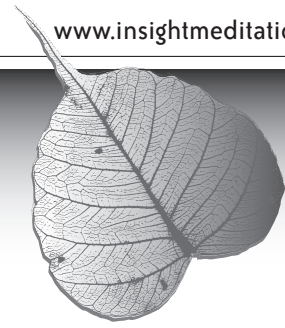


Insight



JULY, AUGUST, SEPTEMBER 2008

VOLUME 11, NUMBER 3

The Hindrance of Restlessness & Worry

To concentrate and see clearly, we must overcome restlessness and worry, the fourth of the five hindrances. The wise way to overcome hindrances is to understand them well, rather than getting rid of them quickly. Investigating them is a bit like learning to farm instead of accepting food. Investigation may take time, but what is learned will support us for a long time.

The Buddhist word translated as “restlessness” is *uddhacca*, meaning to shake. It is a state of agitation and over-excitement. Some people live restless lives. Constant activity can channel the restlessness at the expense of neither confronting it nor settling it. Because restlessness is uncomfortable, it can be difficult to pay attention to. Paradoxically, restlessness is itself sometimes a symptom of not being able to be present for discomfort. Patience, discipline, and courage are needed to sit still and face it.

When physical, restlessness may appear as compulsive energy bouncing throughout the body. We can’t get comfortable. There may be incessant impulses to fidget or even to bolt. It can also appear as shakiness or agitated vulnerability, as when we have had too much caffeine.

When mental, restlessness can manifest as scattered or persistent thinking. It is present whenever we are caught in distraction. There may be an inability to focus – the mind recoils from being directed anywhere, or it jumps from one thing to the next, incapable of settling. This is sometimes called monkey mind. As a swinging monkey grasps one branch and immediately reaches for the next, so the restless mind focuses on one thing and immediately reaches out for the next, never satisfied with anything.

During deep meditation, restlessness can manifest as excitement about states of peace. Many meditators have been pulled out of such states by their amazement in experiencing the stillness. When the mind is quiet, restlessness can be as subtle as thinking, “I am not thinking anything.” It can be triggered during deep calm, when breathing seems to stop or when perception of the body ceases. Even more subtly, restlessness is present whenever there is the slightest clinging or pride in such states of calm.

Worry, or *kukkucca*, is the other half of the fourth hindrance. Classically it is explained as the agitated feelings of regret for what one has done or not done in the past. Nowadays it seems useful to expand the meaning to include the broader concept of “worry.” Concern over imagined futures can cause much worry. And people may carry a disquieting self-concept, giving rise to agitation over “who they think they are.” There can be anxiety that one’s

self-image will be threatened. Many people can feel shame or guilt without any reason.

Strong regret and worry hinder being quiet and focused during meditation. Occasionally they can be powerful enough that meditation is counter-indicated. For example, with some regrets it might be necessary to make amends before doing meditation. Or when worry is overwhelming, psychotherapy may be more useful.

Usually, however, restlessness and worry can be worked through in meditation. Simply being mindful is a big step. Having a hindrance is like wandering through a maze staring at the ground. Being mindful is like standing above the maze to get an overview. Without eliminating a hindrance, mindfulness gives us better perspective of what is happening.

To be mindful of restlessness, it is useful to feel it physically. If there is a lot of energy coursing through the body, imagine the body as a wide container where the energy is allowed to bounce around like a ping pong ball. Accepting it like this can take away the extra agitation of fighting the restlessness. Sitting still with the restlessness often allows it to settle down on its own.

Because the settling can take a while, patience is needed. Sometimes the mind will marshal myriad arguments to convince you to act on some restless impulse. During meditation it is important not to give in to irrational compulsions, such as the notion that it is important to defrost the freezer immediately.

Once we have studied restlessness and worry, it is useful to notice when it is not present. Physically, emotionally, and mentally, what is the felt sense of being, at least temporarily, free of restlessness? The knowledge of what it is like to be still, calm, or peaceful

Continued inside

IMC RENOVATION AND CLOSURE

During the renovation work in July and August IMC will be cancelling some of our events. See Schedule for details.

IMC COMMUNITY MEETING

Wednesday, June 25, 7:30 to 9pm. See Schedule for details.

JOSEPH GOLDSTEIN BENEFIT

In Palo Alto on the evening of July 27, Vipassana teacher Joseph Goldstein will speak at a benefit for IMSB and IMC.

SANGHA PROGRAMS & NEWS

LESSONS & INSIGHTS FROM 'THE DHARMA OF SERVICE'

The first year of IMC's Dharma of Service program, created to support and inspire our community of volunteers, closed with a special bowing ceremony led by Gil, followed by a celebration party for our volunteers. During the course of the program, many pointed to service as the spontaneous expression of gratitude for the Dharma and for the power it has to transform our lives. Several noted that service feels more like "being involved" with our community than "volunteering," and that spiritual friendship is essential for our development as practitioners. The greatest challenges of our practice were identified as right speech and dealing with conflict mindfully; yet both reveal powerful opportunities for spiritual growth. And amidst our service, we must find balance so we do not overcommit to the point of feeling taxed or resentful. These insights led to appreciation and gratitude for Gil in his role as teacher and supporter of the sangha at IMC.

—Susan Ezequelle

JOSEPH GOLDSTEIN BENEFIT

Renowned Buddhist teacher Joseph Goldstein will be offering an evening of Dharma discussion, based on a question-and-answer format. Co-sponsored by IMC and Insight Meditation South Bay (IMSB), the event will be at Unity Church in Palo Alto at 3391 Middlefield Road on July 27 from 7:30 to 9 pm. All are invited to bring their dharma questions for Joseph.

This evening benefit will launch the formation of Karuna Programs for IMC and IMSB that will support a variety of local and global service projects. Through this event, IMC will support the Community Partnership for Mindfulness in Education, which offers mindfulness programs for students and teachers in public schools. IMSB will support the Prajna Vihara School in Bodh Gaya, India, which serves more than 500 children in extreme poverty and is currently raising funds to build a vocational training center. While the event itself is free of charge, all donations to the Karuna Programs are greatly appreciated.

Joseph Goldstein is the co-founder and guiding teacher of IMS (Insight Meditation Society) in Barre, Mass., and the guiding teacher for The Forest Refuge in Barre, a center for long-term meditation practice. He has taught Vipassana and Metta retreats worldwide for 30 years. In 1989, he helped establish the Barre Center for Buddhist Studies. He is the author of numerous books including The Experience of Insight and A Heart Full of Peace.

KARUNA PROGRAM: *When the World is Our Meditation Cushion*

The Karuna Program is IMC's new vehicle for offering compassionate support to our wider community. Responding to the suffering of the world and supporting the well-being of others are natural expressions of Buddhist practice. In establishing this program, we are inspired in realizing that when people join together, their collective response can be much more effective than many individual efforts.

An important activity of the Karuna Program is raising money for organizations our IMC community wants to support. Usually these are non-profits we personally know. In the past, IMC has hosted fund-raising benefits for many groups including The Foundation for the People of Burma, the Zen Hospice Project, and Brahmavihara (Beth Goldring's chaplaincy program in Cambodia). It is our hope that the Karuna Program will put on one or two benefits per year. The Karuna Program will also coordinate and support outreach projects to help the homeless and hungry in our extended community, and is currently exploring ways we can assist.

2007 FINANCIAL SUMMARY

The operation and maintenance of our building and programs are all funded by donations. All basic services are freely offered by volunteers. Here is a brief overview of how the received funds were used in 2007.

Dana received (excluding Year End Fund Drive) \$ 98,010

Use of Funds

General Operations	\$ 59,780
Newsletter Expenses	8,919
Building Operations	8,490
Reserve for Retreats & Renovation	20,821
	\$ 98,010

Retreat Fund Donations

Retreat Expenses	\$43,008
	\$45,457
	-\$ 2,449

The IMC Year-End Fund Drive brought in \$73,565. This year it will be used for the upcoming renovation of our center and for our residential retreats. Thank you for your continuing generosity. All donations to IMC are fully tax deductible.

THE ISSUE AT HAND: *For Sale, Still Free, & in French!*

In 2001, IMC published *The Issue at Hand*, a book of Gil Fronsdal's essays and edited talks, as a gift to the community. Since then, IMC has printed and given away over 14,000 books. We have received numerous responses of heartfelt appreciation from readers worldwide. Recently it's become significantly more expensive and complex to ship the books abroad. So, with some hesitation, we are now making it available for sale, both as a paperback and as a Kindle book (digital) on Amazon. We will still continue to send the book out freely to anyone who asks, and it's also available freely as a PDF on our website.

Finally, we are happy to announce that a French translation of *The Issue at Hand* is now available on our website. We'd like to express our deep appreciation to the translator, Philippe Daniel, for his dedication to this project, and to sangha members Claudine Latombe and Mikael Bourges-Sevenier for their contributions. <http://insightmeditationcenter.org/imc-iah.html>.

WHAT DO MANAGERS DO?

Did you know that we hold about 30 events per month at IMC, and almost every one requires an Event Manager? In fact, having a manager for an event is a prerequisite for it to take place. These dedicated volunteers play the part of a host or hostess, making sure that guests are comfortable.

Duties include: Handling the logistics of the room and building (unlocking/locking, chairs, bathrooms); taking care of the speaker (providing a glass of water, zafus, bell); managing the timing and flow (ringing the bell to encourage folks to settle in, ending the meditation, introducing the speaker); and handling the dana (labeling the boxes, depositing it in a safe afterward). A detailed job description is available. Very often, kind friends will step in to help.

We have a list of about 60 people who have been trained to manage. Some are regulars and commit to one day per week, while others serve as their schedules allow or provide back-up help. We greatly appreciate their service. Next time you come to IMC, please help the manager by setting up chairs, checking the bathrooms, or just doing whatever needs to be done. And in time, you might volunteer to be a manager yourself! If interested, imc.volunteerdirector@gmail.com.

WORDS FROM A VOLUNTEER

I've been volunteering at IMC since November 2006 in a variety of roles, including recording and editing talks, handling IMC's email, serving as retreat registrar and vice-president of IMC's board, and performing simple temple cleaning jobs. Each role has its challenges and rewards, but most importantly, each role provides an opportunity to practice different aspects of the Buddha's teachings. In all cases, it is my deep gratitude for IMC that underlies my volunteering.

Some practices emerge as relevant to many roles, such as patience, concise speech, careful listening, lovingkindness, compassion, and holding the task lightly. There are also specific practices like paying attention to the changing nature of sound as an Audio Dharma volunteer, or cultivating commitment as a board member (it's a 90-mile commute each way). And in taking on such diverse roles, the question, "Who is volunteering?" is a great koan to work with to help let go of "I, me, mine."

Some of my most joyful experiences in volunteering have come through temple cleaning. After morning meditation, gratitude and joy naturally arise in applying mindfulness to a simple task. These jobs also remind me of the interconnectedness of our contributions to keep IMC running. Without volunteers filling the variety of jobs from cleaning toilets to scheduling teachers, we wouldn't have a place to practice and hear the teachings. I look forward to adding the role of new board president to the many ways I volunteer for IMC.

—Lori Wong

Restlessness and Worry, *cont'd. from front page*

is very nourishing. It can dissuade us from believing restless thoughts, and it can give us an appreciation of healthy alternatives to being caught in a hindrance.

The classic Buddhist instruction for restlessness and worry includes noticing what triggered it. This includes looking back over what might have been the cause and condition. By understanding an ongoing cause, we may be able to remove the cause. We can wisely avoid activities that bring restlessness or regret.

Frustrated desire and pent-up aversion are common causes of agitation. Fear and resentment are others. Dissatisfaction is a cause that can keep the mind restless with searching. Trying too hard in meditation can also stir up the mind. When any of these are primary, it can be more useful to be mindful of them than the restlessness. Ignoring the causes can keep us skimming the surface; being mindful of the underlying causes can help with the settling.

Once we have a better understanding of restlessness and worry, it is important to learn how to prevent them from arising and how to let go of them when they are occurring. For instance, it is important to have enough exercise, sleep, and good nutrition because their lack can cause restlessness. It is also important to live one's life ethically, so that our behavior and speech do not give us cause to be agitated. This is using our intelligence to become skilled in working through these challenges. Developing confidence in such skill can weaken the power of restlessness.

Learning to breathe through restlessness is a great skill. Breathing consciously with the whole body, or focusing on the ongoing rhythm of breathing in and out, can calm the body. The more attention given to breathing, the less is available to fuel the restlessness or worry. Paying attention that we aren't holding or constricting the breathing can be helpful.

When physical pain is triggering restlessness, it is important to address the pain. When appropriate and possible, try to alleviate the pain. When the pain can't be alleviated or when we see the opportunity inherent in meditating with it, then learning to separate the pain from our reaction is the first step to settling the restlessness.

When thinking is a big part of restlessness, it can be useful to relax the "thinking muscle," softening any tension or pressure associated with thinking. There may be strain in the eyes or tightness in the forehead, jaws, shoulders, or stomach that can be slowly released on a series of successive out breaths.

One of the more profound skills for working through restlessness and worry is to let go of the beliefs that keep them going. Strong opinions about what is or is not supposed to be happening incite the mind; judgments of good and bad seldom lead to calm. Attachment to a self-image also tends to be agitating. It can be liberating to realize that we don't have to believe every thought we have.

We live in a restless age. While we might be overcoming restlessness for our own benefit, it is also helpful to the people around us. Hopefully we can all support each other in being nourished by a heart deeply at rest in itself.

—Gil Fronsdal

Insight Meditation Center

108 Birch Street

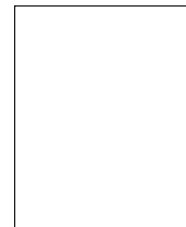
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: info@insightmeditationcenter.org

650/599-3456

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Many Thanks to ABC

For many years, IMC has had the good fortune of having our newsletter and year-end fundraising letter printed and mailed by sangha member Kim McLaughlin at American Business Communications. Through the generosity of ABC much of the cost was either donated or offered to us at below market rates. We have been deeply appreciative and grateful for the wonderful relationship we have had with ABC. We wish Kim well as she is now retiring from the business.



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.

RETREAT CENTER - EXPANDED PARAMETERS

We are still actively seeking property for a Residential Retreat Center in the area. Due to limited options nearby, we have extended our search area to include properties in a 35-minute radius from IMC, with a minimum of 1 acre. We're looking either for bare land or property with buildings on it. Building a Retreat Center brings up a number of challenges in receiving approval, so properties that are already either schools, churches, nursing homes, non-profits or camps, are a real plus. Please contact Carol Collins ccollinsc@verizon.net, 408/354-5893.

PETTY CASH REIMBURSEMENTS FOR VOLUNTEERS

If you incur small expenses as part of your volunteer duties at IMC, please contact Cate Beauheim or Cheryl Hylton for instructions on reimbursement.

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 Kim Allen, imc.newsletter@gmail.com 408/998-5491.

SCHEDULE OF EVENTS

July thru September 2008

RENOVATION SCHEDULE

The long-awaited next phase of IMC renovation will begin on Monday July 21st and will hopefully be completed in approximately a month. We apologize for any inconvenience and mess during this period. We will still meet on Sundays and Mondays, except for 7/27 and 7/28. Please be extra mindful as parts of the building may be off limits; we may even need to use different entrances at times. We will keep you updated through Insight-Announce and signage. The wheelchair ramp is being moved, and will not be accessible for much of this period. For the status of wheelchair access and other questions, contact Ines at inesfreed@gmail.com. Please note the following cancellations:

Monday 7/21 and Sunday & Monday 7/27-7/28: Closed

Wednesdays: Closed 7/23-8/31

Thursdays: Closed 7/24, 7/31, 8/7 and 8/14

Dharma Rocks! cancelled 8/10

Support groups: cancelled from 7/21-8/31

WEEKLY MEDITATION & TALKS

MONDAY EVENING SITTING AND TALK—*Cancelled 7/28 only*
7:30 to 9pm. A 45-minute sitting and a 45-minute dharma talk.

WEDNESDAY MORNING HALF-DAY RETREAT—*Cancelled 7/23 to 8/27*

9:30am to 12:15pm. Sitting and walking meditation, led by Gil Fronsda1 or guest teachers. Bring lunch, informal discussion afterwards. You may attend any part of the morning.

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

THURSDAY EVENING SITTING AND TALK—*Cancelled 7/24 to 8/14*
7:30 to 9pm. Especially suited for new meditators. A 30-minute sitting is followed by a talk and time for questions.

SUNDAY MORNING SITTINGS AND TALK—*Cancelled 7/27*

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

Vegetarian Potluck Brunch — Last Sunday each month at 11am.
All welcome. Contact Di or Dave Tat1o 650/595-4260.

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

- Every Thursday evening 6:15 to 7:15pm, prior to the 7:30pm sitting and talk.
- 1st Monday evening each month, except August 2008, 6:15 to 7:15pm, prior to the 7:30pm sitting and talk.
- 1st Thursday morning each month, 10:30 to 11:30am—*Cancelled August 7th*

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 Tuesday Mornings: June 10 - July 8, 9:30 to 11am, with Andrea Fella
- 5 Tuesday Evenings: June 10 - July 8, 7:30 to 9pm, with Andrea Fella
- 5 Sunday Evenings: September 7 – October 5, 7:30 to 8:45pm, with Ines Freedman
- 6 Wednesday Evenings: October 1 - November 5, 7:30 to 9pm, with Gil Fronsda1

ONLINE COURSE: INTRODUCTION TO MINDFULNESS MEDITATION

By Gil Fronsda1 and Ines Freedman. July 14 – September 1, 2008
This course, based on Gil's *Introduction to Mindfulness Meditation* series, is now full, but may be audited: You'll have access to all the material, but e-mail support will not be available. To audit the course, please join this Google Group:
<http://groups.google.com/group/audiodharmacourse>.

NON- RESIDENTIAL RETREATS

WEDNESDAY HALF-DAY RETREATS—*No meetings 7/23 to 8/14*
9:30am to 12:15pm. Sitting and walking meditation, led by Gil Fronsda1 or guest teachers.

MONDAY HALF-DAY RETREATS WITH ANDREA FELLA

6/23, 7/14 & 9/15—9:30am to 12:15pm. See 'Wednesday Half-Day Retreats' above.

ONE-DAY MEDITATION RETREATS

- Saturday, August 15, 9:30am to 3:30pm, **Metta Retreat** with Andrea Fella
- Saturday, September 20, 9am to 4:30pm, **Householder Retreat** with Andrea Fella
- Saturday, October 11, 9am to 4:30pm with Gil Fronsda1
- Saturday, November 15, 9am to 4:30pm with Gil Fronsda1

IMC RESIDENTIAL RETREATS

- July 2 - 6 with Andrea Fella and Pam Weiss. Jikoji Center, Los Gatos. Rainbow, rainbowspirit@earthlink.net.
- August 15 - 17 with Andrea Fella and Richard Shankman. Jikoji Center, Los Gatos. Bill Kostura, saddhadhamma@gmail.com.
- September 14 - 28 with Gil Fronsda1. Hidden Villa, Los Altos. Laura Crabb, auracrabb2@earthlink.net, 408/380-3002, X80. Waiting List. For senior practitioners.
- October 19 - 26 with Gil Fronsda1 and Steve Armstrong at Hidden Villa in Los Altos. Registration opens 6/19/08. Pat White, pewwhite@stanford.edu, 650/462-1834.

OTHER RETREATS WITH GIL FRONSDAL

- August 8 - 17, Vipassana retreat at Vajrapani above Santa Cruz, with Gil Fronsdal, John Travis, and Mary Grace Orr.
- December 10 - 14, Insight Meditation Retreat at Spirit Rock, with Gil Fronsdal, Mary Orr and Howard Cohn
- December 26 – January 3, New Years' Retreat at Spirit Rock with Gil Fronsdal, John Travis, Sharda Rogell, Adrienne Ross and Janice Clarfield (yoga)

Spirit Rock Retreats See www.spiritrock.org for info.

- August 24 - 29 **No Difference: Compassion and Freedom** with Gil Fronsdal, at Tassajara Zen Monastery in the Big Sur Mountains. Call Tassajara reservations, 415/865-1899 or www.sfzc.org (reserve early).

YOGA

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

MONDAY EVENING YOGA—Cancelled 7/27

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

THURSDAY MORNING YOGA AND SITTING MEDITATION

8 to 10:15am. —Cancelled 7/23 to 8/14

SATURDAY YOGA AND MEDITATION

September 27, 9am to 12:30pm

YOUTH AND PARENTS FAMILY PROGRAM

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

Second Sunday of the Month, 5:15 to 7:15pm. Includes fun, interactive, community building games & crafts, pizza, and a half-hour of practice and dharma. Lorraine Desser Schulze, 650/773-4167—Cancelled 8/10.

NEW TEEN PROGRAM AT IMC/DHARMA TEENS

First Sunday of every month, 5 to 7pm—*No meeting in August*

Created and designed for teens, ages 13 to 17. A safe and fun space where teens can learn to apply mindfulness to support self-discovery, empowerment, and fulfillment. Intended to be a trusting environment where teens can discuss among themselves and adult facilitators, important issues in their lives. Program includes activities to stimulate curiosity, awareness and discovery, a short meditation, and sharing within a trusted space designed and agreed upon within the group. Pizza provided*

Adult Facilitators: Mary Hofstedt – Youth Development Program Manager and Alicia McLucas, CPCC – Certified Professional Life Coach

**Please RSVP for food headcount and materials to Alicia McLucas, amclucas@pacbell.net, 650/361-8800*

COMING-OF-AGE PROGRAM

As part of IMC's growing set of offerings for children and families, a group of parents is working with Gil to explore the possibility of starting a Coming-of-Age program for preteen youth. We envision

small, single-sex groups led by experienced dharma teachers, meeting regularly to explore issues around growing up. It is our hope that these groups will support young people as they transition from childhood to adolescence, laying the foundation for positive experiences in high school and beyond. More information will be forthcoming as the program develops; we invite interested parents to contact us. Please provide your children's names, ages, and genders, and your contact information. Lauren Silver, silverlauren@gmail.com.

SPECIAL EVENTS

COMMUNITY MEETING: PLEASE SHARE YOUR IDEAS

Wednesday, June 25, 7:30 to 9pm. This meeting is an opportunity for the entire IMC community to exchange ideas. Inspiration grew from the Dharma of Volunteering program, in which IMC's volunteers engaged in such a dialogue. Gil has invited board participation in this community meeting to represent IMC. Susan Ezequelle will assist. We look forward to seeing you there.

FULL MOON GATHERING FOR WOMEN

Friday, June 20, July 18 and September 26, 7 to 9 pm.

Meditation and dharma teachings with local teachers, sharing and creativity. RSVP Nicole Cherok at drncherok@gmail.com.

POLISHING THE MIRROR: RELATIONSHIPS AS PRACTICE

With Donald Rothberg and Larry Yang. July 19, 9 to 4:30pm
What helps us to take our relationships—with friends, at work, in our communities, with our partners—as spiritual practice? How do we cultivate the qualities of mindfulness, wisdom, compassion, and skillful action in the midst of interaction? We will explore how our relationships can nourish our awakening. Along with periods of silent practice, we will introduce a number of relational practices that participants can take home, involving speech; mindfulness of self, other, and the relationship itself; working with interpersonal challenges; and community.

Donald Rothberg, a member of the Spirit Rock Teachers Council and the faculty at Saybrook Graduate School in San Francisco, writes and teaches on meditation, daily life practice, and socially engaged Buddhism. He directs a two-year Spirit Rock program called "The Path of Engagement" and is the author of The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World.

Larry Yang is trained as a psychotherapist, consults in cultural diversity, and has been developing contemplative approaches to exploring multiculturalism and oppression. Larry is a teacher and leader in the East Bay Meditation Center in Oakland. He is in teacher-training with Jack Kornfield, and has practiced extensively in southeast Asia.

A BENEFIT EVENING WITH JOSEPH GOLDSTEIN

Sunday, July 27, 7:30 to 9pm, at Unity Church in Palo Alto.

Joseph Goldstein will be offering an evening of Dharma discussion, based on a question-and-answer format. All are invited to bring their dharma questions for Joseph. This evening benefits the newly-formed Karuna Programs for IMSB and IMC.

See Sangha Programs & News for more information.

SCHEDULE pg. 3

METTA RETREAT WITH ANDREA FELLA

Saturday, August 23, 9am to 4:30pm

A daylong retreat of metta or lovingkindness meditation.

HOUSEHOLDER RETREAT: AN INTEGRATED PRACTICE RETREAT

Sunday to Saturday, September 14 – 20, with Andrea Fella

Integrating practice into our daily lives can be difficult. Many of us need support for this aspect of practice. We will integrate formal practice and Dharma discussion with daily life by surrounding our usual workweek and workdays with practice & discussion. Half-day retreat with instructions and discussion on Sunday, ending with a daylong retreat on the following Saturday. During the week we will meet each morning and evening to inspire, encourage and support our daily life practice. You may participate in any part of the program.

- Sunday 9/14—1:30 to 5pm
- Monday-Friday 9/15-9/19, mornings—7:30 to 9am
- Monday-Friday 9/15-9/19, evenings—7:30 to 9pm
- Saturday 9/20—9am to 4:30 pm, Daylong Retreat

YOGA AND MEDITATION

With Terry Lesser, September 27, 9am to 12:30pm

DHARMA PRACTICE SERIES

The Five Hindrances with Gil Fronsdal

2008: Oct 10, Nov 7, Dec 19; 2009: Jan 23, Feb 27, April 3, May 1, June 5. 9:30am to 3:30pm. Rather than allowing hindrances to remain as obstacles it is important to learn how to transform them into stepping stones to greater mindfulness, concentration and wisdom. Each of these Dharma Practice days will focus on one of the hindrances through teachings, meditation, and discussion. For those participating in the entire series, Ines Freedman will be available for additional support through practice discussions/interviews. Everyone is welcome.

THE WHOLE WORLD IN OUR HANDS: BUDDHIST CHAPLAINCY AS BUDDHIST PRACTICE

A Benefit for Beth Goldring's Brahmvihara/Cambodia Aids Project with Beth Goldring and Gil Fronsdal

Sunday, September 7, 11am to 12:30pm

A discussion on service and chaplaincy as a forms of Buddhist practice. There will be an update on Brahmvihara, the small Buddhist organization founded by Beth Goldring, providing chaplaincy and social work services to Cambodian AIDS patients too poor to access traditional resources.

(www.brahmvihara.cambodiaaidsproject.org)

Presented by IMC's Karuna Program.

SATI CENTER

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

WEEKEND PROGRAM WITH BHANTE GUNARATANA

Saturday July 12, Discourse on the Four Foundations of Mindfulness, and Sunday July 13, *The Dhammapada*. Bhante Henepola Gunaratana is the founding abbot of the Bhavana Society. Born in Sri Lanka, he has been a monk since age 12 and took full ordination at age 20 in 1947. He came to the United States in 1968. Bhante G has written a number of books, including *Mindfulness In Plain English* and *Eight Mindful Steps to Happiness*. As Chief Sangha Nayaka Thera for North America, he is the highest-ranking monk of his sect in the US and Canada. Bhante G writes articles, leads retreats, and teaches worldwide.

RADICAL DHARMA—*The Buddha's Teachings on Views and Desire* from the *Atthaka Vagga* with Andrea Fella. Saturday, September 13, 9am to 4:30.

BUDDHIST CHAPLAINCY TRAINING PROGRAM

One Friday a month at IMC. 2008: Sep 19, Oct 17, Nov 14, Dec 5; 2009: Jan 16, Feb 13, Mar 13, Apr 17, May 15, Jun 19 and Jul 17. Taught by Jennifer Block, Gil Fronsdal, Paul Haller and guest teachers. A year-long training in Buddhist chaplaincy and spiritual care giving, oriented to Buddhist practitioners with at least four 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. Contact karuna@sati.org.

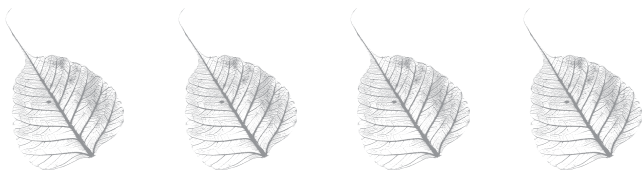
RESTING IN EMPTINESS—*The Evolution and Transcendence of the Self*

with Rick Hanson, Ph.D. and Rick Mendius, MD
Saturday, October 4, 9am to 5pm. "Me, myself, and I" – the most personal subject of all, but most mysterious. This experiential workshop—led by a psychologist and a neurologist—will use modern sciences of evolution and the brain to explore the teachings of the Buddha that the apparent self both brings suffering and is "empty" of independent existence. We will cover:

- The circuits of awareness and self-ing in the brain
 - Non-dual perspectives on the oneness of self and world
 - Brain-savvy ways to relax the sense of self, take things less personally, feel more at peace with the world, and rest in the spacious awareness in which self activates and then disperses.
- No background in meditation or brain science is necessary.

SUTTA STUDY PROGRAM WITH GIL FRONSDAL

One Friday a month from September 12 to June 19, 2009. A ten 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. Fridays, 9:30 am to 3:30 pm. 2008: 9/12, 10/3, 10/31, 11/21; 2009: 1/9, 2/6, 2/28, 4/24, 5/29, 6/12.



SUPPORT GROUPS

(A) THOSE EXPERIENCING LIFE-THREATENING ILLNESSES

Wednesdays, 1:30 to 3pm

(B) THOSE EXPERIENCING CHRONIC HEALTH CHALLENGES

Wednesdays, 3:30 to 5pm

(C) CAREGIVERS

Mondays, 6 to 7:15pm (except 1st Monday of month)

Meetings of all three groups will include brief sittings and consideration of pertinent Dharma topics, but the primary purpose of each group will be to provide each participant an opportunity to share personal challenges, triumphs, hopes, and fears with individuals facing a similar situation. Before attending any group for the first time, please contact that group's facilitator: (A & B) Mick Bennett at 650/368-2518 or hmbennett@sbcglobal.net; (C) Rob Rossel at 650/559-1562 or rosselrob@aol.com.

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

- **Dharma Friends Steering Committee Planning Meeting**—Aug 10, Sunday, 11:15am to 12:3pm. Plan events for Oct thru Dec 2008. IMC conference room. Anne Foster afoster@rawbw.com 650/591-1285.
- **Vegetarian Cooking** with Surja Tjahaja—July 20, Sept 21, Sunday, 12 to 3pm. IMC. RSVP Surja plmn4@aol.com.
- **Asian Market Tour** with Surja Tjahaja—Aug 9, 1 to 4 pm. IMC. RSVP Surja plmn4@aol.com.
- **A Year To Live: How to Live This Year As If It Were Your Last** by Stephen Levine will be the subject of IMC's Dharma-inspired Book Group from July 2008 through June 2009. It is a book of renewal— not simply about dying but about the restoration of the heart that occurs when we confront our life and death with mercy and awareness. Group practices will provide a year-long experiment in healing, joy, and revitalization. Discussion will be facilitated by long-time Vipassana practitioner and therapist, Jeff Hylton, LCSW, who has 25 years of experience in leading groups and recent personal experience with a sudden onset, life-threatening illness. The group will meet on First Friday evenings from 5:30pm to 7pm: 2008—7/11, 8/1, 9/5, 10/3, 11/7, 12/5. 2009—1/9, 2/6, 3/6, 4/3, 5/1, 6/5. (Note exceptions)

RECURRING EVENTS

- **North Bay Fiction Book Group**—Once/Month, Sundays, 6:30-8:30 pm. Meet at various members' homes. For details contact Rainbow rainbowspirit@earthlink.net.

- **Dharma-Inspired Book Group**—1st Fridays, 5:30 to 7pm. *A Year To Live: How to Live This Year as if it were Your Last* by Stephen Levine. Jeff Hylton, cjhylton@earthlink.net.
- **Dharma Friend's Brunch**—1st Sundays. Meet at IMC by the kitchen at 11:15am to choose a local restaurant for brunch. Dwight Shackelford zydeholic@yahoo.com.
- **Cinema Sanity**—Occasional Weekend evenings. Know of a movie with a Dharma message you'd like to see with some dharma friends? Jim Podolske James.R.Podolske@nasa.gov 650/968-6168.
- **Speak Spanish**—New group for chatting in Spanish, some knowledge required. Time, place TBD. Audrey at guerin.audrey@gmail.com or 650/574-4053.

RELATED SITTING GROUPS

COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7 to 8:30pm. For information and location, www.coastsidevipassana.org

INSIGHT MEDITATION SOUTH BAY WITH SHAILA CATHERINE

2094 Grant Rd., Mtn View. Weekly Sitting & Talk—Tuesdays, 7:30 to 9pm. www.imsb.org, e-mail: doug.forehand@sun.com.

LGBT SITTING AND DISCUSSION GROUP — PALO ALTO

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

OAKLAND DROP-IN MEDITATION GROUP

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

SAN JOSE SANGHA

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

- Wednesday Evening Sitting & Teaching, 7:30 to 9pm
- Saturday, July 12, 9am to 2:30pm, with the First Christian Church of San Jose at the meeting house.
- Half-day retreat August 16, 9:30am to 12:15pm
- 6 Mondays, Sept 8 - Oct 13, 7:30 to 9pm. Intro to Meditation & Basic Buddhist Principles
- Saturday, October 11, 9am to 2:30pm Daylong Retreat (Part of Intro class)
- 6 Wednesdays, October 1 - 29, 6 to 7:15pm. Meditation & Psychotherapy experiential group. Suggested reading: *Emotional Alchemy* by Tara Bennett-Goleman. Please plan to attend all 5 sessions.

PALO ALTO DROP-IN MINDFULNESS GROUP

Wednesdays 2 to 3pm, at Avenidas (Garden Room), 450 Bryant St., Palo Alto. Contact Julie Forbes 650/323-2601.