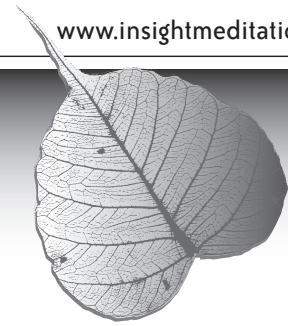


Insight



JULY, AUGUST, SEPTEMBER 2010

VOLUME 13, NUMBER 3

Letting Go

Letting go is an important practice in everyday life, as well as on the path of liberation. Daily life provides innumerable small and large occasions for letting go of plans, desires, preferences, and opinions. It can be as simple as when the weather changes, and we abandon plans we had for the day. Or it can be as complex as deciding what to sacrifice, when pulled between the needs of family, friends, career, community, or spiritual practice. Daily life provides many situations where letting go is appropriate, or even required. Learning how to do so skillfully, is essential to a happy life.

Buddhist practice leads to a letting go that is more demanding than what ordinary life usually requires. Beyond relinquishing particular desires and opinions, we practice letting go of the underlying compulsion to cling to desires and opinions. The liberation of Buddhism is not just letting go of outdated and inaccurate self-concepts; it also involves giving up a core conceit that causes us to cling to ideas of who we are or aren't. Liberation is releasing the deepest attachments we have.

The practice of letting go is often mistrusted. One good reason for this mistrust is because, without wisdom, it is easy to let go of the wrong things; for example, when we let go of such healthy pursuits as exercising or eating well, instead of our clinging to those pursuits. Another reason for mistrust, is that letting go or renunciation, can suggest deprivation, weakness, and personal diminishment if we think we have to abandon our views and wishes in favor of the views and wishes of others.

It is possible to let go either of a thing or of the grasping we have to that thing. In some circumstances, it is appropriate to give something up. In others, it is more important to let go of the grasping. When someone is addicted to alcohol, it is necessary to renounce alcohol. However, when someone is clinging to the past, it is not the past that needs to be abandoned, rather it is the clinging. If the past is rejected, it can't be a source of understanding. When there is no clinging to it, it is easier to learn the lessons the past provides.

At times, it is important to understand the shortcomings of what we are clinging to before we are able to let go. This may require investigation into the nature of what we are holding on to. For example, many people have found it easier to let go of

arrogance when they see clearly the effect it has on one's relationships with others. When we see clearly what money can and can't do for us, it can be easier to let go of the idea that money will give us a meaningful life.

Sometimes it is more important to understand the shortcomings of the grasping itself rather than the object of grasping. Grasping always hurts. It is the primary source of suffering. It limits how well we can see what is happening. When it is strong, clinging can cause us to lose touch with ourselves. It interferes with our ability to be flexible and creative and it can be a trigger for afflictive emotions.

By investigating both the grasping itself and the object of our grasping, it becomes possible to know which of these we need to let go of. If the object of grasping is harmful, then we let go of that. If the object of grasping is beneficial, then we can let go of the grasping so that what is beneficial remains. Helping a neighbor, caring for your own health and welfare, or enjoying nature can be done with or without clinging. It is accomplished much better without the clinging.

The Buddhist practice of letting go, has two important sides that fit together like the front and back of one's hand. The first side, which is the better known, is letting go of something. The second side is letting go into something. The two sides work together like letting go of the diving board while dropping into the pool, or giving up impatience and then relaxing into the resulting ease.

While letting go can be extremely beneficial, the practice can be even more significant when we also learn to let go into something valuable. From this side, letting go is more about what is gained than what is lost. When we let go of fear, it may also be possible to let go into a sense of safety or a sense of relaxation. Forsaking the need to be right or to have one's opinions justified can allow a person to settle into a feeling of peace. Letting go of thoughts might allow us to open to a calmer mind. By letting go into something beneficial, it can be easier to let go of something harmful. At times, people don't want to let go because they don't see the alternative as better than what they are holding on to. When something is clearly gained by letting go, it can be easier to do so.

Continued inside

SANGHA PROGRAMS & NEWS

DEDICATED PRACTITIONERS' PROGRAM IV (DPP IV)

ANDREA FELLA LEADING A DPP GROUP AT IMC

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. Andrea Fella will be one of the teachers for DPP IV, and will be hosting a monthly DPP group at IMC.

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.

IMC sangha members who qualify for the program and would like to participate in the monthly IMC DPP meetings, but who cannot attend the retreats, are encouraged to discuss this directly with Andrea. Send an email to imc.andrea.fella@gmail.com.

For further information about DPP, see the Spirit Rock website: www.spiritrock.org. Follow the "Programs" link, and select "Dedicated Practitioners' Program IV" on the right hand navigation bar. The application process for DPP IV opens this summer. The program begins in spring 2011.

RESIDENTIAL RETREAT CENTER SEARCH

For the last four years, an IMC search committee has been diligently looking for property to create a residential retreat center on the Peninsula. We are quite inspired by the vision of offering retreats throughout the year with Gil, Andrea and other Vipassana teachers. The committee has explored over a hundred properties. In the process, we have learned how challenging it is to find property that is the right location, size, zoning, price, and neighbors' acceptance. The suitable properties we have found cost at least 4 million dollars, well above the \$2.4 million we currently have for this project. There are a couple of such properties in the La Honda area that we have found quite outstanding.

We are continuing our search, and hope that a creative opportunity and/or additional funds will allow us to have our own retreat center. As many of us have benefited immensely from participating in meditation retreats, we aspire to support many more people in experiencing this benefit.

To read more about our vision for a retreat center, and to read periodic updates, go to the Insight Retreat Center page on IMC's website www.insightretreatcenter.org.

For more information you can contact the head of our search committee, Carol Collins, ccollinsc@verizon.net.

IMC MEMBERS ORGANIZING OVERSEAS HUMANITARIAN MISSION

Members of IMC are organizing an aid mission to serve a community in need in Asia. The group aims to provide medical and non-medical (education, construction, cleaning, nutrition, etc.) support to a small Buddhist community in Cambodia or Thailand. The target date for the trip is winter 2011 or 2012. It will be for a 2 week duration, and will involve 10 to 20 volunteers. Please contact Jeff Hardin for more information. jd3@surewest.net 916/205-0382.

TEA WITH IMC'S PRESIDENT & COMMUNITY MEETING

On Sunday, August 22nd, after the dharma talk, you are welcome to join Kim Allen, IMC's board president, for tea, conversation, and an update on IMC. Discussion topics could include volunteering at IMC, our culture and way of doing things, or our practice. Questions are welcome.

A PRACTICE & COMMUNITY DAY FOR YOUNG ADULTS THIS SUMMER

As a followup to the well-attended community day in November, called 'Turning Wheel Talks' or Twheet, the young adults community is holding another community day, this time on the theme "Integrating Practice and Daily Life". It will take place on July 25, from 1:30pm to 5:30pm at IMC, and is geared to practitioners roughly 20-35 years old. This special event will be co-hosted by teachers Andrea Fella and Donald Rothberg and features a mix of sittings, short dharma talks, and opportunities for group discussion. November's Twheet attendees asked that more time in the next event be dedicated to practice, so this Community Day will not be a conference-style format but rather more oriented to meditation. Those looking for a full day of community with the larger sangha, can also enjoy the usually scheduled IMC sitting and potluck lunch in the morning of July 25th, and help pitch in with the potluck cleanup, before the Community Day starts at 1:30pm. For more information or questions, email ardenpennell@gmail.com.

STEPPING THROUGH THE DOOR

A YEAR OF SELF-EXPLORATION FOR 7TH AND 8TH GRADERS

This fall, IMC is planning to offer a coming-of-age program for boys and girls entering the 7th and 8th grades. There will be monthly meetings from September to May, with separate groups for boys and girls. Combining the Buddhist practices of mindfulness and meditation with the values of selflessness, honesty, determination, ethical conduct, and loving kindness, this program is designed to provide an intentional path for exploring what it means to grow into adulthood in a joyous and meaningful way.

This summer we plan to offer a preview of the program. While parents meet to learn more about the program, kids will meet with their teachers and peers to get a taste of what the

upcoming year has to offer. In this way, both parents and children will be able to make an informed commitment to the entire year.

A firm date has not been set for this event, so please check the IMC website from time to time for an announcement. Those families who have already expressed an interest in the program through email, will be notified when the date is confirmed. If you are interested in the program, but have not made contact with IMC, please email Lauren Silver at silverlauren@gmail.com with your child's name, gender, and current grade.

JOURNEYING INWARD AND OUT

Amazing things happen when we give ourselves up to the Dharma. My journey started 13 years ago, when I first began my practice with Gil and our sangha. It carried me forward to President of the IMC Board, where I worked with Gil and our community to found our center in Redwood City in 2001. As I touched deeper into my own inner resources through my practice, I found my voice and was no longer crippled by a fear of public speaking. Now one of my greatest joys is teaching and speaking the Dharma several times a year at IMC.

After years of largely solitary reflection and contemplation, following the Buddha's prescription of, "going to an empty place, folding my legs crosswise, holding my body erect and setting mindfulness to the fore", I discovered a deep desire to re-engage with the world through my practice. The journey carried me to the Sati Center Buddhist Chaplaincy Training Program at IMC, a rich and diverse experience that immersed me in the world of spiritual care giving. As a volunteer, I began visiting patients at O'Connor Hospital in San Jose, where I discovered a profoundly satisfying way to bring my compassionate heart into the world.

I am now more than half way through the excellent full-time, professional chaplaincy work/training program offered at Sequoia Hospital here in Redwood City. As a Buddhist hospital chaplain, I connect with people in their deepest pain and suffering, bringing a calm, clear, steady presence to them as we search for ways to uncover the inner resources they need for meeting the difficulties of aging, illness, and death. The compassionate heart does not distinguish between Buddhist, Christian, Jew, Hindu, or Muslim. I have baptized babies, prayed with families when that is what brings them comfort, and blessed the hands of the dead with holy oil. This is a service of love and I am so grateful to the Dharma for having carried me into it.

—Susan Ezequille

YEAR-LONG DHARMA STUDY PROGRAM

WITH GIL FRONSDAL

Starting September 10, IMC is offering a ten month program of study and practice of the 'ten perfections' (*paramis*). These are ten qualities of character which, when developed, support both Buddhist practice and compassionate involvement with others. People are welcome to attend any or all of the Friday programs. For people who commit to attending the whole series the program will include a monthly two-hour discussion group led by Ines Freedman, interviews with the program mentors, and readings. For dates and times see the Schedule of Events.

Letting Go, cont'd. from front page

We can see the Buddhist emphasis on what is gained through letting go by how the tradition understands renunciation. While the English word implies giving something up, the Buddhist analogy for renunciation, is to go out from a place that is confined and dusty, into a wide open, clear space. It is as if you have been in a one room cabin with your relatives, snowed in for an entire winter. While you may love your relatives, what is gained when you open the door and get out into the spring, probably feels exquisite.

One of the nice things about letting go into something is that it has less to do with willing something or creating something than it does with allowing or relaxing. Once we know how to swim, it can be relaxing to float by allowing the water to hold us up. Once we know how to have compassion, there may be times when we not only let go of ill-will, but also let go into a sense of empathy. Letting go of fear, may then also be resting back into a sense of calm.

A wonderful result of letting go is to experience each moment as being enough, just as it is. It allows us to be present for our experience here and now with such clarity and freedom that this very moment stands out as something profound and significant. We can let go of the headlong rush into the future, as well as the various, imaginative ways we think, "I'm not enough" or "this moment is not good enough", so we can discover a well-being and peace not dependent on what we want or believe.

A fruit of Buddhist practice is to have available a greater range of wholesome, beautiful and meaningful inner states to let go into. In particular, one can come to know a pervasive peace, accessible through both letting go and letting go into. The full maturity of this peace is when we let go of our self as the person experiencing the peace. With no self, there is just peace.

—Gil Fronsdal



HELP SUPPORT RESIDENTIAL RETREAT FUND

WHEN BUYING OR SELLING A HOME

Carol Collins is an IMC sangha member and long-time real estate broker, now retired. If you are thinking of selling your home, she can refer you to a conscientious realtor. Carol will negotiate a reduced brokerage fee and the realtor will make a substantial donation to IMC's Residential Retreat Fund.

If you are thinking of buying, Carol can also refer you to a highly qualified realtor who will assist you in identifying properties, areas, loans, etc.

Whether buying or selling, Carol will be available as your consultant (at no charge) through the whole process.

If you have any real estate questions, or would like to discuss buying or selling your home, call her at 408/354-2578 or email ccollinsc@verizon.net.

Insight Meditation Center

108 Birch Street

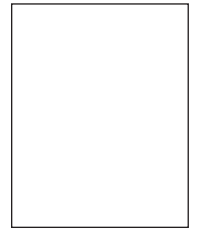
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

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VOLUNTEERING AT IMC

All the work that keeps our center running smoothly is done by volunteers. Volunteering is an opportunity to participate in the center and to meet other Sangha members. If you would like to support IMC by donating your time and skills, please fill out a form on the literature table or see the Volunteer link on our website. Any questions, please contact our Volunteer Director, Hilary Borison, IMC.VolunteerDirector@gmail.com.

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



DID YOU RECEIVE THIS NEWSLETTER IN THE MAIL?

Many people choose to receive this newsletter by postal mail. While in some cases this is the best option, mailing the newsletter is an expense for IMC, and each copy that we print uses paper. If you would prefer to read the newsletter online or pick it up at IMC please send an email with your name and address to imc.mailinglist@gmail.com.

The current issue is always available on the IMC literature table and website.

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.

• 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 'EMAIL' link, or go to www.insightmeditationcenter.org/email

• IMC COMMUNITY SITE

For Discussion and Interest Groups. To join, click the 'COMMUNITY' link on our website, or go to insightmeditationcenter.ning.com

SCHEDULE OF EVENTS

July thru September 2010

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 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

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

SUNDAY MORNING SITTINGS AND TALK

With Gil Fronsdal or guest teachers.

- 1st Sitting – 8:30am • Walking Meditation – 9:10am
 - 2nd Sitting – 9:25am • Talk – 10 to 10:45am
 - **Sunday Community Tea**—2nd Sunday of each month at 11am.
 - **Vegetarian Potluck Brunch**—Last Sunday each month at 11am.
- Contact Di or Dave Tatro 650/595-4260. All are welcome.

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, 10:30 to 11:30am.

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 & the application of mindfulness in daily life. No pre-registration.

- 6 Tuesday Evenings – October 5 to November 9, 7:30 to 9pm, with Gil Fronsdal

MONASTIC EVENINGS WITH SARANALOKA NUNS

Third Friday of the month, Jul 16, Aug 20, Sep 20, 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

ONLINE COURSE: INTRODUCTION TO MINDFULNESS MEDITATION

Oct 10 - Nov 20, with Gil Fronsdal & Ines Freedman. Based on Gil's 6-week Introductory course, it includes written material, exercises and reflective questions. Ines, as the online teacher, will provide further teachings and email guidance. Additional teachers will offer optional weekly support by e-mail, phone, Skype or IM. www.audiodharma.org/onlinecourses.html

ONE-DAY RETREATS

- Saturday, June 26, 9am to 4:30pm **Whole Body Breathing Daylong** with Andrea Fella
- Saturday, July 17, 9:30am to 3:30pm **Dharma Practice Day: Lovingkindness and the Metta Sutta** with Gil Fronsdal
- Saturday, July 24, 9:30am to 3:30pm **Introduction to Mindfulness Meditation** with Ines Freedman
- Saturday, July 31, 9am to 4:30pm **Buddhism & 12 Steps** with Kevin Griffin & Stephanie Tate
- Saturday, August 7, 9am to 4:30pm **Taking in the Good** with Rick Hanson
- Saturday, August 21, 9am to 4:30pm **Mindful Eating; Buddha's Teachings on Nourishment** with Ronna Kabatnick
- Friday, September 10, 9:30am to 3:30pm **Dharma Practice Day: Generosity** with Gil Fronsdal
- Saturday, September 11, 9am to 4:30pm **Daylong Retreat on Mindfulness of Body** with Gil Fronsdal
- Saturday, September 25, 9am to 4:30pm **Aging as a Spiritual Practice** with Lew Richmond
- Saturday, October 2, 9:30am to 4:30pm, **Mindfulness of Mind** with Andrea Fella
- Saturday, October 9, 8:30am to 5pm **Daylong Retreat** with Gil Fronsdal

RESIDENTIAL RETREATS

IMC SPONSORED RETREATS

There is no cost for these retreats. Donations welcome. For info www.insightmeditationcenter.org/programs/retreats/ or 650/599-3456. Registration opens 4 months prior to event.

2010 Retreats Los Altos Hills (at Hidden Villa)

- Sept 19-Oct 3 with Gil Fronsdal For senior practitioners.
- October 17-24 with Gil Fronsdal & Heather Martin

2010 Retreats Los Gatos (at Jikoji Retreat Center)

- August 4-8 with Andrea Fella & Pam Weiss
- September 3-5 **Retreat for Beginners** with Carla Brennan and Ines Freedman

OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

Spirit Rock Retreats www.spiritrock.org

- June 28-July 5, **Living Dharma Study Retreat** with Sally Clough Armstrong, Andrea Fella, & Richard Shankman
- August 4-8, **Family Retreat** with Gil Fronsdal, Ajahn Pasanno, Betsy Rose and Heather Sundberg
- August 16-25 **Concentration Retreat** with Phillip Moffitt, Sally Clough Armstrong, Richard Shankman & Andrea Fella
- November 11-18 **Emptiness: A Meditation & Study Retreat** w/Gil Fronsdal, Guy Armstrong & Sally Clough Armstrong

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- December 26 – January 2, **New Year's Insight Meditation Retreat** with Gil Fronsdal, John Travis, Sharda Rogell, Adrienne Ross and Janice Clarfield (yoga)

Cloud Mountain Retreat www.cloudmountain.org

- July 16–21, Vipassana & Metta w/Andrea Fella and Greg Scharf
- Insight Meditation Society** www.dharma.org/ims/retreats.php
- Oct 23 - Dec 4, 3-Month Retreat, Part 2 w/Joseph Goldstein, Rebecca Bradshaw, Annie Nugent, Greg Scharf & Andrea Fella

SPECIAL EVENTS

LIVING AS NUNS WITH AJAHNS ANADABODHI AND SANTACITTA

Saturday, July 10, 9am to 4:30pm. Ajahn Anandabodhi and Ajahn Santacitta will offer a window into their experience as Buddhist nuns in the lineage of Ajahn Chah. Sharing the challenges and blessings of living at the edge, where a longstanding Asian tradition meets the post modern Western world.

Ajahn Anandabodhi visited Amaravati in 1990 and in 1992 joined the community, taking ordination in 1995. She particularly enjoys 'tudong' – walking on faith and taking the sign of the samana out into the world.

Ajahn Santacitta met Ajahn Buddhadasa in 1988, and spent several years in Thailand then to Amaravati in 1992. She became an anagarika in 1993 and spent part of her training (1996-97) with the nuns of Wat Pah Pong.

LONG RETREATS PRACTITIONERS MEETING WITH GIL FRONSDAL.

Friday, July 16, 10am to 2pm. Open to those who have sat retreats of one month or longer sometime in the last 3 years. The time will involve meditation and discussion. Please bring lunch.

DHARMA PRACTICE DAY: LOVING-KINDNESS AND METTA SUTTA

WITH GIL FRONSDAL. Saturday, July 17, 9:30am to 3:30pm. During this day we will practice and discuss loving-kindness in light of the *Metta Sutta*, the Buddha's core discourse on loving-kindness. There will be time for guided meditation, teaching, and discussion of this important topic.

FINDING THE DHARMA ONLINE FOR BEGINNER MINDS

Sunday, July 18, 11:15am to 1pm. Hands-on workshop for locating meditation and Buddhism information online including IMC's website. RSVP: Anne Foster, afoster@rawbw.com, 650/591-1285.

INTRODUCTION TO MINDFULNESS MEDITATION

WITH INES FREEDMAN. Saturday, July 24, 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 sitting and walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

YOUNG ADULTS' PRACTICE AND COMMUNITY DAY

Sunday, July 25, 1:30 to 5:30pm. Join teachers Andrea Fella and Donald Rothberg for a half-day retreat on the theme "Integrating Practice and Daily Life." As a follow-up to the November daylong for young adults, Twheet, this event is geared to build community among in a supportive environment for practitioners roughly 20-35yrs. Email ardenpennell@gmail.com with any questions.

BUDDHISM & 12 STEPS WITH KEVIN GRIFFIN & STEPHANIE TATE

Assisted by Jennifer Lemas. Saturday, July 31, 9am to 4:30pm

The Buddha said craving is the cause of suffering. Twelve Step programs work with the deepest forms of craving. Through a combination of traditional and contemporary Buddhist meditation practices, interactive exercises, lecture, and discussion, we will explore the ways that Buddhism and the Steps complement each other. Open to all—you need not be in a Twelve Step program, nor have a background in Buddhist meditation. The day will include introductory meditation instructions. Beginners welcome!

Kevin Griffin, author of several books on Buddhism and the Twelve Steps is a longtime Buddhist practitioner and 12 Step participant, and one of the founders of the Buddhist Recovery Network.

Stephanie Tate, guiding teacher for San Jose Dharma Punx, has studied with Noah Levine and MBSR with Bob Stahl. She teaches incarcerated youth via the MBA Project, and in medical and corporate settings. She is pursuing Buddhist Chaplaincy and volunteers at O'Connor Hospital.

TAKING IN THE GOOD WITH RICK HANSON

Saturday, August 7, 9am to 4:30pm. Taking in the Good – Weaving Positive Emotions, Optimism, and Resilience into the Brain and Self. Rick Hanson shows how to use the brain's machinery of memory to get at the essence of beneficial change in the process of personal growth: the internalization of positive experiences. Drawing on recent discoveries about neuroplasticity, he will present a simple, four-step process that weaves positive experiences into the structure of the brain and the fabric of the self.

Rick Hanson, Ph.D. is a psychologist, author, and teacher. He began Buddhist practice in 1974, with an emphasis on householder life for steadiness of mind, insight, and opening the heart. Rick sat on the Spirit Rock Board for 9 years and is a CDL graduate. He co-founded the Wellspring Institute for Neuroscience and Contemplative Wisdom.

A BENEFIT FOR MINDFUL SCHOOLS WITH MEGAN COWAN

Sunday, August 15, 7 to 8:30pm. Megan Cowan will be sharing the work of Mindful Schools and discussing the movement of mindfulness in education. Hear the inspiring impact mindfulness is having on children and teachers in Oakland and the greater Bay Area, and what we can learn about our own practice from the simplicity of children.

Megan has been practicing since 1996, mostly in Burma, spending two and half years ordained as a nun. In 2001, she began teaching mindfulness meditation to children, starting the Community Partnership for Mindfulness in Education through Park Day School in Oakland with Laurie Grossman and Richard Shankman.

MINDFUL EATING: BUDDHA'S TEACHINGS ON NOURISHING BODY & HEART WITH RONNA KABATZNIK

Saturday, August 21, 9am to 4:30pm.

The Buddha declared, "Hunger is the supreme disease" and equated hunger for anything outside of ourselves (food, beauty, the end of loneliness, etc.) with craving, the source of suffering. Through experiential meditation exercises, drawing and small group discussions, we will discover for ourselves the Buddha's teachings on craving, desire and contentment, what fills and

SCHEDULE pg. 3

depletes us. We will investigate different kinds of hunger, appetites and what the Buddha taught.

Ronna Kabatznick, a social psychologist has been practicing meditation since 1985. She is the author of The Zen of Eating: Ancient Answers to Modern Weight Problems. An assistant clinical professor in the department of psychiatry at UCSF, her Berkeley-based private practice focuses on helping people with depression, weight and relationship issues.

TEA WITH IMC'S PRESIDENT & COMMUNITY MEETING

Sunday, August 22, 11:15am to 12:30pm. After the dharma talk, you are welcome to join Kim Allen, IMC's board president, for tea, conversation, and an update on IMC. Discussion topics could include volunteering at IMC, our culture and way of doing things, or our practice. Questions are welcome.

YEAR-LONG DHARMA STUDY PROGRAM WITH GIL FRONSDAL

Dharma Practice Days on the Paramis. Starting September 10, IMC is offering a ten-month program of study and practice of the 'ten perfections' (*paramis*). These are ten qualities of character which, when developed, support both Buddhist practice and compassionate involvement with others. People are welcome to attend any or all of the Friday programs. For people who commit to attending the whole series, the program will include a monthly two-hour discussion group led by Ines Freedman, interviews with the program mentors, and readings.

Fridays, 9:30am to 3:30pm

9/ 10 Generosity, 10/ 15 Virtue, 11/5 Renunciation, 12/3 Wisdom, 1/7 Energy/Vigor, 2/4 Patience, 3/4 Truthfulness, 4/15 Resolve, 5/6 Lovingkindness, 6/3 Equanimity

MINDFULNESS OF THE BODY DAYLONG RETREAT

WITH GIL FRONSDAL. Saturday, September 11, 9am 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.

VOLUNTEER APPRECIATION TEA WITH GIL FRONSDAL

Sunday, September 12, 11:15 am to 12 pm. Gil would like to take this opportunity to offer his appreciation to the many volunteers at IMC for the generous gift of their time and efforts. It will also be an opportunity for volunteers to become better acquainted with one another.

YOGA AND MEDITATION WITH TERRY LESSER

Saturday, September 18, 9am to 12:30pm
This mini-retreat is an opportunity to develop a continuity of awareness in movement and in stillness. Practiced together, yoga and meditation support, inform and deepen each other. Yoga focuses and calms the mind, enhances awareness of the breath and body, and increases the physical flexibility and strength to sit in meditation with greater ease. The retreat is appropriate for beginners and those with more experience. Please bring a large towel. Yoga mats are available or bring your own.

AGING AS A SPIRITUAL PRACTICE WORKSHOP

WITH LEW RICHMOND. Saturday, September 25, 9am to 4:30pm
Lew Richmond feels that the experience of growing older is one important way we experience in our own bodies the fundamental Buddhist truths of suffering and impermanence. He is at work on a book, *Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser*, (Gotham Books, Spring 2012.) We will explore the connection between our own experiences of aging with the basic Buddhist teachings of impermanence, the Five Great Fears, liberation from a fixed self, mindfulness (of aging) and loving kindness. The format of this day will be focused less on discussion and more on practice, with guided meditation, and practices adapted from the Buddhist tradition specifically to experiences of aging. Lew will be assisted by Peter Schireson and Karen Geiger.

DAILY LIFE PRACTICE RETREAT WITH ANDREA FELLA

Sunday, September 26 to Saturday, October 2. Integrating practice into our daily lives can be difficult. Many of us need support for this challenging but rewarding aspect of practice. We will integrate formal practice and Dharma discussion 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. The Sunday and Saturday sessions are open to all.

- Sunday 9/26, 1:30 to 5pm
- Monday-Friday 9/27 – 10/1, mornings: 7:30 to 9am
- Monday-Friday 9/27 – 10/1, evenings: 7:30 to 9pm
- Saturday 10/2: 9:00am to 4:30pm, Daylong Retreat

BUDDHIST SPIRITUAL CARE SYMPOSIUM

Saturday, October 16, 9:30am to 4:30pm. Vegetarian lunch included. For Buddhist chaplains and those interested in deepening their spiritual care practice for a day of learning and community-building. Guest speaker, Acharya Fleet Maull is a senior teacher in the Shambhala Buddhist and Zen Peacemaker communities. He founded the Prison Dharma Network and the National Prison Hospice Association while serving 14 years in federal prison. Presented by Buddhist Chaplains Group. Pre-register at www.buddhistchaplainsnetwork.org or call Bill Hart: 415/567-9823.

YOGA

Suitable for all levels, including absolute beginners. Bring a large towel and sticky mat, if you have one. 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 to 10:15am

HALF-DAY RETREAT: MEDITATION AND YOGA

- Saturday, September 18, 9am to 12:30pm

SATI CENTER

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

THE HEART OF THE BUDDHA'S TEACHING: A DAY OF SUTTA STUDY ON THE BUDDHA'S FIRST THREE DISCOURSES WITH RICHARD SHANKMAN
Friday, August 6, 9am to 5pm. The entirety of the Buddha's teaching is encapsulated in the first three discourses he delivered after his enlightenment. We will cover all three *suttas* in detail, exploring how they weave together to inform each other and create a complete description of Dharma teaching and practice.

BUDDHIST CHAPLAINCY TRAINING PROGRAM

Taught by Jennifer Block, Gil Fronsdal, Paul Haller and guest teachers. One Friday a month starting September 17.

A year-long training in Buddhist chaplaincy and spiritual care-giving oriented to Buddhist practitioners with at least four years of committed practice. Its aim is to provide a strong foundation in Buddhist chaplaincy for volunteer chaplains, those working toward being professional chaplains, and those serving the pastoral needs of their local sanghas.

BUDDHIST APPROACHES TO COMPASSIONATE ACTION

WITH BHIKKHU BODHI Saturday, October 30, 9am to 5pm.

SUPPORT GROUPS

(A) Those Experiencing Life-Threatening Illnesses

Wednesdays, 1:30 to 3pm at IMC

(B) Those Experiencing Chronic Health Challenges

Wednesdays, 3:30 to 5:30pm at IMC.

Before attending either group for the first time, please contact Mick Bennett at 650/368-2518 or hmbennett@sbcglobal.net

IMC YOUTH PROGRAMS

DHARMA SPROUTS: (K - 3RD GRADE)

Led by Liz Powell, Carla Rayacich and others. First Sunday of the month, 11:15am to 12pm (2nd Sunday in July). Meditations and dharma practice through stories, songs, art, movement, and games. Parents/caregivers participate with their young children. Contact Liz at eapowell@aol.com if you plan to attend.

DHARMA ROCKS: (3RD - 8TH GRADE)

Led by Misha Merrill, Second Sunday of the month, 5:15 to 7:15pm. Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and dharma. Contact Hilary Borison, 650/575-2052 or hborison@sbcglobal.net.

STEPPING THROUGH THE DOOR (7TH & 8TH GRADERS)

For more information, see *Sangha Programs & News*.

DHARMA TEENS: (HIGH SCHOOL)

Led by Alicia McLucas. First Sunday of the month, 5 to 7pm. (except July and Sept). A safe, fun space where teens can apply mindfulness to support self-discovery, empowerment, and fulfillment. Intended to be a trusting environment where teens can discuss among themselves and adult facilitators, issues that are important in their lives. Contact Alicia 650/361-8800.

DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our Sangha. To join the Dharma Friends Steering Committee, contact Anne Foster, afoster@rawbw.com, 650/591-1285. For e-mail updates on upcoming events, click "Dharma Friends" on our website and follow instructions.

- **Finding the Dharma Online for Beginner Minds**—July 18, Sunday, 11:15 (after a brief snack) to 1pm. Hands-on workshop for locating meditation and Buddhism information online including through IMC's website. IMC. RSVP: Anne Foster afoster@rawbw.com, 650/591-1285.
- **Local Community Service Events**—if you are interested in being part of a core group organizing local community service events for Sangha members, including family events, contact Hilary Borison, hborison@sbcglobal.net, 650/575-2052.
- **Dharma Friends Steering Committee Planning Meeting**—August 8, Sunday, 11:10am to 12:30pm. Plan events for October thru December 2010. IMC conference room.
- **Dharma-Inspired Book Group**—Friday, July 9, August 6, September 10, 5:30 to 7 pm. Current book: *A Path with Heart* by Jack Kornfield. IMC.
- **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.

RELATED SITTING GROUPS

See our website: under COMMUNITY, click on OTHER RESOURCES and scroll down to ASSOCIATED/LOCAL GROUPS for more information.

COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7 to 8:30pm.

www.coastsidevipassana.org

MODESTO DROP-IN MEDITATION GROUP WITH LORI WONG

Tuesday evenings from 6:30 to 8:30pm Unitarian Universalist Fellowship Church on 2172 Kiernan Rd, Modesto
insightmeditationmodesto.wordpress.com

BERKELEY VIPASSANA GROUP WITH RICHARD SHANKMAN

Wednesdays 7:15 to 9:15pm at St. Clement's Episcopal Church, 2837 Claremont Blvd, Berkeley. www.richardshankman.org.

SAN JOSE SANGHA

- Sitting Wednesdays 7:30 to 9pm; Beginning Instruction, 1st Wed of month, 6:15 to 7:15pm
- July 24, Sept 18, 9:30am to 12:15pm, Half-day of Practice
- August 21, 9:30am to 2:30pm, Working with Emotions
- Six Mondays, Sept 13–Oct 18, 7 to 9pm, Introduction to Meditation and Basic Buddhist Principles
- August 13–15 Creativity and Meditation Retreat with Yoga. With Carolyn Dille, Berget Jelane and Terry Lesser. Jikoji Retreat Center, Los Gatos. Silent meditation, guided exercises, creative time on your own for writing, drawing, painting, music, etc. Suitable for any level of experience, including beginners. cmretreat@gmail.com or 408/255-2783.

INSIGHT MEDITATION CENTER

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Website: www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com