

IMC BEGINS TO OPEN ON AUGUST 1ST. SEE NEWSLETTER SCHEDULE AND IMC'S WEBSITE.

## Buddha as an Activist

### Gil Fronsdal

The Buddha clearly and actively advocated for the welfare of the whole world, including encouraging his followers to work for “the benefit, welfare, and happiness of many people.” In this way, he was an “activist.” However, living in the Bronze Age in countries ruled by kings, the Buddha could not have been an activist in how the word is commonly used in modern times. There were no laws to change as governing was at the whim of kings, no elections to influence because there were no elections, and no economic system to reform as there were none of the economic systems, policies, or institutions at play as found in our modern world. In the primarily agrarian world where he lived—with just the beginning of an urban society of craftspeople and merchants—the Buddha lived in a time and place where person-to-person contact and relationships were primary influences on people’s daily lives. Therefore, instead of legislative, political, or economic activism, the Buddha focused on changing how people treat each other. As such, his activism was focused on establishing ethical behavior as the foundation for how a society operates. While he frequently and personally advocated for people to avoid harming others, he was an activist because he encouraged others to also advocate for this. Through his followers, he worked to spread his ethical activism out into the societies of his time.

The Buddha’s efforts to have others advocate against unethical behavior is seen in the teaching on “the ten unwholesome actions.” Here, he first explains that these ten actions are harmful and then discusses what is worse. Second, he says that abstaining from these ten behaviors is beautiful and then discusses what is better than this beauty. The word “beautiful,” *kalayana*, has meanings that overlap with the English word “ethics,” as seen in the following abbreviated quote of the teaching:

I will teach you what is harmful and what is worse than harmful. And I will teach you what is beautiful and what is better than beautiful.

#### *What is harmful?*

Killing, taking what is not given, sexual misconduct, speaking falsely, speaking divisively, speaking harshly, speaking pointlessly, being avaricious, having hostility, and having wrong view.

#### *What is worse than harmful?*

Killing and prompting others to kill, taking what is not given and prompting others to take what’s not given, ... having wrong view and prompting others to have wrong view.

#### *What is beautiful?*

Abstaining from killing, abstaining from taking what is not given, abstaining from sexual misconduct, abstaining from speaking falsely, abstaining from speaking divisively, abstaining from speaking harshly, abstaining from speaking pointlessly, abstaining from being avaricious, abstaining from having hostility, and abstaining from having wrong view.

#### *What is better than beautiful?*

Abstaining from killing and **prompting others** to abstain from killing, abstaining from taking what is not given and **prompting others** to abstain from taking what is not given... abstaining from having wrong view and **prompting others** to abstain from wrong view.

Clearly, the Buddha advocates for people to be active in encouraging others to abstain from unethical behavior. The instruction says nothing about opposing those who are unethical. Instead, the call is to do something much more difficult, i.e., motivate people to avoid being unethical on their own accord. Though difficult, if successful, this is more valuable than oppositional strategies that create opposing factions with winners and losers.

The Buddha’s reason to be non-oppositional is inferred from different teachings on the ten unwholesome actions. In elaborating on the fifth unwholesome action, divisive speech, he describes this as speech which “divides those who are united and stirs up those who are [already] divided,” spoken by a person “who loves factionalism, delights in factionalism, enjoys factionalism, speaks to create factions.” In another teaching, the Buddha explains that abstaining from divisive speech includes abstaining from creating or perpetuating such social disunity. It also includes speaking in ways that “unite those who are divided, support those who are [already] united...and speak to create harmony.” This is a clear instruction to be active in healing social discord and divisiveness; one is not to avoid the challenging work of uniting the divided. It is a work that aims to create concord and reconciliation, not creat-



## SANGHA PROGRAMS & NEWS

### IMC GRADUAL REOPENING

Starting August 1st, we will restart in person some of our usual programs, e.g., Sunday morning, Monday evening, Wednesday morning, and Thursday evening. We request that for now, as we continue to learn about the course of the pandemic, that only people who are fully vaccinated come in person. Also, we ask you to please wear a mask as you enter, and in the community hall; if you prefer, you can remove it in the meditation hall. For those who are not vaccinated or who are particularly vulnerable, we will offer our core programs online. For a fuller list of programs starting in August, see the schedule here in the newsletter. For the most up-to-date list, see the “What’s New” section on the home page of IMC’s website. If local COVID cases go up, we might not open; check IMC’s website for latest information.

To begin our re-acquaintance after the pandemic, I will offer a series of ten-people meet-and-greet in-person gatherings at IMC in the last two weeks of July. These will be 50-minute meetings with a brief meditation and an informal opportunity to say hello and reconnect. Sign-ups for these meetings are on IMC’s website.

The last in-person gathering at IMC was on March 7, 2020. That morning, realizing the seriousness of the spreading Coronavirus, we cancelled the daylong meditation retreat scheduled to begin at 8:30 a.m. Without time to notify anyone, people arrived to find IMC closed. Many stayed outside for the impromptu gathering on the front porch. I remember the warm-hearted and caring conversations as we discussed the growing impact of the pandemic. I anticipated we would be closed into the summer.

Now, a summer later, we are planning to begin opening IMC with small meet-and-greet meetings towards the end of July, some public programs in August, and gradually fully opening over the next few months. We will continue to track the changing course of the pandemic—if COVID-19 cases increase, we will quickly close again.

Over the 30 years that I have taught at IMC, first in Palo Alto and since 2001, in Redwood City, I have valued deeply and loved the many individuals who have been part of our community. I have been inspired by the growing dedication, generosity, and warmth that has flowed through our sangha, and by the many people who have matured in the practice. I am grateful for all the support and volunteering that has allowed IMC to expand and offer so many programs and teachings by many capable teachers.

While the post-pandemic future of IMC and its programs is uncertain, I am confident we have a stable and valuable foundation for moving forward. We will continue to offer online programs to support the many people who have joined us during the pandemic. We will continue to offer varied in-person programs that will continue to benefit both many individuals and our community.

One change I hope to see is that we grow in ways where we can extend our practice and support to the wider society. The pandemic has made it clearer than ever how interconnected we and our practice are to the welfare of everyone.

It is invaluable to practice together in community; I am confident that doing so will benefit countless people, including those who are not able to attend in person.

—Gil Fronsdal

---

---

### PANDEMIC GRATITUDE

Many IMC volunteers offered invaluable support while IMC was closed. IMC’s Board, our teachers including Andrea Fella and Gil Fronsdal, Beverly Spiker as Managing Director, and Hilary Borison as Volunteer Director extend our great gratitude to them all.

A number of volunteers provided invaluable technological support for online programs, including Rob Hammond, Joe Metzger, Kevin Leong, Mark Goldberg, and Phil Goodwin. Supporting and upgrading our websites and web offerings include Dawn Neal, Diana Clark, John and Yosh Hagerty, Jon Kaplan, Matt McNeil, Maureen O’Brien, Phil Goodwin, and Willow Mills.

Maintaining our IMC property and building include Beverly Spiker, Bill Anderson, Hilary Borison, Nancy Yamahiro, and Richard Sievers.

Our accounting team who continued caring for IMC’s finances include Barbara Miao, Claudine Latombe, Diana Clark, Ed Drury, Lydia Ridgway, Paul Wallace, Rosalind Kaye and Steve Gasner.

Responding to the continued email and phone messages to IMC include Cindy Crowe-Urigo, Lysanna Anderson, and Meryl Landy.

Continuing to meet and care for IMC are Board Members Andrea Fella, Barbara Miao, David Lorey, Jennifer Lemas, Judy Cannon, Max Erdstein, Nena Sandoval, Paul Wallace, Tanya Wisner, and Wendy Lo.

IMC teachers who supported our wide community including, Andrea Castillo, Andrea Fella, bruni dávila, Chris Clifford, David Cohn, David Lorey, Diana Clark, Ines Freedman, Jennifer Lemas, John Martin, Liz Powell, Kim Allen, Maria Straatmann, Matthew Brensilver, Max Erdstein, Nikki Mirghafori, Robert Cusick, Tanya Wisner, Terry Lesser, Ying Chen, Oori Silberstein, and Shelley Gault.

And, to end with special emphasis, many thanks to Elena Silverman for the last year and for the over two decades you have provided design, editing, layout, and publishing of IMC’s newsletter and all printed material.

To all of you mentioned and not mentioned, Thank You!

In addition, we also thank the many donors who have supported us through the pandemic. Your donations have been invaluable in sustaining us and encouraging us.

**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/)*

## **Buddha as an Activist, cont'd. from front page**

ing or fueling opposing factions. Encouraging his monastic disciples to work for concord the Buddha said:

Engaged in three actions are monastics acting for the welfare of many people, for the happiness of many people, for the benefit, welfare, and happiness of many people. What three? They prompt them in physical acts of concord, verbal acts of concord, and mental acts of concord.

To influence kings to prevent social discord, the Buddha relied on the indirect message of myth. With such stories, the Buddha taught that rulers should provide property to the poor, i.e., bring them out of poverty. If rulers don't and poverty becomes widespread, people will begin stealing. And if rulers use violence to punish thieves, violence will spread throughout the realm. In the myth, violence eventually tears society apart; living by ten skillful actions heals the tear.

Perhaps one reason the Buddha used myth to make this point is that, in his times, directly telling a king to rule differently could lead to violent punishment. Another reason is that in pre-literate societies such oral stories traveled far and wide; perhaps as the closest equivalent to social media in modern times to change public opinion.

For the Buddha, Dharma activists would not sacrifice their own ethical or wholesome behavior in working to end the unethical behavior of others. This can be seen in some of his instructions on living by the ten wholesome actions, i.e., engaging in the opposite of the ten unwholesome ones. This includes not being hostile, even privately, in one's thoughts. Instead, one would, as taught by the Buddha, wish for others to be free from animosity, oppression, anxiety, and to live with ease. It also involves knowing the right time to speak up and doing so with words that are treasured, reasoned, defined, and beneficial.

As challenging as it is, the Buddha's activism is rooted in the main aim of the spiritual practice he taught, namely, to become free from greed, hatred, and delusion. If one is not free of these, the Buddha instructed his disciples to work to "constantly remove" them. One would thereby also be free of acts of body, speech, or mind that are born from greed, hatred, and delusion. The activism of someone dedicated to such freedom would not rely on hostility, deceit, and no use of brute power to defeat others. Instead, it would involve searching for ways to change the hearts of others so they would want to be ethical, perhaps following the high standards the Buddha taught.

How does all this apply to modern Buddhists living in societies organized with vastly different economic, political, and cultural systems than those in ancient India? It may well include advocating to change systems and institutions engaged in any of the ten unwholesome actions. It may include dissuading politicians who engage in some, perhaps all, of these unwholesome actions to stop. Such advocacy would aim to create bridges between opposing parties. It would focus on bringing people together to work for the common good, free of factionalism. It might also involve telling stories and modern myths of concord and peaceful conflict resolution that evoke a vision of our potential for social harmony.

Modern Buddhist activism based on these early Buddhist principles would not be hostile confrontations or disparagements of anyone. It would follow the Buddha's teaching on non-conflict where he clearly advocates the avoidance of any disparagement of people. Instead he instructs his followers to make clear statements about which actions lead to suffering and which don't. He also made it clear that in reproving others for their behavior, it should be done with a mind established in goodwill, free of malice.

Instead of speaking up against injustice by opposing those who are unjust, Buddhist activism would thus speak up against unjust actions in such a way that goodwill is possible between those on different sides of issues.

Public demonstrations could be for "demonstrating" alternatives to what is unjust or harmful. The aim of such demonstrations would be to inspire participation rather than polarization, dialogue instead of quarreling, respect rather than demonizing, compassion in place of hate, and clear, compelling affirmations of ethical truths. When injustice is being done, a Buddhist activist would focus on vigorously protecting justice and those threatened by injustice in efforts to avoid escalating conflict. When this is not enough, one might next engage in strategic non-cooperation and non-violent resistance guided by the ten wholesome actions.

Doing such Buddhist activism is neither easy nor fast. It requires strong confidence in the value of ethical behavior. It also requires a strong determination to avoid any activism influenced by greed, hatred, and delusion. It is activism that aims to change the psychological foundation from which unethical behavior arises. Regardless of how idealistic this may seem, it is working to replace fear with generosity, love, and wisdom as the foundation of society.

---

---

## **INTRODUCING IMC'S NEW MANAGING DIRECTOR**

We are delighted to introduce IMC's almost new Managing Director, Beverly Spiker. She started her new role at the start of the pandemic and for the last year she has functioned more as project leader for the refurbishing and upgrades of IMC. With our opening approaching she is ready to step into the full role of Managing Director. This is a central role for our community as her care is for all aspects of IMC. Beverly will provide oversight, coordination, and support for the many activities, volunteers, and operations. Because IMC is now so multifaceted, it will be very helpful to have Beverly tracking it all.

Beverly has been practicing at IMC for well over a dozen years and as a volunteer for almost as long. She is retired from a career as a network engineer and is now a jazzercise instructor. She has participated in many retreats at IRC and has already been supporting and working with Hilary Borison, our wonderful Volunteer Director.

We are very grateful for her stepping into the big role of Managing Director. It is a position we have needed for some time.

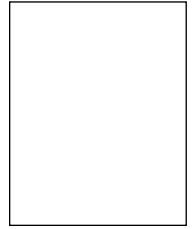
# Insight Meditation Center

108 Birch Street

Redwood City, CA 94062

www.insightmeditationcenter.org

RETURN SERVICE REQUESTED



---

## UPGRADES TO THE IMC BUILDING

The closure of IMC during the pandemic provided us with the rare opportunity to renovate the IMC building. Starting in June 2020 we have had a slow, steady pace of bringing in skilled workers to focus on different projects that enhance IMC as a welcoming, comfortable, and safe space for practice:

- Sanded and refinished the hardwood floor, removing the many scratches and reducing gashes
- Replaced the old and tired carpet in the meditation hall and conference room
- Replaced the thin windows in the upstairs office and foyer with triple pane windows to reduce noise and prevent the greenhouse effect we have had every summer
- Soundproofed the upstairs office so that it can become IMC's new production studio for our ongoing online offerings
- Purchased and configured sound, recording, and video equipment to build IMC's capacity to reach its global virtual community with its online programs
- Replaced all indoor lights with LEDs; improved outdoor lighting
- Replaced our gas water heater with electric to save energy
- Renovated the two smaller bathrooms and installed touchless faucets in the downstairs sinks to reduce viral transmission

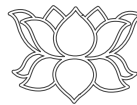
Other projects in the works include installing automatic door openers for our front door and ADA accessible bathroom. This will help IMC be a more welcoming place for people with wheelchairs. We are also including foot-tapping buttons to open the front door so there is less need to touch the door handle. These

touchless additions are part of our wider effort to increase COVID safety at IMC.

We are also upgrading IMC's HVAC system to bring fresh air into the meditation and community halls and to better purify the circulating air. We are purchasing the quietest and most efficient stand-alone air purifiers we could find in order to maintain a quiet setting that supports practice.

It has been a delight to work on these projects and knowing IMC will be able to better host the many people who attend our programs. As IMC's new Managing Director, I look forward to meeting people at our Insight home.

—Beverly Spiker, IMC Managing Director



---

### • GENERAL INFORMATION:

[contact@insightmeditationcenter.org](mailto:contact@insightmeditationcenter.org) 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

July ~ September 2021

## IN PERSON STARTING AUGUST 1

UP-TO-DATE LISTING OF IN-PERSON PROGRAMS FOUND IN  
WHAT'S NEW SECTION ON IMC'S HOMEPAGE

## 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.

### MARTES EN LA TARDE DHARMA EN ESPAÑOL

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

Yoga para la meditación con Angela Salgado 6:30 a 7:15pm.

Reanudamos reuniones presenciales a partir del martes 31 de agosto.

### 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 DHARMA SERIES

Multi-week series on topics related to meditation and Buddhist practice.

#### THE FOUR NOBLE TRUTHS SERIES: A GUIDE FOR A COMPASSIONATE LIFE

- Four Thursday Evenings, 7:30 to 9pm, August 5–26 with Tanya Wiser

### 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. (No Community Tea in August)

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

## MEDITATION INSTRUCTION

### BASIC MEDITATION INSTRUCTION

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

### INTRODUCTION TO MINDFULNESS MEDITATION

- 5 Wednesday Evenings, 7 to 8:30pm, Sep 29–Oct 27 with Gil Fronsdal.

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

## ONE DAY RETREATS

On Saturdays, unless otherwise noted:

- October 16, 8:30am to 5pm, Insight Daylong with Gil Fronsdal
- November 27, 9am to 4:30 pm, Daylong with Gil Fronsdal

## 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**

## CONTINUING ONLINE PROGRAMS

See Calendar for links to the following Weekly Meditations and Talks.

**MONDAY THROUGH FRIDAY MORNING SITTING & TALK WITH GIL FRONSDAL,** 7 to 7:45am, on YouTube

**MONDAY THROUGH FRIDAY EVENING HAPPY HOUR: LOVING KINDNESS PRACTICE**

**WITH DIANA CLARK AND NIKKI MIRGHAFORI,** 6 to 7pm. Guided Meditation, teaching, and discussion on loving-kindness  
On YouTube and/or Zoom

**TUESDAY MORNING SITTING, REFLECTION, & DISCUSSION**

**WITH ANDREA FELLA,** 9:30 to 10:45am. 30 minute sitting, followed by a reflection and discussion. On Zoom

**THURSDAY EVENING SITTING AND Q&A**

**WITH ANDREA FELLA,** 7:30 to 8:30pm. A sitting followed by a short reflection and Q&A. On Zoom

## RESIDENTIAL RETREATS

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

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

- September 12 to 26, 2-Week **\*Hybrid/Online Insight Retreat for Experienced Students** with Gil Fronsdal and Ines Freedman
- October 14 to 17, 4-Day **Insight Retreat** with Ines Freedman and Matthew Brensilver
- October 31 to November 7, 1-Week **Insight Retreat** with Gil Fronsdal and Nikki Mirghafori
- November 14 to 21, 1-Week **Insight Retreat** with Gil Fronsdal and bruni dávila
- November 28 to December 5, 1-Week **Insight Retreat** with Gil Fronsdal and Andrea Fella

### SERIES PROGRAMS

**PARAMI OR “PERFECTIONS OF THE HEART” COURSE WITH DIANA CLARK ON ZOOM, SUNDAYS: JULY 18, AUG 15, SEPT 12, OCT 10, NOV 14, AND DEC 12, 12:30 TO 4PM PACIFIC TIME.**

Often when we think about Buddhist practice we think of meditation; however, there are additional powerful practices and qualities we can develop in our daily lives such as the ten *Paramis* or “Perfections of the Heart.” In this six-month program, we will explore and practice with Patience, Resolve, Truthfulness, and other transformative qualities to support greater freedom in our lives. The program includes monthly meetings with talks, discussions, and guided meditations, as well as readings, and the writing of short reflective essays.

**PREREQUISITES:** At least one year of committed insight meditation practice and completion of IMC’s Eight-fold Path Program or its equivalent. Applications on IMC’s website.

Contact [imc.parami@gmail.com](mailto:imc.parami@gmail.com) with questions.

**AN INTEGRATION EXPERIENCE OF A WHOLE-LIFE PATH: A WEEKEND WITH GREGORY KRAMER**

**ON ZOOM JULY 10-11**

A summer weekend in July for a “sandwich” retreat is the perfect opportunity to explore what a whole-life path means in our lives as we actually live them, especially this summer after a year of limited social contact and staying home. Each day will begin with a morning session of silent and Insight Dialogue practice, and close with a late afternoon session. Between the two scheduled sessions will be self-directed, life-immersed practice, where you go about your summer weekend, BBQs, kid’s birthday parties, internet time as necessary, house projects, relaxing at the beach. To support your remembering and learning the Noble Eightfold Path, text messages will be sent to you during that time. We will explore Gregory’s work developing a vision of the Noble Eightfold Path in which no moment, no experience, and no teaching is left out.

Registration required. Registration and more information on WHAT’S NEW section on IMC’s website.

Saturday, July 10:

- 8 to 10am—Zoom session
- 10am to 4pm—Self-directed practice with support of texted prompts
- 4 to 6pm—Zoom session

Sunday, July 11:

- 8 to 9:15am—Zoom session
- 9:25 to 10:30am—Gregory will lead the IMC Sunday morning program from our same Zoom session (also on YouTube)
- 10:30am to 4pm—Self-directed practice with support of texted prompts
- 4 to 6pm—Zoom session

**THE EIGHTFOLD PATH PROGRAM WITH TANYA WISER, YING CHEN, CHRIS CLIFFORD, AND DAVID LOREY.** 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. Please register to receive course materials by email. A longer application is required to be assigned a personal mentor in addition to the group meetings. The form for both purposes is found under the Eightfold Path Program notice on the Special Events page of IMC’s website. Applications for mentoring due by August 15.

**ON ZOOM SUNDAYS 1 TO 3:30PM PACIFIC TIME**

**2021** Introduction to the Path & Program—Sep 5; Right View—Oct 3; Right Intention—Nov 7; Right Speech—Dec 5

**2022** Right Action—Jan 16; Right Livelihood—Feb 13; Right Effort—Mar 6 (This day will be a hybrid of live and Zoom followed by a social tea); Right Mindfulness—Apr 10; Right Concentration—May 15; Concluding Daylong Zoom Retreat — Sat, June 25 (9:30am to 3:30)

**THE EQUIVALENCE OF ETHICS AND ENLIGHTENMENT WITH GIL FRONSDAL, DIANA CLARK AND MAX ERDSTEIN**

**TWO OPTIONS:**

- **IN-PERSON CLASS ON MONDAYS 9AM TO 3:30PM: SEP 27, OCT 25, NOV 22, DEC 20, JAN 17, FEB 14, MARCH 14, APRIL 4**
- **ABBREVIATED, ALTERNATE ONLINE CLASS, SATURDAYS 9 TO 11:15AM TAUGHT BY DIANA CLARK: OCT 2, OCT 30, DEC 4, JAN 1, JAN 22, FEB 19, MAR 19, APR 9** With same readings, reflections, and assignments as the in-person class with access to audio recordings of in-person Dharma talks.

In Buddhism ethics and awakening are inseparable; for the Buddha’s path to awakening is an ethical path, awakening itself is an ethical awakening, and the awakened life is an ethical life. This eight-month program, starting in September 2021 and ending in April 2022, provides experienced practitioners an opportunity to delve into important ethical teachings of our Buddhist tradition within a community of other committed practitioners. Includes required bi-weekly readings and writing of short reflective essays monthly.

**PREREQUISITES:** at least five years of committed insight meditation practice, five seven-day (or longer) silent vipassana retreats, and completion of IMC’s Eightfold Path Program or its equivalent. More information and application found on IMC’s website under Programs. Apply by August 23, 2021.

### YOUTH & FAMILY PROGRAMS

**DHARMA SPROUTS AND ROCKS GATHERING IN THE PARK**  
**Sunday, August 22 at 11am, Stafford Park, Redwood City on Hopkins Ave at King St.** We hope you'll join us for a family gathering at the park, just half a mile from IMC. It will be so delightful to reconnect with you after our long absence and practice mindfulness in nature. Appropriate for families with kids from preschool up to middle school. Please bring a blanket to sit on and a snack for your family.

Offered by Hilary Borison, Carla Rayacich (Dharma Sprouts teacher K-2nd) and Elisabeth Waymire (Dharma Rocks teacher 3rd-5th). Please contact Hilary at [IMC.familyprogram@gmail.com](mailto:IMC.familyprogram@gmail.com) with any questions and to let us know you're coming. We look forward to seeing you!

### SUPPORT GROUPS

#### SUPPORT GROUP FOR PEOPLE WITH HEALTH CHALLENGES

**ON ZOOM: 1ST & 3RD 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 [yingchenb@yahoo.com](mailto:yingchenb@yahoo.com).

#### BUDDHISM AND 12-STEP SUPPORT GROUP

**ON ZOOM AND IN-PERSON, 2ND 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

#### DHARMA CIRCLE FOR PEOPLE OF ASIAN BACKGROUND

**WITH LILU CHEN AND YING CHEN. ON ZOOM: 2ND AND 4TH SUNDAYS OF EACH MONTH, 1 TO 2:30PM.** This dharma circle includes sitting meditation, a short dharma talk, discussion, and community activities. We intend to provide a safe, friendly and nourishing environment. Open to all self-identified people of Asian or South Asian background. No registration required. The circle is open for drop in at any time. Zoom info on IMC's online calendar. Questions? Contact: [asianimc2020@gmail.com](mailto:asianimc2020@gmail.com).

#### WOMEN'S CIRCLE OF MINDFULNESS

**2ND THURSDAY OF EACH MONTH, 11AM TO 12:30PM.**

**This is an in-person event, with a Zoom option.**

A gathering for women who wish to deepen practice in community, exploring how to interweave mindfulness into our daily lives. Feel free to bring snacks to share and stay for tea until 1pm. For info, contact Hilary Borison at [hborison@sbcglocal.net](mailto:hborison@sbcglocal.net).

#### IMC SENIOR SANGHA GROUP: ENJOYING OUR AGING WITH DAVID COHN, FIONA BARNER & ROBERT CUSICK

**ON ZOOM THIRD THURSDAY OF THE MONTH, 11AM TO 1PM**

Everyone is welcome to our Dharma-based community of IMC seniors of all ages. We will cultivate enjoying our journey through the vicissitudes and blessings of aging. Includes guided meditation, talks, and discussion. Check IMC Calendar for Zoom and other info.

### SATI CENTER

#### STUDYING THE WORDS OF THE BUDDHA: ONGOING CLASSES ON THE MIDDLE LENGTH DISCOURSES WITH GIL FRONSDAL AND DIANA CLARK

**ON ZOOM WITH LIVE ATTENDANCE AT IMC POSSIBLE—THURSDAYS, 3:30 TO 4:30 PM. FIRST SERIES: AUG 5, 19, 26, & SEP 9**

This ongoing series will provide a progressive and systematic study of the Middle Length Discourses (*Majjhima Nikaya*), one of the most important collections of the Buddha's teachings. The series will be organized thematically with 3-4 weeks devoted to discussing discourses related to each theme. The dates will be intermittent depending on when the instructors are available. The series is suitable for people who have acquired a good understanding of the basic Buddhist teachings and practices.

For more information and registration visit [sati.org](http://sati.org).

#### ENTERING THE WORLD OF THE PALI CANON

**THE HISTORY, STRUCTURE, STUDY, AND PRACTICES OF THE EARLY BUDDHIST TEXTS MADE ACCESSIBLE TO MODERN TIMES WITH DAVID LOREY, DIANA CLARK, KIM ALLEN, & YING CHEN**

**ON ZOOM JULY 24 AND 31, 8:30 TO 10:30AM PACIFIC.** Participants are asked to attend both sessions.

An introduction to the vast collection of teachings and texts containing the teachings of the Buddha and his early disciples. The class includes reading and discussing several texts, along with suggestions for ways to practice with texts as part of one's spiritual path. Each session also includes meditation and small-group interaction. This class is suitable for people new to the Pali Canon as well as those more familiar with it. For information and how to register for Zoom link go to [sati.org](http://sati.org).

#### AGING ILLNESS, DEATH, AND SEPARATION WITH AJAHN THANISSARO (GEOFF)

**ON ZOOM SEP 18, 10:30AM TO NOON; 2 TO 3:30PM** This daylong—through readings, talks, and discussions—will explore how many of the Buddha's most basic teachings are specifically designed to help comprehend aging, illness, and death. For information and how to register for Zoom link go to [sati.org](http://sati.org).



### MEET-AND-GREET MEETINGS WITH GIL

To become reacquainted after the pandemic, Gil would love to meet with members of the IMC community before we open in August.

These will be 50-minute meetings at IMC for 8 to 10 people who have signed up ahead. We will sit together for ten minutes and have some brief time to catch up with each other. Everyone is invited, even those who have never been to IMC. These meetings will start on July 20 and mostly be in the mornings, perhaps with a few evening times. Times and instruction for signing up will be in the WHAT'S NEW section of IMC's homepage. If they fill, new meetings will be added.

### SPECIAL EVENTS

**SETTING INTO MOTION THE WHEEL OF TRUTH: THE FOUR NOBLE TRUTHS, A GUIDE FOR A COMPASSIONATE LIFE, WITH TANYA WISER. FOUR THURSDAY EVENINGS, 7:30 TO 9PM, AUGUST 5-26.** The Four Noble Truths are core and fundamental to the teachings of all forms of Buddhism. They strengthen the practice of mindfulness. The first Truth guides us to a healthy recognition of all suffering, from mild stress to profound fear, grief, and distress. The second Truth helps us understand the cause of suffering. The third Truth points to the ending of suffering. And the fourth Truth is the practice that allows the first three Truths to transform us. If you aspire to recognize all forms of suffering as lanterns in the darkness and a beacon calling us toward personal and collective freedom, you are invited to this class. Together we will learn how to support our ability to pay attention to the direct experience of suffering and its abatement with clarity, understanding and compassionate responding. No registration necessary.

### INSIGHT DAYLONG WITH GIL FRONSDAL

**SATURDAY, OCTOBER 16, 8:30AM TO 5PM.** Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. The simplicity, silence and support of retreats contribute to letting go of many of the distractions that get in the way of clear seeing. Retreats also are a wonderful environment for developing a continuity of awareness for an extended period. This daylong is meant for people who already understand the basic practice of mindfulness; no instruction will be given. The schedule consists of alternating periods of sitting and walking meditation. At the end of the day there will be a Dharma talk. Brief interviews to talk about the practice will be available. Previous experience is recommended. Bring Lunch.

### INSIGHT DAYLONG WITH GIL FRONSDAL

**SATURDAY, NOVEMBER 27, 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.

### YOUNG ADULT PROGRAM

**AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S WITH MAX ERDSTEIN**  
**Currently meeting on Zoom. In-person option will begin in the Fall. Check Zoom Link and date of in-person meeting, on IMC's online calendar. 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.



### 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!

### 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.