 royalty.

LAUNCHING INSIGHT WORLD AID: A PRESENTATION ON ITS MISSION

Gil Fronsdal and members of the IMC community have created a new non-profit called Insight World Aid in order to provide medical and humanitarian aid to impoverished communities. Its first project is to organize a group of volunteers to go on a two week medical mission to Cambodia. Board members will introduce IWA's mission and its Cambodian project on Sunday, March 13, from 11am to 12pm. This is an exciting extension of the Buddhist practice of our community.

For more information go to insightworldaid.org, or email insightworldaid@gmail.com.



Insight Meditation Center

108 Birch Street

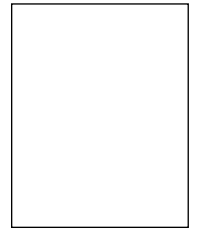
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

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OTHER WAYS TO DONATE

It is in the spirit of generosity that IMC continues a 2500-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 wide-reaching website. Besides donating in person or by mail there are a few less-familiar ways to donate:

E-scrip is an effortless way of raising funds for our center. If you register your grocery club card and credit/debit cards with E-scrip, 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.

When you make purchases at **Amazon** through the Amazon Search link on our website (found on the Donate and Recommended Books pages), a small percentage will go to help support the programs at IMC.

We at IMC are very grateful for all the support we receive.

VOLUNTEERING AT IMC

All the work that keeps our center running smoothly is done by volunteers. Volunteering is an opportunity to participate in the center and to meet other Sangha members. If you would like to support IMC by donating your time and skills, please fill out a form on the literature table or see the Volunteer link on our website. Any questions, please contact our Volunteer Director, Hilary Borison, IMC.VolunteerDirector@gmail.com.

- For **GENERAL INFORMATION** about IMC contact either insightmeditationcenter@gmail.com or 650/599-3456.
- For **OTHER INQUIRIES** contact imc.liaison@gmail.com
- **NEWSLETTER QUESTIONS**—contact the editor at imc.newsletter@gmail.com



• MAILING LIST OPTIONS AND CHANGE OF ADDRESS

To be added or removed from the Mailing List, or to update address, phone, or e-mail—contact imc.mailinglist@gmail.com

• UPCOMING EVENTS & ANNOUNCEMENTS EMAIL LIST

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

• IMC COMMUNITY SITE

For Discussion and Interest Groups. To join, click the 'COMMUNITY' link on our website, or go to insightmeditationcenter.ning.com

SCHEDULE OF EVENTS

January thru March 2011

WEEKLY MEDITATION AND TALKS

MONDAY EVENING SITTING AND TALK

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

TUESDAY MORNING SITTING AND TALK

Andrea Fella or guest teachers. 9:30 to 11am. A sitting is 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)

THURSDAY EVENING SITTING AND TALK

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

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—Second Sunday of each month at 11am. Vegetarian Potluck Brunch—Last Sunday each month at 11am. All are welcome. Contact Di or Dave Tatro 650/595-4260.

MEDITATION INSTRUCTION

Basic Meditation Instruction

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

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

The basic instructions in Insight Meditation will be taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, thinking and the application of mindfulness in daily life. No pre-registration.

- 6 Wednesday Evenings –January 12 to February 16, 7:30 to 9pm - Gil Fronsdal

ONLINE COURSE: INTRODUCTION TO MINDFULNESS MEDITATION

April 17 – May 28, with Gil Fronsdal & Ines Freedman. Based on Gil's 6-week Introductory course, it includes written material, exercises and reflective questions. Ines, as the online teacher, will provide further teachings and email guidance. Additional teachers will offer optional weekly support by e-mail, phone, Skype or IM. www.audiodharma.org/onlinecourses.html

MONASTIC EVENINGS WITH THE SARANALOKA NUNS

Third Friday of the month, Jan 21, Feb 18, and Mar 18, 7 to 9pm. On the Monastic Evenings one or more Theravadan nuns will be offering traditional Buddhist chanting, silent or guided meditation, and sharing Dhamma from the heart. www.saranaloka.org.

NON- RESIDENTIAL RETREATS

ONE-DAY MEDITATION RETREATS

- January 7, 9:30am to 3:30pm **Dharma Practice Day (Energy/Vigor)**, with Gil Fronsdal
- January 22, 9am to 4:30pm Daylong with Gil Fronsdal
- February 4, 9:30am to 3:30pm **Dharma Practice Day (Patience)** with Gil Fronsdal
- February 12, 8:30am to 5pm Daylong with Gil Fronsdal
- February 26, 9:30am to 4:30pm, **Mindfulness of Mind** with Andrea Fella
- March 4, 9:30am to 3:30pm **Dharma Practice Day (Truthfulness)** with Gil Fronsdal
- March 5, 9am to 4:30pm **Women's Daylong** with Andrea Fella
- March 12, 9am to 4:30pm Daylong with Gil Fronsdal
- April 9, 8:30am to 5pm Daylong with Gil Fronsdal

RESIDENTIAL RETREATS

IMC SPONSORED RETREATS

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

RETREATS LOS ALTOS HILLS (AT HIDDEN VILLA)

- March 20–27 with Gil Fronsdal and Andrea Fella
- May 6–13 with Gil Fronsdal and Andrea Fella
- September 11–25 with Gil Fronsdal
- October 9–16 with Gil Fronsdal

RETREATS LOS GATOS (AT JIKOJI RETREAT CENTER)

- May 27–30 Family Retreat with Gil Fronsdal, Rebekkah LaDyne, Liz Powell
- August 10–14 with Andrea Fella and Pamela Weiss

OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

SPIRIT ROCK RETREATS www.spiritrock.org

- May 15–22 Vipassana Retreat with Gil Fronsdal, John Travis, and Mary Grace Orr
- May 29–June 5, Living Dharma Retreat with Andrea Fella, Tempel Smith, and Anushka Fernandopulle

OTHER RETREATS WITH GIL FRONSDAL

- Salt Spring Island, Canada, August 13–20 with Gil Fronsdal and Heather Martin. Information: ssivipassana.org

OTHER RETREATS WITH ANDREA FELLA

- Samish Island Retreat (Washington State), April 1–April 12, 2011 Information: www.bellinghaminsight.org
- Cloud Mountain Retreat (Washington State): June 17–22. Information: www.cloudmountain.org
- Jikoji Retreat: July 15–29. Permission Required. Contact Andrea at imc.andrea.fella@gmail.com

INSIGHT MEDITATION SOCIETY www.dharma.org/ims/retreats.php

- September 10–October 22. Three Month Retreat – Part 1 with Carol Wilson, Guy Armstrong, Sally Clough, James Baraz and Andrea Fella

SPECIAL EVENTS

YEAR-LONG DHARMA STUDY PROGRAM WITH GIL FRONSDAL

Starting September 2010, IMC began offering a ten month program of study and practice of the ten perfections (paramis). These are ten qualities of character which, when developed, support both Buddhist practice and compassionate involvement with others. People are welcome to attend any or all of the Friday programs. Dharma Practice Days—Fridays, 9:30am to 3:30pm
1/7 Energy/Vigor, 2/4 Patience, 3/4 Truthfulness, 4/15 Resolve, 5/6 Lovingkindness, 6/3 Equanimity
Study Group with Ines Freedman—Sundays, 1:30 to 3:30pm:
1/16, 2/13, 3/13, 4/24, 5/15, 6/26

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. Includes sitting and walking meditation, time to share, refreshments, and ritual to bring in the new year Berget 408/255-2783 bbjelane@gmail.com

A MONASTERY WITHIN, CELEBRATION AND BOOK SIGNING

WITH GIL FRONSDAL. Wednesday, January 5
7pm Reception • 7:30 to 8:30 pm Talk and Reading
Gil will give a talk about the role of stories in teaching the Dharma and then read from his new book of Dharma tales, many of which he composed for use in his Dharma talks. Gil's new book will be available for purchase.

PRACTICING SILA: THE PRECEPTS, KARMA AND LIBERATION

WITH TONY BERNHARD. Thursdays, January 13 – February 3, 7:30pm to 9pm. A 4-week series on *Sila* (virtue, moral conduct), the cornerstone upon which the entire Noble Eightfold Path is built.

Tony Bernhard is one of Spirit Rock's Community Dharma Leaders. He sits on the board of the Sati Center, is a member of the Spirit Rock Planning Committee and hosts sitting groups and teaches dharma in Davis, CA.

PARENTS' SERIES: MINDFUL PARENTS DISCUSSION GROUP

Fridays, January 14, and March 18, 5 to 6:30pm. An opportunity for parents to practice in community with mindful speech and listening, meditation and stress reduction. Each participant will have time to share their mindful parenting experiences. The monthly series will include council practice sessions alternating with sessions featuring local dharma teachers who also practice mindful parenting and mindfulness for children. Facilitated by Patty McLucas and Liz Powell.

DAYLONG RETREAT WITH GIL FRONSDAL

Saturday, January 22, 9am to 4:30pm. This is 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.

END-OF-LIFE TRAINING TWO-DAY WORKSHOP

Saturdays, January 29 and February 5, 9am to 5pm
Contemplating death and dying are important subjects that can deepen Buddhist practice. What is really important in the face of our inevitable death? What can we do to prepare ourselves to face our death and to skillfully help others face theirs? What can help us be mindful and peaceful when we are dying or when we are attending to others who are dying? This two-day workshop will address these (paradoxically) life-enhancing questions. To participate, please complete the registration form available on the literature table and online. Attendance on both days is a required commitment except in case of emergency. Information will also be available regarding the End of Life Companions group that is forming to offer companionship and a meditative presence to people during the final days of their dying process.

DAYLONG RETREAT WITH GIL FRONSDAL

Saturday February 12, 8:30am to 5pm. Retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice and a dharma talk; meant for people who already understand the basic practice of mindfulness; no instruction will be given. Interviews available. Bring lunch.

DAILY LIFE PRACTICE RETREAT WITH ANDREA FELLA

Sunday, February 20 to Saturday, February 26.
Integrating practice into our daily lives can be difficult. Many of us need support for this challenging but rewarding aspect of practice. We will integrate formal practice and Dharma discussion with our daily life by surrounding our usual workweek and workdays with practice and discussion. We begin with a half-day retreat with instructions and discussion on Sunday, and end with a daylong retreat on the following Saturday. During the week we will meet each morning and evening to inspire, encourage and support our daily life practice. If you would like to attend the retreat during the week, please attend the Sunday session. The Sunday and Saturday sessions are open to all; the Monday and Thursday evening programs are also open to all as usual—the retreat will integrate with these evening programs.

- Sunday 2/20, 1:30 to 5pm
- Monday-Friday 2/21 – 2/25, mornings: 7:30 to 9am
- Monday-Friday 2/21 – 2/25, evenings: 7:30 to 9pm
- Saturday 2/26: 9:30am to 4:30pm, Daylong Retreat

MINDFULNESS OF MIND DAYLONG WITH ANDREA FELLA

Saturday, February 26, 9:30am to 4:30pm. Taught in the style of U Tejaniya. The simplicity, silence and support of retreats contribute to letting go of many distractions that get in the way of clear seeing and for developing a continuity of awareness. We will explore relaxed open awareness with an emphasis on qualities of mind, and the attitude towards one's experience. The retreat will alternate periods of sitting & walking with instructions and discussion. The day will be primarily in silence. Recommended for both beginners and experienced practitioners.

SCHEDULE pg. 3

BEGINNERS' PRACTICE GROUP WITH SUSAN EZEQUELLE

Six Wednesdays, March 2 – April 6, 7:30 to 9pm. To help build and support your practice. This six-week discussion group on developing mindfulness practice will include a 20 minute sitting, a review of the basic teachings, and lots of discussion.

WOMEN'S DAYLONG WITH ANDREA FELLA

Saturday, March 5, 9am to 4:30pm. A space for women to gather in silence and community. Alternate periods of sitting and walking meditation, with instruction, questions, and a Dharma Talk. At the end of the day, we will gather in community to share refreshment and mindful speech. Bring your own lunch (in silence) and refreshment to share for the afternoon gathering, if you wish.

DAYLONG RETREAT WITH GIL FRONSDAL

Saturday, March 12, 9, 9am to 4:30pm. This is 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.

LAUNCHING INSIGHT WORLD AID

A PRESENTATION ON ITS MISSION. Sunday, March 13 11am to 12pm. Gil Fronsdal and members of the IMC community have created a new non-profit called Insight World Aid in order to provide medical and humanitarian aid to impoverished communities. Its first project is to organize a group of volunteers to go on a two week medical mission to Cambodia. Board members will introduce IWA's mission and its Cambodian project. This is an exciting extension of the Buddhist practice of our community. More info at insightworldaid.org. Email: insightworldaid@gmail.com.

CREATIVITY & MEDITATION WITH CAROLYN DILLE

Saturday, April 2, 9:30am to 4pm. In this day we'll explore some of the practices that meditation and the creative arts share. Through concentration, mindfulness, imagination, and energy we'll deepen an open awareness of both meditation and creativity. Bring materials for drawing and writing, and a lunch.

DAYLONG RETREAT WITH GIL FRONSDAL

Saturday, April 9, 8:30am to 5pm. Retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice and a dharma talk; meant for people who already understand the basic practice of mindfulness; no instruction will be given. Interviews available. Bring lunch.

MEMORIAL DAY WEEKEND FAMILY RETREAT: 3RD- 7TH GRADERS AND PARENTS

With Gil Fronsdal, Rebekkah LaDyne, Liz Powell. Saturday, May 28–Monday May 30. Jikoji Retreat Center, Los Gatos. Practice together as a family during a relaxed weekend that will alternate structured retreat practice with hiking and sharing circles. We will help to create the retreat together, from cooking to simple work projects, camping or sharing dorm rooms. Families will be invited to bring music and stories of dharma in daily family life to share. Registration by lottery will open on the IMC website on January 27th.

SATI CENTER

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

LEARNING FROM THE ANCIENT BUDDHIST NUNS; BUDDHIST TEACHINGS IN THE THERIGATHA

Saturday, January 15, 9am to 4:30pm. Taught By Nona Olivia The *Therigatha*, (Verses of the Nuns) is the oldest collection of teachings from Buddhist women teachers. The verses give important insight into the lives of the nuns who lived at the time of the Buddha. We will examine how the verses reveal the close relationships among these nuns and focus closely on how the nuns taught the Buddha's teachings to each other. We will examine the relevance of these teachings today.

Nona Olivia is a Lay Buddhist Minister, ordained by Gil Fronsdal. She holds a PhD from Brown University and teaches at the University of Colorado in Boulder.

SUTTA STUDY: THE PARINIBBANA SUTTA: THE DISCOURSE ON THE BUDDHA'S LAST DAYS

Friday, January 21, 9:30am to 3:30pm. Taught by Gil Fronsdal One of the most important of the early Buddhist discourses is the one that narrates the last days of the Buddha's life. Knowing his death is approaching the Buddha gives some of his most significant and direct teachings.

DEPENDENT ORIGATION WITH LEIGH BRASINGTON

Saturday, March 19, 9am to 5pm. "He who sees dependent origination sees the Dhamma; he who sees the Dhamma sees dependent origination." (*Majjhima Nikaya 28*). The teachings on the interdependence of phenomena are the heart of the Buddha's wisdom teachings. Dependent origination is often described as a chain of 12 links; which we will look at in detail. But it also has many other important implications which will also be discussed.

Leigh Brasington has been practicing meditation since 1985 and is the senior American student of the late Ven. Ayya Khema, practicing at the Forest Refuge long term retreat center when not on the road teaching in North America and Europe. leighb.com

KARMA: THE BUDDHIST TEACHINGS ON ACTION AND CAUSALITY WITH THANISSARO BIKKHU

Saturday, April 30, 9am to 5pm

Thanissaro Bhikkhu (Geoffrey DeGraff) is an American monk of the Thai forest tradition. In 1991 he traveled to the hills of San Diego County, CA, where he helped establish Metta Forest Monastery, where he is the abbot. He is a prolific writer and translator. Many of his works can be found online at www.accesstoinsight.org.

SOCIALLY ENGAGED BUDDHISM: TRADITION, INNOVATION, AND CONTEMPORARY CHALLENGES

WITH DONALD ROTHBERG. Saturday, June 25, 9:30am to 5pm.

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.

SCHEDULE PG. 4

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 to 10:15am

HALF-DAY RETREAT: MEDITATION AND YOGA

Saturday, January 8, 9am to 12:30pm. Offers an opportunity to develop a continuity of awareness in movement and in stillness. We will integrate yoga poses, breath work, relaxation, loving-kindness (metta), and guided and silent meditation and let the synergy of these practices inform and deepen one another to open heart and mind. The retreat is appropriate for beginners to either yoga or meditation as well as experienced yogis and meditators. You do not have to be flexible to do yoga, nor to have a particular body type; you need only to be as you are. Please bring a large towel and yoga mat if you have one.

IMC YOUTH PROGRAMS

DHARMA SPROUTS (K- 2ND GRADE) Led by Liz Powell, Carla Rayacich. First Sunday each month, 11:15am to 12pm. 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 – 8TH GRADE) Led by Liz Powell, Second Sunday 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 Hilary, 650/575-2052 or hborison@sbcglobal.net.

DHARMA TEENS (HIGH SCHOOL) Led by Alicia McLucas, Aaron Chavira and Trent Walker. First Sunday each month, 5 to 7pm (No meeting 1/2). A safe, fun space where teens apply mindfulness to self-discovery, empowerment, and fulfillment. A trusting environment where teens discuss among themselves and adult facilitators, issues important in their lives. Contact Alicia 650/361-8800.

SUPPORT GROUPS

(A) LIFE-THREATENING ILLNESSES

Wednesdays, 1:30 to 3pm at IMC

(B) THOSE EXPERIENCING CHRONIC HEALTH CHALLENGES

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

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. To receive e-mail updates on upcoming Dharma Friends events, click 'Dharma Friends' on the IMC website and follow instructions.

- **Musicians Night**—Saturday, January 8, 7 to 9pm. IMC. Sangha musicians creating unamplified music for each other's enjoyment. Others are welcome to listen. Contact Dwight to join this informal evening of music-making dwight.shackelford@gmail.com.
- Dharma Friends **Steering Committee Planning Meeting**—Sunday, February 13, 11:10am to 12:30pm. Plan events for April–June. IMC conference room. Anne Foster afoster@rawbw.com 650/591-1285.
- **Dharma-Inspired Book Group**—Friday, January 7, February 4, March 4, 5:30 to 7pm. Current book: *A Path with Heart* by Jack Kornfield. IMC meditation Hall. Anne Foster, afoster@rawbw.com, 650/591-1285.
- **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.
- **IMC Community Service Group**—login to our group on the IMC Community Site to be part of a core group organizing local community service events for Sangha members, including family projects. Contact Hillary, hborison@sbcglobal.net, 650/575-2052.

RELATED SITTING GROUPS

On IMC website: under Community, click on Other Resources and scroll down to Associated/Local Groups for more information.

COASTSIDE VIPASSANA MEDITATION GROUP

Wednesdays in Montara, 7 to 8:30pm. www.coastsidevipassana.org

LA HONDA SITTING GROUP

2nd & 4th Tuesday nights, 6:15pm. Contact Cindy Crowe-Urgo at brwthus@sbcglobal.net

MODESTO DROP-IN MEDITATION GROUP WITH LORI WONG

Tuesday evenings 6:30-8:30pm Unity Church at 2467 Veneman Ave. insightmeditationmodesto.wordpress.com/

BERKELEY VIPASSANA GROUP WITH RICHARD SHANKMAN

Wednesdays 7:15 to 9:15pm at St. Clement's Episcopal Church
Info at www.mettadhharma.org

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.

SAN JOSE SANGHA

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

- Sitting Wednesdays 7:30 to 9pm; Beginning instruction first Wed of month 6:15 to 7:15pm
- Jan 8, 9am to 3:30pm—Meditation and Psychotherapy
- Feb 12, 9:30am to 12:15pm—Half-Day of Practice
- Mar 12, 9:30-3:30pm Daylong on Thoughts/Thinking
- Psychotherapy and Meditation—6 Wednesday evenings 6 to 7:15pm March 2–April 6.
- Intro Class Monday nights 7 to 9pm; March 7–April 11. Daylong April 16, 9am to 2:30pm.