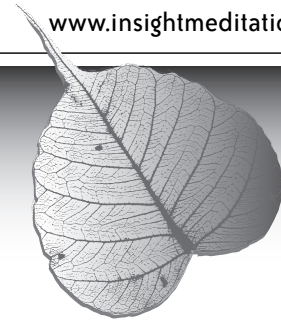


# Insight



JANUARY, FEBRUARY, MARCH 2013

VOLUME 16, NUMBER 1

## A Life of Mutual Benefit

*“A wise person is motivated to benefit oneself, others, and both self and others.”*

—The Buddha

Some people live focused on benefiting themselves and those to whom they feel close. Some people are devoted to benefiting others, sometimes at the expense of themselves. To the Buddha, a wise person is someone who wishes for the good of all. Our lives are so interconnected that it is not possible to benefit oneself while neglecting others. And one can't be of much benefit to others if one neglects oneself. The path of liberation the Buddha taught neglects neither oneself nor others; it is a path that lies at the intersection of oneself and the world.

One significant place to see how Buddhist practice balances caring for oneself and others is the Eightfold Path. Four of the path factors are practices aimed primarily at benefiting others. Part of the second factor, Right Intention, is to live motivated by goodwill and compassion for others. The next three factors, Right Speech, Right Action, and Right Livelihood, are all concerned with being in the world so that our speech, action, and livelihood benefit others.

In the practice of speech the Buddha encouraged people to speak in ways that are truthful, reliable, and trustworthy and in a manner that “reunites those who are divided, promotes friendship, and speaks words that promote concord.” He also encouraged speaking about what is good and beneficial.

Right Action is defined as not killing, not taking what is not given, not engaging in sexual misconduct, and not lying. While just following these guidelines provides others with the gift of safety, the Buddha went further by saying that in living a life that doesn't harm practitioners, one should “abide compassionate to all living beings.”

For many people, one's livelihood is how one has the most impact on the wider social world. The practice of Right Livelihood aims at being thoroughly ethical in how one works and supports others. Exploiting or harming others through our work is antithetical to Right Livelihood.

While Right Speech, Right Action, and Right Livelihood are practices that benefit others, we also benefit when we practice them. One of the great sources of well-being and peace is a clean conscience. Our own ethical integrity can become a meaningful refuge.

The last three factors of the Eightfold Path—Right Effort, Right Mindfulness, and Right Concentration—are usually understood to emphasize caring for oneself. All three factors focus on improving the quality of our minds and hearts. Right Effort involves learning to do those things that increase our wholesome states of mind. Right Mindfulness gives us the presence of mind to differentiate between the wholesome and unwholesome. Right Concentration brings calm, ease, and peace.

The wholesomeness and well-being that Right Effort, Right Mindfulness, and Right Concentration bring is a wellspring for both self-care and care for others. It shows us how meaningful and beautiful the developed heart can become. It is knowledge that strengthens empathy and appreciation of others. This is probably why the Buddha often presented concentration practice as an approach for cultivating goodwill and compassion for others.

Caring for others and for oneself are not distinct from each other. When we benefit others we are benefited in return, not least because it strengthens wholesome qualities in ourselves. When we benefit ourselves through developing our integrity, hearts, and wisdom, we will inevitably benefit others. Conversely, if we harm others we will sooner or later see how this also harms us. Even if others don't retaliate, we cannot escape our own conscience forever.

The Buddhist approach to living a wise life can be called “a life of mutual benefit.” By benefiting others we are benefited ourselves; by benefiting ourselves we are benefiting others.

However, some people may feel that any emphasis on benefiting oneself is selfish. The Buddhist response is that selfishness harms the person who is selfish. If we understand what brings and supports personal well-being, we will avoid being selfish. We will not pursue our own well-being at the expense of others.

In Buddhism, benefiting oneself is not the same as acquiring pleasure, status, or wealth. It is developing beautiful and wholesome qualities of heart. It is cultivating the kind of inner well-being, love, and peace that helps make *how we are* in the world as helpful for others as *what we do*.

For similar reasons, we would not want to benefit others if it harmed our self in any significant ways. How can we really touch the hearts of others if our own heart is being harmed?

*Continued inside*

# SANGHA PROGRAMS & NEWS

## TRANSFORMATION INTO A RETREAT CENTER

The property we bought in May of 2011 has gone through quite a major renovation since we purchased it. With our inaugural retreat in late October, we once again transformed the facility, this time from a renovated building into a retreat center. As more than 40 yogis meditated in the hall of our Insight Retreat Center, the sincerity and depth of practice were palpable. It became clear what a place of refuge and stillness IRC has become.

In November we had our first regular seven-day retreat. Once again, the flow of the retreat felt smooth and easeful. Both retreats fostered a strong sense of community, as it was the retreatants together who did the work of the retreat. There is no “they” taking care of things; it’s the retreatants taking care of each other.

In November we also had a wonderful open house. In addition to the IMC and Insight Santa Cruz communities, people came from all over the Bay Area. Some of our neighbors also visited, welcoming us warmly. The property’s original owner, Dede Beam, was very happy to see what we have done with her creation. The open house was saturated with goodwill.

IRC’s first year is beginning gradually with just a bit more than one retreat per month. We are slowly developing our systems, ironing out the unfinished parts of the renovation, and beginning to integrate our volunteers. Lots of trial and error, with the errors held with humor and equanimity (well...much of the time) and the successes inspiring our practice.

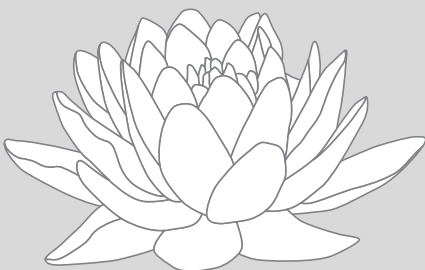
We are grateful for all the support we have received in so many ways!

—Ines Freedman, IRC Managing Director

Visit [insightretreatcenter.org](http://insightretreatcenter.org) for information about our retreats or to fill out a volunteer form.

## DHARMA INTEGRATION WEEKEND AT IRC WITH ANDREA FELLA AND GIL FRONSDAL

Friday, April 5, through Sunday, April 7. One of the most valuable ways of integrating the Dharma into our lives is to practice and learn while in community with others. A weekend residential retreat at IRC in April will provide a coordinated schedule of meditation, teachings, discussions, work, periods of silence, and informal social time, all aimed at developing mindfulness and insight in all our activities. The weekend is also a time to come together in community to develop friendships with other practitioners. Register online at [insightretreatcenter.org](http://insightretreatcenter.org).



## NEIGHBORHOOD DHARMA GROUPS

IMC is launching a new series of neighborhood Dharma discussion groups this year. Volunteers will host small groups in their homes monthly for six months in Bay Area locations where there is sufficient interest. This is a chance to get together with your neighbors in the sangha to discuss the practice and to share thoughts and experiences on Dharma topics.

The program is an outgrowth of the dozen or so neighborhood discussion groups organized in 2007 and 2009. Several of those groups have continued to meet, finding the gatherings to be a wonderful way to develop community while providing a more intimate environment to support their practice.

The suggested format is to have a 10- to 15-minute sit followed by a check-in with each member and an informal, peer-led discussion of the topic of the month. IMC will provide ideas for potential topics.

If you wish to participate, please commit to attending all six monthly meetings in your neighborhood. You may sign up at the flyers counter at IMC or by emailing Hilary Borison at [imc.neighborgroups@gmail.com](mailto:imc.neighborgroups@gmail.com). Locations and times will be finalized by March.

## TUESDAY SERIES ON EIGHTFOLD PATH

Kim Allen will offer a special series of Tuesday morning talks, “Dimensions of the Path: Ethics, Meditation, and Wisdom,” from 9:30 to 11am on February 5, 12, and 19 at IMC. Each talk will begin with a sitting and conclude with time for questions.

The Eightfold Path is a whole-life practice that includes components related to ethics (Right Speech, Right Action, Right Livelihood), meditation (Right Effort, Right Mindfulness, Right Concentration), and wisdom (Right View, Right Intention). The February series will delve into each aspect in order to explore its fullness and particularly how it can enrich our daily life. In addition, we will address how the three sections interrelate. Each talk will focus on one area but will include dimensions of the other two. Suitable for beginning and more experienced practitioners, this series offers a holistic view of the Eightfold Path.

## WORKSHOP ON DEATH AND DYING

The Buddha suggested that facing our own death was one of the most significant practices we could do. Accepting our own dying and being with others who are dying will be the subjects of a workshop offered on two Saturdays, January 19, and February 2.

The first day will include exercises, discussion, and practices to help us come to terms with our own death. The second day, facilitated by Roy Remer of the Zen Hospice Project and Dr. Gary Pasternak of Mission Hospice, will focus on care of the dying. Both workshops will take place at IMC from 9am to 5pm.

Please plan to attend both days if you wish to join IMC’s end-of-life companioning program at Hopkins Manor. Otherwise, you may attend either or both. To register, contact Berget Jelane at 408/255-2783 or [bbjelane@gmail.com](mailto:bbjelane@gmail.com).

## **AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20S AND 30S**

We are entering the world, ready or not—meeting the challenges of school and work, relationships and intimacy, and finding meaning and purpose as independent adults.

This will be an open and ongoing group, meeting monthly, and addressing themes relevant to the lives of twentysomethings and thirtysomethings who want to grow a Dharma practice that will be a refuge and inspiration as we make our way through the many worlds we inhabit.

Previously the **YOUNG ADULTS SITTING GROUP**, **AT HOME IN THE WORLD** meets on the third Sunday of the month from 7 to 8:30pm, led by Max Erdstein. Max started practicing with IMC in 1999 just after graduating from Stanford. He has practiced Vipassana and Zen in America, Japan, Thailand, and Burma. Max worked at Google until 2004, and was trained in Buddhist chaplaincy with the Sati Center. He is being trained as a Dharma teacher by Gil Fronsdal and is participating in the Spirit Rock teacher training program.

## **THE DHARMA OF IMC AN EVENING WITH GIL FRONSDAL & ANDREA FELLA** Wednesday, April 10, 7:30 to 9pm.

Much about IMC is not apparent to new people or even to some longtime participants who come here to sit and to listen to teachings. Some of this is by design, since we have wanted the teachings and practice opportunities to be available in simple and accessible ways. Part of what is not obvious is that particular understandings of Buddhist values and practice underpin how IMC is organized and how the teachings and practice opportunities are offered. Slowly, over the years, these understandings have helped shape our community.

Everyone is welcome to attend this special evening talk on the unique approach that IMC has taken in forming itself as a Buddhist practice community. Gil and Andrea will speak about the history of IMC, where it fits in the Buddhist tradition, the values that guide it, how IMC is organized and run, and the ways people can participate in the practice and community. IMC has grown to become an inspiring practice community. Gil and Andrea look forward to sharing their vision for IMC.

## **MINDFUL PARENTING PROGRAM**

This winter and spring IMC will host a Mindful Parenting series that offers evening sittings and talks on the second Friday of each month. This is a wonderful opportunity for parents to come together to share their experiences with parenting while practicing with mindful speech, mindful listening, meditation, and stress reduction. The series will alternate between parent discussion groups and programs led by local Dharma teachers who are also parents. Co-facilitators will be Liz Powell and Patty Lucas.

The series will take place from 7 to 8:30pm on January 11, February 8, March 8, April 12, and May 10. Parents with children of any age—infant to adult—are welcome. No preregistration is required.

## **A Life of Mutual Benefit** *cont'd. from front page*

A person focused on mutual benefit does not view life as a competition that only some people can win. Rather, one considers what is best for the greater good, something the Buddha described in the above quote as benefiting both self and others. This is not the greater good that sacrifices some for the welfare of the majority. It requires creatively seeking ways to improve the lives of all.

In practice, a life of mutual benefit does not mean that everything we do has to benefit everyone. It means that when we care for ourselves in healthy ways, we can be reassured that this is for the greater good. And when we care for others in healthy ways, this is for our own benefit as well. At different times, in different situations, we will act on different ends of the self/other spectrum.

At times it is appropriate, and even important, to care for oneself. Meditating every morning may be immensely helpful for the meditator. It can be as important a form of self-care as making sure one eats healthily, gets enough sleep, and keeps one's body healthy. At the same time, daily meditation may prepare us to care for others in calmer, wiser, and more compassionate ways.

There are other times when it is appropriate to care primarily for others; their needs may be greater than our own. However, one task of mindfulness practice is to help us care for others without giving in to attitudes and reactions that are harmful to ourselves. It is important to learn how to benefit others without harming ourselves.

A life of mutual benefit embraces a wider perspective than any stance that supports conflict. Without shrinking from conflict, it searches for the common ground that can work for the common good.

To understand Dharma practice as a life of mutual benefit clearly places our practice within the context of our social life. Even if one spends long periods of time in mostly solitary meditation practice, there is always a social dimension to one's practice. We don't walk the path of liberation for ourselves only. We practice for the sake of all beings.

—Gil Fronsdal

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## **IWA IN ACTION**

Insight World Aid is a new nonprofit created by IMC members who wish to practice mindfulness and compassion while performing humanitarian service work. Our first medical mission trip to Cambodia is planned for February, and we are in the early stages of organizing a second volunteer aid trip, to Latin America, later in 2013.

We are looking for volunteers interested in our overseas and local projects. We are also accepting donations to purchase supplies and medicines for our patients in Cambodia. Please consider joining our cause. For information, visit our website at [insightworldaid.org](http://insightworldaid.org) or email us at [info@insightworldaid.org](mailto:info@insightworldaid.org).



# Insight Meditation Center

108 Birch Street

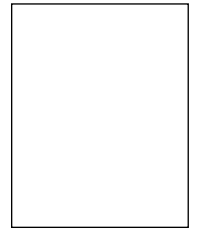
Redwood City, CA 94062

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

Email: [insightmeditationcenter@gmail.com](mailto:insightmeditationcenter@gmail.com)

650/599-3456

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## OTHER WAYS TO DONATE

It is in the spirit of generosity that IMC continues a 2,500-year-old Buddhist tradition of providing the teachings freely to all who are interested. The donations we receive support all our expenses, including our building, publications, and website. We at IMC are very grateful for all the support we receive. Besides donating in person or by mail, these are additional ways to offer support:

**E-SCRIP:** Register your grocery club card and credit/debit cards with E-scrip and the participating merchants will donate a small percentage of your purchases to IMC. You keep all your credit card rewards. Register at [www.escrip.com](http://www.escrip.com). The Group ID is 238528.

**AMAZON PURCHASES:** When you make purchases at Amazon through our website's Amazon search link, a small percentage will go to help support the programs at IMC. The Amazon link can be found on the Donate and Recommended Books pages on our website.



### • GENERAL INFORMATION:

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

- **NEWSLETTER QUESTIONS:** Contact the editor at [imc.newsletter@gmail.com](mailto:imc.newsletter@gmail.com).

## HELP IRC WHILE BUYING OR SELLING A HOME

Carol Collins is an IMC sangha member and longtime local real estate broker, now retired. If you are selling your home, she can refer you to a realtor and negotiate a reduced brokerage fee. If you are buying, she can refer you to a realtor who will help you identify properties, areas, loans, etc. Buying or selling, the realtor will make a donation in your name to our Insight Retreat Center.

Carol will be available as your consultant at no charge through the whole process. She has performed this service for sangha members in San Mateo, Santa Clara, Santa Cruz, and other Bay Area counties. If you have any questions or would like to discuss buying or selling a home, contact Carol at 408/348-1385 or [carolcollins888@gmail.com](mailto:carolcollins888@gmail.com).

### • MAILING LIST OPTIONS & CHANGE OF ADDRESS:

To be added or removed from the IMC mailing list or to update address, phone, or email, contact [imc.mailinglist@gmail.com](mailto:imc.mailinglist@gmail.com).

### • UPCOMING EVENTS & ANNOUNCEMENTS EMAIL LIST:

To sign up for our email announcements, go to the IMC website and click the **CONNECT** link, or go to [insightmeditationcenter.org/email](http://insightmeditationcenter.org/email).

- **IMC COMMUNITY SITE:** To join discussion and interest groups, click the **CONNECT** link on our website or go to [insightmeditationcenter.ning.com](http://insightmeditationcenter.ning.com).

# SCHEDULE OF EVENTS

January ~ March 2013

## WEEKLY MEDITATION AND TALKS

### MONDAY EVENING SITTING AND TALK

With Gil Fronsdal or guest teachers, 7:30 to 9pm. A 45-minute sitting and a 45-minute Dharma talk.

### TUESDAY MORNING SITTING AND TALK

With Andrea Fella or guest teachers, 9:30 to 11am. A sitting followed by a talk and time for questions.

### TUESDAY EVENING DHARMA EN ESPAÑOL

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

### WEDNESDAY MORNING HALF-DAY RETREAT

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

- 9:30am – Sitting • 10:15am – Walking
- 11am – Sitting • 11:45am – Dharmette (brief talk)

### THURSDAY EVENING SITTING AND TALK

With Andrea Fella or guest teachers, 7:30 to 9pm. A sitting is followed by a talk and time for questions.

### SUNDAY MORNING SITTINGS AND TALK

With Gil Fronsdal or guest teachers.

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

**Sunday Community Tea**—2nd Sunday of each month at 11am.

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

## MEDITATION INSTRUCTION

### BASIC MEDITATION INSTRUCTION

- Every Thursday evening, 6:15 to 7:15pm.
- 1st Monday evening each month, 6:15 to 7:15pm.
- 1st Thursday morning each month, 10:45 to 11:45am.

### INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

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

- 5 Wednesday evenings, 7:30 to 9pm, January 9, 16, 23, 30, and February 6, with Gil Fronsdal.
- 5 Monday mornings March 4, 11, 18, 25 & April 1, 9:30 to 11am, with Jim Podolske and Shin Kwan Park.

**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.

## NON-RESIDENTIAL ONE-DAY RETREATS

- Saturday, January 5, 9am to 4:30pm, **Concentration Daylong** with Andrea Fella.
- Friday, January 11, 9:30am to 3:30pm, **The Noble Eightfold Path: Right Action** with Gil Fronsdal.
- Saturday, January 26, 9am to 4:30pm, Daylong with Gil Fronsdal.
- Friday, February 15, 9:30am to 3:30pm, **The Noble Eightfold Path: Right Livelihood** with Gil Fronsdal.
- Saturday, February 23, 8:30am to 5pm, Daylong with Gil Fronsdal.
- Saturday, March 9, 9:30am to 3:30pm, **Introduction to Mindfulness Meditation** with Ines Freedman.
- Friday, March 15, 9:30am to 3:30pm, **The Noble Eightfold Path: Right Effort** with Gil Fronsdal.
- Saturday, March 30, 9:30am to 4:30pm, Daylong with Andrea Fella.
- Friday, April 5, 9:30am to 3:30pm, **The Noble Eightfold Path: Right Mindfulness** with Gil Fronsdal.

## RESIDENTIAL RETREATS

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

For more information go to [www.insightretreatcenter.org/retreats](http://www.insightretreatcenter.org/retreats) or contact [Debra.Chromczak@gmail.com](mailto:Debra.Chromczak@gmail.com), 831/421-0876.

- January 27–February 3, with Gil Fronsdal and Mary Grace Orr.
- February 27–March 3, with Gil Fronsdal and John Travis.
- March 16–23, with Andrea Fella and Gil Fronsdal.
- April 5–7, **Dharma Integration Weekend** with Gil Fronsdal and Andrea Fella.
- April 17–24, **Satipatthana Study and Meditation Retreat** with Analayo Bhikkhu and Gil Fronsdal. Co-sponsored by IRC and Sati Center. Prerequisite: one Insight meditation retreat and having read Analayo Bhikkhu's book *Satipatthana: The Direct Path to Realization*.
- June 22–July 6, **Mindfulness of Mind Retreat** with Andrea Fella. Registration opens February 22.

### OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

#### AT SPIRIT ROCK, [www.spiritrock.org](http://www.spiritrock.org)

- May 4–11, **Insight Retreat** with Gil Fronsdal, Mary Grace Orr, John Travis, Heather Sundberg.
- May 13–19, **The Four Foundations of Mindfulness: A Living Dharma Retreat** with Andrea Fella, Tempel Smith.

### OTHER RETREATS WITH ANDREA FELLA

- **Third Foundation of Mindfulness** January 18–25, Vipassana Hawaii at the Palolo Zen Center, Oahu. For info, [www.vipassanahawaii.org](http://www.vipassanahawaii.org).

Other Retreats with Andrea Fella, continued inside

- **Forest Refuge** at IMS February 1–28, Barre, MA. For info, [www.dharma.org/ims/fr\\_general\\_teachschedule.html](http://www.dharma.org/ims/fr_general_teachschedule.html).
- **Mindfulness of Mind Retreat** April 12–21, Samish Island, Washington State. With Andrea Fella and Heather Martin. For info, [bellinghaminsight.org](http://bellinghaminsight.org).

### SPECIAL EVENTS

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#### **NEW YEAR'S EVE MEDITATION AND CELEBRATION WITH BERGET JELANE**

**Monday, December 31, 7:30pm to 12:15am.** Bring poetry or reading and treats to share. Sitting and walking meditation, time to share, refreshments, and a ritual to bring in the new year. Contact Berget, [bbjelane@gmail.com](mailto:bbjelane@gmail.com) or 408/255-2783.

#### **CONCENTRATION DAYLONG WITH ANDREA FELLA**

**Saturday, January 5, 9am to 4:30pm.** The practice of concentration encourages our minds in the direction of ease, peace, and calm, qualities which support us on our spiritual journey. We will explore breath meditation as a concentration practice, finding our way to a relaxed attention that can rest with the breath.

#### **FACING DEATH AND DYING WITH BERGET JELANE**

**Saturdays, January 19 and February 2, 9:30am to 5pm.** The first day will focus on facing our own death and all that it means to us. The second day will focus on being with others who are dying. Both days will be experiential as well as didactic. For information, contact Berget, [bbjelane@gmail.com](mailto:bbjelane@gmail.com) or 408/255-2783.

#### **DAILY LIFE PRACTICE RETREAT WITH ANDREA FELLA**

**Sunday, March 24, 1:30 to 5pm, Monday–Friday, March 25–29, mornings 7:30 to 9am, and evenings 7:30 to 9pm.** Integrating practice into our daily lives can be difficult. Many of us need support for this challenging but rewarding aspect of practice. We will integrate formal practice and Dharma discussion into our daily life by surrounding our usual workweek and workdays with practice and 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. If you would like to attend the retreat during the week, please attend the Sunday session. The Sunday and Saturday sessions are open to all; the Monday and Thursday evening programs are also open to all as usual—the retreat will integrate with these regular evening programs.

#### **DAYLONG WITH GIL FRONSDAL**

**Saturday, January 26, 9am to 4:30pm.** With alternating periods of sitting and walking meditation, instruction in mindfulness practice, particularly in mindfulness of the body, and a Dharma talk. Recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

**DIMENSIONS OF THE PATH: SILA, SAMADHI, AND PAÑÑA WITH KIM ALLEN. Tuesdays, February 5, 12, and 19, 9:30 to 11am.** The Eightfold Path is a whole-life practice that includes components related to ethics (Right Speech, Right Action, Right Livelihood), meditation (Right Effort, Right Mindfulness, Right Concentration), and wisdom (Right View, Right Intention). This series delves into each area in order to explore its fullness and particularly how it can enrich our daily life. In addition, we will address how the three sections interrelate. Each talk focuses on one area but includes dimensions of the other two. Suitable for beginning and more experienced practitioners, this series offers a holistic view of the Path.

#### **DAYLONG WITH GIL FRONSDAL**

**Saturday, February 23, 8:30am to 5pm.** For those who already understand the basic practice of mindfulness; no instruction will be given. The schedule consists of alternating periods of sitting and walking meditation, with a Dharma talk at the end of the day. Brief interviews with Gil will be available. Bring lunch.

#### **INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG WITH INES FREEDMAN. Saturday, March 9, 9:30am to 3:30pm.**

A daylong retreat introducing the basic practice of mindfulness. There will be direction of mindfulness of the breath, body, emotions, thoughts, walking, and eating. There will be time for sitting meditation, walking meditation, and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

#### **MINDFULNESS OF MIND DAYLONG WITH ANDREA FELLA**

**Saturday, March 30, 9:30am to 4:30pm.** During this daylong retreat we will explore a relaxed open awareness with an emphasis on exploring qualities of mind and the attitude towards one's experience. Such an open awareness practice supports both the formal meditation of sitting and walking, as well as awareness of our normal daily activities. The schedule for the retreat will alternate periods of sitting and walking with instructions and discussion. Aside from the instruction and discussion periods, the day will be primarily in silence. It is recommended for both beginners and experienced practitioners. Bring lunch.

#### **THE DHARMA OF IMC**

##### **AN EVENING WITH GIL FRONSDAL & ANDREA FELLA**

**Wednesday, April 10, 7:30 to 9pm.** Everyone is welcome to attend this special evening talk on the unique approach that IMC has taken in forming itself as a Buddhist practice community. Gil and Andrea will speak about the history of IMC, where it fits in the Buddhist tradition, the values that guide it, how IMC is organized and run, and the ways people can participate in the practice and community. IMC has grown to become an inspiring practice community. Gil and Andrea look forward to sharing their vision for IMC.



## IMC YOUTH PROGRAMS

**DHARMA SPROUTS (K–2ND GRADE)** Led by Liz Powell and Carla Rayacich. First Sunday of each month, 11:15am to noon.

Meditations and Dharma practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Liz at [epowell@aol.com](mailto:epowell@aol.com) if you plan to attend.

**DHARMA ROCKS (3RD–5TH GRADE)** Led by Liz Powell. Second Sunday of each month, 5:15 to 7:15pm. Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and Dharma. Contact Liz at [epowell@aol.com](mailto:epowell@aol.com).

**DHARMA TWEENS (MIDDLE SCHOOL 6TH–8TH GRADE)** (Sixth-graders have the option of attending Dharma Rocks and/or Dharma Tweens.) Led by Hilary Borison. Fourth Sunday of each month from 5:15 to 7:15pm. A time to explore how the Dharma can support challenges and opportunities pertinent to middle schoolers through small and large group discussions, mindfulness practice, creative activities, interactive games, pizza dinner, and opportunities for community service. No registration required; RSVPs are encouraged for dinner plans. Contact Hilary, 650/575-2052 or [hborison@sbcglobal.net](mailto:hborison@sbcglobal.net), for info or to RSVP.

**DHARMA TEENS (HIGH SCHOOL)** Led by Alicia McLucas, Aaron Chavira, and Trent Walker. First Sunday of each month, 5 to 7pm. A safe, fun space where teens apply mindfulness to self-discovery, empowerment, and fulfillment. A trusting environment where teens discuss issues important in their lives among themselves and adult facilitators. Contact Alicia, 650/361-8800.

### MINDFUL PARENTING SERIES

Second Friday of the month: January 11, February 8, March 8, April 12, and May 10, 7 to 8:30pm. Each month the program alternates between being led by local Dharma teachers who are also parents, and offering discussion groups for parents. No preregistration required.



## AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20S AND 30S

WITH MAX ERDSTEIN

**Third Sunday of the month, 7 to 8:30pm.** We are entering the world, ready or not—meeting the challenges of school and work, relationships and intimacy, and finding meaning and purpose as independent adults.

This will be an open and ongoing group, meeting monthly and addressing themes relevant to the lives of twentysomethings and thirtysomethings who want to grow a Dharma practice that will be a refuge and inspiration as we make our way through the many worlds we inhabit.

## SUPPORT GROUPS

**FOR THOSE EXPERIENCING LIFE-THREATENING ILLNESSES**  
Wednesdays 1:30 to 3pm at IMC.

**FOR THOSE EXPERIENCING CHRONIC HEALTH CHALLENGES**  
Wednesdays 3:30 to 5:30pm at IMC.

At least 4 days before attending either group for the first time, please contact Mick Bennett, [hmbennett@sbcglobal.net](mailto:hmbennett@sbcglobal.net) or 650/368-2518.

### BUDDHISM AND 12-STEP SUPPORT GROUP

First Sunday of every month, 7 to 8:30pm at IMC. Group discussion and study exploring the 12-Step program and Buddhist practice through Kevin Griffin's book, *A Burning Desire: Dharma, God and the Path of Recovery*. Includes 30-minute meditation, reading, and open discussion. Everyone welcome. Facilitated by Jennifer Lemas, [jennlemas@comcast.net](mailto:jennlemas@comcast.net).

## YOGA

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

Taught by Terry Lesser.

### MONDAY EVENING YOGA

- 6:30 to 7:15pm. Join us for yoga before evening meditation.  
(No class on December 24 or 31)

### THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8:30 to 10:30am.

### HALF-DAY YOGA AND MEDITATION RETREAT

- Saturday, January 12, 9am to 12:30pm. An opportunity to develop a continuity of awareness in movement and in stillness. We will integrate yoga poses, breath work, relaxation, loving-kindness (*metta*), guided and silent meditation, and let the synergy of these practices inform and deepen one another to open heart and mind. For beginners to either yoga or meditation as well as experienced yogis and meditators.

## SATI INSTITUTE

Formed out of the Sati Center, the Sati Institute offers graduate-level courses in Buddhist Studies in partnership with the Institute of Buddhist Studies in Berkeley. Through IBS, the Sati Institute also offers a Masters in Buddhism with a focus on early Buddhism and Theravada Buddhism. Spring courses start in early February and are taught at the Institute of Buddhist Studies. More info at [sati.org](http://sati.org) on the Sati Institute page.



## SATI CENTER

These events are presented by Sati Center and held at IMC. Contact [sati.org](http://sati.org) or 650/223-0311 for more information. Preregistration preferred.

### BUDDHIST CHAPLAINCY TRAINING PROGRAM

TAUGHT BY JENNIFER BLOCK, PAUL HALLER, AND GIL FRONSDAL.

An 11-month training program introducing a Buddhist perspective on the spiritual care skills needed for being a chaplain or Buddhist teacher, or for providing spiritual support to people in times of major life transitions and challenges. Next training starts September. More info at [sati.org](http://sati.org).

### BUDDHIST CHAPLAINCY: AN OVERVIEW

With Jennifer Block and Jaku Kinst. April 27, 10am to 5pm, at San Francisco Zen Center, 300 Page Street, San Francisco.

Join us for an explanation of this field of chaplaincy and spiritual care, which is gaining in size and scope in Dharma communities. Professional chaplains and educators will introduce aspects of chaplaincy, including: a definition of chaplaincy, the history of chaplaincy, settings where chaplains serve, and the steps one can take to become a volunteer or professional chaplain (including educational requirements) as a Buddhist practitioner.

### THE BRAHMA VIHARAS: GOODWILL, COMPASSION, SYMPATHETIC JOY, AND EQUANIMITY

With Thanissaro Bhikkhu, April 27, 9am to 4:30pm.

### TRANSFORMING SELF, TRANSFORMING WORLD

With David Loy. May 11, 9am to 4:30pm.

## DHARMA FRIENDS

Dharma Friends encourages spiritually based friendships and a sense of community in our sangha. To receive email updates on upcoming Dharma Friends events, go to the IMC website and click on **COMMUNITY, DHARMA FRIENDS, and SUBSCRIBE**.

*If interested in leading 3-4 mile local weekend hikes, contact Anne Foster, [afoster@rawbw.com](mailto:afoster@rawbw.com), 650/591-1285.*

- **Hike in Edgewood Park**—Saturday, January 12, 9am. Carpool from IMC. Moderate 4-mile hike. Bring lunch. Ryan Delaney, 650/325-7795. (Rain cancels.)
- **Hike in Eaton and Big Canyon Parks**—Saturday, February 16, 9am. Carpool from IMC. Moderate 5 mile hike. Bring lunch. Peter Nau, 650/593-5949, [beherenau@gmail.com](mailto:beherenau@gmail.com). (Rain cancels.)
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, February 3, 11am to 12:15pm. Plan events for April through June. IMC conference room. Contact Shelly Gordon, [sgordon@g2comm.com](mailto:sgordon@g2comm.com).
- **Dharma-Inspired Book Group**—January 4, February 1, March 1, 5:30 to 7pm. IMC meditation hall. We are currently reading *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity* by Shaila Catherine. Anne Foster, 650/591-1285 or [afoster@rawbw.com](mailto:afoster@rawbw.com).

- **Music Night at IMC**—Saturday, March 9, 7 to 9pm. Sangha musicians and singers creating unamplified music for each other's enjoyment. All are welcome to sing, play, or just listen. For info contact Peter Brown, [pbrown2@gmail.com](mailto:pbrown2@gmail.com).
- **Ballroom Dancing**—Saturday or Sunday monthly. Dance lesson precedes dance party. Check listing online (from IMC website, click on COMMUNITY>DHARMA FRIENDS>UPCOMING EVENTS) for when to meet at reception desk of Boogie Woogie Ballroom, 551 Foster City Blvd, Suite G, Foster City. Nicole Cheroke, [dncherok@gmail.com](mailto:dncherok@gmail.com)
- **Cinema Sanity**—Occasional weekend evenings. Know of a movie with a Dharma message you'd like to see with some Dharma friends? Contact Jim Podolske, [James.R.Podolske@nasa.gov](mailto:James.R.Podolske@nasa.gov), 650/968-6168.

## RELATED SITTING GROUPS

On IMC website, click on **LINKS** and scroll down to **ASSOCIATED/LOCAL GROUPS** for more information.

**BERKELEY VIPASSANA GROUP WITH RICHARD SHANKMAN**  
Wednesdays 7:15 to 9:15pm at St. Clement's Episcopal Church.  
Info at [www.mettadhharma.org](http://www.mettadhharma.org).

**COASTSIDE VIPASSANA MEDITATION GROUP**  
Wednesdays in Montara, 7 to 8:30pm. Info at [www.coastsidevipassana.org](http://www.coastsidevipassana.org).

**INSIGHT MEDITATION SOUTH BAY**  
WITH SHAILA CATHERINE Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn View, [www.imsb.org](http://www.imsb.org).

**LOS GATOS SITTING GROUP WITH KIM ALLEN**  
Sundays 10:15 to 11:15am at Yoga Source, 16185 Los Gatos Blvd.

**MODESTO DROP-IN MEDITATION GROUP**  
WITH LORI WONG Tuesdays 6:30 to 8:30pm. Unity Church at 2467 Veneman Ave, [insightmeditationmodesto.wordpress.com/](http://insightmeditationmodesto.wordpress.com/).

**OAKLAND MONDAY DROP-IN MEDITATION GROUP**  
Instruction 5:15pm; meditation/discussion 5:30 to 6:30pm.  
Unitarian Church, 14th/Castro. Rebecca Dixon, 510/482-2032.

**PALO ALTO DROP-IN MINDFULNESS GROUP**  
Wednesdays 2 to 3pm at Avenidas (Garden Room), 450 Bryant St.  
Contact Julie Forbes, 650/323-2601.

**SAN JOSE SANGHA**  
1041 Morse St. Contact Berget Jelane, 408/255-2783, [bbjelane@gmail.com](mailto:bbjelane@gmail.com), website [sanjoseinsight.org](http://sanjoseinsight.org).

- Wednesday Evening Sitting, 7:30 to 9pm.
- January 5, Half-Day, 9:30am to 12:15pm.
- February 16, Half-Day, 9:30am to 12:15pm.
- March 16, 9:30am to 3:30pm, **Daylong on the Heavenly Messengers: Old Age, Sickness and Death**.
- Wednesday evenings, April 3 to May 8, 6 to 7:15pm. **Meditation and Psychotherapy**.