

## Protecting the Peace through the Fourth Precept

Fundamentally, Buddhist practice is a training in peace—and Buddhist ethics serve as a protection of this peace. As our sense of ease, harmony, and calm deepen with our practice, we begin to understand how our ethical choices impact our experience of peace, and we see that the five Buddhist precepts safeguard our well-being.

Because we so frequently talk and communicate with others, the fourth precept—avoiding false speech—is particularly relevant in our daily lives. Living by this precept protects us, and those we interact with, from the hurt, betrayal, and conflict that come from lying. Avoiding false speech promotes social concord and the interpersonal trust that social harmony depends on. It also supports the foundation of Buddhist practice, which bases our lives on what is true. For those who are motivated to walk a path of peace and freedom, lying is counterproductive because it moves us in the opposite direction.

Honesty is key to mindfulness practice. There can be no mindfulness practice without honestly acknowledging what we are experiencing. Telling lies interferes with the purpose and power of mindfulness. On the other hand, speaking truthfully—i.e., “mindfulness out loud”—keeps us in the flow of mindfulness, and our communications have the chance to be in harmony with the goodness that arises through careful attention.

States of calm, relaxation, and peace provide us with important reference points for living by the fourth precept. In the same way that a clean cloth will better reveal a new stain than a cloth that’s already saturated with dirt, a calm mind will better highlight mental agitation than a mind that is unsettled. Because lying agitates the person who lies, a peaceful mind can reveal the way dishonesty disturbs the quality of our inner life.

Lying involves a tension, tightness, and narrowing of the mind, and it often produces a fear of being caught. It can also lead to a stressful preoccupation with keeping the lie going. When we lie we create distance from others because dishonesty blocks our ability to build relationships based on genuine rapport and mutual understanding. Furthermore, lying leaves a legacy of shame and guilt to be experienced sooner or later.

The common motivations for lying—greed, hostility, and fear—bring their own unease to our minds and hearts. Sometimes these are called “afflictive emotions” because of

the pain they cause. Lying doesn’t free us from these afflictive states; if anything, it strengthens them.

While avoiding these negative consequences can be reason enough for avoiding false speech, a commitment to the fourth precept can also be supportive in maintaining states of peace and ease that may exist within us. Experiences of settledness and peace can be deeply satisfying and nourishing. When we are experiencing such states, it’s good to take care not to lose them too easily, especially by doing or saying things we might later regret. When we know for ourselves that telling a lie disturbs our peace we have greater motivation to avoid lying. In this way, the fourth precept is more than preventive medicine for avoiding affliction; it is a tonic that supports our well-being.

Avoiding false speech does not mean we have to say something just because it is true. The truth can be hurtful, and it is important to take into account the impact our words have on others. Buddhist teachings emphasize that the truth should only be told if it’s timely, useful, and delivered with goodwill. This means that truthful speech should work together with wisdom—with our ability to discern the context, purpose, and the likely consequences of what we say.

Wisdom is nurtured by states of peace. When we are agitated, in a hurry, or impulsive, it’s hard to be wise. We don’t have the time or the mental bandwidth to take into account the range of information that wisdom needs to function. We’re less likely to recognize when speaking is useful or not, and less likely to know what is or isn’t true.

The fact that wisdom operates better when we’re peaceful is certainly a good reason to protect our peace. And while various factors contribute to remaining peaceful, the commitment to the fourth precept can be particularly useful when it comes to our social life. The care and ongoing attention need-

*Continued inside*

*Wisdom is purified by virtue, and virtue is purified by wisdom: where one is, the other is, a virtuous person is wise and the wise person is virtuous. Virtue and wisdom together are called the highest in this world.*

*~Buddha*



## SANGHA PROGRAMS & NEWS

### EXPERIENCING THE DHARMA WITH CHILDREN

For the past 7 years, growth in my practice of mindfulness has been spurred by being with children at IMC. I've been inspired and challenged as I've led Dharma Sprouts, IMC's program for children in Kindergarten through 2nd grades and their parents, and Dharma Rocks, for children in 3rd through 5th grades.

I began this practice with curiosity: if children are given opportunities to explore their experiences through mindfulness, might they find more freedom from physical, emotional, and social stress? It has been intriguing to see how much children can discover as they are introduced to mindfulness. An unexpected benefit is how my own practice has developed in noticing how stress and increasingly, peace and freedom, show up in the experience of leading the groups.

At IMC, children are introduced to mindfulness as "paying attention to what is happening here and now." Kids are invited to notice the sounds around them, their breath, their body in motion and when still, their emotions and thoughts. They are introduced to these experiences through games, songs, movement, stories, arts, crafts and simple meditations. Playing with each other and with their parents, they are invited to practice non-harming, kindness, compassion, sympathetic joy and equanimity. Through daily life activities, children get to see the constant change in themselves and the world around them. Even the youngest can see how their attitudes towards what is happening can be helpful or unhelpful.

Serving these groups has helped me to become increasingly relaxed and present with everything that unfolds as we explore the dharma together. Having many opportunities to interact with children outside of IMC as well as within, I've been profoundly touched to see how parents' practice of mindfulness bears fruit in their children's beautiful qualities of mind and heart.

—Liz Powell

### THE SEVEN FACTORS OF AWAKENING

Gil will be giving a series of talks on the Seven Factors of Awakening on Monday evenings after the 7:30pm sitting, from February 2 to March 23.

The Seven Factors of Awakening are the states of mind that support the path to liberation. They are the crown jewels of Buddhism that can be found within each of us.

Most teachings given at IMC are recorded and posted online at [Audiodharma.org](http://Audiodharma.org)

### PRACTICE IN DAILY LIFE

In 2006, I attended Andrea's second non-residential Daily Life Practice Retreat at IMC. Consisting of a half-day session on Sunday, morning and evening meetings Monday through Friday, and a daylong retreat on Saturday, the retreat was offered as an opportunity to practice bringing mindfulness off the cushion and into the midst of our daily lives. For me, as a working parent, it was exactly what I needed. I had just sat my first residential retreat and wanted nothing more than to return to the calm, mindful presence that had been so readily available during that week of silence.

What I learned, and what I've come to understand more fully since then, is that mindfulness practice in daily life is different than mindfulness practice on retreat, but that each can support the other. The experience of "sandwiching" work and family between Daily Life Practice Retreat sessions created a beautiful container in which virtually everything that arose became integrated into a single practice. Repeatedly going back and forth between home, IMC, and my job created a rhythm to my days, so that, by the end of the retreat, my mindfulness was more continuous and it became more natural to view my experiences both in and out of meditation through the lens of the Dharma.

Ever since that retreat, daily life practice has grown, both for myself and at IMC. Andrea now offers two Daily Life Practice (DLP) Retreats per year; these culminate in a day-long session taught in the style of Sayadaw U Tejaniya—a relaxed, open awareness that supports the cultivation of wisdom and ease both in meditation and in daily life. People who attend DLP Retreats are eligible to join an ongoing group that meets monthly, offering a chance to reconnect with each other and to reinvigorate our practice on a regular basis. Group members can also participate in periodic Immersion Retreats: daily meetings with a very small group of practitioners, designed to intensify our practice and to use the jewel of sangha as a support for deepening our work together.

Gil once suggested in a Dharma talk that we try to think not in terms of bringing our practice into our lives, but of bringing our lives into our practice. It's a subtle distinction, but for me, it was profound. Now, instead of wondering how I can make my life better, or more "practice-like," I have come to see that my life is my practice. Whether conditions feel calm or tumultuous, I am better able to meet what arises with equanimity and to hold in my heart the deep conviction that it is all part of my path towards the kind of peace and happiness that the Buddha promised.

—Lauren Silver

## UPDATE: IRC FUNDRAISING DRIVE

Fundraising to buy the only residential home right next to our Insight Retreat Center is going well. In just four months into our fundraising drive we have received about \$160,000 and several pledges. This support for our retreat center is both encouraging and inspiring. This is a great start to reaching the goal of raising the \$750,000 needed to purchase the property. We are hopeful that we will be able to raise the funds needed as more people come to understand the great benefit owning the home will bring IRC and everyone who practices there.

Owning the neighboring property is probably the single most useful next step in strengthening the foundation of our wonderful retreat center. Most important, it will enable us to provide more housing for teachers and resident volunteers. Acquiring the additional land will also allow us to expand the IRC walking paths and enjoy the additional forest and natural setting.

### WAYS TO DONATE

**By Check:** Please make check out to: Insight Retreat Center and write "Friends of IRC" in the memo. Mail to:

Insight Retreat Center  
108 Birch St.  
Redwood City, CA 94062

**Donate online** in the green Special Donation section on IRC's donation page ([insightretreatcenter.org/donations](http://insightretreatcenter.org/donations)).

## EARTH CARE IN THE NEW YEAR

There will be several opportunities in 2015 to join other sangha members in caring for the Earth. On Sunday, January 18 at 11:30am, you are invited to participate in a discussion about how you'd like to see Earth Care practiced at IMC. We'll discuss the dharma of caring for living beings and natural resources. On the 4th Fridays of the month, beginning January 23, from 7 to 8:30pm, there will be a book discussion group on *A Buddhist Response to the Climate Emergency*, which features essays by Thich Nhat Hahn, Bhikkhu Bodhi, the Dalai Lama and many others. In April, there will be a weekly opportunity to share your Earth Care practices and inspiration with other sangha members. Please join us in dedicating 2015 to compassion for our environment.



## NEW IMC LGBTQUEER SANGHA

A peer-led sitting group open to all lesbian, gay, bisexual, transgender, gender diverse, intersex and queer individuals on the second Thursday of each month, 7:30pm to 9pm at the IMC Annex. Our intention is to provide a safe and loving place where LGBTQ members of our community can explore the Dharma and share heartfelt connections. Includes sitting meditation, discussions and socializing. Co-facilitated by Sue Bachman and Joe Hayes, [imcqueersangha@gmail.com](mailto:imcqueersangha@gmail.com).

## The Fourth Precept, cont'd. from front page

ed to "avoid false speech" develops our ability to be mindful, discerning, and free of compulsive speech. It entails pausing just long enough—perhaps imperceptibly to others—to recognize what we are about to say before we say it. It allows us to investigate the reasons we want to say something.

Buddhist precepts are not obligatory moral rules. They are, however, required if we want to safeguard both our personal and interpersonal peace. The greater our peace, calm, contentment, and clarity, the more we have something that is worth protecting from the agitation that results from lying. Similarly, the greater our interpersonal harmony, friendships, and trust, the more these are worth safeguarding from the disruptive consequences of deceiving others.

This is one reason why people who engage in contemplative practices, such as meditation, tend to value ethical behavior. Knowing all too well what is lost through unethical behavior, they understand they are better off being ethical. When it comes to speech, they know they are better off not deceiving anyone, including themselves.

—Gil Fronsdal

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## CREATIVE WORKS INVITED

*Passing It On: Lay Practitioners Share Dharma Wisdom*, an annual journal published by IMC members, seeks personal essays and short stories from 1,000 to 3,000 words, poetry, art, and photography that explore the mindfulness practice of IMC members and friends.

**The deadline for the next edition is January 20, 2015!** Please email your creative works to [imc.passingiton@gmail.com](mailto:imc.passingiton@gmail.com), preferably as Microsoft Word documents for text and 300 dpi JPEGs for images.

## LIFE OF THE BUDDHA

A Sati Center Daylong with Diana Clark on Saturday, March 14, 9am to 4:30pm. The story and early myths about the Buddha's life are important means for conveying central Buddhist teachings. This daylong class will provide an introduction to the life of the Buddha that will also serve as an introduction to his fundamental teachings. The day will consist of lectures, discussion, and periods of meditation.

*Diana Clark has a Master's Degree in Buddhist Studies from the Institute of Buddhist Studies in Berkeley. She practices and occasionally teaches at IMC.*

## PARKING GENEROUSLY AT IMC

For those who can, when driving to IMC, please park at least half a block from the center. This will provide more parking spaces closer to IMC for people with difficulty walking, for new people to IMC, and for our neighbors. Also, if you arrive early, by parking further away, it will be easier for those who are running late to find a place near the center. Making it easier for others to park is an act of generosity. *Thank you.*

## Insight Meditation Center

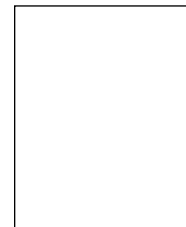
108 Birch Street

Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456



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### WAYS TO DONATE

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

**CHECK:** via mail, or in person at the donation box at IMC.

**ONLINE:** Visit the **DONATE** page on IMC's website.

**NEW! AMAZON SMILE:** A simple and automatic way to support IMC/IRC every time you shop through Amazon, at no cost to you. Go to [insightretreatcenter.org/smile](http://insightretreatcenter.org/smile).

You can also enter Amazon through IMC's **RECOMMENDED BOOKS** page to get this benefit when you make a purchase.

**DONATE YOUR CAR:** You can make a tax-deductible donation of a vehicle you no longer want, working or not. The *Center for Car Donations* will handle pick-up and all paperwork needed; IMC/IRC will receive 75% of the sale price. Tell them you want to donate to Insight Retreat Center. Call 877/411-3662 and a helpful representative will guide you through the process.

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

**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.

### HELP IRC WHILE BUYING OR SELLING A HOME

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

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

#### • GENERAL INFORMATION:

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

• **NEWSLETTER QUESTIONS:** Contact the editor at [imc.newsletter@gmail.com](mailto:imc.newsletter@gmail.com).

• **CONNECT:** To be added or removed from the IMC mailing list or to update your address, phone, or email -**OR-** to sign up for our UPCOMING EVENTS AND ANNOUNCEMENTS emails, go to the IMC website and click on the CONNECT link.



# SCHEDULE OF EVENTS

January ~ March 2015

## WEEKLY MEDITATION AND TALKS

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### MONDAY EVENING SITTING AND TALK

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

### TUESDAY MORNING SITTING AND TALK

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

### TUESDAY EVENING DHARMA EN ESPAÑOL

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

### WEDNESDAY MORNING HALF-DAY RETREAT

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

- 9:30am – Sitting • 10:15am – Walking Meditation
- 11am – Sitting • 11:45am – Dharmette (brief talk)
- 12pm – Temple cleaning

### THURSDAY EVENING SITTING AND TALK

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

### SUNDAY MORNING SITTINGS AND TALK

With Gil Fronsdal or guest teachers, 8:30 to 10:45am.

- 8:30am – 1st Sitting • 9:10am – Walking Meditation
- 9:25am – 2nd Sitting • 10 to 10:45am – Talk

**Sunday Community Tea**—2nd Sunday of month at 11am.

**Vegetarian Potluck Brunch**—Last Sunday of month at 11am.

## MEDITATION INSTRUCTION

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### BASIC MEDITATION INSTRUCTION

- First Monday evening of month, 6:15 to 7:15pm.
- First Thursday morning of month, 10:45 to 11:45am.
- Every Thursday evening, 6:15 to 7:15pm.

### BEGINNERS PRACTICE GROUP

- Wednesday, February 18, 25, March 4, 11, 7:30 to 9pm, with Chris Clifford and others.

For beginners who have taken an introductory mindfulness meditation class and would like to take the next step in building and supporting their practice. With a 20-minute meditation, review of basic instruction and introduction to further teachings.

### INTRODUCTION TO MINDFULNESS MEDITATION

- 5 Tuesday afternoons, January 13 – February 10, 1 to 2:30pm with Diana Clark
- 5 Wednesday evenings, January 14 – February 11, 7:30 to 9pm with Gil Fronsdal

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

## DAYLONG RETREATS

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On Saturdays, unless otherwise noted:

- Friday, Jan 16, 9:30am to 3:30pm, Dharma Practice Day—**Brahmaviharas: Practicing with Love** with Gil Fronsdal
- Jan 24, 9:30am to 4:30pm, **LGBTQueer Retreat** with Anushka Fernandopulle.
- Jan 31, 9am to 4pm, **Renunciation in Lay Life: What, Why, and How** (Sati Center event) with Kim Allen & others.
- Feb 7, 9:30am to 4pm, **Metta Retreat** with Nikki Mirghafori.
- Feb 14, 9am to 3:30pm, **Introduction to Mindfulness Meditation** with Ines Freedman.
- Feb 21, 9am to 4:30pm, **Introduction to Vajrayana** (Sati Center event) with Rita Gross.
- Friday, Feb 27, 9:30am to 3:30pm, Dharma Practice Day—**Brahmaviharas: Practicing with Love** with Gil Fronsdal
- Feb 28, 9am to 4pm, **Retiro en español** (Spanish language retreat) with Andrew Wallace & Andrea Castillo.
- Mar 7, 8:30am to 5pm, **Daylong Retreat** with Gil Fronsdal.
- Mar 14, 9am to 4:30pm, **Life of the Buddha** (Sati Center event) with Diana Clark.
- Friday, Mar 27, 9:30am to 3:30pm, Dharma Practice Day—**Brahmaviharas: Practicing with Love** with Gil Fronsdal
- Mar 28, 9:30am to 4pm, **Buddhism and Recovery Retreat** with Jennifer Lemas and Laura Burges.
- Apr 11, 9am to 4:30pm, **Mindfulness Retreat** with Gil
- Apr 18, 9:30am to 4:30pm, **Mindfulness of Mind** with Andrea Fella
- May 9, 8:30am to 5pm, **Daylong Retreat** with Gil Fronsdal

## RESIDENTIAL RETREATS

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

For more information go to [www.insightretreatcenter.org/retreats](http://www.insightretreatcenter.org/retreats).

- March 17–29, **Experienced Practitioner Insight Retreat** with Gil Fronsdal and Andrea Fella.
- April 5–12, **Insight Dialogue Retreat** with Gregory Kramer.
- April 19–26 **Insight Retreat** with Dhammaruwan & Max Erdstein
- May 14–17, **Insight Retreat** with Ines Freedman and Max Erdstein. Registration opens 2/14.
- May 20–25 **Insight Retreat** with Bob Stahl and other Insight Santa Cruz teachers. Registration opens 1/25.
- May 29–June 5, **Insight Retreat** with Gil Fronsdal, Nikki Mirghafori and Matthew Brensilver. Registration opens 1/29.
- June 23–28, **Insight Retreat in Spanish** (Español) with Rebecca Bradshaw, assisted by Andrea Castillo. Registration opens 2/23.
- July 5–19, **Mindfulness of Mind Retreat** with Andrea Fella. Registration opens 2/5.

### SPECIAL EVENTS

#### NEW YEAR'S EVE CELEBRATION

**WEDNESDAY, DECEMBER 31, 7:30PM TO 12:15AM.** Join us on New Year's Eve for an IMC tradition—celebrate the ending of 2014 and the beginning of 2015. We will enjoy sitting and walking meditation; some time for reflection and sharing; refreshments (bring any holiday leftovers you wish to share); and end with chanting and ringing the bell 108 times. Please come whenever you can and stay as long as you like. The only thing we ask is not to leave and return. A schedule will be posted at the door. See you then!

#### EARTH CARE IN THE NEW YEAR

**SUNDAY, JANUARY 18, 11:30AM TO 12:30PM.** A discussion about how you would like to see Earth Care practiced at IMC and what your interests are with respect to the dharma of caring for living beings and natural resources.

#### LGBTQUEER DAYLONG RETREAT WITH ANUSHKA

**FERNANDOPUILLE. SATURDAY, JANUARY 24, 9:30AM TO 4:30PM.** This Vipassana retreat is open to all lesbian, gay, bisexual, transgender, gender-diverse, intersex and queer individuals. The day will incorporate mindfulness, sitting and walking meditations with dharma talks. This is a wonderful opportunity for LGBTQeers practitioners to come together and engage in the dharma as a loving community. Whether you are new to meditation or experienced, all levels are welcome to attend. At the end of the day there will be an opportunity to talk about our new community. Bring lunch.

#### METTA DAYLONG RETREAT WITH NIKKI MIRGHAFORI

**SATURDAY, FEBRUARY 7, 9:30AM TO 4PM.** Metta or lovingkindness meditation is a foundational practice in our Buddhist tradition. It not only supports the development of insight practice, but can also be transformational in its own right. Metta is a gentle cultivation of kindness, friendliness, goodwill towards ourselves and all beings. The day will be held primarily in silence, with alternate periods of sitting and walking, supported with instructions, guided meditation, and discussion. Recommended for both beginners and experienced practitioners who wish to deepen their practice. Bring lunch.

#### INTRODUCTION TO MINDFULNESS MEDITATION WITH

**INES FREEDMAN. SATURDAY, FEBRUARY 14, 9AM TO 3:30PM.** A daylong retreat introducing the basic practice of mindfulness. There will be direction in mindfulness of the breath, body, emotions, thoughts, walking and eating. There will be time for sitting meditation, walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice.

#### RETIRO EN ESPAÑOL, ANDREW WALLACE Y ANDREA CASTILLO

**SATURDAY, FEBRUARY 28, 9AM TO 4PM.** Un día dedicado a investigar y aclarar como practicar la meditación, la atención plena, y las enseñanzas budistas sin conflicto con nuestras raíces latinas y cristianas. Para inscribirte favor de contactar a Lilliam: [lill\\_i\\_am@yahoo.com](mailto:lill_i_am@yahoo.com)

#### DAYLONG RETREAT WITH GIL FRONSDAL

**SATURDAY, MARCH 7, 8:30AM TO 5PM.** Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. The simplicity, silence and support of retreats contribute to letting go of many of the distractions that get in the way of clear seeing. This retreat is meant for those who already understand the basic practice of mindfulness; no instruction will be given. With alternating periods of sitting and walking meditation, and a Dharma talk. Brief interviews will be available. Bring Lunch.

#### BUDDHISM AND RECOVERY DAYLONG RETREAT WITH

**JENNIFER LEMAS AND LAURA BURGESS. SATURDAY, MARCH 28, 9:30AM TO 4PM.** Through a combination of Buddhist meditation practices, interactive exercises, lecture, and discussion, the day will explore the ways that Buddhism and the 12 Steps complement each other. Open to all those interested—you need not be in a Twelve Step program, nor have a background in Buddhist meditation.

#### MINDFULNESS DAYLONG WITH GIL FRONSDAL

**SATURDAY, APRIL 11, 9AM TO 4:30PM.** Practicing mindfulness meditation on retreat is one of the foundations for maturing insight meditation. With alternating periods of sitting and walking meditation, instruction in mindfulness practice, and a Dharma talk. Recommended for both beginners and experienced practitioners. Bring lunch.

#### DAILY LIFE PRACTICE RETREAT WITH ANDREA FELLA

**SUNDAY APRIL 12, 1:30 TO 5PM, APRIL 13 – 17, 7:30 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 Sunday and Saturday sessions are open to all; the Monday and Friday 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, APRIL 18, 9:30AM TO 4PM.** Taught in the style of U Tejaniya. We will explore a relaxed open awareness with an emphasis on exploring 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 for the retreat will alternate periods of sitting and walking with instructions and discussion. Aside from the instruction and discussion periods, the day will be primarily in silence. Recommended for both beginners and experienced practitioners.

### NINE-MONTH EIGHTFOLD PATH PROGRAM

The Eightfold Path Program is an introduction to each of the Eightfold factors so participants will discover how to apply each set of practices in ways that are personally meaningful. Pre-requirement: completion of IMC's Introduction to Meditation course or the equivalent. Taught by Chris Clifford and senior IMC students.

- Right Action – Saturday, January 10, 10am to 12:30pm
- Right Livelihood – Sunday, February 8, 1 to 3:30pm
- Right Effort – Sunday, March 8, 1 to 3:30pm
- Right Mindfulness – Sunday, April 12, 1 to 3:30pm
- Right Concentration – Sunday, May 10, 1 to 3:30pm

### MINDFULNESS DAYLONG WITH GIL FRONSDAL

**SATURDAY, MAY 9, 9:30AM TO 4.** For description, see April 11.

### YOUTH PROGRAMS

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

Meditations and mindfulness 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, giving first names of each participant.

**DHARMA ROCKS (3RD–5TH GRADE)** Led by Liz Powell. Fun, interactive mindfulness games, crafts, and meditations. RSVP to Liz at [eapowell@aol.com](mailto:eapowell@aol.com) if you plan to attend.

- Feb 1, Apr 5, May 3: 9:20 to 10:50am: IMC Annex, 1040 Brewster, Suite D
- Jan. 11, Mar 8: 5 to 6:30pm: IMC Meditation Hall.

**DHARMA BODHIS (MIDDLE SCHOOL 6TH–8TH GRADE)** (Sixth-graders have the option of attending Dharma Rocks and/or Dharma Bodhis). Led by Hilary Borison. Fourth Sunday of each month, 5:15 to 7:15pm. A time to explore how the Dharma can support challenges and opportunities pertinent to middle schoolers through group discussions, mindfulness practice, creative activities, interactive games, pizza dinner, and more. RSVP for dinner plans. Contact Hilary, [hborison@sbcglobal.net](mailto:hborison@sbcglobal.net), or 650/575-2052.

**MINDFUL TEENS (HIGH SCHOOL)** Led by Aaron Chavira, Nirali Shah and Trent Walker. First Sunday of each month, 5 to 7pm. A safe, fun space where teens apply mindfulness to self-discovery, empowerment, and fulfillment. A trusting environment where teens can discuss important issues in their lives, among themselves and adult facilitators. Please RSVP for purposes of food headcount to Aaron at [Imc.MindfulTeens@gmail.com](mailto:Imc.MindfulTeens@gmail.com).

### MINDFUL PARENTS SERIES

**SECOND FRIDAY OF THE MONTH, 7 TO 8:30PM.** January, 11: Kozo Hattori on Raising Compassionate Boys. February, 13: "Mindful Discipline" discussion groups. March, 7: Amy Saltzman on Mindfulness in Education.

### MEMORIAL DAY WEEKEND FAMILY RETREAT

Saturday, May 23 – Monday, May 25. Jikoji Retreat Center, Los Gatos. Apply online—registration opens January 31. Practice together as a family during a relaxed weekend that will offer structured retreat practice and small group sharing with other parents, young teens, and children, along with hiking and appreciation of the natural surroundings. The site features camping and a limited number of shared dorm rooms. Applications will be due by late March.

### SATI CENTER

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

### RENUNCIATION IN LAY LIFE: WHAT, WHY, AND HOW WITH KIM ALLEN AND OTHERS. SATURDAY, JANUARY 31, 9:30AM TO 4:30PM.

While renunciation is commonly associated with Buddhist monastics, a growing number of Western lay practitioners are interested in how to live a nourishing life of lay renunciation. This daylong will explore the possibilities, benefits, and challenges of renunciation in lay life.

### INTRODUCTION TO VAJRAYANA

**SATURDAY, FEBRUARY 21, 9AM TO 4:30PM.** In this workshop, scholar-practitioner Rita M. Gross will present an introduction to Vajrayana—the form of Buddhism most strongly associated with the Buddhism of Tibet. The day is meant for those curious about this valuable form of Buddhism but know little about it. Rita will explain both those aspects of Vajrayana Buddhism that most distinguish it from other forms of Buddhism and its underlying similarity with better known forms of Buddhism.

### BUDDHIST TEACHINGS ON PERSONALITY TYPES:

**A LEGACY FROM THE PAST. A PRACTICE FOR NOW! WITH STEVE ARMSTRONG SUNDAY, MARCH 1, 1PM TO 4:30PM.** An introduction to the Buddhist psychological theory of personality types and the mental factors and dispositions that influence us. We will study how these condition the appearance of what we sometimes call the "self". We will identify our "Personality Type," as well as specific Dharma practices useful for our own personality type.

### LIFE OF THE BUDDHA

**SATURDAY, MARCH 14, 9AM TO 4:30PM.** The story and early myths about the Buddha's life are important means for conveying central Buddhist teachings. This class will provide an introduction to the life of the Buddha that will also serve as an introduction to his fundamental teachings. The day will consist of lectures, discussion, and periods of meditation. Taught by Diana Clark.

### THE WORDS OF THE BUDDHA: ONLINE MIDDLE LENGTH DISCOURSE STUDY COURSE

Weekly, January 19 to April 26. A scholarly study of teachings of the Buddha with Gil Fronsdal. Registration deadline: January 12. More information at [sati.org](http://sati.org).

## SCHEDULE PG. 4

### YOGA WITH TERRY LESSER

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

#### 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 3, 9am to 12:30pm.** This mini-retreat offers a quiet and grounding place where we can slow down, deepen our meditation, connect with our bodies, and perhaps help clarify what is important for the coming year.

### SUPPORT GROUPS

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#### FOR THOSE EXPERIENCING LIFE-THREATENING ILLNESSES

**THURSDAYS 1:30 TO 3PM.**

#### FOR THOSE EXPERIENCING CHRONIC HEALTH

#### CHALLENGES

**THURSDAYS 3:30 TO 5:30PM.**

At least 4 days before attending either group for the first time, please contact Mick Bennett, [hmichael.bennett1@gmail.com](mailto:hmichael.bennett1@gmail.com) or 650/368-2518.

#### BUDDHISM AND 12-STEP SUPPORT GROUP

**SECOND SUNDAY OF EACH MONTH, 7:30 TO 9PM.** Group discussion and study exploring the 12-Step program and the teachings of the Buddha. Includes a 30-minute meditation, short talk and open discussion on the Buddha's teachings selected for the evening. Everyone welcome. Facilitated by Jennifer Lemas, [jennlemas@comcast.net](mailto:jennlemas@comcast.net).

#### IMC LGBTQUEER SANGHA

**2ND THURSDAY OF EACH MONTH, 7:30PM TO 9PM, IMC ANNEX.** A peer-led sitting group open to all lesbian, gay, bisexual, transgender, gender diverse, intersex and queer individuals. Co-facilitated by Sue Bachman and Joe Hayes, [imcqueersangha@gmail.com](mailto:imcqueersangha@gmail.com).

### DHARMA FRIENDS

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

- **Sona's Dharma Strummers Practice Sessions**—Sundays, Jan 11, Feb 8, and Mar 15, 1 to 2:30pm. Join us as we strum our way to Samadhi...with ukuleles! We are a group of sangha members who are getting together to sing and play ukulele. No prior musical experience necessary. Basic ukulele instruction provided. RSVP: Paul at [sonasstrummers@gmail.com](mailto:sonasstrummers@gmail.com).
- **Sona's Dharma Strummers at Hopkins Manor**—Sundays, Jan 25, Feb 22 and Mar 22, 1:30 to 2:30pm, 1235 Hopkins Ave., next door to IMC. Come sing and play the ukulele for the elderly residents of Hopkins

Manor. Info/RSVP Paul, [sonasstrummers@gmail.com](mailto:sonasstrummers@gmail.com).

- **Dharma-Inspired Book Group**—Fridays, Jan 16, Feb 20, Mar 20, 7 to 8:30pm. IMC Meditation Hall. We are reading *Dancing with Life: Buddhist Insights for finding Meaning and Joy in the Face of Suffering*, Phillip Moffitt. Anne Foster at [afoster@rawbw.com](mailto:afoster@rawbw.com) or 650/591-1285.
- **Origami Workshop**—Saturday, Jan 17, 1 to 3:30pm, IMC Meditation Hall. Learn to fold different kinds of paper to make a variety of models (starting with easy ones). Participants who wish to can help make a small flock of jumping frogs to donate to a children's hospital. Ann Overton, [aoverton@ccsf.edu](mailto:aoverton@ccsf.edu) or 510/684-3790.
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, Feb 1, 11am to 12pm. Plan events for April, May, June. IMC conference room. For info visit the Dharma Friends web page on the IMC website.
- **Chanting Concert, Lead & Response**—Saturday, Feb 7, 7:30 to 9pm. IMC Meditation Hall. Chanting and spiritual songs from various spiritual traditions including Hindu/Yogic, Buddhist, English, Hebrew, and Arabic. Joel Frankel, [frankel.jfrankel.joel@gmail.com](mailto:frankel.jfrankel.joel@gmail.com) or 650/269-2706
- **Zentangle: Meditation as Art**—Sunday, Feb 8, 2 to 4pm. Learn a meditative drawing technique called Zentangle ([www.zentangle.com](http://www.zentangle.com)) that quiets the mind and turns simple ink patterns into beautiful works of art. No art experience necessary. For info, including workshop fee, and to register contact Shelly Gordon, [sgordon@g2comm.com](mailto:sgordon@g2comm.com) or 650/856-1607.
- **Hike at Eaton-Big Canyon Parks**—Saturday, Feb 7, 9am. Carpool from IMC. Moderate 5-mile hike, in sun and shade; includes walking meditation period and adequate rest periods. Dress in layers, wear sunscreen. Bring lunch, snacks and plenty of water. Heavy rain cancels. Peter Nau, [beherenau@gmail.com](mailto:beherenau@gmail.com) or 650/593-5949.
- **Dharma Friends Brunch**—Sunday, February, 15, 11am. Gather by the kitchen following the morning sitting. We will choose a local restaurant for brunch. Wendy Alger [wendyalger@gmail.com](mailto:wendyalger@gmail.com).
- **Women's Circle of Mindfulness**, Second Thursday of each month, 10:45am to 12:15pm. A gathering for women who wish to deepen practice by exploring together how to bring principles of mindfulness into our daily lives. You're welcome to bring lunch or have tea until 1pm. Facilitated by Alicia McLucas, [mclucasalicia@gmail.com](mailto:mclucasalicia@gmail.com), and Hilary Borison, [hboration@sbcglobal.net](mailto:hboration@sbcglobal.net).
- **Cinema Sanity**—At least 1 film during the quarter. Know of a movie with a Dharma message you'd like to see with some Dharma friends? Contact Jim Podolske, [James.R.Podolske@nasa.gov](mailto:James.R.Podolske@nasa.gov) or 650/968-6168.

### YOUNG ADULT PROGRAM

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**AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S. WITH MAX ERDSTEIN. First & Third Sunday of the month, 7:30 to 9pm.** An open, monthly group addressing Dharma themes relevant for twenty- and thirty-somethings. Through meditation, Dharma talks, and discussion we will explore how Dharma practice can be a refuge and inspiration as we make our way through the many worlds we inhabit.

For **OTHER LOCAL SITTING GROUPS**, go to our website and click on "Links" on the left navigation bar, and scroll down the page.