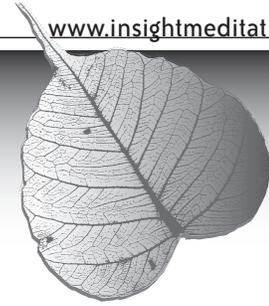


Insight



OCTOBER, NOVEMBER, DECEMBER 2010

VOLUME 13, NUMBER 4

The Dharma and the Path of Harmlessness

The full scope of Buddhist practice is conveyed through the word 'Dharma.' This word has a number of meanings that depend on the context in which it is used. Sometimes it refers to the teachings and practices of the Buddha, but its most significant meaning is the natural truths, laws and processes of the path of practice he taught. For many Buddhists the Dharma is the object of their greatest commitment and devotion. It is a source of refuge, guidance, and ultimate meaning, and, most importantly, it is what allows for the Liberation taught by the Buddha.

The Dharma is characterized by and expressed through non-harming, and the path of the Buddha is a path of harmlessness. The Dharma of the Buddha can help us discover a peace we only experience when we aren't causing suffering to ourselves or others. This peace is called Liberation or Awakening when it includes, if even for just a short time, a full cessation of suffering.

The Dharma is not something outside of oneself; it is not an external power working through our lives. Nor is it something personal that we can claim as our own. It is not a 'thing' that exists by itself. Rather, it is a process that exists only when activated. Just as a fist appears only when we clench our hand, so the Dharma only emerges when we behave in certain ways. However, unlike a fist, we don't create the Dharma directly; we create the conditions that allow it to appear.

The way the Dharma arises can be compared to floating in freshwater. When we float, we may say the water supports us, but, in fact, the water alone is not sufficient to keep us from drowning. If we don't know how to float, and we thrash around in fear or only relax and trust, the water won't hold us up. Floating is a learned skill that depends on our having both the intention to float and the skill. Once the skill is mastered, being supported by the water can seem almost effortless. But since floating safely does not depend only on our skill and intention, it doesn't make sense to take complete credit for it. The dynamic interplay of the water, our bodies, intention, and skill creates the floating.

The Dharma is like floating. As a support for our lives, the Dharma is not found in the external world nor is it some inherent essence of our human nature. It appears in the interaction of the world, aspects of our human nature, and particular skills and behaviors. The Dharma is neither separate from us nor something we are solely responsible for. Just as part of the skill of floating is relaxing and letting go of activities that interfere with floating, so too, the skill that allows the Dharma to arise and support us includes letting go of what undermines that support. But the Dharma is not found simply by letting go any more than floating safely in water

"A wise person does not intend harm to self or to others.

A wise person intends benefit for self, for others, and for the whole world."

—The Buddha

simply requires relaxing. Certain skills and intentions need to be present for the Dharma to appear and to function. It is through the way we live that the Dharma can have a role in our lives.

The essence of this way of life is a devotion to non-harming. It is all too easy to harm others and ourselves with our thoughts, self-concepts and emotional reactions and quite difficult to overcome the causes of these mental activities. For this reason, it is important to have something that helps us minimize such harm and its causes. For Buddhists this something is the Dharma.

The most important way the Buddha described the Dharma was through the Four Noble Truths. These pragmatic truths are based on a seemingly simple way of being in the world: if you stop doing something that is causing harm, the harming ceases. What makes this principle challenging are all the forms of self-harm which are not easy to stop. Addictions to desires, compulsions toward anger, obsessions with fear, and attachments to self can be so deeply rooted in the mind that they are hard to recognize, let alone stop.

In Buddhist shorthand, these addictions, compulsions, obsessions, and attachments are referred to as clinging or craving. When the contraction of clinging is pervasive it leads to stress, which makes us vulnerable to such human instincts as

Continued inside

SANGHA PROGRAMS & NEWS

NEW BOOK BY GIL FRONSDAL

A MONASTERY WITHIN, TALES FROM THE BUDDHIST PATH

This book is a compilation of teaching stories written by Gil for use in his Dharma talks. Inspired by his years of monastic life, these stories both delight and challenge us to find the Buddhist path in ourselves. Published by Tranquil Books, *A Monastery Within* is available through Amazon both in print and digital formats.

LIVING THIS LIFE FULLY

On Wednesday, October 6th from 7:30 to 9pm, we will have an evening to experience and delight in the teachings of Munindra-ji (1915-2003), an Indian meditation master and Buddhist scholar who was one of the most important meditation teachers for the first generation of Westerners to study and then teach Insight Meditation, including Joseph Goldstein, Sharon Salzberg and Kamala Masters. Mirka Knaster has written a delightful book of poignant and humorous anecdotes from Munindra's life that highlight the many qualities of mature Buddhist practice and great human beings. To celebrate the publication of *Living This Life Fully: Stories and Teachings of Munindra*, Mirka will offer a sample of the practice, teachings, and stories of this remarkable man who embodied the Dharma. This is a wonderful opportunity to look back at the beginnings of our Western Insight Meditation movement through personal remembrances by the people who helped bring it about.

BUDDHIST SPIRITUAL CARE SYMPOSIUM VI

On Saturday, October 16th from 9:30am to 4:30pm, IMC will host the sixth annual gathering of Buddhist chaplains and those interested in deepening their spiritual care for a day of learning and community-building.

In the morning, Rev. Judith Fenley will lead a session on Home Funerals and Natural Death Care. She will share information that can diminish fears surrounding death and support the grieving process. Rev. Fenley is a Chaplain and Instructor with Final Passages. She has a professional background in nursing, and currently practices as a health and spiritual educator and practitioner.

In the afternoon, Fleet Maull will lead a session on Prison and Hospice Chaplaincy. Acharya Fleet Maull is a senior teacher in both the Shambhala Buddhist and Zen Peacemaker communities. He founded both the Prison Dharma Network and the National Prison Hospice Association while serving 14 years in federal prison. He is the author of *Dharma in Hell: The Prison Writings of Fleet Maull*.

Registration on a sliding scale of \$25-\$40, no one will be turned away for lack of funds. Pre-registration encouraged as a vegetarian lunch is included: www.buddhistchaplainsnetwork.org or call Bill Hart 415/567-9823.

COMPASSIONATE VISION, CONSCIENTIOUS ACTION

A BENEFIT FOR BUDDHIST GLOBAL RELIEF WITH VEN. BHIKKHU BODHI

On Saturday, October 30th, 9am to 5pm, Ven. Bhikkhu Bodhi will lead a daylong program exploring traditional and contemporary approaches to Socially Applied Buddhism. Caring for oneself while caring for others is at the heart of the Buddha's teachings. How we can best do this in our present-day world is a deeply challenging question with profound ramifications. Bhikkhu Bodhi will explore the canonical roots of Socially Applied Buddhism, with texts and discussion. He will develop a model aimed at articulating a postmodern integral understanding of Buddhism and explore corresponding approaches to Buddhist practice and sacred activism. He will also highlight the work of Buddhist Global Relief (BGR), a non-profit organization he founded in 2008, which has launched over fifteen aid projects throughout the world. All dana will go to BGR. This event will be jointly sponsored by IMC and the Sati Center.

Bhikkhu Bodhi is an American Buddhist monk originally from New York City. After serving as a monk in Sri Lanka for twenty-four years, he now lives at Chuang Yen Monastery in upstate New York. Ven. Bodhi is a prolific writer of Buddhist essays and books and has translated and commented extensively on the Pali suttas.

SEARCHABLE ELECTRONIC SUTTAS

Several volumes of Bhikkhu Bodhi's translations of the Buddha's discourses are now available for purchase in electronic form from Amazon. They are labeled as the "Kindle" edition, but there is free software available from Amazon to read them on computers and other devices. This format allows for convenient searching and annotating. Reminder: whenever you buy anything from Amazon, if you go there via the links on IMC website's 'Recommended Books' page, a small share of the cost is donated to IMC.

Note: Bhikkhu Bodhi will be at IMC for a Sati Center daylong on October 30 (see previous article)

INTER-SANGHA 2010 MEETING

From August 27 through 29, IMC was honored to host leaders from insight meditation centers across North America for a conference called InterSangha 2010. The 58 participants came from 28 sanghas, including groups from as far away as eastern Canada, New York, Washington DC, and Mexico, as well as the western and central USA. It is the first time so many insight meditation groups have met together.

The intention of the meeting was to share ideas and create community. The participants (mostly board members and teachers) discussed a wide range of topics, such as governance, use of social media for communicating the Dharma, Buddhism and social action, and diversity. The teachers also met together to share challenges and aspirations related to their work. The sessions generated an abundance of both questions and answers, and many new connections were sparked.

The spirit of dana (generosity) ran through the conference in both visible and subtle ways. Home-cooked food was offered by local sangha members. Many out-of-town guests were housed with people from IMC and Insight Meditation South Bay. The participants themselves helped wash dishes and clean the center after the meeting. Dana was the explicit topic of just one discussion session, but it was offered and received continually through the sharing of ideas, solutions, encouragement, and laughter.

The people who converged at the meeting came from an amazing array of centers—large and small, urban and rural, led by single teachers or whole councils, all reflecting the particular character of their local communities. One of the most inspiring outcomes of the meeting was the intention to form a new organization linking our groups together. Although the participants have returned to their own sanghas, a new sangha has been born at this larger level, which will benefit the entire insight meditation movement.

AUDIODHARMA IN LONDON

There is a saying that when the pupil is ready, the teacher appears. My primary teachers these last few years have come from IMC via Audiodharma talks and courses.

I live in London, England but because of home and work commitments, find it difficult to get to a Buddhist centre. I have had a meditation and daily life practice for many years but found that my practice was becoming a little stale and lonely. The Audiodharma online courses turned that around for me and gave me a renewed sense of optimism and courage to work with life's challenges.

I have taken two courses, 'Introduction to Mindfulness Meditation' and one focused on the Hindrances. The courses are well structured with a strong emphasis on encouraging one to experiment and investigate. Both courses are very practical, with suggested exercises and reflections which support this exploration.

I really valued the opportunity to discuss questions and experiences with my teacher. Suggestions are offered as to what areas to discuss but the student is free to choose what matters to them personally.

I still listen to the dharma talks regularly and feel so grateful to the teachers, to those who make the talks available online and to the kind person who passes the microphone around so that I can hear the questions!

Though many miles away, I feel a heart-felt connection with the IMC sangha. A dharma teacher once said that we can be like bees around a pot of honey—really near but never tasting it. So thank you IMC for helping me lift the lid!

—Kate Tribe, London

IMC BOARD UPDATE

Beginning in late September through the end of November, Kim Allen, President of the IMC Board, and Diana Clark, Treasurer, will be on retreat at IMS in Barre, MA. Filling in for them will be Steve Gasner and Claudine Latombe, respectively, both of whom have had previous experience in these positions.

The Dharma & the Path of Harmlessness, cont'd. from front page

fear, aggression, and greed. When these qualities are activated it can be easy to behave in ways that lead to further harm to ourselves or others. Buddhism emphasizes that craving is a condition for further craving and that intentions to harm tend to motivate more of the same.

In contrast, letting go of clinging creates conditions for further letting go, and non-harming motivates more non-harming. Stress decreases with the lessening of clinging which then leads to relaxed states of being. Calm and relaxed states, in turn, activate our human instincts for empathy and caring and our capacities for creativity and wisdom, all of which support our practice on the Buddhist path and help bring forth the Dharma.

As for Dharma practice, it is helpful to appreciate that empathy, caring, attention, and wisdom occur not only because we consciously decide to have them occur, but also because conditions are in place to activate them. When we practice the Dharma we create the conditions for our best qualities to function. As these beneficial faculties are expressed more actively in our lives, we discover that our lives are being supported by forces independent of our self-conscious efforts and self-centered attachments. As these forces protect, guide and liberate, people often feel increasing confidence in the power of the Dharma in their lives.

The Buddhist practices of non-harming that bring forth the Dharma in our lives are encapsulated within the Eightfold Path. These eight practices include wise understanding of what causes suffering, living ethically so we don't cause harm, and developing mental capacities such as mindfulness and concentration so that we can let go of the deep mental roots of clinging. Initially, these are trainings we intentionally undertake. With practice, these become less something we undertake and more who we are. They become how we naturally act. When someone has fully matured in the Dharma it is said they become the Eightfold Path, they become the Dharma.

The more our practice reveals the Dharma the less sense it makes to take credit for the Dharma working through us, just as we don't take credit for a refreshing breeze on our palm when we open our fist. It is our task to open the fist in our heart so we can be refreshed by the Dharma, by the winds of compassion, wisdom, and freedom.

—Gil Fronsdal

END OF LIFE COMPANIONS GROUP

A group of volunteers from IMC is forming an End of Life Companions group which will be available to the IMC community. This group will offer companionship to people during the final days of their dying process. The End of Life Companions will offer a meditative presence at the bedside, and careful listening to the dying person and their family. In late January and early February IMC will offer two weekend classes on end of life companionship. Details in the January newsletter.

Insight Meditation Center

108 Birch Street

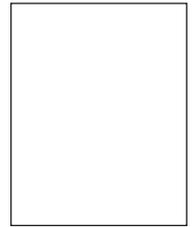
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

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IMC MEMBERS ORGANIZING OVERSEAS HUMANITARIAN MISSION

Members of IMC are organizing an aid mission to serve a community in need in Asia. The group aims to provide medical and non-medical (education, construction, cleaning, nutrition, etc.) support to a small Buddhist community in Cambodia or Thailand. The target date for the trip is winter 2011 or 2012. It will be for a 2 week duration, and will involve 10 to 20 volunteers. Please contact Jeff Hardin for more information: jd3@surewest.net 916/205-0382.

DHARMA BOOK DANA FOR PRISON SANGHA

During October there will be a Dharma book drive for the Correctional Training Facility (CTF) Soledad Prison Sangha. On the counter outside the library there will be a bin labeled 'Prison Dharma Dana' for donations. The prison sangha is in its 8th year. On a normal Tuesday night there are 40–80 men who come to the sit. Typically, the program includes a sit, short talk, guided metta and awareness of the body. The men then lead yoga. There has been no money for books at CTF for quite a few years. All books will go to the CTF library—some shelved, others freely given out.

Prison regulations require that all books must be in very good condition with no highlights and no underlines or they won't be accepted. For questions email Meryl at gmetta@yahoo.com. For ideas check the Recommended Books link on IMC's website. Thank you.

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



• MAILING LIST OPTIONS AND CHANGE OF ADDRESS

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

• UPCOMING EVENTS & ANNOUNCEMENTS EMAIL LIST

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

• IMC COMMUNITY SITE

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

SCHEDULE OF EVENTS

October thru December 2010

WEEKLY MEDITATION AND TALKS

MONDAY EVENING SITTING AND TALK

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

TUESDAY MORNING SITTING AND TALK

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

WEDNESDAY MORNING HALF-DAY RETREAT

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

- 9:30 am – Sitting • 10:15am – Walking
- 11:00 am – Sitting • 11:45am – Dharmette (Brief Talk)

THURSDAY EVENING SITTING AND TALK

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

Note: Does not meet on Thanksgiving Day

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.
- Contact Di or Dave Tatro 650/595-4260. All are welcome.

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

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

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

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

- 6 Tuesday Evenings – October 5 to November 9, 7:30 to 9pm, with Gil Fronsdal

MONASTIC EVENINGS WITH SARANALOKA NUNS

Third Friday of the month, Oct 15, Nov 19, Dec 17, 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

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.

ONE-DAY RETREATS

- October 2, 9:30am to 4:30pm—**Mindfulness of Mind Retreat** with Andrea Fella
- October 9, 8:30am to 5pm—**Daylong** with Gil Fronsdal
- October 15, 9:30am to 3:30pm—**Dharma Practice Day (Virtue)** with Gil Fronsdal
- November 5, 9:30am to 3:30pm—**Dharma Practice Day (Renunciation)** with Gil Fronsdal
- November 6, 1 to 4pm—**Teen Retreat** with Gil Fronsdal
- November 13, 9:30am to 3:30pm—**Introduction to Mindfulness Meditation** with Ines Freedman
- November 20, 9am to 4:30pm—**Daylong** with Gil Fronsdal
- December 3, 9:30am to 3:30pm—**Dharma Practice Day (Wisdom)** with Gil Fronsdal
- December 11, 8:30am to 5pm—**Daylong** with Gil Fronsdal

RESIDENTIAL RETREATS

IMC SPONSORED RETREATS

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

2011 Retreats Los Altos Hills (at Hidden Villa)

- March 20–27 with Gil Fronsdal and Andrea Fella
- May 6–13 with Gil Fronsdal and Andrea Fella
- September 11–25, 2011 with Gil Fronsdal
- October 9–16, 2011 with Gil Fronsdal

2011 Retreats Los Gatos (at Jikoji Retreat Center)

- May 27–30
- August 10–14 with Andrea Fella and Pamela Weiss

OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

Spirit Rock Retreats www.spiritrock.org

- November 11–18 **Emptiness: A Meditation & Study Retreat** w/Gil Fronsdal, Guy Armstrong & Sally Clough Armstrong
- December 26–January 2, **New Year's Insight Meditation Retreat** with Gil Fronsdal, John Travis, Sharda Rogell, Adrienne Ross and Janice Clarfield (yoga)
- May 15–22, 2011 **Vipassana Retreat** with Gil Fronsdal, John Travis, Mary Grace Orr & Howard Cohn
- May 29–June 5, 2011, **Living Dharma Retreat** with Andrea Fella, Tempel Smith, and Anushka Fernandopulle

Other Retreats with Andrea Fella

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

SPECIAL EVENTS

YEAR-LONG DHARMA STUDY PROGRAM WITH GIL FRONSDAL

Starting September 10, IMC is offering a ten month program of study and practice of the ten perfections (*paramis*). These are ten qualities of character which, when developed, support both Buddhist practice and compassionate involvement with others. People are welcome to attend any or all of the Friday programs.

Dharma Practice Days, Fridays, 9:30am to 3:30pm

9/ 10 Generosity, 10/ 15 Virtue, 11/5 Renunciation, 12/3 Wisdom, 1/7 Energy/Vigor, 2/4 Patience, 3/4 Truthfulness, 4/15 Resolve, 5/6 Lovingkindness, 6/3 Equanimity

Study Group with Ines Freedman, Sundays, 1:30 to 3:30pm: 10/3, 10/ 31, 11/21, 12/12, 1/16, 2/13, 3/13, 4/24, 5/15, 6/26

DAILY LIFE PRACTICE RETREAT: MINDFULNESS IN DAILY LIFE

WITH ANDREA FELLA. Sunday, September 26 to Saturday, October 2
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 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. The Sunday and Saturday sessions are open to all.

- Sunday 9/26, 1:30 to 5pm
- Monday thru Friday 9/27–10/1—Mornings: 7:30 to 9am;
Evenings: 7:30 to 9pm
- Saturday 10/2, 9:30am to 4:30pm—Daylong Retreat

MINDFULNESS OF MIND DAYLONG WITH ANDREA FELLA

Saturday, October 2, 9:30am to 4:30pm. Taught in the style of U Tejaniya. We will explore relaxed open awareness with an emphasis on qualities of mind, and the attitude towards one's experience. The retreat will alternate periods of sitting and walking with instructions and discussion. The day will be primarily in silence. Recommended for both beginners and experienced practitioners.

LIVING THIS LIFE FULLY

AN EVENING OF MEDITATION, TEACHINGS AND STORIES WITH MIRKA KNASTER. Wednesday, October 6, 7:30 to 9pm. To celebrate the publication of *Living This Life Fully: Stories and Teachings of Munindra*, Mirka will offer a sample of the practice, teachings, and stories of this remarkable man who embodied the Dharma. See article in *Sangha Programs & News*.

Mirka Knaster has been practicing in the Theravada tradition since 1981 and holds a Ph.D. in Asian and Comparative Studies.

DAYLONG RETREAT WITH GIL FRONSDAL

Saturday October 9, 8:30am to 5pm. Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. This daylong includes alternating periods of sitting and walking meditation, instruction in mindfulness practice and a dharma talk. This particular daylong retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. Interviews available.

BENEFIT FOR BRAHMAVIHARA-CAMBODIA

With Beth Goldring. Sunday, October 10, 10 to 10:45am
For ten years IMC has been supporting Beth's Buddhist Chaplaincy program in Cambodia called *Brahmavihara-Cambodia*. In recent years we have had annual benefits that provided a significant amount of funding for her work. She and her staff started with caring for those dying of AIDS. With the success of her program, her project has expanded to offer compassionate care to the desperately poor, prisoners, and those with serious illness. All the dana from the Sunday morning sitting will be offered to support her program.

BUDDHIST SPIRITUAL CARE SYMPOSIUM VI

Saturday, October 16, 9:30am to 4:30pm. Welcoming Buddhist chaplains and those interested in deepening their spiritual care practice for a day of learning and community-building with Fleet Maull and Rev. Judith Finely. See *Sangha Programs & News*

HOW TO BE SICK—BOOK READING AND DISCUSSION

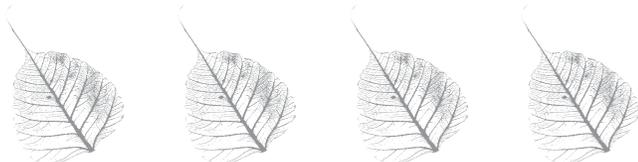
WITH TONI BERNHARD. Sunday, October 17, 11:15am to 12:30pm.
Long time Vipassana student Toni Bernhard has written an insightful and helpful book on how to practice Buddhism while sick. Toni has been chronically ill for many years, much of that time housebound and bed-ridden. From her personal experience she has written a wonderfully personal and deeply compassionate book for people both ill and healthy. Since her illness limits how much she can do, we are fortunate that she will be sharing her book and wisdom with us at IMC. Her book is *How to Be Sick: A Buddhist Inspired Guide for the Chronically Ill and their Caregivers*.

RICHARD SHANKMAN SERIES ON THE BASICS OF BUDDHISM

Thursdays October 21 – November 18, 7:30 to 9pm. A series on the fundamental teachings of the Buddha designed to provide an overview of the key concepts that are discussed in talks given at IMC. We will discuss both the theory and practice of the teachings, and how they relate to our day-to-day lives. Through an exploration of the Four Noble Truths, the Three Basic Facts of Experience, Karma, and the Four Foundations of Mindfulness, we will touch most of the key teachings of the Buddha.

DHARMA TEENS BAKE SALE

Sunday, October 24, 10:45am. A benefit for a poor school in Mongkol Borei, Cambodia presented by IMC's Dharma Teens. For more about the school and other ways of supporting it, go to www.cambodiarotaryschool.org.



SCHEDULE pg. 3

CEREMONY OF LOVE AND REMEMBRANCE

WITH MARIA STRAATMANN. Friday October 30, 7:30 to 9pm.

Anyone who has lost a family member, friend or other dear person over the last year is welcome to join us for a chance to remember and honor those who have died but who enriched our lives and community. With the practices of mindfulness and compassion, we will have a period of silent sitting and rituals of remembrance, bereavement, and farewell. Bring pictures or mementos for our altar of persons you wish to honor/remember. If you cannot attend, you are welcome to send Maria the name of the person you would like included in our remembrance.

Contact mstraatmann@gmail.com. *Maria serves on IMC's chaplaincy council.*

TEEN RETREAT WITH GIL FRONSDAL

Saturday, November 6, 1 to 4pm. Within Buddhism, meditation is one element of an integrated approach to living a wise and stress-free life. This retreat will include instruction and practice of meditation and an introduction to how meditation fits into the Buddhist approach to living with peace, insight, and compassion. There will be time for peer discussion and exploration of the themes presented. All teens are welcome.

INTRODUCTION TO MINDFULNESS MEDITATION

WITH INES FREEDMAN. Saturday, November 13, 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 be sitting and walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

BEGINNERS' PRACTICE GROUP WITH SUSAN EZEQUELLE

Five Wednesdays, November 17 to December 15 (no class on November 24), 7:30 to 9pm. To help build and support your practice. This five-week discussion group on developing mindfulness practice will include a 20 minute sitting, a review of the basic teachings, and lots of discussion.

DAYLONG RETREAT WITH GIL FRONSDAL

Saturday, November 20, 9am to 4:30pm. This is a daylong retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice, particularly in mindfulness of the body and a dharma talk. Recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

DAYLONG RETREAT WITH GIL FRONSDAL

Saturday, December 11, 9, 8:30am to 5pm. Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. This daylong includes alternating periods of sitting and walking meditation, instruction in mindfulness practice and a dharma talk. Meant for people who already understand the basic practice of mindfulness; no instruction will be given. Interviews available.

NEW YEAR'S EVE MEDITATION AND CELEBRATION

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

SATI CENTER

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

BUDDHIST APPROACHES TO COMPASSIONATE ACTION

WITH BHIKKHU BODHI Saturday, October 30, 9am to 5pm.
(See article in Sangha Programs & News)

THE DHAMMAPADA: INVESTIGATING THE BEST KNOWN COLLECTION OF THE BUDDHA'S TEACHINGS

Saturday, December 4, 9am to 4pm. Taught by Tony Bernhard. The *Dhammapada* collection of Buddhist scriptures presents wisdom through vivid, poetic imagery and often blunt contrast. It goes to the heart of the Buddha's teachings. Through contemplation and investigation of these verses, we will examine their scope & structure and explore some of the most challenging of the Buddha's instructions. The primary translation used will be Gil Fronsdal's.

Tony hosts sitting groups in Davis and periodically teaches around the bay area and central valley. His practice is guided by study of the Pali scriptures.

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

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

LEARNING FROM THE ANCIENT BUDDHIST NUNS

BUDDHIST TEACHINGS IN THE THERIGATHA

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

Nona Olivia has been practicing meditation for 40 years. Deeply involved in the Insight Meditation tradition of Theravada Buddhism (especially inspired by the monastics in the tradition of Ajahn Chah), Nona is a Lay Buddhist Minister, ordained by Gil Fronsdal. She holds a PhD from Brown University and teaches at the University of Colorado in Boulder.

APRIL 1-3, 2011, CLASSES WITH JOHN PEACOCK

SCHEDULE PG. 4

YOGA

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

MONDAY EVENING YOGA

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

THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8 to 10:15am – (*Thanksgiving Day, 8:30 to 10:15am*)

HALF DAY RETREAT: MEDITATION & YOGA

Saturday, January 8, 9am to 12:30pm.

SUPPORT GROUPS

(A) Those Experiencing Life-Threatening Illnesses

Wednesdays, 1:30 to 3pm at IMC

(B) Those Experiencing Chronic Health Challenges

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

Before attending either group for the first time, please contact Mick Bennett at 650/368-2518 or hmbennett@sbcglobal.net

IMC YOUTH PROGRAMS

DHARMA SPROUTS: (K - 3RD GRADE) Led by Liz Powell, Carla Rayacich. First Sunday of each month, 11:15am to 12pm. Meditations and dharma practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Liz at eapowell@aol.com if you plan to attend.

DHARMA ROCKS: (3RD - 8TH GRADE) Led by Liz Powell, Second Sunday each month, 5:15 to 7:15pm. Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and dharma. Contact Hilary: 650/575-2052 or hborison@sbcglobal.net.

DHARMA TEENS: (HIGH SCHOOL) Led by Alicia McLucas, Aaron Chavira and Trent Walker. First Sunday each month, 5 to 7pm. 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 that are important in their lives. Contact Alicia 650/361-8800.

DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our Sangha. For e-mail updates on upcoming events, click "Dharma Friends" on IMC's website and follow instructions.

Contact Anne Foster, afoster@rawbw.com, 650/591-1285.

- **Wunderlich Park Hike**—Oct 17, Sunday, 11am, carpool from IMC. Hike and lunch. Karen Mathon, karen@mathon.com
- **Hungry Ghost Halloween Ceremony and Party for All Boo-dhists**—Oct 30, Saturday, 6 to 9pm. Mike Kupfer & Anne Foster's home, San Carlos. afoster@rawbw.com, 650/591-1285.
- **Windy Hill Hike with Picnic Lunch at Yerba Buena Nursery**—Nov 6, Saturday, 9am. carpool from IMC. Karen Mathon karen@mathon.com,

Marianna Tubman taraihito@yahoo.com 650/367-7325.

- **Steering Committee Planning Meeting**—Nov 14, Sunday, 11:10am to 12:30pm. Plan events for Jan-Mar 2011. IMC conference room. Come join us! Anne Foster afoster@rawbw.com 650/591-1285.
- **Vegetarian Harvest Potluck**—Nov 20, Saturday, 6:30 to 9:30pm. A simple evening focused on sharing good food with fellow friends of the Dharma. IMC. Contact Jim Podolske, James.R.Podolske@nasa.gov to help create this festive evening.
- **Musicians Night**—Saturday, Jan 8, 7 to 9 pm. IMC. Sangha musicians creating unamplified music for each other's enjoyment. Others are welcome to come listen. Contact Dwight, to join this informal evening of music making dwight.shackelford@gmail.com.
- **Local Community Service Events**—if you are interested in being part of a core group organizing local community service events for Sangha members, including family events, contact Hillary Borison, hborison@sbcglobal.net, 650/575-2052.
- **Dharma-Inspired Book Group**—Friday, Oct 8, Nov 5, Dec 3, 5:30 to 7 p.m. Current book: *A Path with Heart* by Jack Kornfield. IMC meditation Hall. Anne Foster, afoster@rawbw.com, 650/591-1285.
- **Cinema Sanity**— Occasional Weekend evenings. Know of a movie with a Dharma message you'd like to see with some dharma friends? Contact Jim Podolske James.R.Podolske@nasa.gov 650/968-6168.

RELATED SITTING GROUPS (PARTIAL LISTING)

See IMC's website: under COMMUNITY, click on OTHER RESOURCES and scroll down to ASSOCIATED/LOCAL GROUPS for more information.

COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7 to 8:30pm.

www.coastsidevipassana.org

LA HONDA SITTING GROUP

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

MODESTO DROP-IN MEDITATION GROUP WITH LORI WONG

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

SAN JOSE SANGHA

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

- Sitting Wednesdays 7:30 to 9pm; Beginning instruction first Wed of month 6:15 to 7:15pm
- Qi Gong 3rd Wednesday at 6:45pm
- Oct 16, 9am to 2:30pm—Introductory Daylong
- Nov 13 and Dec 4, 9:30am to 12:15pm—Half-Day of Practice
- Psychotherapy and meditation 6 Wed. evenings from 6 to 7:15pm, Oct 6–Nov 10. Rec'd reading: *Emotional Alchemy* by TBGoleman