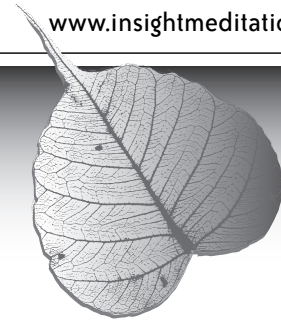


Insight



APRIL, MAY, JUNE 2012

VOLUME 15, NUMBER 2

The Action of Non-Action

Buddhist practice involves engaging in actions on a path to freedom and awakening. Action, in other words, is key. Reading about Buddhism is not the same as taking up the practice. If we learn about Buddhist practice but don't change any of our behaviors, we won't experience the benefits of the practice. Unless we actually take up the activity of mindfulness, mindfulness practice will have no role in our lives. If we decide we want to meditate but fail to actually do it, we won't experience the fruits of meditation. Without acting on our best values, it would be as if we didn't have those values at all. Buddhist practice is founded on the principle that our actions are consequential and we can choose actions that lead to greater peace, freedom, and compassion.

Despite this emphasis on action, Buddhism does put primary emphasis on two forms of non-doing: non-craving and non-clinging. The Buddhist path of liberation aims at the cessation of these two mental actions because craving and clinging are the conditions for the arising of *dukkha*, the Buddhist word for suffering, stress, and distress. When craving and clinging have ceased, not only does *dukkha* not occur, it is replaced by a deeply meaningful, timeless peace. And when we are no longer involved with craving and clinging, the heart has lots of space for wisdom and compassion.

Although it might sound paradoxical, non-action is also an important kind of action on the Buddhist path. Just as it's important to understand which actions place us on the path of freedom, it is equally important to understand when non-action is called for. For some people this may be more difficult than learning to act—perhaps because it's easier to believe we're making a difference if we're doing something. This difficulty may be particularly acute when it comes to our inner life, where the habits of behaving, thinking, and believing are often so deeply embedded that not only are they difficult to stop, they can seem natural or innate—part of our “hardware”—so that we don't even recognize them as activities we have any choice over. A lifetime of doing, fixing, arranging, and controlling can be difficult to put to rest.

One of the foundational Buddhist practices of non-action involves refraining from acting on unethical impulses. The five ethical precepts are the most obvious examples of this practice. The precepts involve a commitment to not act on our intentions to harm others, steal, lie, engage in sexual misconduct, or become intoxicated. Commitment to these precepts is not always easy to

adhere to because unethical impulses and intentions can be powerful. When they are, the non-action required may be quite active, requiring lots of inner strength to support our commitment to refrain.

Forbearance and patience are also important though less appreciated practices of non-action. Human life is filled with situations that frustrate our preferences, destabilize our equanimity, and evoke our ire. Because it is rarely beneficial to act—or react—when we are frustrated, unstable, or angry, practicing patience may be the best approach to avoid making a difficult situation worse. Such non-action is called forbearance when we also have to tolerate discomfort.

As most people who meditate know, meditation takes sustained effort. But from one perspective at least, it also involves a lot of non-action. With the body resting still, we are not engaged in the physical activities that characterize much of our lives. Similarly, by keeping our attention in the present moment, the meditative mind is not actively and intentionally involved in most forms of daily mental activity such as thinking about the past, the future, or fantasies. When we're engaged in meditation, being preoccupied with expectations and goals and evaluating our progress are all counterproductive. So is criticizing ourselves for how “well” or “unwell” we're meditating. Assuming too much active responsibility for our meditation can derail the relaxing, unwinding, and opening that support meditation practice. Mindfulness practitioners also learn that “selfing” is not helpful. Concerns with self-identity, self-justification, and self-aversion, are mental activities that meditators eventually learn to refrain from in favor of experiencing more peace.

People who practice meditation discover ever-subtler forms of non-action. For example, they learn that picking up a thought and getting involved with it is a mental action that isn't necessary and needn't be automatic. If the thought is not picked up, it can be left alone to fade away on its own. With mindfulness, we can develop the ability to choose which thoughts to engage with and which to avoid. In this way, non-action is an effective antidote for neuroses that result from being overly involved with thoughts. For some people, giving up the usual habits of mental activity is the most important lesson they can learn in meditation, partly because of the relief it brings and partly because it allows them to discover

Continued inside

SANGHA PROGRAMS & NEWS

'FUN'DRAISING EVENT ~ REGISTER NOW!

IMC'S FIRST IPO (INSIGHT PRACTICE OPPORTUNITY)

SATURDAY, MARCH 31, 6:30 TO 9PM AT IMC

FEATURING: WES 'SCOOP' NISKER

Performing pieces of his comic monologue, in which he investigates the human condition and the Initial Public Offering of all phenomena, also known as the Big Bang. Wes will prove that raising money can be funny.

HOSTED BY: CEO'S (CHIEF ENLIGHTENMENT OFFICERS)
GIL FRONSDAL & ANDREA FELLA

After 25 years of success as a start-up in Silicon Valley, IMC proudly announces its first public offering of an IPO (Insight Practice Opportunity). Shares, laughs, and cake will be offered to raise capital for the renovation of our new Insight Retreat Center. Shares are expected to double in merit with every new retreat at our new Insight Retreat Center.

- 6:30pm—Reception with refreshments and hors d'oeuvres
- 7:30pm—IPO Launch
- 8:45pm—Dessert and Closing

REGISTRATION: \$100 to \$500 suggested donation.

- Make check out to *Insight Retreat Center*. Mail to: Insight Trading at IMC, 108 Birch Street, Redwood City, CA 94062.
- Or register and receive a ticket by making a donation online at: <http://ircipo.eventbrite.com>

ALMOST THERE WITH IRC

In June it will have been one year since we became owners of the property that will house our new residential retreat center. We knew that converting the existing buildings into a retreat center would be a big job. It has turned out to be a bigger job than we expected as we find our way with the changing building codes and requirements of the many county agencies.

Now that we finally have the building permits and go-ahead from the county we are starting work! We expect to be offering meditation retreats before the end of this year. It is quite inspiring to envision the benefits that will come from the people meditating there. Already the property has a peaceful atmosphere. With retreats, the sense of peace and refuge will only increase.

We begin the renovation with most—but not all—of the money we need for the work. With the funds we have we can almost finish the project. It would be unfortunate if we couldn't finish the work. We have the financing for 90% of the project, leaving us with \$200,000 still to fundraise.

Over the next months we will do what we can to raise this final amount. We hope that some of our donors will be inspired to help us again with additional donations. Already one donor has offered an additional \$20,000 pledge if we raise the rest of the \$200,000. We are almost there! Please consider helping us with this final push. insightretreatcenter.org/donations/

HAVE LUNCH WITH JACK KORNFIELD

Jack has generously offered to participate in our Online Auction by having lunch with the winning bidder. Lunch will be at a restaurant in Marin County (date to be arranged; winner may bring one guest). Click the Auction link at insightmeditationcenter.org.

ONLINE AUCTION TO BENEFIT IRC

MARCH 31 TO APRIL 22

The proceeds of IMC's first Online Auction will benefit the renovation and startup of our new Insight Retreat Center. Some of the many interesting and wonderful items and services that have been donated include:

- Lunch with Jack Kornfield
- Lunch with Gil Fronsdal
- Buddhist Art & Artifacts
- Adobe CS5.5 Software
- Vacation in Aruba
- Bed & Breakfast
- Belly-dancing lessons
- Indian cooking lesson
- Massages
- Jazz concert

Click the Auction link at insightmeditationcenter.org.

INSIGHT MEDITATION COURSES IN SPANISH

In October 2011, the Insight Meditation Center offered the first five-week mindfulness introductory course in Spanish. The response has been enthusiastic. I have had the privilege and joy of heading this new course and teaching in my native language. We have also offered series on the Four Noble Truths and the Five Hindrances. All talks are being recorded and are available on audiodharma.org under 'Dharma in Spanish'.

Approximately 18 people have attended; the average size at a given evening is about eight. The age range is from fifteen to about sixty years; reflecting the fortunate tendency in Latin American culture for young and mature people to socialize together and appreciate each other's company. Not unlike our English language sangha, many more women attend than men. Many attendees are from Mexico, but also from El Salvador, Peru, Chile, Puerto Rico, and Spain. Our Spanish is different, even more so our educational backgrounds and the type of work we do, and yet we all have a strong common thread uniting us: we are all hungry to bring meaning, depth, and wisdom into our lives through the Dharma.

Many of us are completely bilingual and yet are discovering how fascinating and promising it is to explore the dharma directly in our language of origin, without having to go through the mind's rational filter of translation of language and culture. What a joy to be able to give voice to our experiences in our own language, with the directness, spontaneity, and even humor of our childhood language. We are beginning to discover that we can express and share without losing the vitality and freshness of our experiences, and at the same time bring in the discerning wisdom of the Dharma.

—Andrea Castillo

The Action of Non-Action *cont'd. from front page*

beneficial aspects of their inner life that had been hidden by all the doing.

Rather than directly solving our personal problems, non-action and meditation can help us to step away from our preoccupation with our problems, and this change in emphasis can sometimes make space for new solutions to arise or for the problem itself to diminish on its own. Some problems are better dissolved than solved. Some issues are seen more clearly when we aren't ruminating about them.

But non-action isn't always easy. It can require a lot of self-discipline and willpower when we're in the grip of desires and fears. Not acting on addictive drives may be as difficult as it is beneficial. It can be hard to resist the impulse to stay up late watching TV or surfing the internet, but when we do, we can get a good night's sleep and wake up ready for the workday ahead. For those who have strong cravings for addictive substances, the pull to indulge can be very powerful, but when they refrain, they may be able to hold on to a job or a marriage.

Even in more mundane situations, non-action has benefits. For people who are always quick to speak, sometimes at the expense of interrupting others, practicing non-action in conversation can be helpful and instructive. This might be as simple as waiting to speak until others are clearly finished. Or it can involve allowing moments of silence. Not acting on every impulse to speak is a way to respect others. It is also a way to allow for greater mindfulness of what's happening in a conversation.

In lives of constant doing, periods of non-activity can serve as important intervals of rest, recovery, and discovery. When we're

perpetually busy we can easily lose touch with ourselves, how we're feeling, and even our most important values. Not doing may be just the medicine for relieving stress or providing time to process unresolved feelings. Letting go of any attempt to accomplish or do anything but instead simply looking out the window or drinking a cup of tea may give the mind and heart a chance to reveal something important that has been overlooked or which we have not yet thought about. Non-action can be the seedbed for creativity and healing.

Non-doing is also a significant way of learning about ourselves. As we attempt to stop our usual activities, we discover the impulses that make stopping so difficult. In this way we learn where we are attached, and we learn about the emotions, impulses, and beliefs that keep us caught up. When we refrain from doing something we habitually do, we might get to see for the first time the cost the activity has had—sometimes over a lifetime. Finally, it may be only when we have ceased being active that we can see that we have more choices in how to act.

In deep meditation practice a time comes when it is helpful to let go of all intentional mental activity, even of mindfulness, concentration, and any other ways we are "meditating." This can provide a profound sense of well being that is not dependent on getting what we want, avoiding what we don't want, or any other efforts to "do" anything. It is a sense of well being that loosens the grip of our attachments.

It is possible to become free of clinging—this is what the path of freedom is all about. To find this path each person must find the right balance of action and non-action.

—Gil Fronsdal

THE SATI CENTER AND THE SATI INSTITUTE

When the Insight Meditation Center was incorporated as a non-profit in 1997, Gil Fronsdal and a group of senior Insight Meditation practitioners also founded the Sati Center for Buddhist Studies. In the years since, the Sati Center has been so closely associated with IMC that people sometimes assume they are the same organization. Even though most Sati Center classes are held at IMC and Gil is involved with both organizations, the Sati Center runs independently as its own non-profit.

Whereas IMC focuses more on insight meditation and Buddhist practices, the mission of the Sati Center is to support the scholarly study of Buddhism. Over the years, Sati Center has offered a rich array of classes on Buddhist topics by Buddhist practitioner-scholars. Sati Center also organizes major conferences on the life and teachings of Buddhist teachers, for example, Suzuki Roshi and Ajahn Chah.

In 2003, Sati Center began offering a year-long training in Buddhist Chaplaincy. This pioneering effort trains people to provide spiritual care in hospitals, hospices, prisons, and other places. The program has launched many people into professional careers as chaplains and from it grew an annual Buddhist Chaplaincy symposium held at IMC. It has also inspired and supported a similar Buddhist chaplaincy training in New York City. In

September, Sati Center will offer its 10th year-long chaplaincy training!

In 2011, the Sati Center brought in Nona Olivia to help develop the Sati Institute of Buddhist Studies (SIBS) with the intention of creating a Master's degree program in Buddhist Studies. The Sati Center saw a need for this as more people become Buddhist chaplains and Buddhist teachers. As people enter these professions, there is a growing need for in-depth study of Buddhist teachings, history, practices, and pedagogy. As an interim step to becoming a Masters' degree granting school, SIBS has partnered with the Institute of Buddhist Studies (IBS) in Berkeley to create a Theravada Buddhist track in their Masters in Buddhist Studies Program. Nona continues to guide the creation of the institute and is currently its dean and advisor.

This spring semester, in collaboration with IBS, SIBS is offering a Pali language class and a course on the pedagogy of teaching Buddhism entitled "Turning the Wheel." This fall, SIBS will offer courses on the teachings and practices of loving-kindness, an introduction to Theravada Traditions, an online sutta studies course, and Pali language.

It is wonderful that IMC, the Sati Center, and now the Sati Institute of Buddhist Studies are closely connected to each other. The strengths of each benefit the others.

Insight Meditation Center

108 Birch Street

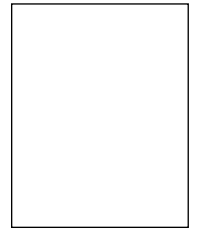
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

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DHARMA BOOK DRIVE FOR PRISON SANGHA

Thursday, May 31 – Monday, June 11. The teachings of the Dharma are precious. The 60 men of CTF Prison Sangha come weekly to sit and hear the teachings. They don't have access to Dharma on the internet; many don't have funds for books. To help support their practice we are collecting Dharma books to offer them.

There will be a box for collection on the counter by the flyers. Books need to be paperback; if used they have to be in excellent condition with no underlines or writing to pass security. For questions: please email Meryl at gmetta@yahoo.com.

LOS GATOS DANA-BASED SITTING GROUP LAUNCHES

A new Dharma group with ties to IMC has started in Los Gatos. It meets Sundays from 10:15 to 11:15am at the Los Gatos YogaSource (16185 Los Gatos Blvd) for a sitting and Dharma talk, which are offered freely. Chairs, yoga bolsters, and yoga mats are provided; bring a meditation cushion and/or zabuton if you prefer. The group is led by Kim Allen and other local teachers.

- For **GENERAL INFORMATION** about IMC contact either insightmeditationcenter@gmail.com or 650/599-3456.
- **NEWSLETTER QUESTIONS**—contact the editor at imc.newsletter@gmail.com

HELP IRC WHILE BUYING OR SELLING A HOME

Carol Collins is an IMC sangha member and long-time 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 assist you in identifying properties, areas, loans, etc. Buying or selling, the realtor will make a donation in your name to our Retreat Center.

Carol will be available as your consultant at no charge through the whole process. She has helped facilitate this process for sangha members in San Mateo, Santa Clara, Santa Cruz and other Bay Area counties. If you have any real estate questions, or would like to discuss buying or selling your home, call Carol at 408/348-1385 or carolcollins888@gmail.com.

• MAILING LIST OPTIONS AND CHANGE OF ADDRESS:

To be added or removed from the Mailing List, or to update address, phone, or e-mail—contact 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 www.insightmeditationcenter.org/email

• **IMC COMMUNITY SITE:** for Discussion and Interest Groups. To join, click the 'CONNECT' link on our website, or go to insightmeditationcenter.ning.com.

SCHEDULE OF EVENTS

April thru June 2012

WEEKLY MEDITATION AND TALKS

MONDAY EVENING SITTING AND TALK

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

TUESDAY MORNING SITTING AND TALK

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

WEDNESDAY MORNING HALF-DAY RETREAT

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

THURSDAY EVENING SITTING AND TALK

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

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 each month at 11am.

All are welcome. Contact Di or Dave Tatro 650/595-4260.

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 will be taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, thinking and application of mindfulness in daily life. No pre-registration.

- 5 Thursday Evenings 7:30pm to 9pm, May 24, 31, June 7, 14, 21 with Andrea Fella.

MONASTIC EVENINGS WITH THE SARANALOKA NUNS

Third Friday of the month, April 20, May 18, June 15, 7 to 9pm. On the Monastic Evenings one or more Theravadan nuns will be offering traditional Buddhist chanting, silent or guided meditation, and sharing Dhamma from the heart. www.saranaloka.org.

YOUNG ADULTS SITTING GROUP

3rd Sunday of the month, 6 to 7:45pm. Led by Anthony Rodgers.

NON-RESIDENTIAL RETREATS

SATURDAY ONE-DAY MEDITATION RETREATS

- March 31, 9am to 4:30pm, with Gil Fronsdal
- April 7, 9am to 4pm, **Metta Daylong** with Andrea Fella
- April 28, 9am to 5pm, **Papañca: The Source of Conflict** with Thanissaro Bikkhu
- May 12, 8:30am to 5pm, with Gil Fronsdal
- June 2, 6am to 9pm, **Daylong Intensive** with Gil Fronsdal
- June 9, 9am to 4:30pm, **Daylong on Grief** with Jennifer Block and Maria Straatmann
- June 16, 9am to 4:30pm, with Andrea Fella
- July 14, 9:30am to 3:30pm, **Daylong for Beginners** with Ines Freedman

RESIDENTIAL RETREATS

IMC SPONSORED RETREATS

There is no cost for IMC sponsored retreats. Donations welcome. For info: www.insightmeditationcenter.org/programs/retreats/ or 650/599-3456. Registration opens 3 months prior to event.

RETREATS LOS ALTOS HILLS (AT HIDDEN VILLA)

- April 15–22, with Andrea Fella and Anushka Fernandopulle
- September 16–30 with Gil Fronsdal. Registration by lottery opens May 1.
- October 14–21 with Gil Fronsdal and Heather Martin. Registration begins July 14.

RETREATS AT JIKOJI RETREAT CENTER (LOS GATOS)

- May 26–28, **Family Retreat (Memorial Day)** with Richard Shankman, Rebekkah LaDyne and Liz Powell. A weekend of family practice, parent practice, hiking, crafts and community. For more info, contact Liz at eapowell@aol.com

OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA AT SPIRIT ROCK www.spiritrock.org

- May 13–20, Vipassana Retreat with Gil Fronsdal, Mary Grace Orr, John Travis and Andrea Fella.
- August 13–22, Concentration Retreat with Phillip Moffit, Sally Armstrong, Andrea Fella and Tempel Smith.
- Nov 28 – Dec 5th, Emptiness: Meditation and Study Retreat with Guy Armstrong, Sally Armstrong, and Gil Fronsdal.

OTHER RETREATS WITH ANDREA FELLA

- Jikoji Retreat Center, June 24–July 8, Mindfulness of Mind Retreat with Andrea Fella. Permission required. Contact Dan Acland at dan@danacland.com
- Cloud Mountain, WA, July 20–27, with Andrea Fella and Greg Sharf. Information: mountainhermitage.org

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.

THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8:30 to 10:30am

SPECIAL EVENTS

MEDITATION DAYLONG WITH GIL FRONSDAL

Saturday March 31, 9am to 4:30pm. A daylong retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice, particularly in mindfulness of the body, and a dharma talk. It is recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

IRC FUNDRAISER ~ REGISTER NOW!

FEATURING WES NISKER

SATURDAY MARCH 31, 6:30 TO 9PM (See article for details).

REGISTRATION: \$100 TO \$500 SUGGESTED DONATION

- Make check to Insight Retreat Center, write IPO in memo. Mail to: Insight Trading at IMC, 108 Birch Street, Redwood City, CA 94062.
- Or donate online and receive a ticket at: ircipo.eventbrite.com

ONLINE AUCTION: MARCH 31 TO APRIL 22

(See article for details). Click Auction link on our website: www.insightmeditationcenter.org.

EL NOBLE ÓCTUPLE SENDERO CON ANDREA CASTILLO

Martes 3 de Abril al Martes 22 de Mayo, 7:30pm a 9pm.

Nuestras sesiones semanales incluirán meditación, una plática de dharma, y discusión grupal. Si deseas mayor información puedes escribir a Andrea Castillo spdharmaimc@gmail.com.

METTA DAYLONG WITH ANDREA FELLA

Saturday April 7, 9am to 4pm. Beside insight meditation, metta or lovingkindness meditation is a foundational practice of our Buddhist practice. It is the opening to a compassionate heart, the heartfelt wish for the well-being of oneself and others. A day dedicated to cultivating friendliness and goodwill. The retreat will alternate periods of sitting and walking with instructions and discussion. Recommended for both beginners and experienced practitioners. Bring lunch.

MINDFUL PARENTING SERIES

2nd Friday of the month, 7 to 8:30pm, April 13, May 11, June 8.

An opportunity for parents to practice together with mindful speech and listening, meditating, and hearing from local dharma teachers who also practice mindful parenting and mindfulness with children. We will alternate between sessions led by local dharma teachers/leaders, and sessions devoted to parent discussion groups. Facilitated by Patty McLucas and Liz Powell.

CONCENTRATION SERIES WITH GIL FRONSDAL

For our regular Monday evenings sittings on April 30, May 7 and 21, 7:30 to 9pm, Gil will give a three-part series of talks on concentration and concentration meditation.

BUDDHA'S BIRTHDAY (VESAK) WITH GIL FRONSDAL

Sunday, May 6, 9:15 to 11am. We will be celebrating Vesak after our morning sitting. Children welcome. Families should arrive by 9:15 am at which time they can decorate the flower pagoda. Please bring some flowers. Gil will tell the children about the Buddha's birth and teach a simple chant to sing as we carry the pagoda into the meditation hall. The children will then participate in a brief ceremony with the adult sangha, prior to the dharma talk.

MEDITATION DAYLONG WITH GIL FRONSDAL

Saturday May 12, 8:30am to 5pm. This is a daylong retreat with alternating periods of sitting and walking meditation. This particular daylong retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. Brief interviews available. Bring lunch.

TEMPLE SPRING CLEANING

Saturday, May 19, 9:30am to Noon. A morning for the sangha to come together for mindfulness of cleaning. A clean temple promotes clarity of mind, so please mark your calendars to help with this opportunity to uncover the true nature of our center. Look for a sign-up sheet at IMC.

DAYLONG INTENSIVE WITH GIL FRONSDAL

Saturday June 2, 6am to 9pm. This is a great opportunity for a full day of immersion in silent Dharma Practice. Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. The simplicity, silence and support of retreats contribute to letting go of many of the distractions that get in the way of clear seeing. Retreats also are a wonderful environment for developing a continuity of awareness for an extended period. Fifteen minute Interviews with Gil will be available on a sign-up basis. You are welcome to come for the entire day or drop in for any part of the retreat. If you come for only part of the retreat, please enter the meditation hall only at the beginning of a scheduled sitting. If you come while a sit is in progress, please sit in one of the chairs in the outer hall.

DAYLONG ON GRIEF

WITH JENNIFER BLOCK AND MARIA STRAATMANN.

Saturday June 9, 9am to 4:30pm. Throughout life, we are confronted with losses. Grief, the heart's natural response, is a constellation of emotions meriting attention and care. With mindful effort, we can transform the pain of loss into growth, healing, and inspiration. It takes courage and effort to grieve, to honor the pain we carry. This day will guide you in the journey of acknowledgment, transformation and release through meditation, writing, dharma teachings & discussion, experiential exercises, in an atmosphere of support. All who grieve any loss (the death of a loved one, relationship transitions, a job, ability, identity), as well as caregiving professionals are invited. Please bring lunch.

SCHEDULE pg. 3

MEDITATION DAYLONG WITH ANDREA FELLA

Saturday June 16, 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. It is recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

DHARMA EN ESPAÑOL: RETIRO DE UN DÍA CON JOAN AMARAL & ANDREA CASTILLO

Sábado Junio 30, 9:30am a 3:30pm. Te invitamos a un día de meditación y pláticas de dharma sobre el amor bondadoso y la alegría. Por favor trae tu comida. El retiro se ofrece gratuitamente. Si deseas puedes ofrecer una donación.

DAYLONG FOR BEGINNERS WITH INES FREEDMAN

Saturday July 14, 9:30am to 3:30pm. 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.

IMC YOUTH PROGRAMS

DHARMA SPROUTS (K-2ND GRADE) Led by Liz Powell and Carla Rayacich. First Sunday each month, 11:15am to 12pm. Meditations and dharma practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Liz at eapowell@aol.com if you plan to attend.

DHARMA ROCKS (3RD-5TH GRADE) Led by Liz Powell, Second Sunday 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 eapowell@aol.com.

DHARMA TWEENS (MIDDLE SCHOOL 6TH-8TH GRADES) (Sixth graders have the option of attending Dharma Rocks and/or Dharma Tweens). Led by Misha Merrill with Hilary Borison, Ajay Dave and Emily Negrin. Fourth Sunday 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 at hborison@sbcglobal.net or 650/575-2052 for more info; RSVP.

DHARMA TEENS (HIGH SCHOOL) Led by Alicia McLucas, Aaron Chavira and Trent Walker. First Sunday 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.

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.

SATI CENTER

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

Buddhist Chaplaincy: An Overview WITH JENNIFER BLOCK AND DAIJAKU KINST. Saturday April 14, 10am to 5pm. Note: held at the Institute of Buddhist Studies in Berkeley.

Chaplains provide spiritual care and support to people in places such as hospitals, hospices, prisons and a wide variety of other settings. Join us for an explanation of this field of service, 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, and settings where chaplains serve. Co-sponsored by The Institute of Buddhist Studies (www.shin-ibs.edu)

PAPAÑCA: THE SOURCE OF CONFLICT

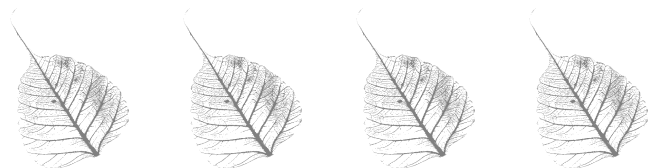
WITH THANISSARO BHIKKHU. Saturday April 28, 9am to 5pm. When discussing the sources of conflict—inner and outer—the Buddha pointed to a type of thinking he called *papañca*. This term is often translated as ‘conceptual proliferation,’ but a survey of how it’s discussed in the *Pali Canon* shows that it has less to do with the amount of thinking and more with the way thinking is framed. This daylong course will focus on understanding what *papañca* is, how it happens, when it has its uses, and how the need for it can eventually be overcome.

INTRO TO PALI WITH SEAN KERR

Saturday, July 28, 9:30am to 4pm. A one-day introduction to the richness and precision of the Pali language and its potential for complementing and enriching one's meditative practice and deepening one's relationship to the Buddha's teachings. While the *dharmma* in its 84,000 parts lies in the heart and not on any printed page, the Pali language has been and remains a potent vehicle for those who would make use of it. Its texts are not only the closest approximations to the Buddha's teachings in their original formulations, but also the concrete vestiges of those who have most thoroughly realized those teachings within their own body, speech, and mind. The workshop will incorporate both scholarly and experiential approaches as we learn, recite, and imbibe the Buddha's teachings in their original wording and attempt together to evoke their living meaning.

BUDDHIST CHAPLAINCY TRAINING PROGRAM

Taught by Jennifer Block, Paul Haller, and Gil Fronsda. One Friday a month starting September 14. Registration begins in July.



SUPPORT GROUPS

LIFE-THREATENING ILLNESSES

Wednesdays, 1:30 to 3pm at IMC

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 or 650/368-2518.

BUDDHISM AND TWELVE STEP SUPPORT GROUP

One Sunday a month: Apr 8, May 27, Jun 24, 7 to 8:30pm. Held at Unitarian Universalist Church, 2124 Brewster St, Redwood City. Group discussion and study exploring the Twelve Step program and Buddhist practice through Kevin Griffin's book, *A Burning Desire: Dharma, God and the Path of Recovery*. Includes 30 minutes meditation, reading, and open discussion. Everyone welcome. Facilitated by Jennifer Lemas, jennlemas@comcast.net.

DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our Sangha. To receive e-mail updates on upcoming Dharma Friends events, click 'Dharma Friends' on the IMC website and follow instructions.

- **Windy Hill, Spring Ridge Trail**—Sunday, April 15, 11:15 carpool from IMC. Steep 7 mile hike, unshaded. Bring lunch. Info: Ryan Delaney ryandelaney@yahoo.com.
- **Edgewood Park Hike**—Saturday, May 5, 11:15 carpool from IMC. Moderate 4 mile hike, partially shaded. Bring lunch. Info: Ryan Delaney ryandelaney@yahoo.com.
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, May 6, 11am to 12:15pm. Plan events for July-Sept 2012. IMC conference room. Come join us! Anne Foster afoster@rawbw.com 650/591-1285.
- **Music Night at IMC**—Saturday, May 12, 7 to 9pm. IMC. Sangha musicians and singers creating unamplified music for each other's enjoyment. All are welcome to sing, play or just listen. Info: Peter Brown pbrown2@gmail.com.
- **Arastradero Park Hike**—Sunday, June 17, 11:15 carpool from IMC. Moderate 6 mile hike, partially shaded. Bring lunch. Ryan Delaney ryandelaney@yahoo.com.
- **Dharma-Inspired Book Group**—Friday, April 6, May 4, June 1, 5:30 to 7pm. IMC Meditation Hall. We are currently reading *Meditations 3* by Thanissaro Bhikkhu (available on the IMC literature counter). Anne Foster afoster@rawbw.com, 650/591-1285.
- **Ballroom Dancing**—Sunday, April 22, May 20, June 3. Dance lesson 5 to 6 pm. Dance party 6 to 8:30 pm. Meet Nicole Cherok drncherok@gmail.com at 4:50 at reception desk of Boogie Woogie Ballroom, 551 Foster City Blvd, Suite G, Foster City.
- **Socially Engaged Buddhism**—Sunday, April 29, May 27, June 24; 12:45 to 2:15pm, Redwood City Main Library (5 minutes from IMC), 1044 Middlefield Rd. at Jefferson. Gather with other Sangha members interested in integrating Buddhist precepts with social action, social service,

or environmental work. Mary Bernier 650/222-6361 interfaithpeace-coalition@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 650/968-6168.
- **Volunteer Fair**—Sunday, June 10, 11 to 1pm. If you've been thinking about getting involved in volunteer work outside of IMC, please come hear what other sangha members are doing. If you're already volunteering, come share your experience of taking the practice out into the world. Info: Hilary Borison hborison@sbcglobal.net

RELATED SITTING GROUPS

On IMC website: under Community, click on Other Resources 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.mettadharm.org

COASTSIDE VIPASSANA MEDITATION GROUP

Wednesdays in Montara, 7 to 8:30pm.
www.coastsidevipassana.org

INSIGHT MEDITATION SOUTH BAY

Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn. View www.imsb.org

LOS GATOS SITTING GROUP WITH KIM ALLEN

Sunday mornings 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/

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, Palo Alto. Contact Julie Forbes 650/323-2601.

SAN JOSE SANGHA

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

- Wednesday Evening Sitting, 7:30 to 9pm
- Introduction to Meditation—first Wednesday of the month, 6:15 to 7:15pm
- April 21, Half-day of Practice, 9:30am to 12:15pm
- May 19, Metta Daylong, 9:30am to 3:30pm
- June 16, Half-day of Practice, 9:30am to 12:15pm