

Benefitting from the Second Precept

The second Buddhist ethical precept—to refrain from taking what is not given—can be a source of happiness in a number of ways. For example, knowing we have not hurt others by stealing from them is one small form of the happiness that comes from this precept. Knowing that we're a person others regard as trustworthy and safe, someone they don't have to fear will steal from them, is another cause of happiness. And still another form of happiness is the joy of blamelessness and the contentment from having no remorse.

Motivated by a sense of our shared humanity, living by this precept can be seen as a gift. We live in the world with all people as family, and just as we would not steal from our own parents or children, we don't take anything from others unless it is offered. In doing so we offer them the gift of harmlessness, safety and ease.

Not taking what is not given is connected to the freedom of heart Buddhism points to. Our greatest wealth is in our hearts, and being free of the greed and selfishness that motivates most acts of theft is a prerequisite for uncovering that inner wealth. A heart at ease simply won't steal.

By wording the second precept "not taking what is not given," the Buddhist tradition presents a higher standard and greater clarity for ethical behavior than simply "not stealing." From this standpoint, things have to be clearly and freely offered before we take something. This precludes relying on ambiguity, deceit, force, exploitation or intimidation to acquire what belongs to others. No matter how small or how low in monetary value, if it isn't given, we don't take it. When practiced thoroughly, this precept extends to not borrowing something without permission.

The second precept can also be applied to how and what we consume by refraining from buying anything that originates from people who haven't given their labor or resources freely. So, for example, we wouldn't buy clothes made in sweatshops where people are forced to work involuntarily. We would also avoid using natural resources acquired against the wishes and rights of the local people from where the resources came.

Not taking what is not given can also relate to services others perform for us. In the complexity of our interpersonal relationships, fear can easily motivate people to do things they would prefer not to do. Employees may feel they can't say no to a boss's request. Spouses may agree to do things they don't want to because they fear straining the relationship. Silence should not automatically be taken as consent. Instead, we should ask ourselves if the other person is doing something for us out of a sense of coercion, or of their own freewill.

In the Buddhist ritual where people express their intention to live by the second of the ethical precepts they say, "I undertake the training to abstain from taking what is not given." Calling this a "training" implies one is working toward fully living by this precept. It is not a vow of ethical purity one is obligated to live up to. Rather it is an intention to sincerely train to become a person who lives up to it.

When taken on as a training, the second precept can be separated into three kinds of training: in restraint, character, and understanding. These three elements are aspects of the traditional Buddhist trainings of *sila*, *samadhi*, and *panna* (virtue, meditation, and wisdom).

Restraint. Training ourselves to refrain from causing harm is central to Buddhist practice. When we refrain from taking what is not offered, we avoid confusing, harming or upsetting others. We ourselves benefit from having a clear conscience and knowing we haven't given cause for people to be angry at us. We also have the satisfaction of not giving in to greed.

Training in restraint is a support for practicing mindfulness. When we hold back from the impulse to take, we then have the opportunity to look carefully at the nature of the impulse. What beliefs, emotions, and desires are behind it? What justifications do we use to take things that aren't offered? Or if they are offered, are we taking for the purpose for which they are given? Perhaps pens or stationery are offered freely at work. However, this doesn't mean we can take them home to pass out to all our relatives. For the practice of mindfulness, the stricter we are with the second precept the more opportunities we have for probing deeply into what motivates us.

In particular, it is useful to explore the role greed and selfishness play in our impulses to take what hasn't been given. As the Buddhist path of freedom is a way to end greed and self-preoccupation, living with this precept helps us stay on this path.

Character. The second area of training is developing our character or basic disposition. Here the second precept becomes a precept of action by engaging in those mental and physical activities that transform us from the inside out. Living by the second precept is a prompt to practice generosity, goodwill, contentment, and freedom from attachments. As we behave in these ways more and more, we not only act ethically, we become ethical. Being ethical becomes part of our character as we develop greater mindfulness, empathy, happiness, and equanimity. All these combine to



SANGHA PROGRAMS & NEWS

TRAINING IN DHARMA MENTORING

We are beginning a new two-year long Dharma Mentoring training program this fall. Dharma Mentors are practitioners who have matured enough in their own Dharma practice and understanding to support and mentor others. This program offers a training to prepare a Dharma Mentor to meet individually with people to support their personal Dharma practice, study, and reflection. In offering spiritual direction, Dharma Mentors are not Dharma Teachers; they are spiritual friends facilitating another person's engagement with the Dharma.

Taught by Gil Fronsdal and Andrea Fella, the core of the program will consist of both monthly daylong classes and practicums. During the first year, the practicums will include participating as a student in IMC's mentoring programs. The second year involves being a mentor in these mentoring programs.

More information can be found on the [SPECIAL EVENTS](#) page of IMC's website. The opportunity to receive academic credit for the program exists through the Sati Institute (sati.org).

Prerequisites for the program are six years of regular insight meditation practice, a cumulative 60 days of silent meditation retreat practice, and a recommendation from a Dharma teacher.

Mondays, 9am to 4:30pm: September 8, October 6, November 3, December 1, January 12, February 9, March 16, April 13, May 11, and June 8.

9-MONTH EIGHTFOLD PATH PROGRAM

TAUGHT BY CHRIS CLIFFORD AND SENIOR IMC STUDENTS.

The Buddha's most explicit path of practice is the Eightfold Path. This is a set of eight practical approaches to bring Buddhist practice into the width and depth of our lives. The Eightfold Path Program is an introduction to each of the Eightfold factors so that participants can discover how to apply each set of practices in ways that are personally meaningful. Pre-requisite: completion of IMC's Introduction to Meditation course or the equivalent.

The program has the following elements:

1. 2-1/2 hour monthly meetings that include teachings, meditation, and discussions.
2. Readings, reflections and practices for each month.
3. A monthly one-hour personal meeting with an Eightfold Path mentor to discuss one's practice and reflections on the Eightfold Path factors.
4. Ends with a one-day Eightfold Path retreat at the Insight Retreat Center in Scotts Valley on June 20, 2015.

DATES AT IMC:

(Optional: **Introduction to the 9-Month Eightfold Path Program**, Saturday September 13, 9am to 12:30pm)

Intro and Right View — Saturday, October 18, 10am to 12:30pm

Right Intention — Sunday, November 16, 1 to 3:30pm

Right Speech — Sunday, December 7, 1 to 3:30pm

Right Action — Saturday, January 10, 10am to 12:30pm

Right Livelihood — Sunday, February 8, 1 to 3:30pm

Right Effort — Sunday, March 8, 1 to 3:30pm

Right Mindfulness — Sunday, April 12, 1 to 3:30pm

Right Concentration — Sunday, May 10, 1 to 3:30pm

To apply, fill out an application found under the Eightfold Path Mentoring notice on the [SPECIAL EVENTS](#) page of IMC's website.

PARTICIPATING IN IMC'S EIGHTFOLD PATH PROGRAM

Wikipedia defines mentorship as a personal developmental relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person. This is exactly what I experienced in the Eightfold Path Program at IMC.

My mentor had already explored many of the same inner places I was journeying towards. She offered me assurance, knowledge and important guidance at our meetings. At times, when my emotions ran very high, the monthly meetings made a huge difference in my practice; they provided a place I felt safe and could "check in." As I confronted these emotions in my daily practice, I would recall her assurances that I was on the right path, and I was able to go deeper and accept my limitations without judgment.

Our meetings became very special to me—I became transparent with her. She saw me just as I am, and intuitively knew where I was at a particular moment. Her gift revealed many new possibilities in my meditation. To meet with another human being where you feel truly "seen" is a magical experience—one I hold in my heart with great gratitude.

—Janet Stewart Migliore

ESTABLISHING PRACTICE GROUP

People who have completed IMC's Introduction to Meditation class, are welcome to apply to be part of a small four week support group focused on getting further established in a regular meditation practice. The group will be led by Chris Clifford, a long time IMC practitioner and instructor. Participants will have a chance to have a personal meeting with Chris to discuss their meditation practice. These groups will be limited to 8 to 10 people who can commit to attending all four sessions.

August Group: Tuesdays 7:30 to 9pm, August 5, 12, 19, 26 at the IMC Annex, 1040 Brewster Ave. Suite D.

Registration necessary. Information on how to apply can be found on the [SPECIAL EVENTS](#) page of IMC's website.

IMC GROWS

In order to accommodate the growing number of programs at IMC, in June we rented office space two blocks from IMC at 1040 Brewster Ave, Suite D. We are calling this the IMC "annex". The space allows us to offer a variety of programs and gatherings for small groups up to about 15 or so people.

SANGHA SUPPORT OF YOUR EARTH CARE PROJECTS

Earth Care week is coming the first week of October. If you have an idea for a sangha-compatible earth care project that embodies the Eightfold Path principles of Right Action and Right Speech, the Earth Care Committee would like to connect you with other sangha members. Please send your project idea to Liz Powell at eapowell@aol.com. If the project fits well with IMC's culture and resources, we will help announce your project within the IMC community.

EARTH CARE PRACTICES

One way to practice mindfulness in daily life is to simplify our lives, and practice letting go of attachments to things and actions we don't really need. Two ways to practice simplicity are:

- Share gardening and household repair tools with neighbors so that each of your households do not have to invest separately in items like ladders, lawnmowers, and tree and hedge trimming tools.
- Find new ways to simplify your life. An interesting perspective on this can be found at zenhabits.net

—IMC's Earth Care Committee

THE BRAHMAVIHARAS: PRACTICING WITH LOVE

A Dharma Practice Day Series with Gil Fronsdal on the *Brahmaviharas* will be offered beginning October 3.

Lovingkindness, Compassion, Appreciative Joy, and Equanimity are four aspects of love at the heart of Buddhist practice. Each day will be devoted to teachings, guided meditation, and discussions on one of the *Brahmaviharas*. (See the Schedule for time and dates).



IMPORTANT NEWS FROM IRC

IMC's Insight Retreat Center in Scotts Valley continues successfully offering retreats throughout the year. As all our retreats have waiting lists, we are working towards offering more retreats.

The big news from IRC is that the house next door was recently put on the market. Owning this house would go a long way to support our retreat center. It would provide residency for the volunteers who care for the center, expand our property by an acre, allow more retreatants to attend our retreats, protect the quiet and ambience of our retreats, and, with its well, provide greater water security.

We are encouraged by the many people who have pledged financial support for purchasing the property. As of this writing we don't know how long the house will be on the market. Until it is sold we will continue to let our extended community know about the possibility. If we receive enough pledges we look forward to providing a stronger foundation for the long-term well-being of our retreat center.

If you have the means to help or are interested in pledging please contact us: insightretreatcenter@gmail.com.

The Second Precept, cont'd. from front page

promote greater ethical sensitivity and care, and function as antidotes to the power of greed.

Every inclination to take or want something can be an occasion to practice greater mindfulness. For people who don't actually steal, this can be done by bringing greater attention to subtle forms of taking what is not given, such as dominating a conversation, pushing to the front of a line, or failing to tell the cashier that we've been undercharged for a purchase. The precept can function as a "mindfulness cue." Every time we have a desire to have something that wasn't given, our commitment to the precept can prompt us to pay more attention to what is happening in our inner life and to recommit to living an ethical life.

The second precept also offers the opportunity to train in contentment. We can search for ways to replace greed and desire with a sense of satisfaction with what we already have. We can also practice being content with what is given or offered to us without trying to get something more or something else. Contentment may be one of the most underappreciated supports for training in the path of freedom. It is well worth cultivating.

Because taking what is not given involves our relationships with others, the second precept can also be used as a means to bring greater attention to other people. When we want something belonging to others, we can take the time to allow our empathy to bring us a fuller appreciation of them and their circumstances. Exercising empathy strengthens and increases it.

A training closely associated with the second precept is generosity, or "giving what is not asked for." Generosity can never be an obligation: giving based on obligation may sometimes be necessary, but it is not generosity. It can be very meaningful to explore ways to be generous. Whenever we are tempted to take what is not given, we can instead consider how to replace the temptation with generosity. Then take the time to feel nourished by this generosity. Our inner character changes for the better when we are so nourished.

Understanding. In addition to training in restraint and character, the third form of training is cultivating understanding. Internally, this means understanding our own motivations, values, and needs. Interpersonally it means understanding the consequences of our actions on others. This includes taking the time to learn about the consequences of our acquisitions and consumption even as they extend beyond what we see. In this wider context how might we be taking what is not given? How careful can we become in not doing so? The fact that sales people happily offer to sell us cell phones and computers does not mean that all the components of these devices come to us from freely offered sources. When children, in slave-like work camps in the Congo, mine the tantalum and tungsten used in our electronics, are our electronic devices really offered freely?

The three areas of ethical training—restraint, character, and understanding—overlap considerably. Developing one often develops the others. Developing all three brings forth the best qualities of the heart, all essential to a life of greater happiness and inner freedom.

—Gil Fronsdal

Insight Meditation Center

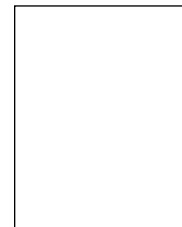
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OTHER WAYS TO DONATE

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.

INTRODUCTION TO INSIGHT WORLD AID

On Sunday, September 28, 1 to 2:30pm, everyone is welcome to learn about IWA, a small humanitarian organization started by Insight Meditation practitioners.

Past projects and future possibilities will be discussed. More information can be found at insightworldaid.org.

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.



- **GENERAL INFORMATION:**
insightmeditationcenter@gmail.com or 650/599-3456.
- **NEWSLETTER QUESTIONS:** Contact the editor at imc.newsletter@gmail.com.
- **CONNECT:** To be added or removed from the IMC mailing list or to update your address, phone, or email -OR- to sign up for our Upcoming Events and Announcements emails, go to the IMC website and click on the CONNECT link.



SCHEDULE OF EVENTS

July ~ September 2014

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 12:15pm. Bring lunch. Informal discussion afterwards. You may attend any part of the morning.

- 9:30am – Sitting • 10:15am – Walking Meditation
- 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, a talk and time for questions.

SUNDAY MORNING SITTINGS AND TALK

With Gil Fronsdal or guest teachers, 8:30 to 10:45am.

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

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

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

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

- First Monday evening of month, 6:15 to 7:15pm.
- First Thursday morning of month, 10:45 to 11:45am.
- Every Thursday evening, 6:15 to 7:15pm.

INTRODUCTION TO MINDFULNESS MEDITATION

- 5 Wednesday evenings, July 2–30, 7:30 to 9pm, with Ines Freedman.
- 5 Wednesday evenings, October 1–29, 7:30 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 necessary.

Most teachings given at IMC are recorded and posted online at Audiodharma.org

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.

DAYLONG MEDITATION RETREATS

On Saturdays, unless otherwise noted:

- July 19, 9am to 4:30pm, **Mindfulness Daylong** with Nikki Mirghafori.
- July 26, 9:30am to 3:30pm, **The Buddha's Teachings on Faith** with Diana Clark (Sati Center event).
- August 9, 9:30am to 4:30pm, **Mindfulness of Mind Daylong** with Andrea Fella.
- August 16, 9:30am to 3:30pm, **The Buddha's Teachings on Love** with Diana Clark (Sati Center event).
- September 6, 9am to 4:30pm, **Spanish Language Daylong** with Andrea Castillo.
- September 13, 9am to 4:30pm, **Mindfulness Daylong** with Gil Fronsdal.
- October 4, 8:30am to 5pm, **Daylong** with Gil Fronsdal.
- October 11, 9am to 5pm, **Chaplaincy Symposium** (Sati Center event).

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For more information go to www.insightretreatcenter.org/retreats.

- October 10–12, **Insight Retreat** with Ines Freedman and Carla Brennan. Registration opens July 10.
- October 15–17, **Retreat** with Ajahn Amaro. Registration opens July 15.
- October 19–26, **Insight Retreat** with Gil Fronsdal and Ruth King. Registration opens June 19.
- November 16–23, **Insight Retreat** with Gil Fronsdal and Max Erdstein. Registration opens July 16.
- December 1–6, **Insight Santa Cruz Retreat** with Bob Stahl, Jill Hyman, Bruce Hyman, and Karen Zelin (yoga). Registration opens August 1.
- December 7–14, **Insight Retreat** with Gil Fronsdal and Andrea Fella. Registration opens August 7.
- December 27, 2014 – January 4, 2015, **New Year's Meditation Retreat** with Aloka Vihara nuns. Registration opens in August. To register: saranaloka.org/events/retreats-and-daylongs.
- January 25 – February 1, 2015, **Insight Retreat** with Gil Fronsdal, JoAnna Harper, and Vinny Ferraro. Registration opens September 25.

OTHER RETREATS WITH ANDREA FELLA

- July 20–27, Cloud Mountain Retreat Center, **Mindfulness of Mind Retreat**, with Andrea Fella. Taught in the style of Sayadaw U Tejaniya. Info at cloudmountain.org.
- September 13–October 25, Insight Meditation Society, **Three-Month Retreat, Part 1**, with Joseph Goldstein, Carol Wilson, Andrea Fella, Winnie Nazarko, and Bhante Buddharakkhita. Info at www.dharma.org/meditation-retreats.

SPECIAL EVENTS

ESTABLISHING PRACTICE GROUPS

AUGUST GROUP: TUESDAYS 7:30 TO 9PM, AUGUST 5, 12, 19, 26 led by Chris Clifford; at IMC Annex, 1040 Brewster Ave. Suite D. People who have completed IMC's Introduction to Meditation class, are welcome to apply to be part of a small four week support group focused on getting further established in a regular meditation practice. The group will be led by Chris Clifford, a long time IMC practitioner and instructor. Participants will have a chance to have a personal meeting with Chris to discuss their meditation practice. These groups will be limited to 8 to 10 people who can commit to attending all four sessions. Registration necessary. Information on how to apply can be found on the Special Events page of IMC's website

MINDFULNESS DAYLONGS

SATURDAY, JULY 19, 9AM TO 4:30PM. WITH NIKKI MIRGHAFORI
SATURDAY, SEPTEMBER 13, 9AM TO 4:30PM. WITH GIL FRONSDAL
Practicing mindfulness meditation on retreat is one of the foundations for maturing insight meditation. With alternating periods of sitting and walking meditation, instruction in mindfulness practice, and a Dharma talk. Recommended for both beginners and experienced practitioners. Bring lunch.

SUMMER PICNIC AT STAFFORD PARK

SUNDAY, JULY 27, 11AM TO 1PM. Join your fellow sangha members—adults, teens, children, and babies—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 is welcome. If you can, bring a dish for 4 to 6 people to share. If you can't bring a dish, please bring yourself. *Stafford Park is about half a mile west on Hopkins Avenue, a pleasant 10 to 15 minute walk from IMC.*

DAILY LIFE PRACTICE RETREAT WITH ANDREA FELLA
SUNDAY, AUGUST 3, 1 TO 4:30PM; MONDAY–FRIDAY, AUGUST 4–8, MORNINGS 7:30 TO 9AM, AND EVENINGS 7:30 TO 9PM; SATURDAY, AUGUST 9, 9:30AM TO 4:30PM, DAYLONG RETREAT.

We will integrate formal practice and Dharma discussion with 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 evening programs.

MINDFULNESS OF MIND DAYLONG WITH ANDREA FELLA
SATURDAY, AUGUST 9, 9:30AM TO 4:30PM. Taught in the style of U Tejaniya. 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 sup-

ports 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. Recommended for both beginners and experienced practitioners.

SPANISH LANGUAGE DAYLONG WITH ANDREA CASTILLO
SATURDAY, SEPTEMBER 6, 9AM TO 4:30PM.

La práctica de la atención plena y la meditación en retiros es esencial para madurar en la meditación introspectiva. En este día se alternarán periodos de meditación sentada y caminando, instrucción sobre la atención plena, y una plática de dharma. Se recomienda para principiantes y practicantes con experiencia. Favor de traer su comida de medio día.

9-MONTH EIGHTFOLD PATH PROGRAM

- **INTRODUCTION TO THE 9-MONTH EIGHTFOLD PATH PROGRAM (OPTIONAL), SEPTEMBER 13, 9AM TO 12:30PM.**
- **OCTOBER 18, 10:30AM TO 12:30PM; NOVEMBER 16 & DECEMBER 7, 1 TO 3:30PM.**

Taught by Chris Clifford and senior IMC students. *See details in Sangha Programs & News.*

BRAHMAVIHARAS: PRACTICING WITH LOVE—A DHARMA PRACTICE DAY SERIES WITH GIL FRONSDAL
FRIDAYS, OCTOBER 3, 31, DECEMBER 5, JANUARY 16, FEBRUARY 27, MARCH 27, AND MAY 1, 9:30AM TO 3:30PM.

The *Brahmaviharas*—Lovingkindness, Compassion, Appreciative Joy, and Equanimity—are four aspects of love at the heart of Buddhist practice. Each day will be devoted to teachings, guided meditation, and discussions on one of the *Brahmaviharas*.

DAYLONG WITH GIL FRONSDAL
SATURDAY, OCTOBER 4, 8:30AM TO 5PM.

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 and are a wonderful environment for developing a continuity of awareness for an extended period. This retreat is meant for those who already understand the basic practice of mindfulness; no instruction will be given. With alternating periods of sitting and walking meditation. At the end of the day Gil gives a Dharma talk. Brief interviews to talk about the practice will be available with Gil. Bring lunch.

A CEREMONY OF LOVE & REMEMBRANCE
WITH MARIA STRAATMANN

FRIDAY, OCTOBER 31, 7:30PM TO 9PM. Anyone who has lost a family member, friend or other dear person over the last year is welcome to join us to remember and honor those who have died but who enriched our lives and community. With the practices of mindfulness and compassion, we will have a period of silent sitting and rituals of remembrance, bereavement, and farewell. Bring pictures or mementos for our altar of persons you wish to honor/remember. If you cannot attend, you are welcome to send

SCHEDULE PG. 3

the name of the person you would like included in our remembrance to Maria, mariaspirit@gmail.com.

YOUTH PROGRAMS

DHARMA SPROUTS (K–2ND GRADE) Led by Liz Powell and Carla Rayacich. First Sunday of each month, 11:15am to noon. (*No meeting in July or August. Begins again in September*). Meditations and mindfulness 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, giving first names of each participant.

DHARMA ROCKS (3RD–5TH GRADE) Led by Liz Powell. Second Sunday of each month, 5 to 7pm. (*No meeting in July or August. Begins again in September*). Meditation and mindfulness practice with fun, interactive, community-building games and crafts, and pizza. Contact Liz at eapowell@aol.com with first name of your child who plans to attend.

DHARMA BODHIS (MIDDLE SCHOOL 6TH–8TH GRADE) (Sixth-graders have the option of attending Dharma Rocks and/or Dharma Bodhis). 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, hborison@sbcglobal.net, or 650/575-2052 for info or to RSVP.

MINDFUL TEENS (HIGH SCHOOL) Led by Aaron Chavira, Nirali Shah and Trent Walker. First Sunday of each month, 5 to 7pm. (*No meeting in July*). A safe, fun space where teens apply mindfulness to self-discovery, empowerment, and fulfillment. A trusting environment where teens can discuss issues that are important in their lives among themselves and adult facilitators. Please RSVP for purposes of food headcount to Aaron at lmc.MindfulTeens@gmail.com.

MINDFUL PARENTS SERIES

SECOND FRIDAY OF THE MONTH, 7 TO 8:30PM. (*No meeting in July or August. Begins again in September*). Discussion groups for parents and guest speakers who are local dharma leaders/ parents. No RSVP needed.

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.

SATI CENTER

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

THE BUDDHA'S TEACHINGS ON FAITH

WITH DIANA CLARK. SATURDAY, JULY 26, 9:30AM TO 3:30PM. We will examine how faith and its role in Buddhist practice is portrayed in the early Buddhist texts and discuss how we can interpret this with our own practice. Also, we will look at the relationship between faith, knowledge and wisdom as well as the relationship between faith, love and devotion. Everyone, with or without faith, is welcome.

THE BUDDHA'S TEACHINGS ON LOVE WITH DIANA CLARK

SATURDAY, AUGUST 16, 9:30AM TO 3:30PM. We will examine and practice with the teachings on lovingkindness in the early Buddhist texts and later commentarial works. We will explore how these inspirational teachings have evolved over time and how we can apply this understanding to our current practice.

BUDDHIST CHAPLAINCY TRAINING PROGRAM

TAUGHT BY JENNIFER BLOCK, PAUL HALLER, AND GIL FRONSDAL One Friday a month trainings starting September 12.

CHAPLAINCY SYMPOSIUM

SATURDAY, OCTOBER 11, 9AM TO 5PM. Welcoming Buddhist chaplains and those interested in deepening their spiritual care practice for a day of leaning and community-building. Presented by the Buddhist Chaplaincy Group. Info: Bill Hart at 415/567-9823.

THE BURMESE & THAI ROOTS OF WESTERN INSIGHT

MEDITATION WITH DONALD ROTHBERG. OCTOBER 18, 9AM TO 4:30PM. We will explore the fascinating and sometimes surprising evolution of Insight Meditation—from the Buddha to 19th and 20th century Burma and Thailand—and then to its widespread practice in the West, both in Buddhist and secular forms.

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

SECOND SUNDAY OF EACH MONTH, 7:30 TO 9PM. Group discussion and study exploring the 12-Step program and the teachings of the Buddha. At each meeting we will focus on a particular discourse from the early Buddhist scriptures which contain teachings and stories connected to each of the 12 steps. Includes a 30-minute meditation, short talk and open discussion on the Buddha's teachings selected for the evening. Everyone welcome. Facilitated by Jennifer Lemas, jennlemas@comcast.net.

SCHEDULE PG. 4

YOGA WITH TERRY LESSER

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

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.

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, click on **DHARMA FRIENDS** and follow instructions to subscribe.

- **Chanting Concert, Lead & Response**—Saturday, July 12, 7:30pm to 9pm. Chanting and spiritual songs from various spiritual traditions including Hindu/Yogic, Buddhist, English, Hebrew, Arabic and Native American. Carla Rayacich carla@athenaacademy.org, Joel Frankel, frankel.jfrankel.joel@gmail.com, 650/269-2706.
- **Creative Writing Group**—Sundays, July 6, August 3, September 7, 11:30am to 1pm. Practice the Dharma by writing and sharing your work with a supportive group. All levels of writing experience welcome. For info: Sydney Reuben sydneyjane210@gmail.com or Shelly Gordon sgordon@g2comm.com.
- **Sona's Dharma Strummers Practice Sessions**—Sundays, July 13, August 10, September 28, 1pm to 2:30pm. Join us as we strum our way to samadhi... with ukuleles! In addition to getting together to sing and play ukulele, we are also providing entertainment to the residents of Hopkins Manor, a residential care facility next to IMC. No prior musical experience necessary. Basic ukulele instruction provided. For Info/RSVP: Paul sonasstrummers@gmail.com.
- **Sona's Dharma Strummers Gig at Hopkins Manor**—Sunday, July 20, Saturday, August 23, 1:30 to 2:30pm. 1235 Hopkins Ave, next door to IMC. Come sing and play the ukulele for the residents of Hopkins Manor. For info: Paul sonasstrummers@gmail.com.
- **Dharma-Inspired Book Group (1)**—Fridays, July 18, August 15, September 19, 7pm to 8:30pm. We are reading *Awakening to Joy: 10 Steps That Will Put You on the Road to Real Happiness*, by James Baraz and Shoshana Alexander. IMC Meditation Hall. Anne Foster, 650/591-1285 or afoster@rawbw.com.
- **Dharma-Inspired Book Group (2)**—Fridays, July 25, August 29, 7pm to 8:30pm. We will be reading Charlotte Joko Beck's *Nothing Special: Living Zen*. Books available at Kepler's at a discount. IMC Meditation Hall. Bill Kostura, saddhadhamma@gmail.com, 650/815-1174.
- **Dharma Friends Brunch**—Sunday, August 3, 11am. Gather by the kitchen following the morning sitting. We will choose a local restaurant for brunch. Wendy Alger wendyalger@gmail.com.
- **Collage as a Process of Inquiry**—Saturday, August 30, 1pm 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, August 10, 11am to 12:15pm. Plan events for October, November, and

December. IMC conference room. Shelly Gordon, 650/856-1607, sgordon@g2comm.com.

- **Mindful Nature Walk at Windy Hill**—Saturday, August 23, 9am. Moderate 7-mile walk in sun and shade; includes walking meditation period. Dress in layers, wear sunscreen. Carpool from IMC. Ryan Delaney, 650/325-7795.
- **Meditation as Art**—Sunday, September 21, 1pm to 4pm. Learn a meditative drawing technique called Zentangle (www.zentangle.com) that quiets the mind and turns simple ink patterns into beautiful works of art. No art experience necessary. For info, including workshop fee, and RSVP contact Shelly Gordon, sgordon@g2comm.com, 650/856-1607.
- **Women's Circle of Mindfulness**—2nd Thursday of each month, 10:45am to 12:15pm. A gathering for women who wish to deepen practice by exploring together how to bring principles of mindfulness into our daily lives. You're welcome to bring lunch or have tea until 1pm. Facilitated by Alicia McLucas, mclucasalicia@gmail.com, and Hilary Borison, hborison@sbcglobal.net.
- **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.

OTHER LOCAL SITTING GROUPS

BERKELEY VIPASSANA GROUP WITH RICHARD SHANKMAN
www.mettadharm.org.

INSIGHT MEDITATION SOUTH BAY

WITH SHAILA CATHERINE in Mountain View, www.imsb.org.

COASTSIDE VIPASSANA MEDITATION GROUP

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

LOS GATOS SITTING GROUP WITH KIM ALLEN

Sunday, 10:15 to 11:30am, meditation and dharma talk. Meet at Yoga Source, 16185 Los Gatos Blvd. Drop-in; no membership needed. Contact Kim Allen, kimall@mindspring.com.

INSIGHT MEDITATION CENTRAL VALLEY

WITH LORI WONG in Modesto, imcv.org.

OAKLAND MONDAY DROP-IN MEDITATION GROUP

WITH REBECCA DIXON. 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 19, 9:30am to 12:15pm. Lunch optional.
- Daylong, Saturday, September 20, 9:30am to 3:30pm.