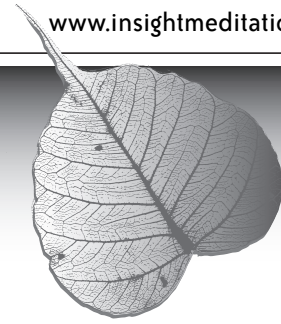


Insight



JULY, AUGUST, SEPTEMBER 2013

VOLUME 16, NUMBER 3

Developing the Mind Supports Insight

In Buddhist practice, acquiring liberating insight goes hand-in-hand with mental cultivation. We cannot have deep insight without developing the mind, any more than a nearsighted person can see clearly without glasses. And we cannot benefit from insight without inner strength, any more than a hiker can climb a mountain without physical strength.

The three core insights of mindfulness practice are impermanence, unsatisfactoriness, and not-self. Because of their importance, these “three characteristics” are often taught enthusiastically without reference to the mental development necessary to support them. Sometimes this leads to an excessively intellectual understanding where the “insights” become merely learned concepts rather than something directly understood or seen.

Overemphasizing the three characteristics can make Buddhist practice dreary, even discouraging. For someone whose life is falling apart because of radical social or personal change, being told that everything is impermanent can be disheartening or worse. For someone whose life is filled with unrelenting suffering, learning that all is unsatisfactory takes away all hope. And for someone whose confidence and self-identity has been stripped away or was never developed, the not-self teaching can put salt in a deep wound.

The insights are best supported by a variety of inner strengths. If we don’t already have these, it is useful to cultivate them.

Paradoxically, the three strengths most needed are opposite in character from the three insights. The power of mental stability enables greater insight into impermanence; the potency of well-being provides the healthy context for insight into unsatisfactoriness; and the strength of confidence keeps us balanced when we are faced with the insight into not-self.

Stability, well-being, and confidence are cultivated through Buddhist practice. For example, meditation practice stabilizes the mind; practices such as generosity, ethics, and concentration are ways of cultivating well-being; and walking the path of practice is a way to develop confidence in our personal abilities.

Mental stability is related to calm, constancy, continuity, and commitment in practice. Deep, direct insight into impermanence cannot arise in an agitated, restless mind where a preoccupation with ideas, imaginings, or memories interferes with seeing clearly. In order to perceive change it helps for the mind to be still; inner stability allows peace in the midst of change. It keeps us from

being easily buffeted in times of great social and personal instability.

The term “well-being” encompasses a host of positive emotions cultivated along the Buddhist path. They include the delight, contentment, joy, happiness, and rapture that arise as we practice the path. Many practices cultivate well-being. It can arise from practicing ethical integrity and by delighting in our own goodness and good actions. Even if we have acted unethically in the past, if we learn from this and resolve to do better, our resolve can be a reason to feel good about our self. Moreover, when we know we have nothing to hide, we experience what the Buddha calls the “bliss of blamelessness,” which allows for a deep relaxation.

Acting wisely on our generous impulses also promotes our own happiness. Giving to others weakens selfishness while helping develop a positive self-regard.

One of the important functions of meditation practice is to develop joy. While it certainly should not be expected all the time, sooner or later meditation should include joy. If it doesn’t, then this can be useful to discuss with a meditation teacher.

With well-being as a support, insight into the pervasive suffering and unsatisfactoriness of much of human life doesn’t have to be depressing or frightening. Rather, it can help us direct our attention and efforts to what is truly satisfying: spiritual freedom and compassion.

Not-self can be the most difficult insight because it can be destabilizing, even frightening. However, it can be a bit like learning to ride a bicycle. At first, one may be afraid and unsteady trying to keep one’s balance. Once one has become a strong, confident rider, the fear and uncertainty disappear.

Likewise, without confidence and personal strength, the insight into not-self can be quite disorienting and uncomfortable. When we feel confident and strong, we can experience this insight with equanimity.

Sometimes the teachings on not-self are interpreted to mean one should become self-effacing and humble. While it is certainly useful to overcome conceit, Buddhist practice also involves cultivating courageous strength. The personal strengths one cultivates on the Buddhist path include integrity, honesty, patience, kindness, resolve, wisdom, and confidence. With these as a foundation, the insight into not-self has the support needed to become a

Continued inside

SANGHA PROGRAMS & NEWS

DHARMA MENTORING PROGRAM

For the second year, IMC is offering a one-to-one mentoring program supporting individuals' practice with the Eightfold Path. The program begins this September and concludes next May.

The Eightfold Path represents the heart of Buddhist practice. Those who sign up for the eight-month program will have the chance to explore their practice in relation to each step of the Eightfold Path in consultation with one of IMC's seasoned, senior practitioners. Mentoring meetings will take place once a month for an hour. They will consist of a brief period of meditation followed by discussion structured around that month's step in the Eightfold Path. Readings, exercises, reflections, and Gil's recorded talks pertaining to the Eightfold Path will be assigned for each month of the program. Prerequisite is completion of IMC's five-week introduction to meditation course or the equivalent.

If you are interested, please fill out the application found in the Dharma Mentoring section at the top of the Special Events page on IMC's website.

I felt encouraged, supported, and inspired to develop interest and confidence in the teaching and practice at a level that I had not heretofore known.

—Participant in Eightfold Path Mentoring Program

FIRST SEARCHABLE DATABASE OF INSIGHT SANGHAS

The Buddhist Insight Network (BIN) was formed two years ago as a resource base for the growing number of Insight meditation practitioners, sitting groups, and centers. Recently the BIN website has added an extensive listing of Insight groups from all over North America and Europe. You can see it here: www.buddhistinsightnetwork.org/sanghas.

Thanks to our helpful web developer, this database has a search capacity for location, program offerings, and types of teachers. This means it is simple to locate all Insight groups that share similar aspects.

Currently the website lists about 70 groups, including key information, a brief description, and photo, from each sangha. The database will grow as more Insight groups sign up to be listed.

IN GRATITUDE

Many thanks to all of you who help support IMC through your donations of money and time. Donation thank-you letters have been sent out for the first quarter of this year, January through March. If you donated money to IMC or IRC during that period—whether at the centers, through our websites, or through the mail—you should have received a letter thanking you for the donation. Please save your letter if you wish to claim the deduction on your 2013 income tax return.

Letters will now be sent to all of our generous donors at the end of each quarter: in July, October, January, and April.

We appreciate your generosity.

—Ed Drury, IMC Treasurer

CREATIVE WORKS INVITED

Contributions are invited for the 2013 issue of *Passing It On: Lay Practitioners Share Dharma Wisdom*, a collection of creative works reflecting the teachings found in our daily lives. Contributing authors and artists, all connected with IMC, celebrate everyday activities in ways that honor the richness and complexity of our ordinary experiences. Their personal essays, stories, poems, and art explore the challenges we face and the moments in which we rise to meet them. To see last year's issue, go to the IMC website, beneath BOOKS AND ARTICLES click on RECOMMENDED BOOKS and scroll to the bottom of the page.

The deadline for submissions is July 30. Fiction or nonfiction should be 1,000 to 3,000 words; poetry, photos, and art will mostly remain within a page. If you are interested, please email Judy Long at imc.passingiton@gmail.com.

THE ISSUE AT HAND GOES INTERNATIONAL

Since *The Issue at Hand* was published 12 years ago, I have been surprised and delighted by the continued interest in it. The book is truly the product of the many people who provided so much of the work to bring it to print. In addition to those I thanked in the published acknowledgement in the book, I would like to thank the translators and editors who have translated the entire book into French, German, Spanish, and Korean—*French*: Philippe Daniel, Claudine Latombe, Mikael Bourges-Sevenier; *German*: Ursula Berg, Ronald Hechenberger, Christian Conrad; *Spanish*: Andrew Wallace, Ginny Contento, Miriam Matienzo, Andrea Castillo; *Korean*: Bhikkhu Buddharakihita.

I also thank those who have translated portions of the book into Italian, Portuguese, Japanese, Chinese—*Italian*: Dalia Sirkin, Sergio Donati; *Portuguese*: Patricia Gurgel Sergillo, Ricardo Sasaki; *Japanese*: Kohtaro Nishiyama, Yosh Haggert; *Chinese*: the Theravada Samadhi Education Association, and Lina Lee.

Many more than can be named here have contributed in other ways. I thank each and every one for their generous efforts at making the book's teachings available to so many all over the globe.

—Gil Fronsda

CULTIVATING COMPASSION

Compassion Cultivation Training, an eight-week course taught by Jennifer Block and Robert Cusick and offered by the Sati Center, will be held Mondays from 10:30am to 12:30pm, September 16 through November 11. This course aims to help participants develop the qualities of compassion, empathy, and kindness toward oneself and others. Developed by a team of contemplative scholars, clinical psychologists, and researchers at Stanford University, CCT combines traditional contemplative practices with contemporary psychology and scientific research to help people lead more compassionate lives. It involves instruction, daily meditation, mindfulness, and in-class interaction. Please register at sati.org.

IWA'S FIRST OVERSEAS VENTURE A SUCCESS

Insight World Aid's first overseas mission was an outstanding success. In February of 2013 a brigade of volunteers traveled to Cambodia for two weeks of travel, service in a clinic and orphanage, sightseeing, and meditation practice. The 26 men and women, from both inside and outside IMC, left the comfort and safety of their ordinary lives to help reduce suffering in the world. Although we all came from different backgrounds and had different skill sets, we teamed up to travel and work in harmony. Our time together was aided and enlivened by the teachings and practices of mindfulness and compassion. While our volunteer service benefited several thousand impoverished Cambodians, it also had big and lasting benefits in our own lives. This first mission of IWA was a beautiful and memorable proof-of-concept of our slogan: Wisdom and Compassion in Action.

The trip involved one week of volunteering and one week of sightseeing, with meditation practices integrated throughout. Team IWA was part of a larger group of volunteers organized by the Cambodian Health Professionals Association of America. CHPAA is an organization formed by survivors of the "killing fields" (Cambodia's holocaust of the 1970s), who provide free medical and dental care to Cambodians living in poverty. The IWA team consisted of two groups: 18 volunteers working in a temporary CHPAA health clinic in a small town; and eight volunteers living and working at a rural orphanage.

During our week of service, IWA's medical volunteers were able to provide a great many clinical services, medications, check-ups, surgery, and dental care for several thousand Cambodians. Although conditions in the clinic were challenging—hot, dusty, noisy, and overcrowded, with suffering everywhere—the team worked together efficiently and joyfully, offering much-needed aid to those who otherwise have little or no access to quality health care. We were rewarded with countless smiles, bows, and "thank-yous," as well as a few hugs.

Those who worked at the Wat Opot orphanage had equally challenging and heart-opening experiences. The orphanage is a special place that houses and cares for HIV-positive children who have been abandoned. The volunteers at the orphanage shared their kindness and diverse skills to nurture, educate, and entertain the children.

After our week of service we all enjoyed a visit to the spectacular ruins of Angkor Wat, a world-famous Hindu and Buddhist temple complex.

Our volunteers benefited from daily efforts to bring mindfulness and compassion into the experience. We held regular group meditations, frequent debriefings, and daily reflections on poems and quotes. We also visited a famous Buddhist monk at his temple. Our trip ended with a daylong meditation retreat where we practiced in silence and then reflected on and shared thoughts about our experience together. Overall, the trip was a challenging but unforgettable experience that touched many of our hearts deeply.

For more information and photos of our trip, see our website, insightworldaid.org.

—Jeff Hardin, IWA Executive Director

Developing the Mind, *cont'd. from front page*

catalyst for releasing all self-attachments. The obvious benefits of such letting go of self-clinging can be seen most clearly when the mind is most still and happy. Letting go of clinging to self is then seen as a step further into peace and well-being rather than anything to be feared.

The path of insight and liberation does not leave us with nothing; it leaves us with the well-developed inner treasures of a steady, happy, and confident mind. When we see that this mind is, like everything else, impermanent, unsatisfactory, and not-self, it only adds to our peace and happiness.

—Gil Fronsdal

INTRODUCTION TO LOVING-KINDNESS PRACTICE

The basic meditation practice of loving-kindness, or goodwill, will be the focus of a course taught by Dawn Neal from 7:30 to 9pm every Wednesday from July 17 to August 21.

One of the central practices of Buddhism, loving-kindness heals anger and self-criticism while cultivating a generous heart. In this six-week course it will be taught as a practice and perspective that is integrated with mindfulness practice. The course will also touch on recent scientific research supporting the physical, emotional, and social benefits of loving-kindness and self-compassion.

Dawn Neal teaches meditation, mindfulness, and loving-kindness to patients and caregivers in clinical settings. She has practiced meditation in the United States and Asia, temporarily ordaining in Burma, and is now earning an MA in Buddhist Studies.

DEDICATED PRACTITIONERS PROGRAM 5 (DPP5) AT SPIRIT ROCK

CORE TEACHERS: ANDREA FELLA AND TEMPEL SMITH

Spirit Rock offers the Dedicated Practitioners Program (DPP) for serious practitioners of Insight Meditation to expand their understanding of the Dharma and deepen their practice. The next DPP program (DPP5) will be taught by Andrea Fella and Tempel Smith, along with other associate and guest faculty.

DPP offers a comprehensive curriculum on the Buddha's teachings over 2 years, designed as an intensive lay practice period. In addition to 5 seven-day training retreats, participants commit to maintaining both meditative and daily life practice, working with monthly homework that includes readings, reflections and meditation instructions, maintaining contact with their interview teacher and regular meetings with study/practice partners.

Requirements for the program are 5 years of practice and 50 nights of residential retreat practice in the Insight Meditation tradition.

For more information: www.spiritrock.org/DPP. The application process for DPP5 will be open through October 1, 2013. The program begins in May 2014.

Insight Meditation Center

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Redwood City, CA 94062

www.insightmeditationcenter.org

Email: 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, through our website, 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. 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 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 longtime local real estate broker, now retired. If you are selling your home, she can refer you to a realtor who specializes in your area. 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.

• 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.

• 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.

SCHEDULE OF EVENTS

July ~ September 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

Sitting and walking meditation with Gil Fronsdal or guest teachers, 9:30am to 12pm. 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)
- 12pm – Temple cleaning

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. (No tea on 7/14—Join us at the IMC Summer Picnic instead)

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

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

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

INTRODUCTION TO LOVING-KINDNESS MEDITATION

- Six Wednesday evenings, July 17– August 21, 7:30 to 9 pm, with Dawn Neal

This course teaches the basic meditation practice of loving-kindness or goodwill. As one of the central practices of Buddhism, loving-kindness heals anger and self-criticism while cultivating a generous heart. Loving-kindness will be taught as a practice and perspective that is integrated with mindfulness practice. We will also touch on some of the recent scientific research supporting the physical, emotional, and social benefits of loving-kindness and self compassion.



INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

- 5 Wednesday evenings, October 2–30, 7:30 pm to 9pm with Gil Fronsdal.

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.

NON-RESIDENTIAL ONE-DAY RETREATS

- Saturday, August 3, 9:30am to 4pm, **The Buddha's Teaching on Family and Lay Life** with Bhante Piyanada.
- Saturday, August 10, 9am to 4:30pm, **Metta (Loving-Kindness)** daylong with Andrea Fella.
- Saturday, September 7, 9am to 5pm, **Annual Buddhist Chaplaincy Symposium** with Gil Fronsdal, Paul Haller, and Jennifer Block.
- Saturday, October 5, 9:30am to 4:30pm, **Mindfulness of the Body** daylong with Gil Fronsdal.
- Saturday, October 12, 9:30am to 4:30pm, **The Brahaviharas** with Thanissaro Bhikkhu.

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For more information go to www.insightretreatcenter.org/retreats or contact Debra.Chromczak@gmail.com, 831/421-0876.

- July 31–August 4, **Insight Retreat** with Andrea Fella & Pamela Weiss. (Retreat Full—apply online to be put on waiting list).
- August 15–18, **Introduction to Mindfulness Meditation Retreat** with Ines Freedman, Max Erdstein and Kim Allen (Qi Gong).
- October 20–27, **Insight Retreat** with Gil Fronsdal and Richard Shankman.
- November 17–24 **Insight Retreat** with Gil Fronsdal and Paul Haller. Registration opens July 17.
- December 8–15, **Insight Retreat** with Gil Fronsdal and Andrea Fella. Registration opens August 8.
- January 26–February 2, 2014, **Insight Retreat** with Gil Fronsdal and Leigh Brasington. Registration opens Sept 26.

OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

AT SPIRIT ROCK, www.spiritrock.org

- August 12–21, **Concentration Retreat** (Lottery) with Phillip Moffitt, Adrienne Ross, Donald Rothberg, Andrea Fella.
- March, 2014, **Monthlong Insight Retreat** with Gil Fronsdal, Heather Martin, Phillip Moffitt, Mary Grace Orr, Sharda Rogell, John Travis.

OTHER RETREATS WITH ANDREA FELLA

- July 20–27, Cloud Mountain Retreat Center, **Vipassana and Metta Retreat: Wise Attention and Opening the Heart**, with Andrea Fella and Greg Scharf. Info at cloudmountain.org.

SPECIAL EVENTS

IMC SUMMER PICNIC

SUNDAY, JULY 14, 11:15AM TO 2:30PM at Red Morton Park in Redwood City. Join the IMC community in sharing friendship and favorite summer foods at IMC's summer vegetarian potluck picnic. This is a great chance to meet the people you meditate with. Everyone invited and welcome. If you can, bring a dish to share with 4–6 people. If you can't bring a dish, please bring yourself. For children and other adventurous people there will be “mindful” versions of the 3-legged race, water balloon toss, egg-and-spoon race, and more.

A BENEFIT FOR INSIGHT-OUT ~ HEALING SUFFERING FROM THE INSIGHT-OUT: LESSONS IN MINDFULNESS

SATURDAY, JULY 20, 9:30AM TO 4:30PM. TAUGHT BY JACQUES VERDUIN AND FORMER INMATES FROM SAN QUENTIN PRISON.

The morning will include teachings and practices that have liberated prisoners from anger, violence, and suffering. Part of the day will be taught by former inmates who have been trained to teach mindfulness, responsibility, and the skills that can give everyone a second chance. The afternoon will include a healing ritual, accompanied by music from former San Quentin choir members. The ritual will be a time to acknowledge and transform the wounds and shame associated with both committing and suffering from acts of violence.

This is an IMC sponsored benefit for Insight-Out: suggested donation \$50–\$150. Everyone welcome, Please bring lunch. For info: 510/847-3677, Veronicabalseiro@sbcglobal.net, www.insight-out.org.

METTA (LOVING-KINDNESS) DAYLONG

WITH ANDREA FELLA. SATURDAY, AUGUST 10, 9AM TO 4:30PM.

Beside Insight meditation, *metta* or loving-kindness 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. Dedicated to cultivating friendliness and goodwill, the retreat will alternate periods of sitting and walking with instructions and discussion. The day will be primarily in silence. Recommended for both beginners and experienced practitioners. Bring lunch.

ANNUAL BUDDHIST CHAPLAINCY SYMPOSIUM

SATURDAY, SEPTEMBER 7, 9 AM TO 5 PM.

The Sati Chaplaincy program is 10 years old! This year's speakers: Gil Fronsdal, Paul Haller and Jennifer Block. Vegetarian lunch included. Please preregister at www.metta4.us or call Bill, 415/567-9823. Open to all—you do not need to be a Chaplain. Break out groups on Hospital, Prison and Sangha spiritual care and Certifications.

MINDFULNESS OF THE BODY DAYLONG

WITH GIL FRONSDAL. Saturday, October 5, 9:30am to 4:30pm.

Mindfulness of the body lies at the foundation of Buddhist meditation practice. To support building a strong foundation, the day

will include a variety of teachings and guidance on practices related to the body: instruction on how to practice mindfulness of the body, detailed instruction on meditation posture as well as a period of yoga supportive of meditation practice led by Terry Lesser. No interviews. Bring lunch.

SATI CENTER

These events are presented by Sati Center and held at IMC unless otherwise indicated. Contact sati.org or 650/223-0311 for more information.

THE BUDDHA'S TEACHINGS ON PERSONAL PRACTICE AND THE PUBLIC GOOD WITH DIANA CLARK AND GIL FRONSDAL

SATURDAY, JULY 13; 9:30AM TO 3:30PM. The Buddha addressed the social, political, and economic challenges of his time through mythic stories containing lessons as relevant for us today as they were in his time.

During this day we will explore three discourses from the Long Discourses which discuss the role that both government action and personal transformation have in the well-being of our society. In the background of our exploration we will be discussing the uses of stories to convey spiritual teachings. The day will involve an interactive combination of lectures, discussion, and creative engagement with the *Kutadanta Sutta*, the *Cakkavatti-Sinananda Sutta*, and the *Aganna Sutta* (Long Discourses # 9, 26, and 27).

THE BUDDHA'S TEACHING ON FAMILY AND LAY LIFE WITH BHANTE PIYANANDA

SATURDAY, AUGUST 3, 9:30AM TO 4PM. 11:30AM MEAL OFFERING FOR MONASTICS AND POTLUCK. Bhante Piyandana will share the *Dhamma* of family and lay life drawn from the Buddha's teachings and his 58 years as a monk, teaching and supporting countless families and lay practitioners. We will have opportunities to listen, to laugh, to ask questions and to offer a meal.

Venerable Walpola Piyandana ("Bhante") is the founder, president, and abbot of Dharma Vijaya Buddhist Vihara in Los Angeles, California. He is the author of The Bodhi Tree Grows in L.A., Saffron Days in L.A., and Thus We Heard: Recollections of the Life of the Buddha.

COMPASSION CULTIVATION TRAINING

MONDAYS, SEPTEMBER 16 TO NOVEMBER 11, 10:30AM TO 12:30PM.

TAUGHT BY JENNIFER BLOCK AND ROBERT CUSICK. This 8-week course develops the qualities of compassion, empathy, and kindness for oneself and others. CCT combines traditional contemplative practices with contemporary psychology and scientific research to help you lead a more compassionate life. Through instruction, daily meditation, mindfulness, and in-class interaction, you can strengthen the qualities of compassion, empathy, and kindness. This course, developed by a team of contemplative scholars, clinical psychologists, and researchers at Stanford University, combines traditional contemplative practices with contemporary psychology and scientific research on compassion. Registration required, www.sati.org/compassion-training.

BUDDHIST CHAPLAINCY TRAINING PROGRAM

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

BEGINS SEPTEMBER 13, ENDS IN JULY 2014. An 11-month training program introducing a Buddhist perspective on spiritual care skills needed for being a chaplain or Buddhist teacher, or providing spiritual support for people in times of major life transitions and challenges. Registration required. More info at sati.org.

THE BRAMAVIHARAS WITH THANISSARO BHIKKHU

SATURDAY, OCTOBER 12, 9:30AM TO 4:30PM. The *Brahmaviharas*—attitudes of unlimited good will, compassion, empathetic joy, and equanimity—are useful tools for counteracting unskillful mind states, such as ill will and resentment, and for developing all three parts of the path to the end of suffering: virtue, concentration, and discernment. This daylong course will use readings, talks, discussions, and periods of meditation to explore the uses and limitations of these attitudes in the context of the total path. There will be a meal offering for Ajahn Thanissaro and other monastics in attendance. If you would like, please bring food to offer at that time, otherwise, please bring your own lunch.

SATI COURSES AT IBS

Sati partners with the Institute of Buddhist Studies in offering graduate courses in Buddhist Studies. This Fall, courses include Sutta Study and an Introduction to Pali. Info at www.shin-ibs.edu.

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.

IMC YOUTH PROGRAMS

DHARMA SPROUTS (K–2ND GRADE) Led by Liz Powell and Carla Rayacich. First Sunday of each month, 11:15am to noon. (*No session July 7 or August 4*). 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 of each month, 5:15 to 7:15pm. (*No session July 14 or August 11*). 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 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. (*No session July 28 or August 25*). 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, hborison@sbcglobal.net, or 650/575-2052 for info or to RSVP.

MINDFUL TEENS (HIGH SCHOOL) Led by Alicia McLucas, Aaron Chavira, Nirali Shah and Trent Walker. First Sunday of each month, 5 to 7pm. (*No session July 7 or August 4*). 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, 7 to 8:30pm. (*No session July 12 or August 9*). The program each month alternates between being led by local dharma teachers who are also parents, and offering discussion groups for parents. No pre-registration required. September 13 with guest teacher Amy Saltzman.

IMC SUMMER PICNIC

SUNDAY, JULY 14, 11:15AM TO 2:30PM at Red Morton Park in Redwood City. Join your fellow sangha members—adults, teens, children, and babies—in sharing friendship and your favorite summer foods at IMC's summer vegetarian potluck picnic. Summer picnic games will be available for those who'd like to try "mindful" versions of the 3-legged race, water balloon toss, egg-and-spoon race, and more.

Email Liz at eapowell@aol.com to RSVP and let us know how many children and teens to include. Please carpool with others, or enjoy the 1.9 mile walk from IMC to the park. If you can, please bring a potluck dish with enough vegetarian food to feed 4 to 6. All are welcome whether or not they are able to bring food, and whether or not they had a chance to RSVP.

YOUNG ADULT PROGRAM

AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S. WITH MAX ERDSTEIN.

Third Sunday of the month, 7 to 8:30pm. An open, monthly group addressing Dharma themes relevant for twenty- and thirty-somethings. Through meditation, Dharma talks, and discussion we will explore how Dharma practice can be a refuge and inspiration as we make our way through the many worlds we inhabit.



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.

SUPPORT GROUPS

FOR THOSE EXPERIENCING LIFE-THREATENING ILLNESSES

Wednesdays 1:30 to 3pm.

FOR THOSE EXPERIENCING CHRONIC HEALTH CHALLENGES

Wednesdays 3:30 to 5:30pm.

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 12-STEP SUPPORT GROUP

First Sunday of every month, 7 to 8:30pm. 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.

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**.

- **Dharma-Inspired Book Group**—July 12, Aug 2, Sept 6, 5:30pm to 7pm. We are currently reading *Who Ordered this Truckload of Dung?* Inspiring stories for Overcoming Life's Difficulties by Ajahn Brahm. IMC Meditation Hall. Anne Foster afoster@rawbw.com, 650/591-1285.
- **Hike at Edgewood Park**—Saturday, July 13, 9am, 4 miles, walking meditation period, sun and shade. Bring snack. Carpool from IMC. Ryan Delaney 650/325-7795. Only heavy rain cancels.
- **New (Additional) Dharma-Inspired Book Group**—3 Fridays: July 26, Aug 30, Sep 27, 7 to 8:15pm. We will be reading *Unlimiting Mind* by Andrew Olendski, currently in print from Wisdom Publications. If there is interest (and approval to continue the book group at IMC) past September, we may continue reading from this book or read *Nothing Special—Everyday Zen* by Charlotte Joko Beck. Contact Bill Kostura, saddhadhamma@gmail.com, 650/815-1174.
- **Collage as a Process of Inquiry**—July 27, 1 to 4pm. Playful collage making; no art-making experience necessary. IMC Meditation Hall. RSVP to Ryl Brock Wilson, ryl@artasaccess.com, 510/384-4795.
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, Aug 4, 11am to 12:15pm. Plan events for Oct, Nov, Dec 2013. IMC conference room. Shelly Gordon, sgordon@g2comm.com, 650/856-1607.
- **Hike Los Trancos Trail, Palo Alto**—Sunday, Aug 25, 11:15am, group hike, 7 miles, partially steep, some sun exposure. Carpool at IMC. Bring lunch, sunscreen and plenty of water. Shelly Gordon, 650/856-1607.
- **Ballroom Dancing**—Sunday monthly. 1 hour dance lesson, either 5 or 6 pm; 2 hour dance party afterwards. Check listing on Dharma Friends page (from IMC website, click on COMMUNITY>DHARMA FRIENDS>UPCOMING EVENTS) for schedule and dance to be taught. Imperial Ballroom, 822 Cassia Street, Redwood City. Nicole Cherok, drncherok@gmail.com, 650/572-9002.

- **Cinema Sanity**—at least 1 film during the quarter. 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.

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.mettadharm.org.

COASTSIDE VIPASSANA MEDITATION GROUP
Wednesdays in Montara, 7 to 8:30pm. Info at www.coastsidevipassana.org.

INSIGHT MEDITATION SOUTH BAY
WITH SHAILA CATHERINE Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn View, www.imsb.org.

LOS GATOS SITTING GROUP WITH KIM ALLEN
Sundays 9 to 10:15am at Yoga Source, 16185 Los Gatos Blvd.

INSIGHT MEDITATION CENTRAL VALLEY
WITH LORI WONG. Sunday 12:30 to 2:30pm in Modesto, Monday 6:30 to 8:30pm in Stockton, and Tuesday 6:30 to 8:30pm in Modesto. For locations and info, go to imcv.org.

OAKLAND MONDAY DROP-IN MEDITATION GROUP
Instruction 5:15pm; meditation/discussion 5:30 to 6:30pm.
Unitarian Church, 14th/Castro. 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, website sanjoseinsight.org.

- Wednesday Evening Sitting, 7:30 to 9pm.
- Half-Day Retreat, Saturday, July 20, 9:30am to 12:15pm.
- Daylong: The Hindrances, Saturday Sep 14, 9:30am to 3:30pm.
- Introduction to Mindfulness Meditation, 6 Monday evenings, Sep 9 through Oct 14, 7 to 9pm.
- Introductory Class Daylong, Saturday, Oct 5, 9:30am to 3:30pm.

TEMPLE CLEANING & SANGHA GARDENING

IMC does not have a janitorial service or any other paid staff. All cleaning and groundskeeping is done by our dedicated volunteers. As part of integrating practice in daily life, we encourage you to participate in "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 11:15am, and after the Wednesday Morning Half-Day Retreat at noon.