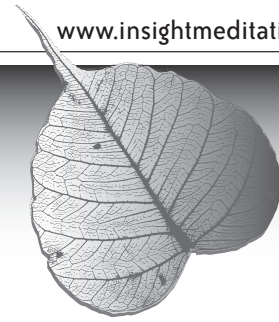


# Insight



OCTOBER, NOVEMBER, DECEMBER 2007

VOLUME 10, NUMBER 4

## The Hindrance of Ill Will

The first two of the five hindrances are sensual desire and ill will. They are paired in that they are opposite compulsive desires. The first wants something; the second does not want something. Both are mental forces that obstruct our ability to remain mindful and free. It is hard to be calm and settled when we are in their grip. When strong, they obscure our ability to see clearly and choose wisely.

These hindrances relate to an interesting topic: Where do we put our attention? Why does the mind sometimes fixate its attention on what we want or don't want? Rather than allowing this mental activity to continue unchecked, mindfulness examines this impulse to preoccupation. Through sufficient investigation, understanding, and non-reactivity the hindrances can lose their power to hinder us or take control of our attention. With enough insight, we can even become free of them.

Ill will, or *vyapada* in the Buddha's language, is the desire to strike out at something. It is motivated by hostility. It manifests as wanting to hurt, attack, push away or turn away from something. It can operate in a range from the subtlest inclinations of mind to the grossest behavior. It is common to call this hindrance "aversion," which is a reasonable translation, for this word mostly means a strong dislike. However, there are healthy forms of averting that are not motivated by hostility. It can be a kindness to turn away from something that is causing pain.

Being caught up in ill will is itself painful. It constricts the mind and heart. Our viewpoint can become narrow and hostile. Ill will can predispose us to focus on whatever is undesirable or going wrong. We become more reactive and are more likely to act impulsively. For some people, the discomfort that comes from having ill will is fuel to keep it going; aversion to aversion perpetuates aversion.

In extreme forms, this hindrance can lead to a very alienated life. People can feel isolated, having difficulty connecting to others. Aversion can be self-fulfilling; when people feel our ill will toward them, they are more likely to act in ways that give us further reason to have aversion toward them.

Aversion, together with desire, is the "caffeine of the soul." Some people depend on these for their energy, motivation, and even enthusiasm for life. Without either, life can feel flat, boring, lonely, or, at times, frightening. There are people who depend on

ill will because it can be an easy way of creating companionship or community with people who share in the same hostility. As with giving up coffee, some people go through a "withdrawal" phase when they stop giving in to these hindrances.

One of the tasks in meditation is to become very familiar with the hindrances. Rather than rush to get rid of them, it can be helpful to take the time to understand them well. In the case of ill will, this means we have to be willing to shift our attention away from whatever we are hostile toward and instead turn our attention to investigating the ill will itself. Without that willingness, it's hard for mindfulness to do its work.

Investigating ill will includes dropping into the body and feeling the ill will physically. How is it energetically? What are its sensations? Is there physical discomfort associated with it? It can be very helpful to stop thinking about the ill will and instead allow the whole body to be a container that provides space for the many sensations and feelings.

Sometimes ill will is used as a cover for something deeper. The Pali word for hindrance (*nivaraṇa*) literally means something that covers over. So what is ill will covering? It might be frustrated desire. Possibly it is fear or embarrassment, and the cover of ill will is a way of protecting our self. It might also be discomfort; as long as we fixate on what we don't like, we won't feel how uncomfortable we are.

Another aspect of investigating ill will is to discover the beliefs that support it. Why do we believe it important or pertinent to remain with these thoughts and motivations? How might we believe that aversion will benefit us? Why might we believe that ill will is justified? What views do we have about ourselves that trigger anger? What assumptions do we carry about how things are "supposed" to be?

Besides investigation, an alternative approach to mindfulness of aversion is to remain attentively and non-reactively present to it until it passes away. While this is not easy, doing so strengthens

*Abandoning ill will and hatred, one abides with a mind free from ill will, compassionate for the welfare of all living beings.*

—The Buddha (*Majjhima Nikaya* 39)

*Continued inside*

# SANGHA PROGRAMS & NEWS

## IMC'S NEW CHAPLAINCY COUNCIL

Earlier this year, Gil Fronsdal formed a Chaplaincy Council for the IMC community. The Council is comprised of senior members of the greater IMC community who, as volunteers, assist him in providing Dharma support to individuals in time of major life transitions.

The new council can provide wedding, funeral, and memorial services as well as basic spiritual counseling and support for people during times of serious illness and death.

In addition, Gil receives many email requests for advice from people far away who have heard his talks on Audio Dharma. Because he is not able to respond personally to all of these, the Chaplaincy Council is providing support in this area.

Anyone interested in requesting support can send an email to [chaplaincouncil@insightmeditationcenter.org](mailto:chaplaincouncil@insightmeditationcenter.org). While we prefer email communication, you can also leave voice messages on IMC's voice mail at 650/599-3456.

The Chaplaincy Council is not intended to respond to urgent medical or psychiatric needs, and is not a substitute for appropriate professional assistance.

## UPDATE: RETREAT CENTER SEARCH

Our search for a possible retreat center site has been focused on candidates within a 25-minute radius of IMC, including Redwood City, San Mateo, Los Altos, Foster City, San Carlos, Woodside and Belmont. We have looked at approximately 100 sites, and although a few sites have been considered more closely, each posed unique difficulties. We have expanded our search to include La Honda and the Skyline (highway 35) area.

We continue to hold the intention and envision the dream of a retreat center "close to home" and with our core teachers. Your help in continuing the search for possible sites is greatly appreciated. These are our key considerations:

- Within 25 minutes of IMC
- Minimum 1 acre, preferably 2 or more
- Limited neighbor proximity, to reduce noise
- \$2 million or less

More information can be found at the Insight Retreat Center link on the IMC website. If you have any questions or know of property that might be a possibility, please contact Carol Collins, [ccollinsc@verizon.net](mailto:ccollinsc@verizon.net), 408/354-5893.

## CHANGING OF THE BOARD

The IMC Board of Directors has been undergoing its natural cycle of turnovers. We would like to thank outgoing board members Bruce Freedman, Mick Bennett, and Chris Clifford, and welcome new board members Steve Gasner, Cindy Heyer, Carol Collins and Lori Wong. The current board comprises: Elena Silverman (President), Lori Wong (Vice President), Claudine LaTombe (Treasurer), Bill Kostura (Secretary), Jim Podolske, Jim Bronson,

Peck Yee Tan, Carol Collins, Steve Gasner and Cindy Heyer.

The smooth operation of IMC is guided by their care, service, and action. Thanks to all. Any of them can be contacted through [info@insightmeditationcenter.org](mailto:info@insightmeditationcenter.org).

## VOLUNTEER GROUPS

During the past six months IMC has undergone a significant restructuring to decentralize our volunteer-run organization. Five groups have been created under the guidance of IMC's board, each one led by a director and backed by a number of tireless volunteers. The groups are responsible for a variety of tasks and are making what we accomplish at IMC possible. The following list is by no means comprehensive.

**Communications** (Cheryl Hylton, Director): website, Audiodharma, newsletter, mailing list, library.

**Facilities** (Bess Touma, Director): building maintenance, temple cleaning, landscaping.

**Sangha Care** (Betsy Meehan, Director): Chaplaincy Council, Sangha Neighbors, Dharma Friends, EAR Council, Neighborhood Groups.

**Volunteers** (Cate Beauheim, Director) interfaces with the other Groups and all aspects of IMC's volunteers.

**Programs** (Gil Fronsdal, Director): teaching programs, residential retreat programs, Sati Center, Yoga, Family Program.

Schedule Administrator: Maria Straatmann

Event Manager Coordinator: Ursula Berg

Residential Retreat Coordinator: Kim McLaughlin

## THREE WAYS TO BENEFIT IMC

In the process of doing your everyday tasks, there are three avenues through which you can automatically generate revenue for IMC. These are programs set up by organizations with which IMC has registered. A simple action is required on your part—either clicking a link or registering—in order for IMC to receive the benefit. Here is how they work:

- **Amazon.** When you are planning to purchase something from Amazon, if you use a special Amazon link on IMC's website a small percentage of any purchase you make from Amazon goes to IMC.
- **Goodsearch.** When you make internet searches using a special link, Goodsearch will donate half its revenue, about a penny per search (image and video searches not included), to IMC.

Both of these special links are listed on the Donations page of the IMC website (click on Donations). They can be bookmarked for future convenience.

- **eScrip.** In this program, you register your grocery club cards and/or credit/debit cards with eScrip, then choose IMC as your designated beneficiary. When you make purchases at participating merchants using those cards, the merchants will

donate a small percentage to IMC. You retain all the rewards and benefits of the cards. Registration is at [www.escrip.com](http://www.escrip.com).

These programs have already benefited IMC, which is entirely supported by *dana* (generosity). Your continued participation is greatly appreciated.

### HELPING IMC WHILE SELLING A HOME

Sangha member Carol Collins, a highly experienced, now retired real estate agent, has generously offered her services in a way that helps IMC. If you are thinking of selling a home or investment property, Carol can refer you to an honest, successful realtor. She will negotiate a reduced brokerage fee and contribute her finder's fee to IMC. In addition, she can provide recommendations for realtors when buying a home, and generally serve as a consultant through the process (free of charge). If you have questions or would like to discuss buying or selling a home, please contact Carol Collins, 408/354-5893, [ccollinsc@verizon.net](mailto:ccollinsc@verizon.net).

### GO COHO

The IMC Cohousing (Coho) Interest Group continues to meet, exploring the creation of a contemplative-based cohousing community. Possible sites include a semi-rural and a Redwood City-area location. You are welcome to attend meetings and get involved. Here are four ways to do so:

- **Monthly study group** (and brown bag socializing afterward). Attend meetings at IMC on the following Sundays at 11:15 am: September 16 (12:15 to 1:15 on this date only), October 14, November 18, and December 9.
- **Google Group**. Read the latest from IMC's Coho Interest Group on our Google Group site. To learn more, please attend a meeting or contact administrator Cate Beauheim, [catbeau@yahoo.com](mailto:catbeau@yahoo.com).
- **Coho bus tour**. Information about these periodic tours is announced at our meetings and on our Google Group site.
- **Read about Coho**. *The Cohousing Handbook*, the group's study sourcebook, is filled with Coho information, from getting the housing built to learning healthy group communication dynamics. Reduced-price copies (\$20) are available at our meetings, or at Kepler's for \$28.

### AUDIO DHARMA RECORDINGS AT IMC

Most talks given at IMC are recorded and posted on [Audiodharma.org](http://Audiodharma.org). Questions and comments from the audience are also recorded and unless otherwise requested are included in the Audio Dharma recording. It has been very helpful for our Audio Dharma community to be able to listen to these questions. However, if you would like your comment or question edited out of the recording, please inform the volunteer recorder right after the talk.

### The Hindrance of Ill Will, cont'd. from front page

many of the qualities that help the Buddhist spiritual life: e.g., mindfulness, resolve, patience and stability. In the process, we might have to face strong emotions, impulses, and the pull of discursive preoccupations. To mindfully ride out ill will without giving in to it can build confidence in our ability to remain present without needing to be hooked into the pull of aversion.

As with the other hindrances, having ill will is not a personal failing. It is an ordinary part of life. There is no need to define or judge oneself by its presence. It is also not necessary to be under its sway. There are healthier motivations we can act on in order to do what needs to be done. Learning to be mindful of ill will is one of the effective ways to free us from its influence. It is also a way to help us act with wisdom and compassion instead.

—Gil Fronsdal

(3rd of 6 essays on the Five Hindrances; see IMC's website for first two)



### SUTTA STUDY PROGRAM: MIDDLE LENGTH DISCOURSES

A new Sati Center course with Gil Fronsdal will take place one Friday per month from October 2007 to June 2008 (2 dates in June). The nine-month course will focus on the *Majjhima Nikaya*, or Middle Length Discourses, one of the oldest records of the Buddha's original teachings. It will be on the following Fridays from 9:30 am to 3:30 pm: 2007 - 10/05, 11/02; 2008 - 1/11, 2/01, 3/07, 4/04, 5/02, 6/06 and 6/27. Taking the entire course is recommended, and pre-registering is preferred. Contact [www.sati.org](http://www.sati.org), 415/646-0530.

### RETREATS WITH SENIOR TEACHERS OFFERED

This Fall IMC is privileged to offer two week-long residential retreats with senior Vipassana teachers. These retreats are wonderful opportunities for deepening one's meditation practice. Both retreats are at Hidden Villa in Los Altos.

The October 5-12 retreat is with Mary-Grace Orr and Bob Stahl. Mary-Grace is a teacher at Spirit Rock as well as the founding teacher of the Vipassana center in Santa Cruz. Bob Stahl teaches at the center in Santa Cruz and is a renowned teacher of Mindfulness Based Stress Reduction at El Camino and O'Connor Hospitals.

The November 25 to December 2 is with Steve Armstrong and Kamala Masters, two of the senior teachers at the Insight Meditation Society in Massachusetts. Registration information is in the Schedule section of this newsletter.

### BABY ETHAN

Vipassana teacher Richard Shankman and his wife Kathy Grayson have a new baby boy. Ethan was born on July 3, weighing 8 lbs. 13 oz. According to Richard, "Everyone is well, and we're settling into the new routine. Ethan is very alert, has a sweet temperament, and doesn't fuss too much. I've been meditating while holding him." Welcome, Ethan!

# Insight Meditation Center

1205 Hopkins Ave.

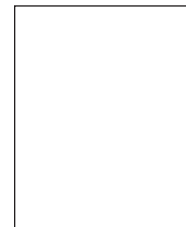
Redwood City, CA 94062

Website: [www.insightmeditationcenter.org](http://www.insightmeditationcenter.org)

Email: [info@insightmeditationcenter.org](mailto:info@insightmeditationcenter.org)

650/599-3456

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## 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.

## 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](mailto:bbjelane@gmail.com) 408/255-2783, or Rainbow [rainbowspirit@earthlink.net](mailto:rainbowspirit@earthlink.net) 650/321-3649.



*Please refrain from wearing scented products to our center, as there are those who have allergies, asthma, or chemical sensitivities.*

## TEMPLE CLEANING AND SANGHA GARDENING

As part of integrating practice in daily life, we encourage you to participate in our semi-monthly “temple cleaning.” Spend 15 minutes mindfully keeping our center clean inside and out; after the Sunday dharma talk on the first and third Sundays of the month, 11 to 11:15 a.m.

IMC does not have a janitorial service or any other paid staff. All cleaning and groundskeeping is done by our dedicated volunteers. Please treat IMC as your own home. If you see something that needs care and you are able to take care of it, please do. If not, let us know what's needed by using the following email address: [info@insightmeditationcenter.org](mailto:info@insightmeditationcenter.org).

**To sign up for either or both of our Email Lists, go to [www.insightmeditationcenter.org](http://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](mailto:cyn@coastside.net) 650/712-0231.

**NEWSLETTER** questions— contact Kim Allen, [kimall@mindspring.com](mailto:kimall@mindspring.com) 408/998-5491.

# SCHEDULE OF EVENTS

October thru December 2007

## WEEKLY MEDITATION AND TALKS

### MONDAY EVENING SITTING AND TALK

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

*Note: We will be closed on Monday, December 24 (Christmas Eve)*

### WEDNESDAY MORNING HALF-DAY RETREAT

9:30 am to 12:15 pm, led by Gil Fronsdal & 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.

*Note: We will be closed on Thursday, November 22 (Thanksgiving)*

### 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 11 am.

All are 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, of emotions, of thoughts, of mind & the application of mindfulness in daily life. No pre-registration.

- 6 Wednesday Evenings—October 3 to November 7, 7:30 to 9 pm, with Gil Fronsdal

## NON-RESIDENTIAL RETREATS

### 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.

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

### MONDAY HALF-DAY RETREAT WITH ANDREA FELLA

10/8; 9:30 am to 12:15 pm. See above, 'Wednesday Half-Day Retreats' for details.

### DHARMA PRACTICE DAYS WITH GIL FRONSDAL

Meditation, teachings and discussions. Bring lunch. The following Fridays, from 9:30 am to 3:30 pm, October 12 and November 9. (See *Dharma Study Program: Anapanasati* under 'Special Events' for details).

### ONE-DAY MEDITATION RETREATS

- Saturday, September 29, 9am to 4:30pm. **Daylong Retreat** with Andrea Fella.
- Saturday, October 6, 9am to 5pm. **Insight Dialogue** with Gregory Kramer. See 'Special Events' for details.
- Saturday, October 13, 9am to 4:30pm. **Daylong Retreat: The Breath** with Gil Fronsdal.
- Saturday, November 3, 1 to 4pm **Teen Retreat** with Gil Fronsdal
- Saturday, November 10, 9:30am to 3:30pm **Daylong Retreat: Introduction to Mindfulness** with Richard Shankman
- Saturday, November 17, 8:30am to 5pm. **Daylong Retreat** with Gil Fronsdal.
- Saturday, December 1, 9am to 5pm **Neuroscience and Buddhism** with Rick Hanson and Rick Mendius. See 'Special Events' for details.
- Saturday, December 8, 9am to 4:30pm **Daylong Retreat: Mindfulness of the Body** with Gil Fronsdal
- Sunday, January 13, 2 to 5:30pm **Mini-Retreat with Sylvia Boorstein: Benefit for IMC and Book-Signing**. See 'Special Events' for details.

## RESIDENTIAL RETREATS

### IMC-SPONSORED RETREATS:

There is no cost for IMC retreats. Donations welcome.

- October 5-12. Mary Orr & Bob Stahl at Hidden Villa in Los Altos. Contact Martin Carver [mcarver@coastplans.com](mailto:mcarver@coastplans.com) 831/426-4557.
- November 25 - December 2. Steve Armstrong & Kamala Masters at Hidden Villa in Los Altos. Pat White 650/462-1834, [pewwhite@stanford.edu](mailto:pewwhite@stanford.edu). Registration open 7/25/07.
- April 27-May 4, 2008. Metta Retreat with Bhante Sujiva at Hidden Villa in Los Altos. Registration open December 27.
- May 11-18 Gil Fronsdal and Andrea Fella at Hidden Villa in Los Altos. Contact [info@insightmeditationcenter.org](mailto:info@insightmeditationcenter.org) 650/599-3456. Registration opens 1/11/08.
- May 23-26. Gil Fronsdal at Jikoji in Los Gatos. Contact [info@insightmeditationcenter.org](mailto:info@insightmeditationcenter.org).

### SPIRIT ROCK-SPONSORED RETREATS WITH GIL FRONSDAL

See [www.spiritrock.org](http://www.spiritrock.org) for info:

- December 12-16 at Spirit Rock with Gil Fronsdal, Mary Orr & Howard Cohn.
- December 26-January 4 at Spirit Rock with Gil Fronsdal, John Travis, Eugene Cash, Sharda Rogell, Janice Clarfield (yoga).

## SCHEDULE pg. 2

### 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. *Note: We will meet on Thanksgiving.*

#### HALF-DAY RETREAT: MEDITATION AND YOGA

Saturday, January 5, 9:30 am to 1 pm with Terry Lesser. This is an opportunity to develop a continuity of awareness in movement and stillness, and to explore how the practices of yoga and meditation inform and deepen each other.

### YOUTH AND CHILDREN (Family Program)

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

First Sunday of the month, 5:15 to 7:15 pm. Includes fun, interactive, community-building games & crafts, pizza, and a half-hour of practice and dharma. Teresa Rose, [teresa\\_rose6@yahoo.com](mailto: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](mailto:thesaltzmans@comcast.net). *No meeting in December.*

### SPECIAL EVENTS

#### MUSIC IN THE DHARMA / DHARMA IN THE MUSIC

##### A Musical Evening with Betsy Rose and Eve Decker

Friday, October 19, 7:30 to 9:30 pm. Betsy and Eve bring together two deep practices in their lives: music and dharma. Both practices have the power to awaken us to the moment by moment, breath by breath truth of being alive. Both have the power to awaken joy and compassion, and bring peace and the gift of an open heart. Their original, western/folk tradition songs are contemporary settings for ancient teachings that are constantly finding new expression in our current place and time.

*Betsy Rose, an accomplished singer and songwriter, has performed internationally for over 30 years. Her new CD, Calm Down Boogie, a collection of dharma music for children and families, grew out of her many years of teaching and singing in the Family Program at Spirit Rock.*

*Eve Decker co-founded the feminist folk trio, Rebecca Riots. Many of Eve's best-loved songs reflected her spiritual concerns, and her deepening involvement with Vipassana Buddhism. In 2006 she released her solo CD, Commentary on Perfections of the Heart.*

#### IMC BOARD MEETINGS

IMC board meetings are open to the sangha. Tuesdays, October 9, November 6 and January 15, 7 to 9 pm at IMC.

#### DHARMA OF SERVICE AND VOLUNTEERING WITH GIL FRONSDAL

On the following Tuesdays from 7:30 to 9 pm: 10/16, 11/13, 12/4, 2008: 1/8, 2/5. A series of teachings, explorations and discussions on the Dharma practice of volunteering, for those who volunteer at IMC or are interested in volunteering. You may come to any part of the program.

#### FULL MOON GATHERING FOR WOMEN

Friday, November 16, 7 to 9 pm with Shaila Catherine. Meditation & dharma teachings with local teachers; book discussion, movement, chanting & creativity. RSVP Cheryll Gasner, 650/969-5793 [cheryll.gasner@sbcglobal.net](mailto:cheryll.gasner@sbcglobal.net).

#### THE FIVE FACULTIES – THURSDAY SERIES

5 Thursdays, October 4 to November 1. The basic building blocks for meditation practice are the Five Faculties. Learning what they are, what they do, and how to use them in meditation are important skills for any meditator to have.

- 10/4 Confidence/Faith: Susan Ezequelle
- 10/11 Effort: Ronna Kabatznick
- 10/18 Mindfulness: Maria Straatmann
- 10/27 Concentration: Robert Cusick
- 11/1 Discernment/Wisdom: Jim Bronson

#### INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG

Saturday, November 17, 9:30 am to 3:30 pm with Richard Shankman. Introducing the basic practice of mindfulness, with direction in mindfulness of the breath, body, emotions, thoughts, walking and eating. There will be sitting and walking meditation, and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

#### BEGINNERS PRACTICE GROUP

5 Wednesdays, November 14 to December 19, 7:30 to 9 pm (no meeting November 21). 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.

#### DHARMA STUDY PROGRAM: ANAPANASATI

A 9-month program centered around the Friday Dharma Practice Days focusing on the development of *Anapanasati*, Mindfulness of Breathing. The *Anapanasati Sutta* details the Buddha's instructions for using the breath as a focus for developing insight and understanding into the 4 Foundations of Mindfulness, the 7 Factors of Awakening and ultimately Liberation. A combination of meditation, teachings, and discussions. You may attend any part of the series.

On the following Fridays, 9:30 am to 3:30 pm: **2007:** 9/7, 10/12, 11/9; **2008:** 1/25, 2/29, 3/21, 4/25, 5/30.

Recommended Reading: *Mindfulness With Breathing: A Manual for Serious Beginners* by Ajahn Buddhadasa

## SCHEDULE pg. 3

### HOUSEHOLDER RETREAT: AN INTEGRATED PRACTICE RETREAT

September 23 to 29, Sunday to Saturday, with Andrea Fella.

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

- Sunday 9/23: 1:30 to 5 pm
- Monday-Friday mornings 9/24-9/28: 8 to 9 am
- Monday-Friday evenings 9/24-9/28: 7:30 to 9 pm (Monday & Thursday we will integrate with the usual sitting program)
- Saturday 9/29: 9 am to 4:30 pm, Daylong Retreat

### INSIGHT DIALOGUE WITH GREGORY KRAMER:

#### Exploring Interpersonal Craving & Interpersonal Freedom

Saturday, October 6, 9 am to 5 pm. Insight Dialogue is an interpersonal meditation practice rooted in the Buddha's teachings. The *dharmma* manifests in relationship just as it does in solitary meditation: with craving, clinging and the potential for freedom. Insight Dialogue cultivates mindfulness and tranquility in interpersonal contact. We can close the gap between personal, silent meditation and life as we actually live it with others.

*Gregory Kramer has been teaching Vipassana & Metta meditation since 1980. He directs the Metta Foundation in Portland, OR, is on the Barre Center for Buddhist Studies faculty & teaches Insight Dialogue internationally. His latest book is 'Insight Dialogue: the Interpersonal Path to Freedom'.*

### BUDDHIST SPIRITUAL CARE SYMPOSIUM

Saturday, October 20, 9:30 am to 4:30 pm. Vegetarian lunch included. Welcoming Buddhist chaplains and those interested in deepening their spiritual care practice for a day of learning and community-building. Topics will include issues of Buddhist Pastoral Authority, Pali chanting, Forgiveness Practice, Buddhist Caregiving & Rituals. Presented by Buddhist Chaplains Group. Pre-registration at [www.buddhistchaplainsnetwork.org](http://www.buddhistchaplainsnetwork.org) or call Bill Hart, 415/567-9823.

### CEREMONY OF REMEMBRANCE AND LOVE

Saturday, October 27, 10 to 11:30 am, with Bill Hart and Maria Straatmann. Anyone who has lost a family member, friend or other dear person over the last year is welcome to join us for a chance to remember and honor those who have died but who enriched our lives and community. With the Buddhist practices of mindfulness and compassion, we will have a period of silent sitting and rituals of remembrance, bereavement, and farewell. Tea and cookies in the hall will end the morning. Bring pictures or mementos for our altar of persons you wish to honor/remember. If you cannot come to the ceremony, you are welcome to

send Maria the name of the person you would like us to include in our remembrance.

*Bill and Maria are Buddhist chaplains who serve on IMC's Chaplaincy Council. Contact: Maria at [mstraatmann@gmail.com](mailto:mstraatmann@gmail.com).*

### DHARMA TALKS AND WORKSHOP WITH MARTINE BATCHELOR

Sunday, October 28. Dharma talks, meditation and discussion.

- 9:25 to 10:45 am Sitting & Dharma Talk: Breaking Free of Habits
- 1 to 4 pm Workshop: Creative Awareness

*Martine Batchelor was a Zen Buddhist nun in Korea for ten years. She teaches meditation retreats worldwide. She wrote Principles of Zen and Meditation for Life, and Women in Korean Zen. Her latest book is Let Go: a Buddhist Guide to Breaking Free of Habits. Martine is interested in meditation in daily life, Buddhism and social action, religion and women issues, Zen and its history. She lives in France.*

### IMPROV THE BUDDHA WOULD LOVE

Saturday, November 17, 7:30 to 9:30 pm, with Patricia Madsen and Jim Bronson. Join Patricia, author of *Improv Wisdom: Don't Prepare, Just Show Up*, and Jim for an evening of games and philosophy that focuses on improvisation as a mindfulness practice. Improvising is not about comedy, but instead about common sense, about mining the moment for a pleasing result. You need no special talent, training or ability to take part in this workshop. For more information contact Jim at [jbrons@aol.com](mailto:jbrons@aol.com).

### MINI-RETREAT WITH SYLVIA BOORSTEIN: BENEFIT FOR IMC & BOOKSIGNING

Sunday, January 13, 2008, 2 to 5:30 pm. The afternoon will focus on the three central, meditative elements of the Eightfold Path—Wise Effort, Wise Mindfulness, Wise Concentration—the 'heart' of the path. We'll focus on tools for transforming struggle and confusion into clarity, acceptance, and benevolent purposeful response. The theme of the day will be cultivating happiness in the midst of our complex and demanding lives and we'll celebrate the recent publication of Sylvia's latest book, *Happiness Is An Inside Job: Practicing for a Joyful Life*.

*Sylvia Boorstein has been teaching since 1985 and teaches both vipassana and metta meditation. She is a founding teacher of Spirit Rock Meditation Center and an author, psychotherapist, wife, mother and grandmother who is particularly interested in seeing daily life as practice. Her books include 'It's Easier Than You Think, the Buddhist Way to Happiness', 'That's Funny, You Don't Look Buddhist' and 'Pay Attention for Goodness' Sake, Practicing the Perfections of the Heart'.*

### SUPPORT GROUPS

#### TWO GROUPS: (A) THOSE EXPERIENCING LIFE-THREATENING ILLNESSES AND (B) CAREGIVERS

Wednesdays, 1:30 to 3 pm. The primary focus of both groups is sharing personal challenges, triumphs, hopes, and fears with others facing a similar circumstance. Before attending the first time, please contact Mick Bennett [hmbennett@sbcglobal.net](mailto:hmbennett@sbcglobal.net), 650/368-2518.

### SATI CENTER

These events are presented by Sati Center, a sister organization to IMC. While both IMC and Sati Center are organizationally independent of each other, they maintain a mutually supportive relationship. For more info: [www.sati.org](http://www.sati.org) or 650/223-0311.

### SUTTA STUDY PROGRAM WITH GIL FRONSDAL

One Friday a month from October 5 to June 27, 2008 (2 dates in June). 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. On the following Fridays, 9:30 am to 3:30 pm: **2007:** 10/5, 11/2, 12/7 **2008:** 1/11, 2/1, 3/7, 4/4, 5/2, 6/6, 6/27. Pre-registration at [www.sati.org](http://www.sati.org) preferred.

### THE NEUROLOGY OF AWAKENING: Using New Brain Research to Deepen Practice with Rick Hansen and Rick Mendius

Saturday, December 1, 2007, 9 am to 5 pm. Rick Hanson, Ph.D. clinical psychologist, and Rick Mendius, M.D., neurologist, both long-time meditators, present information and discussion on how the latest brain research is beginning to confirm the central insights of the Buddha. No prior background with meditation or brain science is necessary to attend the experiential day, which will cover such topics as: how impermanence, not-self, and suffering occur in the brain; research implications for steadying and quieting the mind and bringing it to steadiness; and how to lay the neurological foundation for deeper meditation and liberating insight.

### 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](mailto:afoster@rawbw.com), 650/591-1285.

- Oct 7, Sunday—**Hike to Jikoji**. A beautiful, easy 3.6 mile hike and visit to the Zen temple/retreat center. Leave IMC at 11:15am. Marianna [taraihito@yahoo.com](mailto:taraihito@yahoo.com) or 650/367-7325.
- Oct 14, Sunday, 12-2:30pm—**Vegetarian Cooking with Surja Tjahaja**. RSVP Dianne, [DiTatro@aol.com](mailto:DiTatro@aol.com) 650/595-4260. At IMC.
- Oct 27, Saturday, 7-10pm—**Hungry Ghost Halloween Ceremony for All Boo-dhists**, Mike Kupfer and Anne Foster's home, San Carlos. [annefoster2@earthlink.net](mailto:annefoster2@earthlink.net) 650/591-1285.
- Nov 10, Saturday, 6:30-9:30pm—**Harvest Potluck**, IMC. Cindy [cyn@coastside.net](mailto:cyn@coastside.net) 650/712-0231, or Karen 408/984-4930 [karenb@sbcglobal.net](mailto:karenb@sbcglobal.net), to join the team creating this evening.
- Nov 11, Sunday, 11:15am-12:30pm—**Dharma Friends Steering Committee Planning Meeting** for Jan-March 2008. IMC conference room. Anne Foster, [afoster@rawbw.com](mailto:afoster@rawbw.com) 650/591-1285.
- Dec 15, Saturday, 6:30-10pm—**Winter Solstice Celebration**, Jeff and Cheryl Hylton's, San Mateo. RSVP for directions. Phyllis Klein, [pkgold@earthlink.net](mailto:pkgold@earthlink.net), 415/273-1036.

### Recurring Dharma Friends Events:

- Oct 7, Nov 4, Dec 2, Jan 6 (1st Sundays)—**First Sunday Singles' Brunch**. Meet by IMC kitchen at 11:15 am and choose a local restaurant for brunch. Wendy [bamboowoo@sbcglobal.net](mailto:bamboowoo@sbcglobal.net).
- Once/Month, Sundays, 5:30-7:30pm—**South Bay Book Group**. Join our book discussion. Karen Brown [karenb@sbcglobal.net](mailto:karenb@sbcglobal.net).
- Occasional Weekend evenings—**Cinema Sanity**. Know of a movie with a Dharma message you'd like to see? Contact Jim Podolske, 650/968-6168 [James.R.Podolske@nasa.gov](mailto:James.R.Podolske@nasa.gov).
- Oct 21, Nov 18, Dec 16 (3rd Sundays), 11:15am to 1pm—**Dharma-Inspired Book Group**. IMC. Contact Cindy Heyer, [cyn@coastside.net](mailto:cyn@coastside.net), 650/766-6395.
- Once/Month, Sundays, 6:30-8:30 pm—**North Bay Fiction Book Group**. We meet at the home of a member, usually in Menlo Park. Contact Rainbow, [rainbowspirit@earthlink.net](mailto:rainbowspirit@earthlink.net) for details.
- Monthly **Discussion Group: The Engaged Spiritual Life**. For location contact Marianna, [taraihito@yahoo.com](mailto:taraihito@yahoo.com), 650/367-7325.
- Once/Month, Sundays Oct 14, Nov 18, Dec 9 and Jan 20, 11:15 to 1pm. Brown bag lunch. **Cohousing Study Group**. IMC. Explore Cohousing, a lifestyle integrating sangha, householder practice and affordable housing. Cheryl Hylton [cjhyllton@earthlink.net](mailto:cjhyllton@earthlink.net).

### RELATED SITTING GROUPS

#### COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7 to 8:30 pm. For information and location, [www.coastsidevipassana.org](http://www.coastsidevipassana.org).

#### INSIGHT MEDITATION SOUTH BAY WITH SHAILA CATHERINE

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

#### LGBT SITTING AND DISCUSSION GROUP — PALO ALTO

Once a month, Saturdays, 10:30am to 1pm. Meets at member's home. For date & location, Drew Oman [drewoman@gmail.com](mailto:drewoman@gmail.com).

#### OAKLAND DROP-IN MEDITATION GROUP

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

#### SAN JOSE INSIGHT MEDITATION

1041 Morse Street, San Jose. Contact Berget [bbjelane@gmail.com](mailto:bbjelane@gmail.com), 408/255-2783. Website: [www.geocities.com/sjsangha](http://www.geocities.com/sjsangha).

- Wednesday Evening Sitting & Teaching, 7:30 to 9 pm
- 6 Mondays, September 10 to October 15, 7:30 to 9pm. **Intro to Meditation & Basic Buddhist Principles**
- Saturday, October 13, 9am to 2:30pm. **Daylong Retreat** (Part of Intro class)
- 6 Wednesdays, 9/12 to 10/17, 6 to 7:15pm. **Meditation & Psychotherapy** experiential group. Suggested reading: *Emotional Alchemy* by Tara Bennett-Goleman