

Insight



APRIL, MAY, JUNE 2007

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Being One's Own Teacher

The *Kalama Sutta* is a much-quoted discourse in which the Buddha radically challenged most sources of religious authority. The discourse is often read as a warning not to seek truth outside of oneself. It is quoted and misquoted as teaching that we should not believe anything unless we know it from our own experience. While the Buddha does advise reliance on what can be known through direct experience he does so in a particular and limited way.

When the Buddha visited the town of Kalama, the townspeople told him they were perplexed about who was speaking the truth and who was speaking falsehoods among the many spiritual teachers who came through town. Just as we, in our modern times, must contend with religious pluralism, so did people in ancient India.

The Buddha responded by telling the Kalamas that it is appropriate for them to be perplexed. Then, instead of telling them who is or is not speaking the truth, the Buddha offered guidelines for how the Kalamas can overcome their doubt on their own. This began with his famous statement not to rely on the common sources of religious authority. He said, "*Do not go by oral tradition, a teaching lineage, common talk, scripture, logic, intuition or reasoning, or by reason of the competence of the speaker, or because he or she is one's own teacher.*" This does not necessarily mean that these sources have to be avoided entirely. Rather it means that standards other than these are needed to ascertain what is true.

If these sources are not authoritative, what's left? For the Buddha it is those things that one can know and directly experience for oneself. This suggests that each person can and perhaps should be his or her own spiritual teacher. Some find this idea inviting, others find it daunting. But, either way, we must understand the particular way in which the Buddha is saying that one can rely on oneself. Naive self-reliance can lead to as many problems as naive reliance on scriptures or teachers. The Buddha is very particular about which direct experiences to focus on and how to act in relationship to what we know.

The Buddha suggested using our experience of suffering and happiness as our guide. The assumption is that people don't require scripture, teachers, or reason to know whether they are happy or not. The path to freedom from suffering begins and ends with our basic ability to recognize when we are suffering and when

we are not. However, this does not mean we should discard scripture, teachers, or reason; they can have an important role in pointing us to areas of suffering and happiness that we may be blind to.

With the human experience of suffering and happiness as the basis, practitioners then consider both by themselves and with the help of wise people (so as not to fool or under-challenge themselves), which mental qualities, states, and teachings lead to suffering or happiness, to harm or benefit. Those that lead to harm should be abandoned and those that are beneficial should be engaged in. This doesn't require exhaustive analysis; it necessitates paying attention to the consequences of our mental, verbal, and physical activities so we can know for ourselves what brings suffering and what brings happiness. It also involves using our reasoning and imagination to understand what is likely to bring us harm or benefit. Then based on this, if it brings suffering, avoid it; if it brings happiness, engage in it.

In his response to the Kalamas, the Buddha focused on what is pragmatically true instead of what is abstractly true. He emphasized what can be known for oneself instead of what can be known only as belief. But what can be known for oneself depends on what one does—pragmatic truths are discovered through experience, not by wishful thinking.

Since the Kalamas had said they were perplexed, the Buddha concluded by describing practices that would provide some degree of assurance. He did this by talking about some of the results that can come from the practices of loving-kindness, compassion, appreciative joy, and equanimity. Perhaps it was because the people of Kalama were not his students that he discussed these four "divine abodes"—they were practices widely known at the time. If the Kalamas had asked about liberation, the Buddha would have responded differently—most likely by describing the practices that lead to liberation.

One assurance is that with proficiency in loving-kindness and the other three abodes one will experience happiness in this lifetime; one can know for oneself that these practices are beneficial. A second assurance is that, if there is rebirth, one can be assured of having a good rebirth. Still another is that if malicious intentions bring suffering, one can be assured that one is not causing oneself

Continued on back page

Sangha Programs & News

UPDATE AND REORGANIZATION AT IMC

As IMC has grown and developed over the last several years, we find ourselves needing to adapt to this growth. As we are entirely run by volunteers and have no employees, we don't have the resources to adopt the methods other organizations our size might use, so we have been working on developing a model that can be flexible and self-sustaining, without burdening our volunteers.

The heart of this de-centralized model is the sharing of the leadership of IMC between the IMC Board and five new Group Directors: Volunteer, Programs, Communications, Facilities and Sangha Care. Each of these Directors will take a leadership role to coordinate their particular area, as well as communicate with Gil, the Board, and the other Directors.

We have a new IMC Board President this year, Elena Silverman, who many of you already know as the person who has been doing our newsletter layout since 1999. We'd like to thank our outgoing president, Catherine Byers, for her dedicated years of service.

We welcome our new Retreat Coordinator, Kim McLaughlin, who has been printing our newsletter for many years. Mick Bennett, our outgoing Retreat Coordinator, is now shifting his focus towards supporting the sangha with his Chaplaincy and Pastoral Care skills.

We are also very happy to have on board Betsy Meehan, our new Sangha Care Director.

We deeply appreciate the patience and generosity of the sangha and all our volunteers in this time of transition.

VOLUNTEER OPPORTUNITIES

All the work that keeps our center running smoothly is done by volunteers. Volunteering is an opportunity to participate in the center and to meet other Sangha members.

We always welcome new volunteers and have many varied opportunities. At this time, we are particularly looking for people for the following positions:

- **Retreat managers**
- **Creating fliers for our events**
- **Someone with the skill to create architectural drawings for our next phase of renovation.**

If you are interested in any of the above positions or have any other skills you'd like to contribute, please contact Audrey Guerin 650/574-4053 or guerin.audrey@gmail.com.

THE DHARMA OF SERVICE & VOLUNTEERING

A YEAR-LONG VOLUNTEER PROGRAM

For anyone who either volunteers at IMC or is interested in volunteering, Gil Fronsdal will be leading a year-long series of teachings, explorations, and discussions on the Dharma practice of volunteering. Topics to be explored are the nature of a Buddhist community, the path and joy of service, spiritual friendships, generosity, mindfulness in activity, conflict resolution, and finding balance in volunteer work. The program will include sitting, teachings and group discussions. Starting April 24, meetings will take place one Tuesday evening a month, 7:30 to 9 pm. (*See schedule for other dates*).

FINANCIAL SUMMARY

The operation and maintenance of our building and programs, including our web site, newsletter, insurance, books, and audiodharma, are all funded by donations.

DONATIONS RECEIVED 2006

General Donations Rcvd (Excluding YE Drive)	\$54,020
Year-End Fund Drive for General Use	62,980
Fundraising Drive for Retreat Center	77,000

Total Donations Received **\$194,000**

USE OF FUNDS 2006

General Operations	\$ 26,030
Newsletter Expenses	6,823
Building Operations	7,355
Residential Retreat Costs	29,597
Building Improvements	66,471

Total Use of Funds **\$ 136,276**

PROPOSED RENOVATION 2007-08 **\$150,000**

In addition to being used for the regular upkeep of IMC, donations will be used for upcoming projects such as further renovation, residential retreats and Gil's sabbatical. In 2006 we were bequeathed a one-time donation of \$104,694 which is slated to be used towards the next phase of renovation.

Thank you for your generosity. All donations to IMC are fully tax deductible.

UPDATE: RETREAT CENTER SEARCH

Since we began our search nine months ago, our search committee has looked at more than 30 properties and done in-depth research on several, none of which were suited for us. However, as our search progresses, we are hearing from more and more people who are interested in having a retreat center close to IMC. We have also received more financial gifts, bringing us a little closer to the amount we will need in order to purchase property in the area.

Two new developments have recently occurred. First, Carol Collins, a retired real estate agent and IMC Board Member, has graciously agreed to chair the Search Committee, replacing Susan Ezequelle, who is taking a respite from the search.

Second, in addition to IMC's own independent process, we will also partner our efforts with Simon Turkalj's Cohousing group, Wild Plum (see below), which is looking for a tranquil site with a rural feel. Wild Plum's members share an interest in contemplative practice. For these properties we will approach sellers as a "conservation buyer," meaning that we will plan to leave as much of the land as possible untouched and wild. This approach makes us a good fit for conservation groups and city planning departments.

We will also continue to look at commercial properties that come on the market, such as nursing homes etc. If you know of any potential properties, please contact Carol Collins, ccollinsc@verizon.net or 408/354-5893.

COHOUSING STUDY GROUP

A growing group of sangha members have begun exploring the option of creating a Cohousing community in the area. Cohousing is a form of intentional community which is planned, owned, and managed by the residents. This lifestyle possibility, which integrates sangha, householder practice, and affordable housing has generated not only significant interest, but has initiated ongoing monthly study group meetings at IMC. (*See schedule for details*). Contact: Cheryl Hylton, cjhylyton@earthlink.net.

BUYING OR SELLING A HOME?

You can help IMC and save money. Carol Collins is a Sangha member who was a long-time real estate broker and is now retired. If you are thinking of selling your home, she has offered to locate a conscientious, ethical realtor, negotiate a reduced commission fee for you, and contribute her entire finder's fee to IMC.

She has already provided this service for IMC. The funds were used to support our residential retreats. For more information on this opportunity, contact Carol Collins ccollinsc@verizon.net or 408/354-5893.

ONGOING SUPPORT GROUPS

FOR (A) THOSE EXPERIENCING LIFE-THREATENING ILLNESSES AND (B) CAREGIVERS

Two support groups have been meeting weekly at IMC since last November. One group is for those experiencing a life-threatening illness and the other for caregivers. Both groups meet from 1:30 to 3pm on Wednesdays but in different rooms. They include brief sittings, but their primary purpose is to provide each participant an opportunity to share personal challenges, triumphs, hopes, and fears with individuals

facing a similar circumstance. These groups have been widely appreciated by participants, some of whom shared the following: "I can't have these kinds of conversations anywhere else." "This is the highlight of my week." "I like how honest we are with each other and look forward to meeting every week."

The groups are facilitated by Mick Bennett and Jim Bronson. For further information and before attending either group for the first time, please contact Mick at hmbennett@sbcglobal.net or 650/368-2518.

NEW! RECOMMENDED TALKS ON AUDIODHARMA

We have a new page on our AudioDharma website where we have compiled some of Gil's past talks into a recommended sequence for learning many of the essentials of mindfulness, meditation, and Buddhist teachings and practice. We hope this is helpful to many. www.audiodharma.org.

KEPLER'S BOOKSTORE

Kepler's bookstore in Menlo Park is now offering 10% of your purchase price as a donation to IMC. This applies to online purchases when you go through the Kepler's link on the "Recommended Books" page on our website (www.insightmeditationcenter.org). Kepler's also extends this donation program for in-store purchases as well, whenever sangha members mention IMC at point of sale. Kepler's Bookstore has been an important resource for many in our community.

EDITOR'S NOTE

I would like to thank Mirka Knaster for two years of service in editing this quarterly newsletter. When I read each issue, I appreciate feeling the connection with our vibrant community dedicated to dharma practice. Mirka is now passing this task on to me, and I look forward to helping keep the sangha informed and inspired through our newsletter. I am also grateful for the opportunity to meet more members of the sangha. Please feel free to contact me at 408/998-5491 or kimall@mindspring.com.

—Kim Allen

NEW ART IN CONFERENCE ROOM

We'd like to thank Bonnie Zimmerman for creating the beautiful bark wall hanging for IMC, which now hangs in the conference room.

SECOND HARVEST FOOD BARREL

An opportunity to practice generosity— please bring your donations of canned goods and other non-perishable food items to IMC. Simply remove items from their paper bags and place them inside the Second Harvest food barrel, located in the community hall.

Insight Meditation Center

1205 Hopkins Ave.

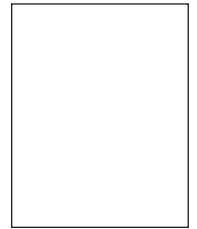
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Being One's Own Teacher, *cont'd. from front page*

further suffering. While the first assurance is experientially testable, the second and third are a form of Pascal's Wager: without having to decide on the truth of rebirth and the negative karma of malice, one can be at ease knowing that proficiency in loving-kindness is in one's best interest if these are true. For people who aren't going to try out the path of liberation, perhaps this is as good an assurance as one can get.

It might seem a little strange to end a teaching about relying on what one can know for oneself with a discussion of what is reassuring. Maybe this is because the English word 'assurance' doesn't quite capture the meaning of *assasa*. The Indian word literally means 'breathing' and figuratively means to breathe easily or freely, as well as to be 'assured' or 'comforted.' One way or another loving-kindness practice helps people to breathe easily.

Ease in breathing might seem trivial. It is not. It is an important pre-condition to happiness and liberation. The more relaxed the breathing is the more sensitive we can become to subtleties of suffering and happiness. Because our inner life and psychology closely influence how we breathe, the quality of our breathing can reveal much about what is happening in the mind. The more easeful the breathing becomes, the more ease-filled is the mind. In contrast to spiritual teachings that are too abstract or distant to be experienced directly, a person can know whether he or she is breathing easily. And, as an alternative to complex analysis, a person can direct the mind toward attitudes and ways of being that

bring greater ease and pleasure in breathing. Being guided by our breathing, we can learn a lot about what we should do and what we should let go of. In this way our own breath provides the direct experience that can help us be our own teachers.

—Gil Fronsdal

SANGHA NEIGHBORS

Sangha Neighbors are available to support other sangha members during times of transition or crisis. Support is available for home visits, household chores, shopping, transportation, meals, feeding pets, etc. We encourage members to ask for support when needed. To request support or offer your services, contact Berget bbjelane@gmail.com 408/255-2783, or Rainbow 650/321-3649 rainbowspirit@earthlink.net.

To sign up for either or both of our Email Lists, go to www.insightmeditationcenter.org and click "Subscribe".

MAILING LIST OPTIONS AND CHANGE OF ADDRESS

To be added or removed from the Mailing List and/or Directory, or to update address, phone, or e-mail—contact Cindy Heyer cyn@coastside.net 650/712-0231.

NEWSLETTER questions—contact Ines Freedman, info@insightmeditationcenter.org or 408/732-7535.

SCHEDULE OF EVENTS

April thru June 2007

WEEKLY MEDITATION AND TALKS

MONDAY EVENING SITTING AND TALK

7:30 to 9 pm. 45-minute sitting followed by a 45-minute dharma talk.

WEDNESDAY MORNING HALF-DAY RETREAT

9:30 am to 12:15 pm, led by Gil Fronsdal and occasional guest teachers. *See below under Retreats for details.*

THURSDAY EVENING SITTING AND TALK

7:30 to 9 pm. Especially suited for new meditators. A 30-minute sitting is followed by a talk and time for questions.

SUNDAY MORNING SITTINGS AND TALK

- 1st Sitting - 8:30 am • Walking Meditation - 9:10 am
- 2nd Sitting - 9:25 am • Talk - 10 to 10:45 am

Vegetarian Potluck Brunch — Last Sunday each month at 11am. All welcome. Contact Di or Dave Tatro 650/595-4260.

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

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

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

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

- 5 Wednesday Evenings — April 18 to May 16, 7:30 to 9 pm, with Gil Fronsdal
- 5 Wednesday Evenings — July 18 to August 15, 7:30 to 9 pm, with Andrea Fella
- 5 Tuesday Mornings — July 31 to August 23, 10 to 11:30 am, with Andrea Fella

NON-RESIDENTIAL RETREATS

DHARMA PRACTICE DAYS WITH GIL FRONSDAL

Meditation, Teachings and Discussions. Bring lunch. The following Fridays, from 9:30 to 3:30 pm:

- April 20 — **Right Effort** • May 11 — **Right Mindfulness**
- June 8 — **Right Concentration**

WEEKLY WEDNESDAY HALF-DAY RETREATS

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

- 9:30am — Sitting • 10:15am — Walking
- 11:00am — Sitting • 11:45am — *Dharmette* (Brief Talk)
- Noon to 12:15 pm — Temple Cleaning

NEW! MONDAY HALF-DAY RETREATS WITH ANDREA FELLA

April 2, May 7, and June 4, 9:30 am to 12:15 pm. *See above, Wednesday Half-Day Retreats for details.*

ONE-DAY MEDITATION RETREATS

- Saturday, March 24, 9 am to 4:30 pm. **Foundational Instructions in Mindfulness** with Donald Rothberg.
- Saturday, April 14, 9 am to 4:30 pm. **Daylong Retreat** with Gil Fronsdal
- Saturday, May 12, 9 am to 4:30 pm. **Daylong Retreat** with Gil Fronsdal
- Saturday, May 19, 9 am to 4:30 pm. **Qiqong Retreat** with Franz Moeckl. *See Special Events for details.*
- Saturday, May 26, 9:30 to 3:30 pm. **Introduction to Mindfulness Meditation** with Andrea Fella
- Saturday, June 2, 9:30 am to 5 pm. **People of Color Retreat** with Larry Yang & Gina Sharpe. *See Special Events for details.*
- Saturday, June 9, 6 am to 9 pm. **Intensive Daylong Retreat.** Interviews with Gil available, you may attend any part of the day. Bring breakfast & lunch. Light supper provided.
- Saturday, July 7, 9 am to 4:30 pm. **Daylong Retreat** with Heather Martin

NON-RESIDENTIAL RETREAT WITH SAYADAW U TEJANIYA

Saturday & Sunday, June 16-17. *See Special Events for details.*

RESIDENTIAL RETREATS

IMC-SPONSORED RETREATS

There is no cost for IMC retreats. Donations welcome.

- April 20-22 **Teen Retreat** with Tempel Smith at **Hidden Villa** in Los Altos. Contact Tempel tempels@gmail.com 415/573-5161.
- May 13-20. Gil Fronsdal & Andrea Fella at **Hidden Villa**, Los Altos. Lori Wong dharmadancer@gmail.com 209/549-2726.
- May 25-28 (Memorial weekend). Gil Fronsdal at **Jikoji** in Los Gatos. Bess Touma etouma@comcast.net 650/712-0773
- August 8/24-26. Andrea Fella & Pam Weiss at **Jikoji**, Los Gatos. Lynne Sopchak lsopchak@earthlink.com, 650/917-1721.
- September 16-30. Gil Fronsdal at **Hidden Villa** in Los Altos. Laura Crabb lauracrabb2@earthlink.net, 408/380-3002, X80
- October 5-12. Mary Orr & Bob Stahl at **Hidden Villa** in Los Altos. Contact Martin Carver mcarter@coastplans.com 831/426-4557 Registration open 6/5/07.
- November 25-December 2. Steve Armstrong & Kamala Masters at **Hidden Villa** in Los Altos. Pat White 650/462-1834 pewhite@stanford.edu. Registration open 7/25/07.

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SPIRIT ROCK-SPONSORED RETREATS WITH GIL FRONSDAL

See www.spiritrock.org for more information.

- Aug 3-12 at **Vajrapani** w/Gil Fronsdal, John Travis & Mary Orr.
- December 12 to 16 at **Spirit Rock** with Gil Fronsdal, Mary Orr & Howard Cohn. Registration open 8/14/07.
- December 26 to January 4 at **Spirit Rock** w/Gil Fronsdal, John Travis, Eugene Cash, Sharda Rogell, Janice Clarfield (yoga). Registration open 8/28/07.

YOUTH AND CHILDREN (Family Program)

DHARMA ROCKS YOUTH PROGRAM (3RD - 8TH GRADE)

First Sunday each month, 5:15 to 7:15 pm. Includes great music, pizza, and a half-hour of practice and dharma. Teresa Rose, teresa_rose6@yahoo.com 650/619-5825

CHILDREN'S PROGRAM (2ND GRADE AND YOUNGER)

Last Sunday of the month, 11:30 to noon (after the potluck). Includes short practice & story. Amy Saltzman 650/326-0701, thesaltzmans@comcast.net.

BUDDHA'S BIRTHDAY (VESAK) JUNE 3. See *Special Events*.

YOGA

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

MONDAY EVENING YOGA

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

THURSDAY MORNING YOGA AND SITTING MEDITATION

8 to 10:15 am.

SPECIAL EVENTS

THE EIGHTFOLD PATH — DISCUSSION GROUP

With Tony Bernhard and Ines Freedman. On the following Friday mornings 10 am to 12 noon:

3/23 **Right Effort**, 4/27 **Right Mindfulness**, 5/25 **Right Concentration**, 6/22 **The 8-Fold Path & the 4 Noble Truths**

IMC BOARD MEETINGS

IMC board meetings are open to the sangha, all are welcome. Tuesdays: 4/17, 5/29, 7 to 9 pm. (June meeting TBD)

MEDITATION RETREAT DISCUSSION

Sunday, April 22, 11:15 am to 12:45 pm. With Andrea Fella and Ines Freedman. For those who have never sat a retreat, or those who have but are curious about extended retreat practice, we will discuss the following: a typical retreat day, types of retreats, preparation, post-retreat integration and helpful physical hints, including for those with physical challenges.

DHARMA OF SERVICE & VOLUNTEERING

With Gil Fronsdal. On the following Tuesdays from 7:30 to 9 pm: 4/24, 5/22, 6/12, 7/17, 9/11, 10/16, 11/13, 12/4, 2008: 1/8, 2/5. A year-long series of teachings, explorations and discussions on the dharma practice of volunteering, for those who volunteer at IMC or are interested in volunteering.

FULL MOON GATHERING FOR WOMEN

Friday, May 4, 7 to 9 pm. With Berget Jelane & Cheryll Gasner. Meditation and dharma teachings with local women teachers; discussion of books by women Buddhist teachers, movement, chanting, & creativity. RSVP Cheryll Gasner, cheryll.gasner@sbcglobal.net or 650/969-5793.

EXPLORING DEPENDENT CO-ARISING

Saturday, May 5, 9 am to 5 pm. With Thanissaro Bhikkhu. Among the Buddha's most important teachings is Dependent Co-arising. Teachings, readings, discussion and meditation. A Sati Center Event. To pre-register (preferred) www.sati.org or 415/646-0530.

BENEFIT FOR ZEN HOSPICE WITH NORMAN FISCHER:

Practicing with The Great Matters of Life & Death

Friday, May 18, 6:45pm Reception. 7:30 to 9 pm Dharma Talk. Norman Fischer is a Zen priest, abbot, husband, father, author & poet. He served on the Board of Directors at Zen Hospice Project for many years. After almost 30 years at SF Zen Center, he retired to take his teaching into the world via the Everyday Zen Foundation.

Zen Hospice Project provides collaborative services that foster wisdom and compassionate service in end-of-life care, including volunteer caregiver support, community education and hospice care. www.zenhospice.org.

THE TAO & THE DHARMA, QIQONG RETREAT

Saturday, May 19, 10 am to 5 pm. With Franz Moeckl. In Qigong we experience our body as a lively pulsating field of energy, through slow, gentle movements in harmony with the breath. In Vipassana we see our thoughts and emotions as simple energetic structures. Sensing both body and mind, as a unified field of energy in constant motion and free of personal ownership, we enjoy a deeper connection with ourselves and all of life. We will learn simple movements for strengthening immunity, increasing vitality and well-being. Franz has practiced Qigong & Taiji for more than 25 years, is a longtime practitioner of Vipassana and teaches internationally.

BEGINNERS PRACTICE GROUP

2 Wednesdays, May 23 & 30, 7:30 to 9 pm. For those who have taken a beginning meditation class and would like further support in building their practice. There will be a short

sitting, teachings & discussion. For those practicing less than 6 months. With Susan Ezequelle and Jim Podolske.

INTRODUCTION TO MINDFULNESS MEDITATION RETREAT

Saturday, May 26, 9:30 am to 3:30 pm. With Andrea Fella. Introducing the basic practice of mindfulness, with direction in mindfulness of the breath, body, emotions, thoughts, walking and eating. There will sitting and walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

TAKING REFUGE: A RETREAT FOR PEOPLE OF COLOR

Saturday, June 2, 9:30 am to 5 pm. With Larry Yang and Gina Sharpe. Taking Refuge is one of the most beautiful aspects of Buddhist meditation practice. We take *Refuge* in the deep potential of each and every one of us for *Awakening*, in the *Teachings* of all things as they are and in the *Community* of like-minded practitioners. Often in an unconscious or insensitive environment, it is difficult to access this sense of safety to sink into the spiritual journey of seeing clearly our true nature. We will include guidance in sitting, walking and eating meditations with dharma talks and opportunities for group sharing. Open to all levels of meditation experience.

BUDDHA'S BIRTHDAY (VESAK)

Sunday, June 3 with Gil Fronsdal. We will be celebrating Vesak after our morning sitting. Children welcome. Families should arrive by 9:15 am. Bring flowers to decorate the pagoda. Gil will tell the children about the Buddha's birth and teach a simple chant to sing as we carry the pagoda into the meditation hall. The children will then participate in a brief ceremony with the adult sangha, prior to the dharma talk.

BUDDHISM AND THE 12 STEPS with Kevin Griffin.

5-week series ending with a one-day retreat combining meditation practices, interactive exercises, lecture and discussion, exploring the ways that Buddhism and the 12 Steps complement each other. You need not be in a 12 Step program nor have a background in meditation. Beginners welcome.

- 5 Wednesdays: June 6, 13, 20, 27 & July 11, 7 to 9 pm
- Saturday, July 14: 9:30 to 4:30 pm. Bring lunch.

Kevin has practiced Buddhist meditation since 1980, worked with the 12 Steps since 1985 and taught meditation since 1996.

NON-RESIDENTIAL RETREAT WITH SAYADAW U TEJANIYA

Saturday & Sunday, June 16 and 17. No pre-registration.

Saturday: 9 am to 4:30 pm. Lunch at 11 am.*

Sunday: 8:30 am to 4:30 pm. Lunch at 11 am.*

- 8:30 to 10 am – sitting & walking meditation
- 10 am Dharma Talk • 11 am Lunch*
- 1 to 4:30 pm: Afternoon retreat (schedule TBD)

IMC is privileged to host renowned Burmese meditation master Sayadaw U Tejaniya, who started practicing and studying *dhamma* when he was 13. He teaches Vipassana based on the Four Foundations of Mindfulness with an emphasis on the qualities of mind. His teaching style is particularly suited to Westerners. Contact Charlotte Wheeler charwheeler@gmail.com.

**Bring Lunch: Burmese monks eat only what is offered to them, eating their last daily meal before noon. You are welcome to bring food to offer.*

VISITING TEACHER—HEATHER MARTIN

June 21-July 12—Heather Martin will be our guest teacher leading all the regular scheduled events over this period including a daylong retreat on July 7. She has practiced meditation for over 30 years. Her early practice was under the guidance of S.N. Goenka, and has since been influenced by both Burmese and Thai streams of Theravada. She was trained by Jack Kornfield and teaches at Spirit Rock, in the Pacific Northwest, and in Canada.

ONE PIANO HEART SUTRA CONCERT

With Lewis Richmond. Friday, June 22, 7:30 to 9 pm. Zen teacher and musician Lew Richmond will give a combination performance, Buddhist lecture and meditation demonstration. Reprising his recent DVD *One Piano Heart Sutra*, he will play excerpts from Bach's Goldberg Variations as a way of evoking the Buddhist teachings on the nature of mind.

NON-DUALITY IN THERAVADA AND ZEN BUDDHISM

Saturday, June 23, 9 to 5 pm. With Ajahn Amaro and Joseph Bobrow Roshi. Teachers from the Thai Forest and Zen traditions explore the experience of non-duality in Buddhist practice and everyday life. A day of Dharma talks, meditation practice and dialogue. A Sati Center Event. To pre-register (preferred) www.sati.org or 415/646-0530.

DHARMA STUDY PROGRAM: ANAPANASATI

9 month program centered around the Friday Dharma Practice Days, beginning September 7. Focuses on the development of *Anapanasati*, Mindfulness of Breath. The Dharma Practice Days for this program will be on the following Fridays, from 9:30 am to 3:30 pm: 9/7, 10/12, 11/9; 2008: 1/25, 2/22, 3/28, 4/25, 5/30.

A WEEKEND OF DHARMA STUDY with Steve Armstrong

September 8 and 9. A Sati Center Event. To pre-register (preferred) www.sati.org or 415/646-0530.

BUDDHIST CHAPLAINCY TRAINING PROGRAM

One Friday a month from September 21 to July 2008 at IMC. With Jennifer Block, Gil Fronsdal, Paul Haller & a variety of guest teachers. The Sati Center is offering a year-long train-

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ing in Buddhist chaplaincy and spiritual care-giving, oriented to Buddhist practitioners with at least 4 years of committed practice. Its aim is to provide a strong foundation in Buddhist chaplaincy for volunteer chaplains, those working toward being professional chaplains, and those serving the pastoral needs of their local sanghas. For info www.sati.org or karuna@sati.org 415/646-0530.

SUTTA STUDY PROGRAM WITH GIL FRONSDAL

One Friday a month from October 5 to June 6, 2008. A 9 month course studying the *Majjhima Nikaya*, or Middle Length Discourses, one of the oldest records of the Buddha's original teachings. Taking the entire course is recommended. On the following Fridays, 9:30 am to 3:30 pm: 10/5, 11/2, 2008: 1/11, 2/1, 3/7, 4/4, 5/2, 6/6. A Sati Center Event. To pre-register (preferred) www.sati.org or 415/646-0530.

SUPPORT GROUPS FOR (A) THOSE EXPERIENCING LIFE-THREATENING ILLNESSES AND (B) CAREGIVERS

Wednesdays, 1:30 to 3 pm. Both groups include brief sittings with a primary focus in sharing personal challenges, triumphs, hopes and fears with individuals facing a similar circumstance. Before attending for the first time, contact Mick Bennett, 650/368-2518 hmbennett@sbcglobal.net.

DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our sangha. If you are interested in joining the Dharma Friends Steering Committee, please contact Anne Foster, afoster@rawbw.com, 650/591-1285.

- April 1, Sunday, 12-2:30pm. **Vegetarian Cooking** w/Surja Tjahaja. IMC. RSVP Di Tatro 650/595-4260 DiTatro@aol.com
- April 28, Saturday, 9:30am-12:30pm. **Feldenkrais Awareness through Movement Workshop**. Judy Windt, 650/328-4173 judy@judywindt.com. At IMC.
- April 29, Sunday. **Little Yosemite Hike**. Carpool from IMC 12:15 after potluck. 4 miles max, gentle elevation. Dwight Shackelford, zydeholic@yahoo.com 510/818-1784
- May 6, Sunday, 11:15am-12:30pm. **Dharma Friends Planning Meeting** for July - Sept. IMC conference room. Come join us! Anne Foster, afoster@rawbw.com 650/591-1285.
- May 19, Saturday, 6:30 - 9:30pm. **An Inconvenient Truth**—Viewing & discussion at IMC. Cindy Heyer cyn@coastside.net, 650/712-0231.
- June 1, Friday. **Dance the Dharma**. Join new & experienced dancers for ballroom dancing at the Starlite Dance Club, 1160 N. Fair Oaks Ave, S'vale. Beginning lessons 7:15-9pm, followed by

- dancing till midnight. John Spitzer johnd0420@comcast.net.
- June 24, Sunday 11am-1pm. **Blood Drive**—an opportunity to practice generosity. IMC parking lot. Contact Bill to reserve a time slot. Bill Roberts, Billyblacksmith@yahoo.com.
- June 30, Saturday. **Angel Island Hike**. 5 mi. mostly flat loop, with stops for scenic vistas, lunch & historical sites. 8:45am carpool departure from IMC. Bring lunch & money for ferry ride. Jim Podolske, James.R.Podolske@nasa.gov 650/968-6168.
- July 21, Saturday. **Docent Led Viewing of Condors** near Big Sur. Accessible (no hiking); pre-registration required, \$35/person. IMC carpool leaves 10am. Dick Scheibel, 650/328-0685

RECURRING DHARMA FRIENDS EVENTS:

- Once/Month, Sunday, 6:30-8:30pm. **North Bay Fiction Book Group**. Meet at member's home, usually Menlo Park. RSVP to Rainbow rainbowspirit@earthlink.net.
- April 13, May 11, June 8, Fridays 7-9pm. *The Engaged Spiritual Life* book discussion. IMC. Marianna Tubman, taraihito@yahoo.com.
- Once/Month, Sundays, 5:30-7:30pm. **South Bay Book Group**. Explore our Buddhist views discussing books such as *The History Of Love, My Sisters Keeper & Enders Game*. Karen Brown karenb@sbcglobal.net.
- Once/Month, Sundays 4/15, 5/20 at IMC. 6/17 location TBD. 11:15am-12:15pm. **Cohousing Study Group**. Explore cohousing, a lifestyle integrating sangha, householder practice and affordable housing. Cheryl Hylton cjhylton@earthlink.net.

RELATED SITTING GROUPS

COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7:30 to 9 pm. For information and location, www.coastsidevipassana.org.

INSIGHT MEDITATION SOUTH BAY with Shaila Catherine

2094 Grant Rd., Mtn View. **Weekly Sitting and Talk**—Tuesdays, 7:30 to 9 pm. email: doug.forehand@sun.com web: www.imsb.org.

LGBT SITTING AND DISCUSSION GROUP — PALO ALTO

Once a month, Saturdays, 10:30am-1pm. Meets at members' home. For date & location: Drew Oman drewoman@gmail.com.

OAKLAND DROP-IN MEDITATION GROUP

Mondays. Instruction 5:15pm; meditation/discussion 5:30-6:30 pm. Unitarian Church, 14th/Castro. Rebecca Dixon 510/482-2032.

SAN JOSE SANGHA

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

- **Wednesday Evening Sitting & Teaching**, 7:30 to 9 pm
- **Beginning Meditation**: 1st Wednesday of month 6:15 to 7:15pm
- Saturday, April 7, **Daylong Retreat**, 9am to 2:30pm