



Mindful Speaking Gil Fronsdal

There's a Buddhist saying that states: "When meditating, watch your mind. When in the world, watch your words." Being mindful of what we say is as important as being aware of what goes on in the mind. In fact, some aspects of the mind do not reveal themselves until we talk. By becoming aware of what motivates our speaking we can discover aspects of our inner life that may be "off-line" when meditating or when we are alone.

Some people find speaking to be one of the most challenging areas in which to be mindful. The interpersonal concerns, wishes, and feelings that come into play when speaking can be so compelling it is easy to lose ourselves in conversations.

By being attentive while speaking it is possible to grow in self-understanding. One way to do this is to simply ask yourself why you say what you do. What motivations prompt you to speak? What emotions and feelings influence what you say? What are you trying to accomplish in speaking? What are you thinking just before speaking?

Often there is not just one answer to these questions. Continued reflection can reveal how complex and varied the motivations are for what we say. Even something as simple as providing information someone has asked for can have multiple motivations or influences. Most obviously we may want to be helpful. In addition we may wish to make a good impression or, at least, avoid a bad impression of ourselves. We may hope for something in return, even if it is just a bit of appreciation or admiration. We may desire to keep the conversation going or we may be trying to end it. We might speak out of a generous impulse or it may be out of a sense of duty. Because there can be so many simultaneous motivations or concerns operating in even the simplest act of speaking, it is useful to keep inquiring so we can recognize as many intentions as possible.

Being mindful as we speak can reduce tension we may have while speaking. This is especially the case when mindfulness includes "bodyfulness", i.e., awareness of our body as we speak. When we recognize the physical tensions or strains that build as we speak, we can relax, or at least not continue letting the tension build. We might notice that our physical posture and gestures reinforce psychological tensions as much as express them. The more we are aware of these physical aspects of speaking, the wiser we can be about how we use our body.

The rewards of mindful speaking are great. We are less likely to say things we later regret and more likely to speak wisely and

thoughtfully. Remaining mindful while speaking gives us more choice in what we say. By recognizing these choices, speaking can become more deliberate and considered. For those on a path of compassion and liberation it becomes possible to choose. The Buddha provided five criteria for deciding when to speak. These are to speak what is true, kind, useful, timely, and conducive to concord. For the Buddha, all five of these criteria must be met before speaking.

Liberation and compassion depend on being honest. Mindfulness itself is a practice of honest recognition of what is happening. When we speak what is not true we are going "against the grain" of the Buddhist path; we are heading north when we are trying to go south. By speaking only what is true we are also speaking in ways that support the clear seeing that mindfulness fosters. As the saying goes, *Lies hide, truth reveals*. Just because something is true doesn't mean that speaking it is kind. In fact it can sometimes be so unkind that speaking the truth is likened to a stick with which to club people. The greater good for everyone, including the person who speaks, is better attained by speaking with genuine interest in the welfare of others. How we speak has a powerful effect on the way we affect each other. While speaking harshly with hostility may accomplish what we want in the short term, it is counterproductive in the long term. By speaking in ways that are kind, friendly and respectful, we are better able to foster ongoing considerate regard for each other. By speaking with kindness people are also better able to hear the important things we have to say. Or even better, we can aspire to speak so people are uplifted more than depressed by what we say. The saying associated with this is, *Kind speech are words from the heart*.

Speaking the truth is not always useful or beneficial. It is not useful if whom you are speaking to is unable to hear it or take it into account. It is counterproductive if the person ends the conversation or becomes excessively defensive or offensive. Considering how to speak the truth is an aspect of considering what is useful. Speaking respectfully is helpful, as is being careful with the words we use or the tone of voice in which it is spoken. The saying is, *If not beneficial, why say it?*

Sometimes it is only useful to speak if the timing is right. By including 'timeliness' as one of the criteria for speaking, the Buddha is encouraging us to be mindful of the context of the situation and of the person to whom we are talking. Someone may

Continued inside



SANGHA PROGRAMS & NEWS

PROGRAMS FOR BEGINNERS

IMC offers a variety of introductory programs for learning mindfulness meditation and for refreshing one's meditation practice. No pre-registration necessary for instructions given at IMC. Dates and other information can be found on the Programs and Calendar pages on IMC's website.

Basic Mindfulness Meditation Instruction

Brief one-time instruction in meditation offered in a small group format. It can be useful to take multiple times from different instructors. Taught by experienced meditators.

Every Thursday, 6:15 to 7:15 pm

First Monday of each month, 6:15 to 7:15 pm

First Thursday of each month, 10:45 to 11:45 am

Five-Week Introduction to Mindfulness Meditation

Detailed instructions in mindfulness meditation taught sequentially in a 5-week course. Offered six times a year on Wednesday evenings or on Tuesday or Wednesday afternoons.

Self-paced Online Introduction to Mindfulness Meditation

IMC's Audiodharma.org website contains handouts, transcripts and recordings of Gil Fronsdal teaching the five week Introduction to Mindfulness Meditation course. For those who can't come to IMC, this is a good option for learning the elements of the practice.

Six-Week Online Mindfulness Meditation Course

Offered once or twice a year, this is a six-week online course offered through recorded talks, written material, exercises and reflections for bringing the practice into daily life. It also includes five weeks of personal support offered either by email, or at pre-arranged times, using phone, Skype or Google Talk. The course material is not live, so it can be done at any time during the day. In addition, the course may be audited without personal teacher support. If you choose to register for teacher support, please take this commitment seriously: a volunteer experienced meditator will be reserving weekly time for you.

One-Day Introduction to Mindfulness Meditation Retreat

Offered once or twice a year, this Saturday 9:30am to 3:30pm Introduction to Mindfulness Meditation retreat provides the basic instruction with time for multiple short meditation sessions throughout the day. For people who have taken the 5-week introductory series, this daylong is a great way to review the instructions and experience the benefits of a full day of practice.

Four-Week Beginners Practice Group

Intended for those who have taken an introductory mindfulness meditation class, this four-week course offers the next step in establishing a meditation practice. Each class includes a 20-minute meditation, a review of basic instructions and an introduction to additional teachings that support mindfulness practice. The Beginners Practice Group is offered two or three times a year following the Wednesday evening 5-Week Introduction to Mindfulness Meditation Course.

"THE BUDDHA BEFORE BUDDHISM"

GIL'S NEW BOOK

In November Shambhala Publication will release Gil's newest book, *The Buddha Before Buddhism: Wisdom from the Early Teachings*. This is Gil's translation of an anthology of Buddhist poems that are remarkably simple and free of religious trappings. Often thought to be the earliest surviving teachings of the Buddha, the text contains radical teachings of liberation that differ from the systematized versions of Buddhism we now associate with the Buddha. The translation is accompanied with Gil's discussion of the text.

Gil will introduce his new book providing an introduction to its radical message at the Sunday morning Dharma talk on December 4.

SPECIAL VOLUNTEER EVENING: IMPROV WITH NIKKI MIRGHAFORI

On Saturday, October 22, from 6 to 8pm, will be a time to meet other volunteers, share your experience, practice a little and have fun together led by Nikki's Improv. Snack time and socializing at 7:30pm. See the Schedule for more information.

THE HEAVENLY MESSENGERS

FIVE-WEEK COURSE ON NAVIGATING AGING, SICKNESS & DEATH

With Ayya Santussika Bhikkhuni, a Theravadan Buddhist nun experienced in pastoral care, and Dr. William Buchholz, an oncologist and long-time Vipassana practitioner.

The Buddha's encounter with aging, sickness, death, and a monastic were so important in setting him on the path of liberation they are known as 'heavenly messengers.' This course will focus on both practical and spiritual aspects of these messengers. Sessions will include Dharma teachings, small group inquiry and discussion, practices, homework and application of practical tools such as:

- Making an Advance Directive that actually works
- Working with your doctors to get the care you want
- Using self-compassion as you encounter the limits of aging and illness

Offered freely. Commitment to attend all five sessions is essential. No registration necessary

This course is offered twice at two different locations. Please choose one to attend:

- Tuesday evenings: 7 to 9pm, January 10–February 7. Health & Wellness Center, 749 Brewster Ave, Redwood City
- Wednesday afternoons: 1:30 to 3:30pm, January 11–February 8. Insight Meditation Center 108 Birch St, Redwood City.

Mindful Speaking, *cont'd. from front page*

not be in the mood for the conversation, or they may not have the time or energy to attentively listen. They may be too preoccupied or defensive. Or perhaps it is not useful or kind to speak about some things if third parties are listening. Even though something is true doesn't mean it is appropriate or helpful for the conversation to be public. It can therefore be useful to wait, sometimes a long time, until the time is right for speaking. The saying is, *Only when the time is right does truth take flight.*

The final criterion for mindful speech is to consider whether what we are going to say and how we are going to say it is conducive for social concord. Does what we say create more division and separation between others and ourselves or does it support mutual understanding, healthier relationships, and social harmony? Stated more simply, do we speak so it pushes people apart or brings them closer? This last criterion is an encouragement to avoid any rigid separation between self and others, between one's own group and other groups of people, and between one's own welfare and the welfare of others. Instead we search for ways to have mutual understanding and mutual support. This is related to the saying, *Speak so you become each other's companion on the journey.*

These five criteria are particularly important when we are having difficult conversations. At those times strong mindfulness can help us avoid saying that which makes things worse, not better. Not only can we stay rooted in the present moment so we can track our feelings, thoughts and impulses before we speak, it is also a time to consider if what we are about to say is true, kind, useful, timely, and conducive to concord. If it's not, then it is time to consider other options for how and when to speak.

Speech is an expression of one's inner life. Through mindfulness we can better care for the quality, well-being and development of our inner life.

Prior to speaking ask:

Is it true?

Is it kind?

Is it useful?

Is it timely?

Is it conducive to concord?



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, or 408/348-1385.

EIGHTFOLD PATH PROGRAM

The Buddha's most explicit path of practice is the Eightfold Path. This is a set of eight practical approaches to bring Buddhist practice into the width and depth of our lives. The Eightfold Path Program is an introduction to each of the Eightfold factors so that participants can discover how to apply each set of practices in ways that are personally meaningful. Pre-requisite: completion of IMC's 5-week Introduction to Meditation course or the equivalent. The program has the following elements:

- 2-1/2 hour monthly group meetings that include teachings, meditation, and discussions.
- Readings, reflections and practices for each month.
- A monthly one-hour personal meeting with an Eightfold Path mentor to discuss one's practice and reflections on the Eightfold Path factors.
- Ends with a one-day Eightfold Path retreat.

See the *Schedule* for dates. For more information, contact eightfoldpath@insightmeditationcenter.org.

WALK TO FEED THE HUNGRY

October 15 in San Francisco; October 22 in San Jose

Buddhist Global Relief invites you to join us by participating in Walks to Feed the Hungry in San Francisco or San Jose. This year Buddhist Global Relief (www.buddhistglobalrelief.org) has granted more than a half million dollars in funding 33 projects in 15 countries, including the USA, to relieve chronic hunger and malnutrition through food aid, education, jobs training for women, and sustainable farming; helping thousands of the world's poor to rise out of deep poverty. For more information on the walks, visit www.karunabv.org/off-the-cushion.html.

IMC'S 2016 KARUNA AWARD CEREMONY

FOR JACQUES VERDUIN AND GRIP PROGRAM FACILITATORS

Friday, November 4: 7pm–Reception; 7:30 to 8:30pm–Award Ceremony; 8:30 to 9pm–Festivity

IMC is pleased to celebrate the extraordinary work of Jacques Verduin and his inmate facilitators of the Guiding Rage into Power (GRIP) program, at an IMC Award Ceremony and Fundraising Benefit. Mark your calendars to join us in honoring their service to inmates at San Quentin and other state prisons, in promoting the transformation and healing of men whom society has otherwise disregarded. Mindfulness and emotional intelligence are at the heart of the curriculum of GRIP. It is one of the most powerful opportunities within CA Department of Corrections and Rehabilitation for actual rehabilitation and healing, and hundreds of men are on the wait list to get in. Jacques has interest in expanding GRIP to additional prisons, including Soledad, where currently a number of IMC members volunteer weekly. We are inspired to bring our community together in support of this vision, to help more incarcerated men have the opportunity to learn the tools and practices to "become free from prison before they leave prison." For more information contact Sally Confer: 650/906-6900 or sallyconfer@gmail.com.

Insight Meditation Center

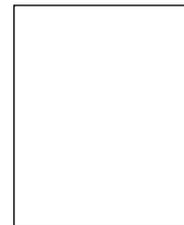
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650/599-3456



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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.

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 or enter through IMC's

RECOMMENDED BOOKS page.

DONATE YOUR CAR: Make a tax-deductible donation of any vehicle, working or not. *Center for Car Donations* handles pick-up and all paperwork; IMC/IRC receives 75% of sale price. Tell them you want to donate to Insight Retreat Center. Call 877/411-3662 to be guided through the process.

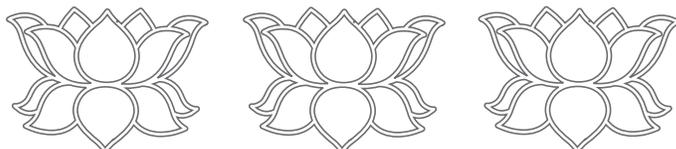
EBAY GIVING WORKS: Recycle your unwanted possessions and support IRC at the same time - it's tax-deductible. Go to: insightretreatcenter.org/e-giving

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; 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.

CHILDREN'S BOOK DRIVE

In November we begin our annual children's book drive to benefit the Fair Oaks Community Center in Redwood City. As part of their holiday food distribution, IMC will donate new or nearly-new books for several hundred children. It's a delightful way for our sangha to offer *dana* to our under-resourced neighbors. Books from pre-school through high school ages are needed. If "nearly new", please be sure there is no writing in them or missing parts. Look for the collection box in the community hall in November. We will also need volunteers to sort the books. To help or if you have questions, please contact Hilary Borison at IMC.VolunteerDirector@gmail.com.



- **GENERAL INFORMATION:** insightmeditationcenter@gmail.com or 650/599-3456.
- **NEWSLETTER QUESTIONS:** Contact the editor at 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

October ~ December 2016

WEEKLY MEDITATION AND TALKS

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

HOLIDAY HOURS:

- *OPEN* Sunday morning, December 25
- *CLOSED* Sunday morning, January 1

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

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 Wednesday Evenings, October 12 – November 9, 7:30 to 9pm, with Gil Fronsdal
- 5 Tuesday afternoons, November 15 – December 13, 1:30 to 3pm, with Bruni Davila & Liz Powell

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.

BEGINNERS PRACTICE GROUP

4 Wednesdays November 16 – December 7, 7:30 to 9pm.

Led by 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. This is a 4-week series on developing mindfulness practice with a 20-minute meditation, review of basic instruction and introduction to further teachings that support mindfulness practice.

ONE DAY RETREATS

On Saturdays, unless otherwise noted:

- October 1, 8:30am to 5pm, **Daylong** with Gil Fronsdal
- October 2, 1 to 4:30pm, **Daily Life Practice** with Andrea Fella
- October 8, 9:30am to 4:30pm, **Mindfulness of Mind** with Andrea Fella
- November 5, 1 to 4pm, **Teen Mindfulness Retreat** with Gil Fronsdal
- November 12, 9am to 4:30pm, **Daylong** with Gil Fronsdal
- December 3, 8:30am to 5pm, **Daylong** with Gil Fronsdal
- January 7, 9am to Noon, **Yoga & Meditation Half-day** with Terry Lesser
- January 14, 9am to 4:30pm, **Impermanence** with Max Erdstein

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For more information go to www.insightretreatcenter.org/retreats.

- January 21–28, **Insight Retreat** with Gil Fronsdal and Leigh Brasington
- February 10–17, **Experienced Students Insight Retreat** with Gil Fronsdal
- February 23–26, **Insight Retreat** with Ines Freedman and Matthew Brensilver
- March 17–26, **Awareness and Wisdom Retreat** with Andrea Fella and Alexis Santos

SERIES PROGRAMS

DHARMA PRACTICE DAY SERIES: THE TEN PERFECTIONS WITH GIL FRONSDAL. FRIDAYS 9:30AM TO 3:30PM, OCT 7, NOV 4, DEC 2, JAN 13, FEB 10 (ENDING 2:30PM), MAR 10, APR 21, MAY 26. A program of study, exploration and practice of the ten perfections (*paramis*)—the ten qualities of character which, when developed, support both Buddhist practice and compassionate involvement with others. These ‘perfections’ are core Buddhist values. The Dharma Practice Day series is one of the core programs at IMC. People are welcome to attend any or all of the Friday programs. Bring lunch.

EIGHTFOLD PATH PROGRAM

TAUGHT BY CHRIS CLIFFORD AND OTHERS

- **SUNDAYS 1 TO 3:30PM. 2016: OCT 9, NOV 6, DEC 4; 2017: JAN 8, FEB 5, MARCH 5, APRIL 2, MAY 7**
- **SATURDAY, JUNE 17, 2017, 9:30AM TO 4:30PM—CONCLUDING DAYLONG RETREAT AT IMC**

For questions, contact eightfoldpath@insightmeditationcenter.org. See *Sangha Programs & News* for more information.

SPECIAL EVENTS

DAYLONG RETREAT WITH GIL FRONSDAL

SATURDAY, OCTOBER 1, 8:30AM TO 5PM. Retreats are a wonderful environment for developing a continuity of awareness for an extended period. This daylong retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. At the end of the day Gil gives a Dharma talk. Brief interviews will be available with Gil. Bring lunch.

FOR A FUTURE TO BE POSSIBLE: DHARMA TALK FOR EARTH CARE WEEK WITH GIL FRONSDAL

SUNDAY, OCTOBER 2, 10 TO 10:45AM

Offered as part of the usual Sunday morning program.

DAILY LIFE PRACTICE RETREAT WITH ANDREA FELLA

SUNDAY, OCTOBER 2, 1 TO 4:30PM. Integrating practice into our daily lives can be difficult. Many of us need support for this challenging but rewarding aspect of practice. We will integrate formal practice and Dharma discussion with our daily life by surrounding our usual workweek and workdays with practice and discussion. We begin with a half-day retreat with instructions and discussion on Sunday, and end with a daylong retreat on the following Saturday. During the week we will meet each morning and evening to inspire, encourage and support our daily life practice. If you would like to attend the retreat during the week, please attend the Sunday session. The Sunday and Saturday sessions are open to all; the Monday and Thursday evening programs are also open to all as usual—the retreat will integrate with these evening programs.

- Sunday 10/2, 1 to 4:30pm
- Monday thru Friday 10/3 – 10/7, mornings: 7:30 to 9am
- Monday thru Friday 10/3 – 10/7, evenings: 7:30 to 9pm
- Saturday 10/8: 9:30am to 4:30pm, Daylong Retreat

MINDFULNESS OF MIND DAYLONG RETREAT

WITH ANDREA FELLA SATURDAY, OCTOBER 8, 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 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. Bring lunch.

BUDDHIST SPIRITUAL CARE SYMPOSIUM 2016

SATURDAY, OCTOBER 15, 9AM TO 5PM. Welcoming Buddhist chaplains and others interested in deepening their spiritual care practice for a day of learning and community-building. Keynote speakers: Eric Poché, longtime volunteer coordinator for Zen Hospice Project, will speak on "Sitting, Listening, Breathing: Caregivers' Challenges and Opportunities"; and Rev. Susan Shannon, M.Div., an Interfaith Minister, will focus on her prison chaplaincy projects and transformational programs at San Quentin State Prison, including the renown Guiding Rage Into Power (GRIP) program and Buddhist Chaplaincy with the men on Death Row.

Presented by Buddhist Chaplains Group. Pre-register at www.metta4.us or Bill Hart: 415/567-9823. Vegetarian lunch included.

SPECIAL VOLUNTEER EVENING: IMPROV WITH NIKKI MIRGHAFORI

SATURDAY, OCTOBER 22, 6 TO 8PM. If you've offered your service to IMC as a volunteer in the past or present, or if you are interested in doing so in the future, please join us for a fun night of Improv. Nikki describes it as "not only an expression of joy, but also a great way to build community, creatively connect through laughter, and embrace (the often silliness of) the present moment together." This is her offering of appreciation for all the generous service and dana that the volunteers offer to IMC.

It will be a great time to meet other volunteers, share your experience, practice a little and have fun together. Snack time and socializing at 7:30pm. For info contact Hilary at imc.volunteerdirector@gmail.com or 650/575-2052.

IMC'S 2016 KARUNA AWARD CEREMONY

For Jacques Verduin and GRIP Program Facilitations

FRIDAY, NOVEMBER 4: 7 PM – RECEPTION; 7:30 TO 8:30 PM – AWARD CEREMONY; 8:30 TO 9PM – FESTIVITY

For more information see *Sangha Program & News*.

TEEN MINDFULNESS RETREAT WITH GIL FRONSDAL

SATURDAY, NOVEMBER 5, 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 the Four Noble Truths, the heart of Buddhist teachings. The Four Noble Truths point to a happiness and peace not tied to our experiences in life. Discovering this happiness brings balance through all the changes life can bring. There will be time for peer discussion and exploration of the topic of the day. All teens are welcome.

DAYLONG RETREAT WITH GIL FRONSDAL

SATURDAY, NOVEMBER 12, 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.

SCHEDULE PG. 3

“MAKING PEACE WITH YOUR MIND” DHARMA TALK AND BOOK READING WITH MARK COLEMAN

MONDAY, NOVEMBER 14, 8:15 TO 9PM. Spirit Rock teacher Mark Coleman will introduce his new book on disarming the inner critic (Part of the usual Monday evening schedule).

“THE BUDDHA BEFORE BUDDHISM” DHARMA TALK AND BOOK READING WITH GIL FRONSDAL

SUNDAY, DECEMBER 4, 10 TO 10:45AM. Gil will introduce his latest book, a translation and commentary on the earliest and most radical teachings of the Buddha. (Part of the usual Sunday morning schedule).

DAYLONG RETREAT WITH GIL FRONSDAL

SATURDAY, DECEMBER 3, 8:30AM TO 5PM. Retreats are a wonderful environment for developing a continuity of awareness for an extended period. This daylong retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. At the end of the day Gil gives a Dharma talk. Brief interviews will be available with Gil. Bring lunch.

SOLSTICE MORNING MEDITATION WITH DIANA CLARK

DECEMBER 7 – 23, 7 TO 7:45AM. Special opportunity to meditate at IMC weekday mornings. Includes 40 minutes of meditation and a brief introduction to a Dharma topic. Everyone welcome to participate any day or for all 15 days.

NEW YEAR’S EVE CELEBRATION WITH BERGET JELANE

SATURDAY, DECEMBER 31, 7:30PM TO 12:15AM. Join us on New Year’s Eve for an alternative celebration of the ending of 2016 and the beginning of 2017. 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. It’s a tradition at IMC. 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!

THE HEAVENLY MESSENGERS WITH AYYA SANTUSSIKA BHIKKHUNI AND DR. WILLIAM BUCHHOLZ

These series will focus on both practical and spiritual aspects of aging, sickness and death. Sessions will include Dharma teachings, small group inquiry and discussion, practices, homework and application of practical tools such as Advance Directives, working with doctors, and practicing self-compassion. No registration necessary. Commitment to attend all five sessions is essential. Two sessions of this course are offered in two locations. Please choose one to attend:

- **TUESDAY EVENINGS, 7 TO 9PM, JANUARY 10 – FEBRUARY 7.** Health & Wellness Center, 749 Brewster Avenue Redwood City
- **WEDNESDAY AFTERNOONS, 1:30 TO 3:30PM, JANUARY 11 – FEBRUARY 8** Insight Meditation Center

Most teachings given at IMC are recorded and posted online at Audiodharma.org

SATI CENTER

THE RADIANCE OF EMPTINESS IN EARLY BUDDHISM WITH GIL FRONSDAL AND DIANA CLARK

EIGHT-WEEK ONLINE COURSE: JANUARY 30 – MARCH 26

The realization of Emptiness is integral to the worldview, practice, and path to liberation taught in early Indian Buddhism. This class will explore the different aspects of the teachings on Emptiness in relationship to some of the core concepts of early Indian Buddhism: impermanence, not-self, dependent origination, and enlightenment. We will also explore the application of these concepts and teachings to one’s own Buddhist practice.

This online course will consist of essays by Gil Fronsdal, *sutta* readings, videos, and questions for personal reflections on the themes. Students will have the option to explore the different aspects of Emptiness in relation both to their own personal spiritual practice and to the earliest Buddhist texts. These two explorations will be done in small group forums (discussing spiritual practice), and larger group forums (discussing Buddhist texts).

For more information and registration visit sati.org.

YOGA WITH TERRY LESSER

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

YOGA & MEDITATION HALF-DAY RETREAT

SATURDAY JANUARY 7, 9AM TO NOON. This mini-retreat offers a quiet and grounding place where we can slow down after the holidays, deepen our meditation, connect with our bodies, and focus our our intentions for the coming year.

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.

SUPPORT GROUPS

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 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.

YOUTH & FAMILY 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 if you plan to attend, giving first names of each participant.

DHARMA ROCKS (3RD–5TH GRADE) Led by Carla Brooke. **Third Sunday of each month at IMC, 11:15am to 12:45pm.** Fun, interactive mindfulness games, crafts, and meditations. RSVP to Liz at eapowell@aol.com if you plan to attend.

DHARMA BODHIS (MIDDLE SCHOOL 6TH–8TH GRADE) (6th-graders can attend 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, or 650/575-2052.

MINDFUL TEENS (AGES 13 TO 19) Led by Nirali Shah and Bruni Davila. **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 go to www.mindfulteens.net. Please RSVP Nirali or Bruni at Imc.MindfulTeens@gmail.com.

MINDFUL PARENTS. Second Friday of each month, 7:30 to 9pm. An opportunity for parents to practice in community and to hear from parents who are senior students/ dharma teachers. No pre-registration required. Facilitated by Liz Powell, eapowell@aol.com

DHARMA FRIENDS

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.

- **Mindful Hike at Purisima Ridge Trail**—Sat, Oct 15, 9am, moderate 5-6 mile hike, in sun and shade; includes walking meditation period. Dress in layers, wear sunscreen. Heavy rain cancels. Carpool from IMC. Brenda Maste, brendamaste@att.net, 650/581-8641.
- **Dharma Friends Event Planning Meeting**—Sun, Oct 16, 11am to 12pm. Plan events for January, February, March 2017. IMC conference room, following the Sunday morning meditation and Dharma talk.
- **Dharma-Inspired Book Group**—Fridays: Oct 21, Nov 18, Dec 16, 7pm to 8:30pm. IMC Meditation Hall. We are reading *The Buddha's Brain* by

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

- **Sona's Dharma Strummers Practice Sessions**—Oct 9, Nov 6, Dec 4, 1 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. For info: Paul at sonasstrummers@gmail.com.
- **Sona's Dharma Strummers Playing at Hopkins Manor**—Sundays, Oct 23, Nov 20, Dec 11, 1:30 to 2:30pm. We are making music once a month with the residents of Hopkins Manor, a residential care facility for the elderly next to IMC. No prior musical experience necessary. Basic ukulele instruction provided. For info contact Paul at sonasstrummers@gmail.com.
- **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 Alicia McLucas: mclucasalicia@gmail.com, and Hilary Borison: hborison@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, 650/968-6168.

AFFINITY GROUPS

LGBTQUEER SANGHA

2ND SUNDAY OF EACH MONTH, 7:30PM TO 9PM (IMC). 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, with Guiding Teacher John Martin. imcqueersangha@gmail.com.

YOUNG ADULT PROGRAM

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.

OTHER LOCAL SITTING GROUPS

SAN JOSE SANGHA

1041 Morse St. Contact Berget Jelane, 408/255-2783, bbjelane@gmail.com, website sanjoseinsight.org.

- Wednesdays, Sep 10 – Oct 19, 6 to 7:15pm, Vipassana meditation with Berget Jelane
- Saturday, Nov 19, 9:30am to 12:15pm, Half Day Retreat with Berget Jelane
- Saturday, Dec 10, 9:30am to 12:15pm, Half Day Retreat with Berget Jelane

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