

## Mindfulness of Attitude

### Gil Fronsdal

The English word “attitude” comes from the 17th century French word of the same spelling, which referred to the way someone was positioned in a work of art. Given its capacity for great beauty, the mind might be seen as a work of art—perhaps as a kind of painting. The attitudes we hold determine the composition of this painting. Some attitudes contribute to its beauty, while others detract from it. The Buddha taught that it is possible to “adorn the mind” (*cittalankara*), and also that the mind can be radiant like pure gold, provided it is purified, just as gold is purified of its dross.

Mindfulness of our attitude is at the heart of meditation practice. We can think of our attitude as the soil in which meditation develops and in which the heart and mind are transformed. If the soil is infertile, dry, or impenetrably hard, nothing useful can grow. If toxins seep through the soil, its growth will be stunted and its richness will die. If, on the other hand, the soil is soft and moist with humus, wonderful life of all kinds can flourish.

But just what do we mean when we refer to our “attitude”? Our attitude is the manner in which we feel, think, and respond to our experiences. It can operate as a filter through which we see that can have a great influence on what we do, say, or think. An attitude may be situation-specific, or it can be an ongoing disposition influencing how we are in most situations. Attitudes may be short lived or persist for years and decades. When they persist for a long time, they shape our temperament. When deeply engrained, they may seem so normal they become invisible to us.

One important function of mindfulness meditation is to discover the attitudes we bring to meditation. Because many of our everyday attitudes can be more obviously counterproductive while meditating than in daily life, meditation is a valuable arena in which to notice unhelpful attitudes. In fact, any time we believe meditation is not going well is the right time to consider whether our attitude is the real issue that needs to be addressed.

If we do not notice debilitating attitudes, they can fester and build tension. An attitude may cause only mild tension or stress in any given moment, but if it is chronically reinforced, the tension and suffering can become great. Becoming aware of debilitating attitudes is the first step of becoming free of them.

Some common attitudes that hinder meditation are ambition, striving, having expectations, needing to be in control, and impatience with challenges. Attitudes about oneself that are not helpful are conceit, lack of confidence, self-criticalness, self-indul-

gence, self-deprecation, and self-preoccupation. Also unhelpful is to be aversive toward any of these unhelpful attitudes.

Unhelpful attitudes from daily life that may be carried into meditation include aversion, anxiety, drives for comfort and pleasure, chronic analyzing, fear of failure, holding ourselves to high standards of success, and needing to prove ourselves.

When any of these or other hindering attitudes occur in meditation, it's all too easy to be pulled so strongly into the world of thinking (and perhaps criticizing) that we spend very little time actually meditating. These attitudes can contribute enough agitation to interrupt the continuity of mindfulness and to prevent the mind from settling. Even more challenging can be the sense of frustration they may evoke.

If we only learn a particular meditation technique without learning the basic attitudes that are supportive of meditation, our habitual attitudes can easily persist and, without our knowing, undermine our practice. But if we learn helpful attitudes for practice, we can apply them when we meditate.

Many different attitudes can support us in our meditation practice. Some are appropriate for particular circumstances or for particular phases of practice. Some are antidotes or medicine for the attitudes that undermine us. Once we become familiar with the attitudes that hinder our practice, we will, over time, acquire a growing knowledge of the attitudes that are useful. Here are examples of basic attitudes that are conducive to mindfulness meditation:

- It is enough to clearly recognize what is happening; nothing needs to be fixed or changed.
- Have patience with all that happens; being in a hurry is a form of greed.
- There is nothing to prove or resist in meditation; every occurrence is a time to learn something new about being peaceful.
- You are a valuable person, your well-being is important, and your capacity for attention is a treasure; no message that you are less than beautiful is worth believing.
- Trust the awareness that flows out of stillness.

The common element in these five attitudes is that they promote a calm, non-reactive attention (including a calm, non-reactive attention to our reactivity). They do not involve trying to change what is happening; they are part of finding a useful, meditative way of being aware of what is happening.

Other, more active attitudes may also be useful to cultivate..

*Continued inside*



# SANGHA PROGRAMS & NEWS

## **THE ROLE OF THE SANGHA IN ONE'S DHARMA LIFE ~ A REFLECTION ON CREATING COMMUNITY FOR ASIAN BACKGROUND AT IMC**

On September 11, 2019, IMC hosted our first Evening for People of Asian Background. The gathering was facilitated by Gil Fronsdal, Lilu Chen, and Ying Chen. It was born out of a desire to create a safe and welcoming environment at IMC for people of Asian background to share about their dharma practice and feel connected within the community.

The evening was filled with a spirit of celebration of many Asian cultures and unique backgrounds present, and how they have contributed to each person's dharma life. We shared our personal stories and experiences. We talked about the gifts that each of us bring to the community from our culture, and how we have navigated the western dharma scene as people of Asian background. The room was filled with a deep sense of gratitude, authenticity, and tenderness.

As I (Ying) was sitting in the big circle, I came to realize the importance of Sangha in my own dharma life and in others'. I felt deeply blessed that I entered my own dharma path via the door of Sangha more than 25 years ago. The kindness, generosity and warmth of the Sangha I encountered paved the way for me to continue my dharma exploration years later. The gathering that happened at IMC felt a bit like a home-coming.

I (Lilu) first had the wish for IMC to offer something like this out of my own woundedness and healing as a dharma practitioner of Asian background. I wished to offer a space for others to feel safe and welcome to address their experiences—painful, joyful, and everything else—within a group that could hold this with understanding. For me, one of the most powerful effects of our first gathering together was witnessing how much relief and comradeship arose as people began speaking truthfully about themselves. I was touched by the bravery and moved by the stories shared.

There is a teaching from the ancient *suttas*: the Buddha's cousin Ananda said to the Buddha "Half of the holy life is good friendship, good companionship, good comradeship". But the Buddha said, "No, no, Ananda, the entire, whole of the holy life is good friendship, good companionship, good comradeship" (SN 45.2). The Buddha explained that under the influence of good company, like a Sangha, one will practice for oneself, and the person will also help others who need it. That's why the whole of the holy life is good friendship, companionship and comradeship.

In a way, this gathering for People of Asian Background at IMC highlighted the important role of sangha in our dharma lives. When we feel safe at ease, welcomed and connected in a community of practitioners, our practice can unfold in ways that are nourishing, uplifting and deepening. This will have a rippling impact into the world at large. Inspired by the first gathering, we plan to have a followup meeting on the evening of January 15,

2020, inviting all self-identified people of Asian background. May these gatherings benefit all beings in the world.

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## **DHARMA EVENING FOR PEOPLE OF ASIAN BACKGROUND**

**THE ROLE OF COMMUNITY IN DHARMA PRACTICE WITH YING CHEN AND LILU CHEN**

Wednesday, January 15, 7:30 to 9pm. This interactive evening will consist of guided meditation, short dharma talk, and group discussions. Open to all self-identified people of Asian or South Asian background. Questions? Contact [asianimc2020@gmail.com](mailto:asianimc2020@gmail.com).

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## **INTRODUCTION TO BUDDHISM**

**A 10-PART SERIES STARTING MONDAY EVENING, JANUARY 6, 7:30 TO 9PM.**

For the first ten Mondays that Gil is speaking at IMC's regular Monday evening sitting, his dharma talks will focus on providing an introduction to Buddhism. Among the topics covered in the series are the Life of the Buddha, Awakening, the Path to Awakening, the Eightfold Path, Meditation, Living a Buddhist Life, and Refuge. Check the IMC calendar for the Mondays Gil will be present. Everyone is welcome.

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## **PRACTICING TOGETHER: THE ROLE OF SPIRITUAL FRIENDSHIPS**

**A SATI CENTER EVENT**

With Diana Clark, Kim Allen, Ying Chen and David Lorey. Four Wednesday Afternoons, 1:30 to 3:30pm; Feb 19, 26, Mar 4, 11

The importance of *kalyana mitta* or "good spiritual friends" — people with whom we share Buddhist practice and who support us in our practice — is often emphasized in the Buddha's teachings. Join us as we explore not only the teachings on this rich topic, but also how we might develop and incorporate them into our lives. The course will include *sutta* readings, teachings, small group discussions, guided meditations and opportunities for Q&A. For more information see [sati.org](http://sati.org).

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## **IMC SENIOR SANGHA GROUP: ENJOYING OUR AGING**

With David Cohn, Fiona Barner & Robert Cusick. Thursdays from 11am to 1 pm: Jan 23, Feb 27, Mar 26, Apr 23, May 28, June 25.

Suzuki Roshi was asked, "Why do you practice?" He laughed and said, "To enjoy my old age." Please join us as we create a dharma based community of IMC seniors of all ages. Everyone is welcome. We will cultivate enjoying our journey through the vicissitudes and blessings of aging with kindness and wisdom practices. There will be guided meditations, talks, and discussion on topics that support aging with ease and contentment. Participants may bring a bag lunch.

## **Mindfulness of Attitude, cont'd. from front page**

An attitude of kindness, compassion, or letting go can be helpful. Tapping into the confidence that comes from whatever faith or trust we have in the practice is another useful mindset. So too is a sense of blamelessness for living a life of ethical integrity. Not only do these attitudes function as antidotes to their opposites, they are also nourishing in and of themselves. Nourishing ourselves with skillful attitudes is an important pleasure of meditation.

As meditation develops, each person will learn for themselves which attitudes are most useful. Often, we discover that what is helpful at one phase of practice is no longer useful later. Sometimes a firm, unwavering commitment is beneficial; other times a soft, relaxed attention that allows things to unfold on their own is most helpful. When we are developing our mindfulness, different attitudes may be more useful than when we are cultivating concentration. For example, it's useful to avoid believing there are such things as distractions when doing mindfulness meditation; instead these are seen as appropriate subjects to hold in awareness. In doing concentration practice, on the other hand, it might be helpful to recognize distractions as something to be let go of or as something to ignore in favor of more fully focusing on the object of concentration.

A useful way of becoming mindful of our attitudes is to distinguish between what is happening at any given moment and our relationship to what is happening. Seeing this distinction can create space or a pause between the two. This space is a doorway to peace. Seeing the distinction between what is happening and our relationship to it also allows us to consider whether or not the attitude embedded in the relationship is skillful.

Liberation is a shift in the relationship we have with experience. It is this relationship that is liberated from craving, clinging, and attachments. The attitudes that support the path of liberation are those that share in some of the qualities of liberation itself. For example, an attitude of equanimity shares some of the non-reactivity that becomes complete in liberation. An attitude of inclining toward letting go of clinging matures into the mind's thorough letting go that is liberation. An attitude of non-contention or non-conflict with whatever happens in meditation is a foretaste of the peace of liberation. In these ways we may understand that attention to one's attitude is not only central to meditation practice but central to the path of liberation.

If meditation is the art of beautifying the mind, attending to our attitudes is key to this beautification. This includes being kind, patient, equanimous, and without conflict as we attend to our attitudes. There is no path to freedom if the traces of the goal are not found in the path to the goal.

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## **WINTER CLOTHING DRIVE (FEBRUARY)**

What a better way to clear some space and share your generosity by donating your unneeded clothing and camping gear to those who most need it. New and wearable used clothing for men, women and kids. Clothing will be donated to PARCA.

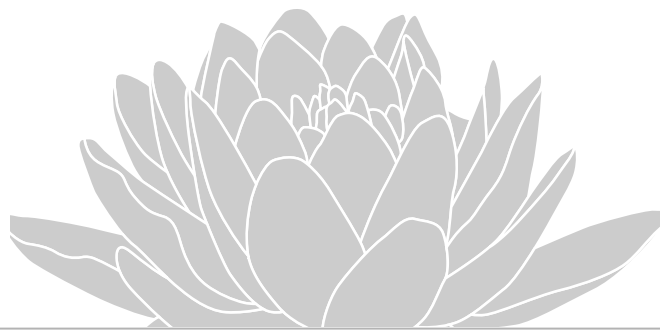
For more information contact Joe at [Joe@insightretreatcenter.org](mailto:Joe@insightretreatcenter.org)

## **LIVE VIDEO STREAMING OF IMC TALKS**

Video recordings of some of the Dharma Talks given at IMC are available on YouTube. When one becomes available there is a Video button associated with the talk in the Audio Dharma list of talks. All the video recordings can be reached from the Video link on the left menu on AudioDharma's homepage. Sunday morning talks by Gil (and occasionally other teachers) will also be live streamed. You can access the Audio Dharma Youtube channel directly at [www.youtube.com/user/insightmed/videos](http://www.youtube.com/user/insightmed/videos)

*"Wise people of great wisdom do not intend for their own affliction, for the affliction of others, or for the affliction of both. Rather, wise people think of their own welfare, the welfare of others, the welfare of both, and the welfare of the whole world. It is in this way that one is a wise person of great wisdom."*

—The Buddha (Numerical Discourses 4.186)



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## **AWARENESS OF SCENT AND ITS IMPACT**

Some practitioners at IMC are sensitive to scents and chemicals and may become physically ill from exposure to ingredients in common personal care products.

As part of keeping our community accessible to all, we request that those who attend IMC refrain from the use of perfume, cologne, after-shave, and minimize or avoid personal care and hair styling products containing scents or the ingredient fragrance. By this compassionate act of restraint, you can help to ensure the health of all who wish to practice here.

## **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

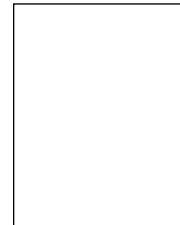
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

RETURN SERVICE REQUESTED



### ON-LINE GIVING TO IMC

Most gifts to IMC are now made online! Using the "Donate" button on the IMC website, you can make donations of any amount using a credit card, debit card, or PayPal account. These online modes of giving are quick, easy, and secure. When giving dana online, you can specify gifts to IMC Teachers, IMC operations (including Audio Dharma), and/or the Insight Retreat Center.

If you have a PayPal account, a recurring monthly donation can be set up. Monthly giving provides sustained support for IMC programs, and you can choose an amount that fits your budget.

Shortly after you give dana online, you will receive an email receipt that confirms that IMC has received your gift. And, by the end of January of the following year, IMC will email you an acknowledgement for the sum of your gifts in the previous year that can be used for tax purposes.

IMC thanks you for your online support!



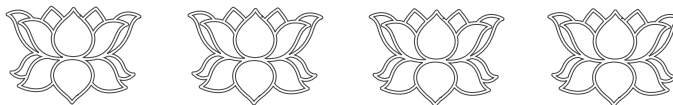
#### DANA

*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.*

*For ways to donate go to: [www.insightmeditationcenter.org/donate/](http://www.insightmeditationcenter.org/donate/)*

### GIFTS OF APPRECIATED STOCK TO BENEFIT IMC OR IRC

Gifts of stock to IMC are a great way to support IMC and IRC while at the same time meeting your personal financial-planning objectives. In particular, if you would like to reduce tax liability on capital gains, consider making a transfer of appreciated stock to IMC or IRC. Consult with your financial advisor about whether this mode of giving might be useful to you as part of your overall financial planning. To make a transfer, you can use the form available on the IMC website to provide the necessary information to your broker (please let your broker know whether you would like your gift to benefit IMC or IRC). Feel free to contact [fundraising@insightmeditationcenter.org](mailto:fundraising@insightmeditationcenter.org) with any questions.



#### • GENERAL INFORMATION:

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

- **CONNECT:** To sign up for our **UPCOMING EVENTS AND ANNOUNCEMENTS** emails, go to the IMC website and click on the **EMAIL SIGN-UP** link. To receive this newsletter by mail: sign up by clicking on **NEWSLETTER**.



# SCHEDULE OF EVENTS

## January ~ March 2020

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

#### 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 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

#### 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

#### 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, 7:30 to 9pm, February 12–March 11 with Andrea Castillo
- 5 Tuesday afternoons, 1 to 2:30pm, March 3–31 with Ying Chen

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.

### ONE DAY RETREATS

On Saturdays, unless otherwise noted:

- January 18, 8:30am to 5pm, **Insight Daylong** with Max Erdstein
- January 25, 9am to 4:30pm **Mindfulness Daylong** with bruni dávila
- February 1, 9:30am to 4:30pm, **Mindfulness of Mind Daylong** with Andrea Fella
- February 15, 9am to 4:30pm, **Mindfulness Daylong** with Gil Fronsdal
- February 29, 9:30am to 4:30pm, **Maranasati: Awakening to Life Through Contemplating Death** With Nikki Mirghafori
- March 7, 8:30am to 5pm, **Insight Daylong** with Gil Fronsdal
- Sabado 14 De Marzo, 9am A 4pm, **Retiro En Espanol De Un Dia** Con La Maestra Andrea Castillo
- March 28, 9:30am to 3:30pm, **Introduction to Mindfulness Meditation Daylong** with Ines Freedman
- April 4, 9:30am to 4:30pm, **Loving Heart, Resilient Heart** with Diana Clark & Nikki Mirghafori
- April 11, 9am to 4:30 pm, **Mindfulness Daylong** with Matthew Brensilver

### SATURDAY HALF-DAY RETREATS

**January 11** with bruni dávila, **February 22** with Liz Powell, **March 21** 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

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

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

- March 28 to April 3, 1-Week **Brahmavihara and Emptiness: A Study and Practice Retreat** with Ven. Analayo, assisted by Max Erdstein
- April 10 to 19, 10-Day **Awareness and Wisdom Retreat** with Andrea Fella and Alexis Santos
- May 3 to 17, 2-Week **Insight Retreat for Experienced Practitioners** with Gil Fronsdal and Andrea Fella
- May 22 to 25, 4-Day **Insight Retreat** with Ines Freedman and Nikki Mirghafori
- June 17 to 21, 5-Day **LGBTQI Insight Retreat** with bruni dávila and John Martin

### SERIES PROGRAMS

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#### THE EIGHTFOLD PATH PROGRAM

WITH CHRIS CLIFFORD, BRUNI DÁVILA, LIZ POWELL & TANYA WISER. The Buddha's most explicit path of practice is the Eightfold Path—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 participants will discover how to apply each set of practices in ways that are personally meaningful.

Prerequisite: Completion of IMC's Introduction to Meditation course or equivalent.

All are welcome to attend the Sunday sessions below. Except where noted, all meetings are on Sundays 1pm to 3:30pm: Right Action—Jan 12; Right Livelihood—Feb 16; Right Effort—Mar 15; Right Mindfulness—Apr 19; Mindfulness Daylong at IMC—Sat, Apr 25, (9:30am to 4pm); Right Concentration—May 17; Concluding Daylong Retreat at Insight Retreat Center, Santa Cruz—Sat, June 13 (9:30am to 4pm)

#### 10 SUPREME SUPPORTS FOR MEDITATION

WITH CHRIS CLIFFORD, DAVID COHN AND JENNIFER LEMAS  
**FRIDAYS, 9AM TO NOON: JAN 17, FEB 14, MAR 13, APR 17, MAY 15, & JUN 19.** The ten perfections (*paramis*) are ten supreme qualities of character which, when developed, support both Buddhist practice and compassionate involvement in the world. This series is suitable for in-person participation or online study and practice with emailed readings and reflections and recorded in-class teachings and discussion. Sign-up forms to receive course materials are available on the IMC website. Drop-in participation is welcomed. Participants may bring a brown bag lunch.

#### IMC SENIOR SANGHA GROUP: ENJOYING OUR AGING

WITH DAVID COHN, FIONA BARNER AND ROBERT CUSICK  
**THURSDAYS, 11AM TO 1PM: JAN 23, FEB 27, MAR 26, APR 23, MAY 28, JUN 25.** Suzuki Roshi was asked, "Why do you practice?" He laughed and said, "To enjoy my old age." Please join us as we create a dharma based community of IMC seniors of all ages. Everyone is welcome. We will cultivate enjoying our journey through the vicissitudes and blessings of aging with kindness and wisdom practices. There will be guided meditations, talks, and discussion on topics that support aging with ease and contentment. Participants may bring a bag lunch.

### SPECIAL EVENTS

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#### DHARMA EVENING FOR PEOPLE OF ASIAN BACKGROUND

##### THE ROLE OF COMMUNITY IN DHARMA PRACTICE

WITH YING CHEN AND LILU CHEN **WEDNESDAY, JANUARY 15, 7:30PM TO 9PM.** This interactive evening will consist of guided meditation, short dharma talk, and group discussions. Open to all self-identified people of Asian or South Asian background. Questions? Contact [asianimc2020@gmail.com](mailto:asianimc2020@gmail.com).

#### INSIGHT DAYLONG WITH MAX ERDSTEIN

**SATURDAY, JANUARY 18, 8:30AM TO 5PM.** Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. This day is for those who already understand the basic practice of mindfulness; no instruction will be given. With alternating periods of sitting and walking meditation, and a Dharma talk. Bring lunch.

#### SITTING & DAILY LIFE PRACTICE RETREAT

WITH ANDREA FELLA. **SUNDAY, JANUARY 26, 1:30 TO 4:30PM; MONDAY–FRIDAY JAN 27–31: MORNINGS, 7:30 TO 9AM AND EVENINGS, 7:30 TO 9PM; SATURDAY, FEB. 1 9:30AM TO 4:30PM**

*The Monday and Thursday evening sessions of the Daily Life Practice Retreat is open to all. The program will follow the usual Monday and Thursday night sitting and talk format.*

We will integrate formal practice and Dharma discussion with our daily life by surrounding our usual workweek and workdays with practice and discussion. Begins with a half-day retreat with instructions and discussion, and ends with a daylong retreat. During the week we meet each morning and evening to inspire and support our daily life practice. To attend the retreat during the week, please attend the Sunday session. Sunday and Saturday sessions are open to all.

#### MINDFULNESS OF MIND DAYLONG WITH ANDREA FELLA

**SATURDAY, FEBRUARY 1, 9:30AM TO 4:30PM.** Taught in the style of U Tejaniya. Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. 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. With alternating periods of sitting and walking, 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.

#### MINDFULNESS DAYLONG WITH BRUNI DÁVILA

**SATURDAY, JANUARY 25, 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. Practice discussions will be offered. Bring lunch.

#### MINDFULNESS DAYLONG WITH GIL FRONSDAL

**SATURDAY, FEBRUARY 15, 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.

**MARANASATI: AWAKENING TO LIFE THROUGH CONTEMPLATING DEATH WITH NIKKI MIRGHAFORI**  
**SATURDAY, FEBRUARY 29, 9:30AM TO 4:30PM.** “What is subject to death, dies. I am not exempt.” is one of the Five Daily Remembrances the Buddha recommended for frequent reflection for lay and ordained practitioners, alike. Rather than ignoring, fearing, or running away from this natural truth, we can harness the power of this potent contemplation in order to live more fully, with presence, and according to our deepest values. Embracing the impermanent nature of our lives also allows a deep letting go, freedom, and fearlessness in preparation for our actual moment of death. Join us for a day of practice and exploration through dharma talks, guided meditation, and small and large group dialogue.

**INSIGHT DAYLONG WITH GIL FRONSDAL**  
**SATURDAY, MARCH 7, 8:30AM TO 5PM.** Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. This day is for those who already understand the basic practice of mindfulness; no instruction will be given. With alternating periods of sitting and walking meditation, and a Dharma talk. Bring lunch.

**RETIRO EN ESPANOL DE UN DIA**  
**CON LA MAESTRA ANDREA CASTILLO SABADO 14 DE MARZO, 9AM A 4PM.** El día incluirá meditación, pláticas, movimiento meditativo y ejercicios participativos para investigar algún aspecto del dharma. Favor traer tu comida para el medio día.

**INTRODUCTION TO MINDFULNESS MEDITATION**  
**DAYLONG WITH INES FREEDMAN SATURDAY, MARCH 28, 9:30AM TO 3:30PM.** An introduction to the basic practice of mindfulness with instruction in mindfulness of the breath, body, emotions, thoughts and walking. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

**LOVING HEART, RESILIENT HEART**  
**WITH DIANA CLARK & NIKKI MIRGHAFORI SATURDAY, APRIL 4, 9:30AM TO 4:30PM.** The more we're able to soften and open the heart to gentleness, care, and love for ourselves and others, the more we can disentangle our emotional entanglements. Join us to explore practices that open our heart and increase our resiliency with the many challenges of life. Includes teachings, guided meditations, opportunities for questions, and individual practice discussions with the teachers. Bring lunch.

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

**THE EIGHTFOLD PATH: MINDFULNESS DAYLONG**  
**WITH CHRIS CLIFFORD, BRUNI DÁVILA, LIZ POWELL & TANYA WISER SATURDAY, APRIL 25, 9:30AM TO 4PM.** An opportunity for in-depth practice of the Right Mindfulness factor of the Eightfold Path. Mindfulness is woven through all aspects of our practice. Everyone welcome. Participants in the Eightfold Path program are encouraged to attend. The day will mostly consist sitting and walking meditation and instruction. Please bring a bag lunch.

### 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.

**PRACTICING TOGETHER: THE ROLE OF SPIRITUAL FRIENDSHIPS WITH DIANA CLARK, KIM ALLEN, YING CHEN AND DAVID LOREY. FOUR WEDNESDAY AFTERNOONS, 1:30 TO 3:30PM; FEB 19, 26, MAR 4, 11** The importance of *kalyana mitra* or “good spiritual friends” — people with whom we share Buddhist practice and who support us in our practice— is often emphasized in the Buddha’s teachings. Join us as we explore not only the teachings on this rich topic, but also how we might develop and incorporate them into our lives. The course will include *sutta* readings, teachings, small group discussions, guided meditations and opportunities for Q&A.

### 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**

#### YOGA & MEDITATION HALF-DAY RETREAT

- **Saturday, January 4, 9am to 12:30pm.** After the busyness of the holidays, this mini- retreat offers a quiet and grounding place to slow down, deepen our meditation, connect with our bodies, and help clarify what is important for the coming year. Appropriate for beginners and experienced yogis and meditators—you don’t need to be flexible to do yoga; you only need to be as you are. Bring a large towel and a yoga mat if you have one, otherwise mats are available for your use.

### 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.

### 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).

### 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.

### SUPPORT GROUPS

#### SUPPORT GROUP FOR PEOPLE WITH HEALTH CHALLENGES

**First and Third Thursdays of the month, 12:30 to 2:30 pm.** 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. Meetings include brief sittings and dharma discussion. Before attending the group for the first time, please contact the group facilitator, Ying Chen at 408/802-6430 or [yingchenb@yahoo.com](mailto:yingchenb@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, JAN 17, FEB 21, MARCH 20, 7 TO 8:30PM**

IMC Meditation Hall. In July we start *What's Beyond Mindfulness* by Stephen Fulder. Contact Anne Foster, [afoster@rawbw.com](mailto:afoster@rawbw.com), 650/591-1285 for information.

#### SONA'S DHARMA STRUMMERS PRACTICE SESSIONS

**SUNDAYS, JAN 12, FEB 9, MARCH 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. For location and info contact Martha Chickering [marthachickering@gmail.com](mailto:marthachickering@gmail.com).

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

**SUNDAYS, JAN 26, FEB 23, MARCH 29, 1:30 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 [marthachickering@gmail.com](mailto:marthachickering@gmail.com).



#### OTHER INSIGHT MEDITATION GROUPS

For a list, go to IMCs website under the **COMMUNITY** pull-down menu.