

## From Mad to MADLESS Gil Fronsdal

Anger is one of the most common human emotions and perhaps the most dangerous. Regardless of whether the anger is directed toward ourselves or others, it can be both painful in and of itself and a cause for a great deal of ongoing suffering. While the danger of mild anger may only be discomfort for the person who is angry, when expressed as hostility it can lead to significant pain and distress for ourselves and others. The danger of anger increases dramatically when it's acted out: relationships can be ruined, enemies made, and people's lives shattered with angry words or actions. It's painful to be angry; and acting with anger easily produces more pain.

It seems that whenever I teach about overcoming anger, someone inevitably insists, "But isn't anger sometimes appropriate?" The answer depends on the nature of the anger. If the anger involves hostility, then I hope it is never necessary. I hope we can always find a better way to accomplish what is needed than through aggression. If hostility is absent and the anger is a compelling frustration or a disapproval of an injustice or harmful behavior, then perhaps anger may be appropriate—provided it is acted on with wisdom and care. Yet even if anger is appropriate, it can all too easily be expressed in harmful ways. And even when anger is justified, this doesn't mean we should act angrily. It may not be necessary to express the anger toward others; there may be a better alternative. Avoiding the compulsion to be angry and instead looking for and choosing wiser options is an exercise in freedom.

Anger tends to be captivating. It is easy to get pulled into it so that instead of "having anger" we "become angry"—i.e., as if we're possessed by the anger. The anger can take over, so that it's the anger that speaks and acts more than we who are speaking and acting with choice and clear awareness. To avoid the dangers of anger, it's important to understand the anger and to learn how to work with it so it doesn't drive our behavior. Because taming the flames of anger can be difficult, I offer seven approaches that can help. For the sake of remembering them, I refer to them by the acronym MADLESS—Motivation, Attention, Dissipation, Learning, Empathy, Story, and Speaking/Sharing. These are seven approaches that not only help us avoid the pull of anger but also to free ourselves when we are "mad with anger," i.e., so possessed by anger that we lose a degree of sanity.

**M** stands for Motivation. We can ask ourselves: What purpose is the anger serving? What is the anger trying to accomplish? Is the anger an attempt to release pent-up frustration or to push away something uncomfortable? Does being angry involve wanting to change, reject, or rectify something? Does the anger have a wise goal or purpose? Might there be wiser motivations or wiser actions?

Taking the time to ask these questions begins an important process of stepping back from the anger and considering it objectively. Having distanced ourselves in this way, we can then examine our relationship to the anger. We can ask ourselves: Do I want to be angry? Is it my intention

to allow the anger to provoke and motivate me? If what we want is freedom, then ideally our motivation for freedom has to be greater than our desire to remain angry.

This brings us to **A**: Attention. Here attention involves being mindful of our anger by clearly seeing what is happening emotionally, physically, and mentally. What thoughts and beliefs come with the anger? What is the subjective experience of being angry? How does it feel in the body? What is happening right now in the present? How much does past and future thinking affect the anger?

One of the important benefits of mindfulness of anger is that we learn how to allow the anger to exist without being caught up in it. This involves cultivating an awareness that provides either mental distance from the anger or a sense of spaciousness around it. It can help to learn how to feel the anger in the body while imagining the body as an open container in which our energies flow freely. We can feel the impulses to move or to speak without acting on them. Mindfully breathing while being aware of the anger in the body can be a useful way to give "breathing room" to the anger. It can help us find a way to be aware of anger while being neither for it nor against it.

**D** stands for Dissipation. This is useful when we are so angry that we have trouble paying wise attention to our anger. Dissipation involves discharging the energy of anger so it doesn't continue to harm us or cause us to act in ways we later regret. We can do this by going for a walk, exercising, taking a shower or a nap, or finding someone to talk to about the anger in a manner that calms us down. I have known people who've gone into the woods to be alone and then found a tree toward which they could safely express the anger.

Dissipation is not meant as a way to forget the issue that caused the anger. Rather, it's a way to diminish the intensity of the anger so we are not being pushed around by it. It's also a way to become calm enough that we can learn about the anger—which brings us to the **L** in MADLESS.

Anger presents us with an opportunity to learn something about ourselves. The presence of anger is a symptom of a disharmony or conflict that would be helpful to understand well. This can be done by reflecting carefully on what happened, including an honest consideration of our own contribution to getting worked up. For example, we can explore our own reactivity so that in the future we aren't as easily triggered. Hopefully pride, embarrassment, resentment, or blame won't interfere with the willingness to do this important investigation.

When learning about our reactivity in relation to anger, it's helpful to consider that there are chain reactions within us. The anger may be the last link in a series of reactions, many of which have gone unrecognized. Three of the most common and underappreciated causes of anger are hurt, sadness, and fear. Taking the time to discover if and how these



# SANGHA PROGRAMS & NEWS

## THE HISTORY OF AUDIO DHARMA

One of the surprises to come out of IMC has been Audio Dharma, our website that hosts most of the Dharma talks given at IMC and our Insight Retreat Center in Santa Cruz. Audio Dharma had its genesis in a conversation with a neighbor of mine who was among the first people involved with Burning Man. Around 1999 he told me that it was possible to create a “radio station” on the then early web. I wondered if we could have a Buddhist internet radio station that could host Dharma Talks, guided meditations, interviews with Buddhist teachers, leaders, and practitioners, news about the Buddhist world and Buddhist music.

I proposed this idea to a friend who suggested I could apply for a grant to start the “station”. I wrote and sent in a grant proposal but never heard anything back. I then asked Glen Ingram, an IMC member with internet skills if he was interested in setting this up. I remember he was somewhat non-committal in his response. But then around the summer of 2001 he came back and explained he had made a website called [AudioDharma.org](http://AudioDharma.org) which could host the Dharma talks given in our community.

This new website was hosted on two different servers, at least one of which was in Glen’s closet. One server hosted 15–20 recent or requested talks and was accessible anytime. The other—the server Glen used for his work—contained “archived” talks which could only be accessed between 12 a.m. and 6 a.m. or on the weekend. The archived site came with the note: “this archive site is frequently heavily loaded and can be very slow to access talks.”

By June of 2003 we had 250 talks online that were available 24 hours a day. However, because of our new but slow server we asked people to download only one talk at a time. By 2014, with the increased volume, we stopped using and maintaining our own servers.

Now, 18 years later, Audio Dharma hosts 9700 talks available anytime!

By 2004 about 36,000 talks were downloaded for the year, in 2006 it was 650,000 talks, and in 2017 it was over 4 million talks! The latest statistics shows that Audio Dharma had 220,000 unique visitors in 2018. Separate from this are the unknown number of people who listen to our talks through iTunes.

In the early years of Audio Dharma, I did not give much attention or thought to how our talks were being made available throughout the world. But then slowly at first and then more and more frequently we received thank you messages and were visited by “the world-wide Audio Dharma listening community” who came to IMC to thank us for the availability of the talks. It became clear that through Audio Dharma, IMC has a far reach and is benefiting many, many people. It also became clear that a whole new form of Buddhist practice was evolving; instead of reading Dharma books, regularly—even daily—listening to talks was becoming the preferred way that people learned the Dharma. For those who listen to one talk a day, remarkably (and overwhelm-

ing), we host enough talks for almost twenty-six years of listening!

Over the years many people have contributed to keeping Audio Dharma going: Richard Geiger, Victor Medina, Peck Yee, Christopher Minson, Louis Mendelowitz, Rob Hammond, Ryan Oblak, and Mark Goldberg, to mention a few. We received a big gift from Dharma Seed when they gave us a copy of their software platform on which Audio Dharma now rests. In 2017 Christopher Minson created an Audiodharma app which can be used on both OS & Android devices. It is through all this generosity that Audio Dharma has made such a wonderful contribution to the world.

—Gil Fronsdal

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## DEEPENING MEDITATION PROGRAM

with Gil Fronsdal, Diana Clark & Max Erdstein

Mondays, **2019:** 8/26, 10/7, 11/11, 12/2; **2020:** 1/6, 2/3, 3/2, 4/20, 5/18. Optional retreat: March 15–22

The Deepening Meditation Program (DMP) is an eight-month series giving experienced practitioners the opportunity to delve into meditation practice and the Buddhist teachings. The program will focus on understanding the different attentional factors involved in mindfulness, insight, and concentration meditation. We will also consider the supports and challenges to meditation, and the experiences and insights emphasized in traditional Vipassana practice. Components of the program include monthly group meetings, readings, short reflective writing assignments, and small group practice-discussion meetings with Diana Clark, Max Erdstein and other teachers. Additional optional components are a seven-day retreat in March 2020 at IRC (space limited) and a series of daylong retreats at IMC focusing on related themes.

As this is an immersion program, having a regular meditation practice is required. Additional prerequisites are five years of committed insight meditation practice, four 7-day (or longer) silent insight meditation retreats and completion of the IMC Eightfold Path Program or its equivalent.

To apply, go to the Special Events page on the IMC website after June 1. Applications due by August 1. Notification of acceptance by August 14.

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## IMC’S SPRING CLEANING WITH GIL

SATURDAY, APRIL 27, 9AM TO 12:30PM

Everyone is welcome to participate in a special practice opportunity—Spring Cleaning at IMC. We will meditate, receive “mindful cleaning” teachings from Gil, work together in community taking care of our practice center, and share lunch together. Done as a mindfulness practice, cleaning both “cleans” us on the inside while cleaning the Center on the outside. It is also a way of sharing our IMC community life together.

## **From Mad to MADLESS, cont'd. from front page**

underlying emotions are present can change not only our relationship to the anger but also our relationship to the person or situation with whom we're angry. Seeing how anger is a symptom of the underlying feelings can help us to address those root feelings without perpetuating a conflict or antagonizing others.

When anger involves hostility, there are even deeper layers to uncover and explore. Perhaps the most important is selfishness. There is no hostility without some degree of self-absorption and ideas of "me, myself, and mine." Listening to how often our speech and thoughts are self-referential can provide a useful way to understand the degree of our self-centeredness. Sometimes we may learn that anger arises when our self-identity is hurt or threatened. Hopefully becoming aware of our selfishness doesn't become an additional reason to be angry. Whether or not it feels like it, such self-understanding is a step toward freedom and greater self-compassion.

The **E** in the acronym stands for Empathy—a quality that, while often absent when anger is present, can be evoked by searching for a fuller understanding of the people or situation we're angry with. People seldom cause harm unless they are suffering themselves. Their meanness or negligence may have more to do with stresses they are living under than with the person they are hurting. Those who are ill, for instance, may anger easily because they have little tolerance for frustration. A bully may be smarting from an earlier humiliation. A boss may speak sharply because of the strain of being unable to care adequately for a dying parent. Or someone may exhibit anger as a way to compensate for insecurity.

Of course, understanding people's inappropriate behavior is not the same as excusing it. Empathy might, however, allow us to soften our hard position toward them, perhaps even to let go of our anger. Realizing the other person has difficulties just as we do may help us take their behavior less personally. And most important, this empathy may actually lead to a feeling of compassion: rather than lingering in our anger, we feel concern for the person's well being. Working through conflict and disagreement becomes easier when there is empathy for the other party.

Related to empathy is Story, the first **S** in MADLESS. Anger often arises from an inaccurate story we tell ourselves. For instance, we might make up a story about another person's intention. Or we make up a story that our anger will teach the other person a lesson, or that anger is necessary to prevent others from taking advantage of us. Investigating the story we have around the anger is a way to question what we may be holding on to and begin to consider if there are other ways of understanding.

One useful story to consider is that being angry may be causing us pain while having minimal or no effect on the other person. I have known people who did the cost/benefit analysis of anger and concluded that being mad was not in their best interest. They found that holding on to resentment was not worth the pain it caused them. Another useful story is to imagine that the circumstance that elicited the anger was designed as the perfect training opportunity for one's path to freedom. The task then is to discover appropriate ways to take advantage of the opportunity.

If we find ourselves seeing conflict through the filter of a hard "me versus you" view, it might be interesting to find a realistic story that includes everyone in an "us" or "we." Is there an approach that considers what is best for all parties, not just "me"?

The last **S** in MADLESS is used for both Speak and Share. Overcoming anger is not a substitute for dealing with the conflicts we have. Rather, it opens the door to finding productive ways of discussing the conflicts

with others, especially with those involved. Even if we have not overcome the anger, we can learn wise ways of speaking that don't offend or threaten those we're speaking to. Telling someone we're angry with them probably won't create the best conditions for a fruitful conversation because the other person may feel criticized. If instead we explain how much we feel hurt by their behavior, the person may be given a chance to feel empathy for us and then be willing to have a constructive conversation.

Finally, as another "S," one of the most powerful ways of dealing with anger, especially when all else fails, is to Share something with the person with whom you are angry—to give a gift. Gift-giving can shift moods and relationships in many beneficial ways, some unexpected. It can also pull us from being stuck in our anger; it is hard to be angry toward someone to whom we have been generous.

Learning to use the MADLESS strategies helps us approach our anger with respect and as something that warrants our careful attention. These steps can become a path through anger to freedom. Not only does this path reduce the dangers we face; it also makes us safer for those around us.

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## **TAX DEDUCTIONS STATEMENTS FOR IMC/IRC DONATIONS**

1) For donations by check to IMC, and donations by cash, check or credit card to IRC, we mail a quarterly statement to the donor. For annual totals, the quarterly statements need to be summarized by the donor.

2) For IMC donations online through Paypal, donors receive a single statement via email at the beginning of the following year.

3) For donations through the Square credit card reader in IMC, IMC does not currently have the ability to send the donor any paper or email statement. Donors can find their donation total through their credit card statements.

We are looking for ways to provide a single annual statement that combines donations made by all of these approaches. IMC/IRC is inspired and grateful for all donations, including the donation of the volunteer work of our dedicated finance team!

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## **IMC VOLUNTEER APPRECIATION DINNER**

**FRIDAY, APRIL 19, 6 TO 8:30PM**

IMC has been very fortunate to be supported by many volunteers who care or have cared for everything needed in running IMC and offering its programs. All our volunteers are welcome to attend our Appreciation Dinner for a meal in each other's company and a special program of appreciation offered by Gil Fronsdal. RSVP at [IMC.volunteerdirector@gmail.com](mailto:IMC.volunteerdirector@gmail.com).

### **PARKING AT IMC**

To be good neighbors, we ask that those attending IMC events do not park on the 100 block of Birch Street where IMC is located, unless you are not able to walk more than a short distance. Also, do not park in The Abigail parking lot across the street from IMC; your car may be towed.

Abundant street parking is found close to IMC: on El Camino, Brewster, Broadway, and Hopkins & Fulton. Parking further from IMC will not only help our neighbors, it will provide more parking for people for whom walking is a challenge. ~Thank you!

## Insight Meditation Center

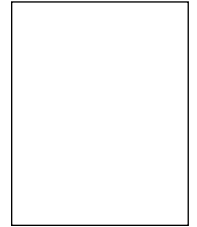
108 Birch Street

Redwood City, CA 94062

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

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

650/599-3456



RETURN SERVICE REQUESTED



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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.

**AMAZON SMILE:** A simple automatic way to support IMC/IRC when you shop through Amazon, at no cost to you. Go to [insightretreatcenter.org/smile](http://insightretreatcenter.org/smile) or enter through IMC's

**RECOMMENDED BOOKS** page.

**DONATE YOUR CAR:** Make a tax-deductible donation of a vehicle you no longer want, working or not. CARS will handle pick-up and all paperwork. IRC gets 75% of the sale price. Tell them you want to donate to Insight Retreat Center. Call 855-500-RIDE to schedule your pick-up appointment or answer any questions.

**EBAY GIVING WORKS:** Recycle your unwanted possessions and support IRC at the same time - it's tax-deductible. Go to: [insightretreatcenter.org/e-giving](http://insightretreatcenter.org/e-giving)

**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.

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### HELP IRC WHILE BUYING OR SELLING A HOME

IMC sangha member Carol Collins is a retired longtime local real estate broker with Realtor connections throughout the state. If you are thinking of buying or selling a home she can refer you to a conscientious, highly qualified Realtor who will, in turn, make a donation in your name to IRC. Carol can serve as your consultant at no charge throughout the buying or selling process. She has performed this service for sangha members in the Bay Area and Santa Cruz. Contact Carol at [carolcollins888@gmail.com](mailto:carolcollins888@gmail.com), or 408/348-1385.

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### SPRING FOOD DRIVE

IMC's LGBTQ Sangha is sponsoring a Spring food drive during May, that benefits Second Harvest food Bank. Express your generosity and compassion by donating non-perishable foods or monetary donations at [shfb.org](http://shfb.org). The collection canister is located in the back of the community hall. For more information, contact [imcqueersangha@gmail.com](mailto:imcqueersangha@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 sign up for our UPCOMING EVENTS AND ANNOUNCEMENTS emails, go to the IMC website and click on the CONNECT link.



# SCHEDULE OF EVENTS

April ~ June 2019

FOR IMC EVENTS PLEASE DO NOT PARK ON BIRCH STREET BETWEEN BREWSTER AND HOPKINS (IMC'S BLOCK)  
UNLESS THERE IS A PHYSICAL NEED TO PARK CLOSE BY.

## 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.

### MARTES EN LA TARDE DHARMA EN ESPAÑOL

Con Andrea Castillo, 7:30 a 9pm. Meditación y prácticas 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

### WEDNESDAY EVENING HAPPY HOUR: LOVING-KINDNESS PRACTICE

With Diana Clark and Nikki Mirghafori, 6 to 7pm. Guided meditation, teaching and discussion on loving-kindness.

### 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.

### INTRODUCTION TO MINDFULNESS MEDITATION

- 5 Thursdays, May 2–30, 7:30 to 9pm with Tanya Wiser
- 5 Wednesdays, May 29–June 26, 7:30 to 9pm w/Tom Fenner

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.

## BEGINNER'S Q & A

- Wednesday, April 10, 7:30 to 9pm, with Ying Chen & bruni dávila

An opportunity to get answers to your questions about the basics of Insight meditation including mindfulness of breathing, the body, emotions, thinking, and application of mindfulness in daily life. No pre-registration necessary.

## INTRODUCTION TO LOVING-KINDNESS WITH DIANA CLARK.

- Wednesday Afternoons, March 27–April 17, 1:30 to 3pm
- Metta, or loving-kindness meditation, involves developing goodwill toward oneself and others. It is an important Buddhist practice in its own right, and it is a valuable complement to mindfulness meditation. The four week series will systematically present the classic instruction for cultivating metta.

## ONE DAY RETREATS

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On Saturdays, unless otherwise noted:

- April 20, 8:30am to 5pm, **Daylong** with Gil Fronsdal
- May 18, 9am to 3:30pm, **Daylong on Selected Paramis** with Tanya Wiser & David Cohn
- June 1, 6am to 9pm, **Intensive Daylong** with Gil Fronsdal
- June 15, 9:30am to 4:30, **Mindfulness & Wisdom Non-Residential Retreat** with Andrea Fella
- June 22, 10am to 4pm, **Buddhism and Recovery Daylong** with Jennifer Lemas and others
- July 6, 9:30am to 4:30pm, **Compassion Cultivation Daylong** with Nikki Mirghafori

## HALF-DAY RETREATS

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**SATURDAY, APRIL 6, 9:30AM TO 12:15PM, WITH LIZ POWELL**

**SATURDAY, JUNE 29, 9:30AM TO 12:15PM, WITH YING CHEN**

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)

## 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).

- May 24 to May 27, 4-Day **Insight Retreat** with Ines Freedman and Diana Clark
- May 31 to June 7, 1-Week **Metta and Wisdom Retreat** with Sayadaw U Jagara and Nikki Mirghafori
- June 19 to June 23, 5-Day **LGBTQI Insight Retreat** with John Martin and bruni dávila

## SCHEDULE PG. 2

- June 30 to July 14, 2-Week **Mindfulness of Mind Retreat for Experienced Students** with Andrea Fella
- July 30 to August 4, 6-Day **Insight Retreat** in Spanish (Español) with Andrea Castillo and bruni d'ávila
- August 14 to 18, 5-Day **Insight Retreat** with Andrea Fella and Pamela Weiss

### SERIES PROGRAMS

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#### EIGHTFOLD PATH PROGRAM

TAUGHT BY CHRIS CLIFFORD, BRUNI DÁVILA AND LIZ POWELL WITH OTHER SENIOR IMC STUDENTS

- Sundays, 1 to 3:30pm: Apr 7, May 5
- Saturday, Jun 29, 9:30am to 4:30pm: Concluding Daylong Retreat at IRC

#### SEVEN FACTORS OF AWAKENING SERIES

WITH NIKKI MIRGHAFORI. **FRIDAY, APRIL 19, 9:30am to 3:30pm.** Exploring equanimity in meditation, daily life and the path of liberation. Includes a combination of teachings, meditation practices, and discussions.

#### INSIGHT TEACHINGS FOR EXPERIENCED PRACTITIONERS

WITH DIANA CLARK **WEDNESDAY EVENINGS, APRIL 17–MAY 15, 7:30 TO 9PM.** This five-week course is intended to support practitioners who have been on a number of meditation retreats and who wish to further examine some of the Buddha's liberation teachings. We will discuss the role of insight in insight meditation as well as engage in an exploration of the liberating potential of insights into feeling tone, the aggregates, the sense bases, impermanence and conditionality—all central teachings of the Buddha. Includes instructions, guided meditations and small group discussions.

### SPECIAL EVENTS

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#### DAYLONG WITH GIL FRONSDAL

**SATURDAY, APRIL 20, 8:30AM TO 5PM** 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.

#### DAYLONG ON SELECTED PARAMIS

WITH TANYA WISER & DAVID COHN **Saturday, May 18, 9am to 3:30pm** The Ten Paramis are beautiful qualities that live in us, that prevent us from being swept away by worries, pressures and conflicts. When recognized and utilized they grow and develop, bringing us happiness, peace, reconciliation, and well-being. We will explore several Paramis through meditation, small and large discussion groups, and exercises. Suitable for all levels. Bring lunch.

#### VESAK: CELEBRATION OF BUDDHA'S BIRTH, ENLIGHTENMENT AND PASSING WITH GIL FRONSDAL

**SUNDAY, MAY 19 10 TO 10:45AM** We will be celebrating Vesak after our morning sitting. Children welcome. Families should arrive by 9:15am at which time they can decorate the flower pagoda. Please bring some flowers. Gil will tell the children about the Buddha's birth and teach a simple chant to sing as we carry the pagoda into the meditation hall. The children will then participate in a brief ceremony with the adult sangha, prior to the dharma talk.

#### INTENSIVE DAYLONG WITH GIL FRONSDAL

**SATURDAY, JUNE 1, 6AM TO 9PM** This is a great opportunity for a full day of immersion in silent Dharma Practice. Fifteen minute interviews with Gil will be available on a sign up basis. You are welcome to come for the entire day or drop in for any part of the retreat. If you come for only part of the day, please enter the meditation hall only at the beginning of a scheduled sitting. If you come while a sitting is in progress, please sit in the outer hall. Bring lunch. Breakfast and light supper provided.

#### SUMMER POTLUCK PICNIC

**SUNDAY, JUNE 9, 11AM TO 3PM** at Stafford Park on Hopkins Avenue, Redwood City. Please join us for a delightful summer picnic in the park following the dharma talk. All ages are welcome. We will be grateful if you can bring a dish for 4 to 6 people to share.

#### MINDFULNESS & WISDOM NON-RESIDENTIAL RETREAT

WITH ANDREA FELLA **SATURDAY JUNE 15, 9:30AM TO 4:30PM, SUNDAY JUNE 16, 1 TO 4:30PM, MONDAY THRU FRIDAY JUNE 17 – 21, MORNINGS 7 TO 9AM** During this week-long non-residential retreat 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. This retreat begins with a non-residential weekend retreat, Saturday 6/15 and Sunday 6/16. For those who have attended the entire weekend retreat, the retreat can continue during the week with a meeting each morning from 7 to 9am. These meetings will include instructions and Dharma discussion. To support the community continuing to practice together during the week, Andrea asks that you commit to attending every morning during the week.

#### MINDFULNESS & WISDOM DAYLONG RETREAT

WITH ANDREA FELLA **SATURDAY, JUNE 15, 9:30AM TO 4:30PM** 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

## SCHEDULE PG. 3

and discussion periods, the day will be primarily in silence. It is recommended for both beginners and experienced practitioners. See previous listing for expanded option. Bring lunch.

### **BUDDHISM AND RECOVERY DAYLONG**

WITH JENNIFER LEMAS, LAURA BURGESS AND MICHAEL TORRES (QI-GONG) **SATURDAY, JUNE 22, 10AM TO 4PM** The Buddha said craving is the cause of suffering. 12 Step programs work with the deepest forms of craving. How can these two traditions come together to deepen our spiritual life? Through a combination of Buddhist meditation practices, interactive exercises, lecture and discussion, we will explore the ways that Buddhism and the 12 Steps complement each other. Beginners are welcome! The day is open to all those interested. You need not be in a Twelve Step program, nor have a background in Buddhist meditation. The day will include introductory meditation instructions.

### **COMPASSION CULTIVATION DAYLONG**

WITH NIKKI MIRGHAFORI **SATURDAY, JULY 6, 9:30 AM TO 4:30 PM** A heart imbued with compassion is more peaceful, happy, and resilient in times of challenge and can be more fully present and appropriately responsive to the needs of our world. Compassion, through practice, can be better accessed and more skillfully expressed. In addition to the core Buddhist teachings on compassion, the daylong draws from the Compassion Cultivation Training (CCT) course developed at Stanford University, which Nikki is certified to teach. Through mini dharma talks, guided meditations, small group exercises, and Q/A we will explore the path to cultivation of this essential human quality. Appropriate for both beginners and experienced practitioners.

## **YOUNG ADULT PROGRAM**

### **AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S WITH MAX ERDSTEIN** **Sundays, 7:30 to 9pm (except the 2nd Sunday of the month).**

This weekly group addresses themes relevant to people in their 20s and 30s and includes guided meditations, short dharma talks, and group discussions. We have a friendly and vibrant ongoing community, and all are welcome to drop in at any time.

## **LGBTQUEER SANGHA**

**4th Sunday of each month, 5pm to 6:30pm.** We are led by Guiding Teachers John Martin and bruni dávila, and open to all who identify under the LGBTQ+ umbrella. Contact co-facilitators sue bachman and Joe Hayes at [imcqueersangha@gmail.com](mailto:imcqueersangha@gmail.com) with questions or to be added to our mailing list.



*Please refrain from wearing scented products to our center, as there are those who have allergies, asthma, or chemical sensitivities.*

## **SATI CENTER**

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

### **THE METTA SUTTA: THE BUDDHA'S TEACHINGS ON LOVING-KINDNESS WITH DIANA CLARK**

**SATURDAY, APRIL 13, 9:30AM TO 3:30PM.** Loving-kindness or metta is one of the central practices taught by the Buddha in his Discourse on Loving-kindness, a beautiful poem often chanted. We will study these verses, be introduced to the chant, and learn how loving-kindness is related to insight and concentration meditation. Please join us for a day of lecture, discussion and loving-kindness meditation as we also consider how these teachings can be applied to meditation practice and to our lives.

### **INTRODUCTION TO CHAPLAINCY**

WITH JENNIFER LEMAS, DAJAKU KINST & OTHERS

**SATURDAY, MAY 11, 9:30AM TO 12:30PM.** A half-day overview of a chaplain's work of providing spiritual care and support for people in hospitals, hospices, prisons, and a wide variety of other settings. In recent years, Buddhist practitioners have been experiencing chaplaincy as a powerful opportunity to practice engaged Buddhism, and for some, as a profession. Information about the Sati Center's Buddhist Chaplaincy Training and the Institute for Buddhist Studies Chaplaincy Degree Program will be provided.

### **STUDY AND PRACTICE SERIES: THE ANAPANASATI SUTTA WITH DAVID LOREY, DIANA CLARK, KIM ALLEN AND YING CHEN WEDNESDAY AFTERNOONS, MAY 1–MAY 29, 1:30 TO 3PM**

Many forms of insight practice come from the ancient teachings of the Buddha and his disciples as documented in the suttas. In Study and Practice Series, we bring the elements of sutta study and practice together to enrich and deepen our Dharma practice. The sessions include teachings, discussions, practices, and Q&A. The first series will focus on The Anapanasati Sutta found in Majjhima Nikaya MN 118 – the discourse on mindfulness of breathing. More information at [Sati.org](http://Sati.org); registration required.

### **BUDDHIST ECO-CHAPLAINCY TRAINING PROGRAM**

**SUMMER 2019 – SUMMER 2020 WITH GIL FRONSDAL, KIRSTEN RUDESTAM AND SUSIE HARRINGTON**

One year introduction to the wisdom and skill needed to be a Buddhist Eco-Chaplain. See [Sati.org](http://Sati.org) for more information.

**BUDDHIST CHAPLAINCY TRAINING WITH JENNIFER BLOCK, GIL FRONSDAL, AND PAUL HALLER** 11-month training: September 2018–July 2019. For more information visit [Sati.org](http://Sati.org)

**THE SKILL IN QUESTIONS WITH THANISSARO BHIKKHU**  
**SATURDAY, SEPTEMBER 28**

### YOUTH & FAMILY PROGRAMS

**DHARMA SPROUTS (K–2ND GRADE)** Led by Hilary Borison 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. For more information or to RSVP, contact Hilary at [IMC.familyprogram@gmail.com](mailto:IMC.familyprogram@gmail.com) or 650/575-2052. Please provide first names of each adult and child who will attend.

**DHARMA ROCKS (3RD–5TH GRADE)** Led by Hilary Borison and Elisabeth Waymire. **Third Sunday of each month, 11:15am to 12:30pm.** Interactive mindfulness meditations, games, art/crafts, and movement. RSVP to [IMC.familyprogram@gmail.com](mailto:IMC.familyprogram@gmail.com) if you plan to attend, including the first name and age of each participant.

**DHARMA BODHIS (MIDDLE SCHOOL 6TH–8TH GRADE)** (6th-graders can attend Dharma Rocks and/or Dharma Bodhis). Led by Hilary Borison and Darrin Force. **Second Sunday of each month, 5 to 7pm.** 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, [IMC.familyprogram@gmail.com](mailto:IMC.familyprogram@gmail.com), or 650/575-2052.

**MINDFUL TEENS (AGES 13 TO 19)** Led by Vy Le & Gregor Levy. **First and third Sunday of each month, 5pm to 7pm.** We aspire to create a safe and joyful space where teens learn mindfulness to nurture inner-discovery, clarity and a deeper connection with others. After a guided meditation, we discuss issues around relationships with friends/family, stress, intentions, identity, etc, and in general have some fun with life! For info: [www.mindfulteens.net](http://www.mindfulteens.net). Please RSVP Vy or Gregor at [Imc.MindfulTeens@gmail.com](mailto:Imc.MindfulTeens@gmail.com).

### YOGA

**WITH TERRY LESSER.** Suitable for all. Bring a large towel and sticky mat, if you have one. Mats are also available.

#### MONDAY EVENING YOGA

- **6:15 to 7pm.** Join us for yoga before evening meditation.

#### THURSDAY MORNING YOGA AND SITTING MEDITATION

- **8:30 to 10:30am**

### SUPPORT GROUPS

#### SUPPORT GROUP FOR PERSONS WITH ILLNESS AND HEALTH CHALLENGES

**First and Third Thursdays of the month, 12:30 to 2:30 pm.**

Meetings of this group include brief sittings and consideration of pertinent Dharma topics, but the primary purpose of the group is to provide each participant an opportunity to share personal

challenges, triumphs, hopes, and fears with individuals facing a similar situation. At least four days before attending the group for the first time, please contact the group facilitator, Ying Chen at 408/802-6430 or [yingchen@yahoo.com](mailto:yingchen@yahoo.com).

#### 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).

### OTHER GROUPS

#### WOMEN'S CIRCLE OF MINDFULNESS

**2ND THURSDAY OF EACH MONTH, 10:45AM TO 12:30PM.**

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 Hilary Borison ([hborison@sbcglobal.net](mailto:hborison@sbcglobal.net)).

#### DHARMA-INSPIRED BOOK GROUP

**THIRD FRIDAYS, APRIL 19, MAY 17, JUNE 21, 7 TO 8:30PM**

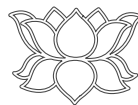
IMC Meditation Hall. Contact Anne Foster, [afoster@rawbw.com](mailto:afoster@rawbw.com), 650/591-1285 for information about our current book.

#### SONA'S DHARMA STRUMMERS PRACTICE SESSIONS

**SATURDAYS, APRIL 13, MAY 11, JUNE 15, 1PM TO 2:30PM.** Please 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. Basic ukulele instruction provided. For location and more info contact Martha Chickering at [marthachickerting@gmail.com](mailto:marthachickerting@gmail.com).

#### SONA'S DHARMA STRUMMERS PLAY AT HOPKINS MANOR

**SATURDAYS, APRIL 27, MAY 25, JUNE 29, 1PM TO 2:30PM.** We are making music with the residents of Hopkins Manor once a month. Hopkins Manor is a residential care facility for the elderly next to IMC. No prior musical experience is necessary. If you don't play the ukulele, you can come and sing along. For more information contact Martha Chickering at [marthachickerting@gmail.com](mailto:marthachickerting@gmail.com).



**LOCAL SITTING GROUPS**—go to our website and click on “Links” on the left navigation bar, and scroll down the page.