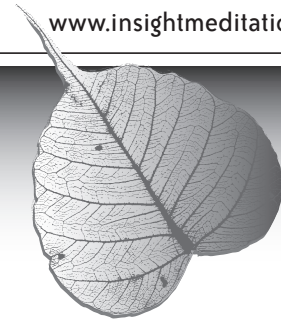


# Insight



JANUARY, FEBRUARY, MARCH 2012

VOLUME 15, NUMBER 1

## Cultivating Compassion

Compassion is inextricably linked to the Buddhist practice of liberation. It can be the motivation for this practice as well as the result. As one's inner freedom grows, one's capacity for compassion increases; as one's compassion increases, so does the importance of freedom. Liberation supports compassion and compassion supports liberation. They both benefit when they go hand in hand.

Compassion is a form of empathy and care that wishes for the alleviation of someone's suffering. Known as *karuna* in Buddhism, this compassion is sometimes referred to as the "jewel in the lotus." The lotus symbolizes the heart or mind that, with practice, blossoms into freedom, and the jewel represents the compassion appearing in the center of this blossom. The feeling of unfettered compassion is one of the most beautiful feelings a person can experience, providing valuable meaning and purpose to any human life. Its presence is sometimes celebrated in Buddhism as an inner wealth and source of happiness.

Given its importance, Buddhism doesn't leave the manifestation of compassion to chance. We don't have to passively accept how often and how strongly we happen to experience it. Instead, it's possible to actively develop our feelings of compassion and remove the obstacles for our feeling compassionate.

Because people sometimes confuse compassion with feelings of distress, it is helpful to clearly distinguish these two. Compassion doesn't make us victims of suffering, whereas feeling distress on another's behalf often does. Learning how to see the suffering in the world without taking it on personally is very important; when we take it personally it is easy to become depressed or burdened. We can avoid taking it as a personal burden or obligation if we learn to feel empathy without it touching our own fears, attachments, and perhaps unresolved grief.

This means that to feel greater compassion for others we need to understand our own suffering. Mindfulness practice is a great help in this. With mindfulness, we can better see our suffering, its roots within us and the way to freedom from suffering; we can begin to cultivate both equanimity toward our suffering and release from its causes.

In this regard, it's helpful to appreciate the great value in staying present, open, and mindful of suffering, both our own and that of others. We often need to give ourselves time to process difficult events and experiences and to let difficult emotions move

through us. When immediate action is not required, staying mindful of suffering doesn't necessarily require a lot of wisdom or special techniques. It mostly takes patience and perseverance. Relaxed mindfulness of our own suffering increases our ability to feel empathy for others' difficulty and pain. It gives time for understanding and letting go to occur. By practicing to be free of habitual reactivity, we take the time to see and feel more deeply what is happening. This allows empathy to operate and for deeper responses to arise from within. In this way, compassion is evoked rather than intentionally created.

Some people are reluctant to actively cultivate compassion because they worry that it will be insincerely or artificially contrived. Others fear that it will make them sentimentally naive or prevent them from seeing others clearly or realistically—perhaps out of concern they will be taken advantage of if they are compassionate to others. Because efforts to be compassionate can be misguided, these concerns are worth keeping in mind. However, as there are healthy ways to increase our compassion, the concerns don't have to inhibit our efforts to do so.

One effective way of developing compassion is creating conditions that make it more likely to occur. That is, rather than directly making ourselves more compassionate, we can engage in activities that make it more likely to appear naturally.

A condition for compassion is a sense of safety. It is easier to feel compassionate if we feel safe and very difficult when we don't. Therefore, to develop a confident and compassionate life, it can be helpful to find appropriate ways to feel safe. Locking ourselves in our home may feel secure, but it's not conducive to caring more about others. Learning how to be safe while in the world is more useful. So is using mindfulness practice to address some of the anxieties and self-preoccupations that make us more likely to feel threatened.

It is important not to feel obligated to be compassionate as this often leads to self-criticism and stress that interferes with the arising of a natural compassion. Buddhism doesn't require us to feel empathy and care for others. It does say, however, that we have the capacity to be compassionate and that doing so is a wonderful asset to ourselves, to others, and to the practice of freedom. The focus can be on how compassion enriches us, not depletes us.

Some people are hesitant to cultivate compassion because

*Continued inside*

# SANGHA PROGRAMS & NEWS

## INSIGHT RETREAT CENTER 'FUN'DRAISING EVENT IMC'S FIRST IPO

SATURDAY, MARCH 31, 6:30 TO 9PM

(Optional Dance Party 9 to 10 pm)

After 25 years of success as a start-up in Silicon Valley, IMC proudly announces its first public offering of an IPO (Insight Practice Opportunity). Shares, laughs, and cake will be offered to raise capital for the renovation of our new Insight Retreat Center. Adventure capitalists, deva investors, and all others are invited to an evening of insight trading. Approved and blessed by the SEC (Security through Equanimity and Compassion), shares are expected to double in merit with every new retreat at our new Insight Retreat Center.

Wes Nisker, lead underwriter and CCO (Chief Comedy Officer), will prevent hostile takeovers and any other ways the evening might be taken too seriously.

Kevin Griffin, our CMO (Chief Music Officer), an expert in timing strategies, will be the musical underwriter. To ensure that insight practice becomes truly public and available to everyone, we will be auctioning off the steps of the Eightfold Path.

Gil Fronsdaal and Andrea Fella, our CEOs (Chief Enlightenment Officers), would like to invite you to this special event for shareholders. To become a shareholder, please register.

**REGISTRATION:** \$100 to \$500 suggested donation.

- Make check out to *Insight Retreat Center*. Mail to: Insight Trading at IMC, 108 Birch Street, Redwood City, CA 94062.
- Or register and receive a ticket by making a donation online at: <http://ircipo.eventbrite.com>
- 6:30pm—Reception with refreshments and hors d'oeuvres
- 7:30pm—IPO Launch
- 8:45pm—Dessert and Closing
- 9 to 10pm—Dance Party with Kevin Griffin (See below)

## FUNDRAISING DANCE FOR IRC

**WITH KEVIN GRIFFIN AND BAND.** Saturday, March 31, 9 to 10pm  
Everyone is invited to this dance at IMC. Kevin Griffin and his band will provide a heady blend of dharma-related lyrical themes set to world beat music—great for dancing.

The dance is offered independently from the earlier IPO event. All donations for the dance will be used for the renovation of our new retreat center—any amount is welcome.

## IRC UPDATE

Those of us involved with transforming our new retreat center remain enthused by the potential of our wonderful property. We are also inspired by the tremendous generosity and volunteerism of people coming forward to help create the retreat center.

In November we submitted our construction documents to the county. We hope to have them approved by early January. We have started the process of selecting a contractor and we hope we will be able to begin construction as soon as the county

approves our plans. Our fundraising has been going well, but we still need to raise about \$500-\$600K to complete the project. Over the next few months, we will be working hard to raise the full amount we need. We are very appreciative of all donations towards this end.

The transition into a retreat center began with an inspiring inaugural daylong retreat with Vipassana Santa Cruz teachers, Mary Grace and Bob Stahl, and a wonderful daylong retreat led by Carla Brennan from Felton. Our new outdoor bell, lovingly made by a sangha member, resonates throughout the property.

Dedicated volunteers have taken beautiful care of the property, particularly the gardens. The changes that have been made have already produced a marked decrease in our water usage.

It's wonderful to envision the completed retreat center with our first retreats beginning in the second half of 2012.

Please visit our website [www.insightretreatcenter.org](http://www.insightretreatcenter.org) to be placed on our email list, to volunteer, to donate or for other info.

## AUCTION ITEMS REQUESTED

In Spring we will be holding a Silent Auction to raise money for the renovation work at our Insight Retreat Center. If you have quality items or personal services you would like to donate, please contact Catherine Byers, [cabyers50@gmail.com](mailto:cabyers50@gmail.com) 650/306-9264 or fill out this form: <http://tinyurl.com/7d9k483>



## IN MEMORY OF CHERYLL GASNER

MEMORIAL AT IMC: SATURDAY, JANUARY 7 AT 1PM

Cheryll Gasner, a vital part of the IMC community for over 15 years, died on November 20th at Stanford Hospital, the place where she worked as a nurse practitioner for many years. She was 54 years old. Her loving husband Steve was at her side. Cheryll helped establish IMC and served as Secretary of the IMC Board. Her friendliness and kindness touched countless people at IMC, including the many newcomers she welcomed with warmth and exuberance. She shared her generosity and creativity in starting our Women's Full Moon Gathering.

Cheryll was a founding member and president of the National Marfan Foundation, an organization devoted to supporting people with Marfan Syndrome, the connective tissue disorder responsible for her early death.

When she temporarily lost her memory after a cardiac arrest, she still radiated her love to those around her, even if she didn't know who they were. Many of us benefited from the fruit of her many years of Buddhist practice. Even when she weakened, she remained steadfast in her generosity and sweetness.

We will miss her presence and her warm smile as we continue to benefit from all that she has given to the IMC community.

We thank you, Cheryll.

Donations in her memory may be made to: National Marfan Foundation: [www.marfan.org/marfan/2388/Tributes-&Memorials](http://www.marfan.org/marfan/2388/Tributes-&Memorials)

## **Cultivating Compassion, cont'd. from front page**

they worry they will have to give up too much of themselves as they help others. Or they fear they will have to spend time with people they feel uncomfortable with. By knowing we are not obligated to be compassionate it may be easier for us to use our best wisdom and common sense to understand when acting on compassion is appropriate and when it is not.

Having confidence in our skill to respond to others' suffering can also make it easier to feel compassion. If we feel helpless, too uncomfortable, or even threatened by the troubles others are facing, awareness of their suffering may add to a sense of personal threat. Developing skill has a lot to do with slow and patient training in such things as mindfulness, concentration, and letting go.

A way of strengthening compassion is to understand and then release what prevents it from arising. For example, tension and stress limit compassion. When we're stressed, we're usually too preoccupied for empathy to operate. However, when we're relaxed, our capacity for empathy increases. People who cultivate deep states of calm often find it naturally opens their hearts to great capacities of compassion and love.

Selfishness and self-preoccupation also obstruct compassion by blocking the attention and sensitivity that is needed for compassion to arise. One benefit of letting go of selfishness is that compassion arises more easily.

We can also increase the amount of compassion we feel in our lives by setting the intention to do so. This can be quite specific, such as intending to be compassionate in a particular situation or toward a particular person—or it can be more general, as intending to be compassionate for this day or this week. When we consciously set this intention, we're more likely to be reminded of and to think in terms of compassion. We will also notice compassionate thoughts and impulses that occur but which may otherwise be overshadowed by different desires and concerns.

Valuing compassion when it does appear can also strengthen it and make it more apt to arise in the future. We might consider and appreciate the benefits it can bring others as well as ourselves. Knowing the benefits can bring a sense happiness that in turn can make compassion more appealing. Compassion can be more appealing when we have seen how it can be a source of happiness and how it can be intimately connected with our inner freedom. Compassion for others can be a relief when we have spent too long pre-occupied with ourselves.

Another supportive condition is to deliberately reflect on compassion, perhaps stimulated by regularly reading and talking to others about it. Whatever we think about regularly can become an inclination. If we repeatedly think about love, kindness and caring for others, thoughts related to compassion are likely to appear more often.

Spending time with people who are compassionate can also help us. The people we see frequently often have an influence on us. Seeing compassion in others can inspire it in ourselves.

Finally, understanding how compassion is a form of love helps us recognize what a jewel it truly is. When it arises from inner freedom it is then connected to other beautiful capacities of our hearts. It can appear together with well-being, calm, clarity, and peace.

There is, in fact, a great deal we can do to make compassion a more central part of our lives. As compassion grows, our self-centeredness and clinging decrease, and liberation becomes easier. As we become freer, compassion becomes more readily available. To let compassion and liberation support each other is one of the most beautiful ways of training in the Buddhist path. It can be our gift to the world.

—Gil Fronsdal

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## **WHO AM I TO TEACH?**

### **ONE VOLUNTEER'S JOURNEY IN PRISON DHARMA**

I have been a dharma volunteer at the Correctional Training Facility near Soledad for six years. I started volunteering because the program was in desperate need of staffing. My husband John, who had been volunteering there for two years, assured me that my presence alone would be enough. I joined with trepidation. After four years of daily Vipassana practice and a number of retreats, I didn't feel qualified to teach. So I told fellow volunteers that I would not say anything for a long time—I would just be there to observe. Even that was a scary prospect—sitting in front of 60 to 80 men, many of who are lifers.

I said nothing for the first three or four visits, but eventually gathered enough courage to lead guided meditations. Finally, after six months, I did my first talk. I was nervous at each small step I took. I always believed that they would discover that I am a fraud as a practitioner and a mentor. After all, I thought, who am I to teach these men?

But it was the sincerity of the men, their yearning for a different kind of solution, that moved me to share the dharma as I

experience it. Along the way, I have learned that our stability, mindful presence and kind hearts are enough. They are, in fact, exactly what they need.

If you are interested in learning about volunteering for our prison project, please contact me at [yosh@transpacdigital.com](mailto:yosh@transpacdigital.com).

—Yosh Haggerty

### **INSIGHT WORLD AID (IWA)**

IWA is a non-profit founded by members of IMC who wish to apply the Buddha's teaching on wisdom and compassion to individuals and communities in need throughout the world.

We have organized IWA to be a means through which to bring together individuals with like-minded aspirations to provide the medical and economic support to others in order to enhance their sense of personal dignity, peace, and inner freedom. IWA has been involved in local health fairs offering free medical care to the underserved in Northern California. It is also exploring putting together a medical mission to Cambodia sometime in the next year or two. Join us on Wednesday, February 29, 7:30 to 9pm. With Gil Fronsdal and IWA board members Jeff Hardin and Nancy Smee for an IWA Update & Benefit.

# Insight Meditation Center

108 Birch Street

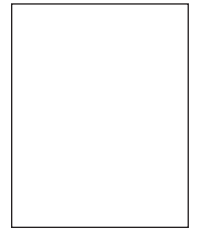
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

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## A DEEP BOW OF GRATITUDE

As 2011 comes to a close I've been reflecting on the amazing journey we have undertaken since the purchase of our retreat center in June. As the IRC Fundraising Coordinator, I've been in the unique position of witnessing firsthand the outflow of generosity from our community—it has been both awe inspiring and deeply touching. Since our launch party in May we've raised considerable funds in a relatively short period of time. We, however, welcome continued financial support as we are beginning construction soon. Since May, we've also had tremendous volunteer support at IRC with folks tending to our gardens, thoughtful caretakers looking after the property and cooks supporting events we've hosted over the summer. As I look towards the new year, I trust in the outflow of generosity moving us ever closer to our first retreat at IRC and offer a deep bow of gratitude to all who are making this possible.

—Catherine Byers



- For **GENERAL INFORMATION** about IMC contact either [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 long-time 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 assist you in identifying properties, areas, loans, etc. Buying or selling, the realtor will make a donation in your name to our Retreat Center.

Carol will be available as your consultant at no charge through the whole process. She has helped facilitate this process for sangha members in San Mateo, Santa Clara, Santa Cruz and other Bay Area counties. If you have any real estate questions, or would like to discuss buying or selling your home, call Carol at 408/348-1385 or [carolcollins888@gmail.com](mailto:carolcollins888@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](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:** for Discussion and Interest Groups. To join, click the 'CONNECT' link on our website, or go to [insightmeditationcenter.ning.com](http://insightmeditationcenter.ning.com).

# SCHEDULE OF EVENTS

January thru March 2012

## WEEKLY MEDITATION AND TALKS

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### 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**—2nd 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

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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 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— Jan 11 to Feb 15, 7:30 to 9pm with Gil Fronsdal.
- 5 Monday Mornings— Jan 9 to Feb 6, 9:30 to 11am with Jim Podolske and Shin Kwan Park.

### MONASTIC EVENINGS WITH THE SARANALOKA NUNS

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Third Friday of the month, January 20, February 17, March 16, 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](http://www.saranaloka.org).

### YOUNG ADULTS SITTING GROUP

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3rd Sunday of the month, 6 to 7:30pm. Led by Anthony Rodgers.

## NON-RESIDENTIAL RETREATS

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### SATURDAY DAY-LONG MEDITATION RETREATS

- January 21, 8:30am to 5pm **Daylong** with Gil Fronsdal
- January 28, 9:30am to 4:30pm, **The Four Foundations of Mindfulness** with Jim Podolske, Lori Wong, Shin Kwan Park
- February 4, 10am to 5pm, **Young Adult Dharma Council Daylong** with Martina Schneider
- February 11, 9am to 4:30pm, **Daylong** with Gil Fronsdal
- February 18, 1pm to 4pm, **Teen Retreat** with Rebekkah La Dyne and Aaron Chavira
- February 25, 9:30am to 4:30pm, **Mindfulness of Mind** with Andrea Fella
- March 3, 8:30am to 4:30pm, **Daylong** with Gil Fronsdal
- March 17, 9:30 am to 3:30pm, **Introduction to Mindfulness Meditation** with Ines Freedman
- March 31, 9am to 4:30pm, **Daylong** with Gil Fronsdal
- April 7, 9am to 4pm, **Metta Daylong** with Andrea Fella

## RESIDENTIAL RETREATS

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### IMC SPONSORED RETREATS

There is no cost for IMC sponsored retreats. Donations welcome. For info: [www.insightmeditationcenter.org/programs/retreats/](http://www.insightmeditationcenter.org/programs/retreats/) or 650/599-3456. Registration opens 3 months prior to event.

### RETREATS LOS ALTOS HILLS (AT HIDDEN VILLA)

- March 18–25, with Gil Fronsdal and Andrea Fella
- April 15–22, with Andrea Fella and Anushka Fernandopulle

### RETREATS AT JIKOJI RETREAT CENTER (LOS GATOS)

- May 26–28, **Family Retreat (Memorial Day)**. A weekend of family practice, parent practice, hiking, crafts and community. Forms for registration by lottery will be available starting Jan. 29th at [insightmeditationcenter.org](http://insightmeditationcenter.org). For more info, contact Liz at [eapowell@aol.com](mailto:eapowell@aol.com)

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

- May 13–20, Vipassana Retreat with Gil Fronsdal, Mary Grace Orr, John Travis and Andrea Fella
- August 13–22, Concentration Retreat with Phillip Moffit, Sally Armstrong, Andrea Fella and Tempel Smith

### OTHER RETREATS WITH ANDREA FELLA

- Taos, New Mexico, February 10–17, with Andrea Fella and Greg Scharf. Information: [mountainhermitage.org](http://mountainhermitage.org)
- Salt Spring Island, Canada, March 3–11 with Andrea Fella and Heather Martin. Information: [ssivipassana.org](http://ssivipassana.org)
- Jikoji Retreat Center, June 24–July 8, Mindfulness of Mind Retreat with Andrea Fella. Permission required. Contact Dan Acland at [dan@danacland.com](mailto:dan@danacland.com)
- Cloud Mountain, WA, July 20–27, with Andrea Fella and Greg Sharf. Information: [mountainhermitage.org](http://mountainhermitage.org)

### YOGA

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

Taught by Terry Lesser.

#### MONDAY EVENING YOGA

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

#### THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8:30 to 10:30am

#### YOGA AND MEDITATION HALF-DAY RETREAT

Saturday January 14, 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. Appropriate for beginners 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.

### SPECIAL EVENTS

#### MINDFUL PARENTING SERIES

2nd Friday of the month, 7 to 8:30pm, Jan 13, Feb 10, Mar 9.

An opportunity for parents to practice in community with mindful speech and listening, to meditate together, and to hear from local dharma teachers who also practice mindful parenting and mindfulness with children. This monthly series will alternate between sessions led by local dharma teachers/leaders, and sessions devoted to parent discussion groups. Facilitated by Patty McLucas and Liz Powell.

#### DHARMA PRACTICE PROGRAM: THE BRAHMA VIHARAS WITH GIL FRONSDAL

Fridays, Jan 6, Feb 3, Mar 2, Mar 30, 9:30am to 3:30pm.

An eight month program (that began in September 2011) of practice and study of the four *Brahma Viharas* or Sublime Abidings of Kindness, Compassion, Appreciative Joy and Equanimity. Each daylong session will include meditation, teachings and discussion. You are welcome to attend any or all of the Friday sessions.

#### MEMORIAL FOR CHERYLL GASNER

Saturday, January 7, 1pm. Celebrate the life of Cheryll Gasner, an integral part of the IMC community for over 15 years, who passed away on November 20th. (See article in *Sangha Programs & News*)

#### MEDITATION DAYLONG WITH GIL FRONSDAL

Saturday, January 21, 8:30am to 5pm. A daylong retreat with alternating periods of sitting and walking meditation. This retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. Brief interviews available. Bring lunch.

#### THE FOUR FOUNDATIONS OF MINDFULNESS DAYLONG

WITH JIM PODOLSKA, LORI WONG AND SHIN KWAN PARK

Saturday January 28, 9:30am to 4:30pm. We will offer guided meditation and instruction as we explore the teachings around each of the Four Foundations: mindfulness of the body, mindfulness of feeling, mindfulness of mind, and mindfulness of dhammas. There will be alternating periods of sitting and walking meditation. Lunch will be held in silence so we can build on the momentum of our morning practice. Bring lunch.

#### YOUNG ADULT DHARMA COUNCIL DAYLONG

WITH MARTINA SCHNEIDER: MINDFULNESS OF MOODINESS

Saturday February 4, 10am to 5pm. As humans our moods are ever changing. From happiness to sadness from rapture to rage, what we feel one minute may completely change the next. The understanding of constant change is described in the Buddhist teachings as the second characteristic of existence called 'impermanence'. How can we be mindful of these changes and how can we learn to work with the changing tides of our mood? Martina will guide us through a daylong to explore ways to be with particularly difficult emotions. Guided meditation, walking and sitting meditation and interactive exercises will be offered to help us to connect to our moment-to-moment experience. Bring lunch.

#### MEDITATION DAYLONG WITH GIL FRONSDAL

Saturday, February 11, 9am to 4:30pm. A daylong retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice, particularly in mindfulness of the body, and a dharma talk. Recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

#### TEEN HALF-DAY RETREAT: MEDITATION & STRESS RELIEF WITH REBEKKAH LA DYNE AND AARON CHAVIRA

Saturday February 18, 10:30am to 2:30pm. Relax, let the stress and anxiety go... Spend a day with yourself and other teens in a supportive and fun environment that welcomes you, just as you are! During this retreat you will learn to meditate, practice yoga, play games that build community and safety, express ourselves creatively, and get to be who you are! Welcoming all levels of experience, no previous meditation experience needed. To pre-register, email Liz Powell at [eapowell@aol.com](mailto:eapowell@aol.com)

#### DAILY LIFE RETREAT PRACTICE WITH ANDREA FELLA

Sunday February 19, 1:30 to 5pm

Monday–Friday February 20–24, 7:30am to 9am & 7:30pm to 9pm 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

**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. 3

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.

### **MINDFULNESS OF MIND DAYLONG WITH ANDREA FELLA**

Saturday February 25, 9:30am to 4:30pm. We will explore a relaxed open awareness with an emphasis on qualities of mind, and the attitude towards one's experience. Such an open awareness practice supports both the formal meditation of sitting and walking, as well as awareness of our normal daily activities. The schedule will alternate periods of sitting and walking with instructions and discussion. Aside from instruction and discussion periods, the day will be primarily in silence. Recommended for both beginners and experienced practitioners. Bring lunch.

### **INSIGHT WORLD AID UPDATE & BENEFIT**

Wednesday, February 29, 7:30 to 9pm. With Gil Fronsdal & others. Gil Fronsdal will give a short talk on compassion in action and IWA board members Jeff Hardin and Nancy Smee will follow up with discussion. IWA's mission and ways of participating will also be discussed. For more info: [insightworldaid.org](http://insightworldaid.org) or email [insightworldaid@gmail.com](mailto:insightworldaid@gmail.com)

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

Saturday March 3, 8:30am to 5pm. A daylong retreat with alternating periods of sitting and walking meditation. This retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. Brief interviews available. Bring lunch.

### **INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG**

WITH INES FREEDMAN. Saturday March 17, 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.

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

Saturday March 31, 9am to 4:30pm. A daylong retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice, particularly in mindfulness of the body and a dharma talk. Recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

### **IRC FUN(D)RAISER**

Saturday March 31, 6:30pm to 9pm. Shares, laughs, and cake will be offered to raise capital for the renovation of our new Insight Retreat Center. (See article in *Sangha Programs & News*)

### **FUN(D)RAISING DANCE**

Saturday March 31, 9pm to 10pm, With Kevin Griffin and Band, Everyone is invited to this dance at IMC. (See article in *Sangha Programs & News*)

### **METTA DAYLONG WITH ANDREA FELLA**

Saturday April 7, 9am to 4pm. *Metta* or lovingkindness meditation is a foundational Buddhist practice. It is the opening to a compassionate heart, the heartfelt wish for the well-being of oneself and

others. A day dedicated to cultivating friendliness and goodwill, the retreat will alternate periods of sitting and walking with instructions and discussion. Recommended for both beginners and experienced practitioners. Bring Lunch.

## **IMC YOUTH PROGRAMS**

**DHARMA SPROUTS (K-2ND GRADE)** Led by Liz Powell and 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](mailto:eapowell@aol.com) if you plan to attend.

**DHARMA ROCKS (3RD-6TH 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](mailto:hborison@sbcglobal.net).

**DHARMA TWEENS (MIDDLE SCHOOL 6TH-8TH GRADES)** (Sixth graders have the option of attending Dharma Rocks and/or Dharma Tweens). Led by Misha Merrill with Hilary Borison, Ajay Dave and Emily Negrin. Fourth Sunday 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 at [hborison@sbcglobal.net](mailto:hborison@sbcglobal.net) or 650/575-2052 for more info; RSVP.

**DHARMA TEENS (HIGH SCHOOL)** Led by Alicia McLucas, Aaron Chavira and Trent Walker. First Sunday each month, 5 to 7pm (no session Jan 1 or Feb 5). 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**

### **LIFE-THREATENING ILLNESSES**

Wednesdays, 1:30 to 3pm at IMC

### **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 TWELVE STEP SUPPORT GROUP**

One Sunday a month: Jan 22, Feb 5, Mar 4, Apr 8, May 27, Jun 24, 7 to 8:30pm. Held at Unitarian Universalist Church, 2124 Brewster St, Redwood City. Group discussion and study exploring the Twelve Step program and Buddhist practice through Kevin Griffin's book, *A Burning Desire: Dharma, God and the Path of Recovery*. Includes 30 minutes meditation, reading, and open discussion. Everyone welcome. Facilitated by Jennifer Lemas, [jennlemas@comcast.net](mailto:jennlemas@comcast.net).

## SATI CENTER

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

### FROM EMPTINESS TO FORM AND BACK: TRACING THE HISTORY OF BUDDHIST ART FROM THE TIME OF THE BUDDHA TO THE PRESENT

Saturday, March 10, 9:30am to 5pm with Tony Bernhard and Joan DePaoli. In the 2500 years since the Buddha, his teachings have been passed along in talks, writings, and artistic creations. This daylong will trace the development of Buddhist art and the role this art has had in the lives of Buddhist practitioners and in teaching the Dharma. The day will include a demonstration of the Zen practice of 'flung ink' painting.

### THANISSARO BHIKKHU

Saturday April 28, 9am to 5pm

*The following classes are in Berkeley. More info at [Sati.org](http://Sati.org)*

- **INTRODUCTION TO PALI WITH SEAN KERR**  
January 30 – May 18
- **TURNING THE WHEEL OF THE DHARMA; ON TEACHING THE DHARMA.** With Gil Fronsdal & Nona Olivia.

## 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.

- **Windy Hill Hike**—Sunday, January 22, 11:15 carpool from IMC. Moderate 7 mile hike. Ryan Delaney [ryandelaney@yahoo.com](mailto:ryandelaney@yahoo.com). Bring lunch.
- **Wunderlich Park Hike**—Sunday, February 5, 11:15 carpool from IMC. Moderate 6 mile hike. Ryan Delaney [ryandelaney@yahoo.com](mailto:ryandelaney@yahoo.com). Bring lunch.
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, February 12, 11am to 12:15pm. Plan events for April–June 2012. IMC conference room. Anne Foster [afoster@rawbw.com](mailto:afoster@rawbw.com) 650/591-1285.
- **Music Night at IMC**—Saturday March 3, 7 to 9pm. Sangha musicians and singers creating unamplified music for each other's enjoyment. All are welcome to sing, play or just listen. For more info contact Peter Brown [pbrown2@gmail.com](mailto:pbrown2@gmail.com).
- **Pulgas Ridge Hike**—Sunday, March 18, 11:15 carpool from IMC. Moderate 3 mile hike. Ryan Delaney [ryandelaney@yahoo.com](mailto:ryandelaney@yahoo.com). Bring lunch.
- **Dharma-Inspired Book Group**—Friday, January 6, February 3, March 2, 5:30 to 7 p.m. IMC Meditation Hall. We are currently reading *Meditations 3* by Thanissaro Bhikkhu (available on the IMC literature counter). Anne Foster [afoster@rawbw.com](mailto:afoster@rawbw.com), 650/591-1285.
- **Ballroom Dancing**—Sunday, January 15, February 12 and March 11. Dance lesson 5 to 6 pm. Dance party 6 to 8:30 pm. Meet Nicole Cherok

[drncherok@gmail.com](mailto:drncherok@gmail.com) at 4:50pm at reception desk of Boogie Woogie Ballroom, 551 Foster City Blvd, Suite G Foster City.

- **Socially Engaged Buddhism**—Sunday, Jan 29, Feb 26, Mar 25: 12:45 to 2:15pm, Redwood City Main Library (5 minutes from IMC), 1044 Middlefield Rd at Jefferson. Gather with other Sangha members interested in integrating Buddhist precepts with social action, social service, or environmental work. Contact Mary Bernier 650/222-6361 [interfaithpeacecoalition@gmail.com](mailto:interfaithpeacecoalition@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: under Community, click on Other Resources and scroll down to Associated/Local Groups for more information.

### BERKELEY VIPASSANA GROUP WITH RICHARD SHANKMAN

Wednesdays 7:15 to 9:15pm at St. Clement's Episcopal Church  
Info at [www.mettadharm.org](http://www.mettadharm.org)

### COASTSIDE VIPASSANA MEDITATION GROUP

Wednesdays in Montara, 7 to 8:30pm.  
[www.coastsidevipassana.org](http://www.coastsidevipassana.org)

### INSIGHT MEDITATION SOUTH BAY

Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn. View [www.imsb.org](http://www.imsb.org)

### 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 Street, San Jose. Contact Berget, 408/255-2783  
[bbjelane@gmail.com](mailto:bbjelane@gmail.com), Website: [sanjoseinsight.org](http://sanjoseinsight.org)

- Wednesday Evening Sitting, 7:30 to 9pm
- Introduction to Meditation—first Wednesday of the month, 6:15 to 7:15pm
- Saturday, January 21, 9:30am to 3:30pm—Meditation and Graceful Aging
- Saturday, February 18, 9:30am to 12:15pm—Meditation Half-Day (lunch optional)
- Saturday, March 17, 9:30am to 3:30pm—Meditation and Psychotherapy