



## Recognizing Wisdom

Andrea Fella

Our practice is cultivating a continuity of awareness to understand the processes at work in our minds, in particular the processes that create *dukkha*—distress, dissatisfaction, struggle, or suffering. The simplicity of noticing experience and cultivating continuity of awareness, coupled with the intention to understand suffering, allows wholesome qualities to begin to grow: qualities such as confidence, patience, love, equanimity, concentration, mindfulness, and wisdom.

The development of liberating wisdom is one of the fruits of practice. While we may have wisdom about many things, the wisdom that comes with practice is more specifically connected to understanding *dukkha*. When *dukkha* is understood, a release can follow. This kind of wisdom is freeing, liberating; wisdom is the understanding of *dukkha* that releases *dukkha*. We cannot decide, *I'm going to release dukkha*. When liberating wisdom arises, *dukkha* is released. Suffering, stress, and dissatisfaction, are released. So we cultivate the *conditions* for the arising of wisdom, and let wisdom do its work. We need to be patient while continuing the practice of awareness, knowing when we need to make personal effort to be aware, and when we can simply be present and aware.

Liberating wisdom is a wholesome quality that functions in the present moment and can be recognized and directly known in the present moment. Just as recognizing other wholesome qualities supports their development, so too, recognizing the arising of wisdom is a condition that supports the further arising of wisdom.

There are many ways that liberating wisdom can be experienced and recognized. There are probably too many ways to name, so I'll just offer a few. You may recognize some of them.

When we are observing something challenging, being aware of a of struggle, we might recognize, even for a few moments: *This is struggle happening, this is just something happening in the present moment*. With that recognition there can be a shift, a sense of space around the struggle, and it is okay to be with that experience, even for just a few moments.

Wisdom arising allows that shift to happen. We can recognize this shift as wisdom at work.

We might understand how causes and conditions come together in the moment. You might recognize, for instance, a memory arising, notice the memory triggering a chain of thought, and how that chain of thought leads to the arising of an emotion. Seeing this directly, as a sequence of events, we can understand the conditioned nature of this whole unfolding process. Understanding the conditioned nature of all aspects of our experience is wisdom at work.

We might recognize that reactivity is directly felt as suffering in the present moment. This may be a little harder to recognize as wisdom at work! And yet the direct recognition of *This is suffering* is an insight. We might not feel a shift that gives us space around reactivity, yet still we might recognize: *This reactivity is suffering right now in this body, in this mind. This is suffering*. A shift of perspective is needed to recognize reactivity as suf-

fering. Early in my practice, it came as a shock to me to notice how painful the experience of anger was. In the moment before, I had been involved in the story of anger, thinking about how miserable it would make the other person for me to be angry with them, and I was unaware that it was painful in this body and mind, right here, right now. Wisdom creates a shift of perspective that allows us to recognize that reactive emotions, states of mind based in greed and aversion, and delusion, are suffering in the moment. Liberating wisdom at work.

We might notice a sense of self arising based on causes and conditions: A sense of self might arise out of a thought, an image, or a change in our external environment. For example, you might be doing walking meditation in solitude and then somebody walks in to the room. That change of conditions can create the sense of self arising: the feeling of being seen and observed by another is a powerful condition for the arising of a sense of self! Noticing the arising of the sense of self as dependent on conditions is wisdom at work—wisdom understanding that the sense of self is a conditioned phenomenon.

We might recognize that reactivity is not actually directly arising from something in our external environment, but is based on an idea. On one retreat, I was doing walking meditation and experienced aversion when someone started walking close by. Understanding that aversion is usually a response to something unpleasant, I began to be curious about where the unpleasant experience was arising. Checking each of the sense doors, the experiences of smell, taste, touch and sound didn't seem to be involved. Seeing the person close by triggered a bit of unpleasant experience, but the seeing itself really wasn't unpleasant. So I began to be curious about what was happening in the mind. After a few more passes of walking, I saw a thought: "They're weird," and felt a little bit of fear. In that moment I was a bit startled. The aversion was a result of something that the mind had simply made up! Seeing that clearly, the aversion vanished and there was immediately a sense of loving kindness towards the person. So, sometimes we can see that we are reacting to something that our own mind has constructed, and wisdom sees how useless that is. Wisdom starts the letting go of that reactivity; there is a feeling of release. Again, wisdom at work.

Wisdom often has a flavor of releasing some form of suffering. Feeling those shifts, feeling the experience of release can be a hallmark of wisdom at work.

The experience of release gives a kind of feedback: we directly experience why it is helpful to cultivate wisdom, why it is helpful to practice. We understand: *this is a way that the heart and mind be can more at ease, at peace, have more well-being*. This understanding is not abstract, but is experienced now, right now.

Rather than looking for wisdom, be available for it. Let it show itself. We become available for liberating wisdom to arise through the practice of cultivating the continuity and the stability of our awareness.



# SANGHA PROGRAMS & NEWS

## IMC: A CULTURE OF GENEROSITY

GIL FRONSDAL

A defining characteristic of IMC is its culture of generosity. From its beginnings almost 40 years ago, all that IMC offers is the result of the goodwill and volunteer effort of the people who practice at IMC. Each step of our growth has been made possible through the generous effort of volunteers.

When we dreamed of having our own meditation center, the financial generosity of countless people made it possible for our volunteers to buy, open, and operate IMC without ever charging for our offerings. As we continued to grow, we were able to offer residential retreats freely at local rented facilities. Then in 2011, again through the financial generosity and volunteering of countless members of our community, we bought our own retreat center, the Insight Retreat Center in Santa Cruz, where we offer residential retreats at no cost.

Most remarkable, our culture of generosity manifests the inner virtues of goodwill, gratitude, and integrity flowing in our community. These qualities grow best when they are voluntary, free of obligations or expectations of returns. We don't charge for anything IMC does because we believe this creates optimal conditions for growing in the virtues that support the heart's liberation and compassion.

IMC's culture of generosity has grown slowly, imperceptibly, from week to week. In our community's maturing over the years, it's become more and more evident how central generosity is to IMC's entire culture. It is present in almost everything we offer, often accompanied by our members' kindness, appreciation, and inspiration.

A culture is an aspect of a community. While IMC's community is amorphous and undefined, somehow, the inner qualities that grow through our practice have shaped our culture. Therefore, one way we can care for IMC is to take good care of our own practice and our heart's capacity to be wholesome and generous.

I am very grateful to be able to participate in the IMC community. I thank all of you who have contributed to this through your practice, interest in what we teach, volunteering, and financial gifts. You have all contributed to our culture of generosity and goodwill. If the medium is the message, this culture is an important message that we offer the world.

## IMC BOARD TRANSITION

IMC is pleased to announce that Hilary Borison has succeeded Wendy Lo as IMC Board Secretary. IMC is grateful to both Hilary and Wendy for their dedication, care and leadership.

The IMC Board Members are Andrea Fella (Co-guiding Teacher); Gil Fronsdal (Founding Teacher); Hilary Borison (Secretary); Kodo Conlin; Matthew Brensilver; Nancy Yamahiro; Paul Wallace (Treasurer); Ram Appalaraju; and Sandra Sanabria (President).



*Please refrain from wearing scented products to our center, as there are those who have allergies, asthma, or chemical sensitivities.*

## BRINGING ALL PARTS OF YOURSELF TO IMC: A DAYLONG FOR IMC VOLUNTEERS

WITH BRUNI DÁVILA AND TANYA WISER

This workshop is a one-day event and will be offered on whichever date the most people can attend: either Saturday, August 31, November 2, or November 9, 9am to 3:30pm.

This in-person workshop for IMC volunteers is a chance to contribute to the IMC community's ongoing exploration of diversity and inclusivity. We will share, explore, and celebrate our and each other's many different identities. As we unveil and connect, we will consider the very natural human tendency to have biases and misunderstandings of others. While a natural tendency, bias and misunderstandings are invaluable areas of Dharma practice. With the Sangha as a beautiful mirror and support, we will highlight each person's uniqueness free from conditioned forms of bias and projection. To learn more and to register go to <http://bit.ly/IMCVolunteer>.

## EIGHTFOLD PATH PROGRAM

The Buddha's most explicit path of practice is the Eightfold Path. This is a set of eight practical approaches that bring Buddhist practice into the width and depth of our lives. The Eightfold Path Program is an introduction to each of the eight factors so participants will discover how to apply each set of practices in ways that are personally meaningful.

This program includes the following elements:

1. Monthly 2-1/2 hour meetings, on Sundays, that include teachings, meditation, and discussions. NOTE: these meetings are open to the public.
2. Readings, reflections and practices for each month.
3. Monthly one-hour personal meetings with an Eightfold Path mentor to discuss one's practice and reflections on the Eightfold Path factors. Mentoring slots are by application only (see below).
4. Concluding one-day Eightfold Path retreat.

Meetings are in-person and on Zoom, from 1 to 3:30pm Pacific Time.

### MEETING DATES:

#### 2024

September 29 – Introduction to the Program

October 13 – Right View

November 10 – Right Intention

December 8 – Right Speech

#### 2025

January 12 – Right Action

February 9 – Right Livelihood

March 9 – Right Effort

April 13 – Right Mindfulness

May 11 – Right Concentration

June 14 – Concluding daylong (likely Zoom only, but for all participants to attend)

Pre-requisite: Completion of IMC's 5-week Introduction to Meditation course or the equivalent.

Applications to be assigned a mentor, and to participate in the concluding retreat, will be posted by July 1, and due by August 15.

Questions? Please contact [eightfoldpath@insightmeditationcenter.org](mailto:eightfoldpath@insightmeditationcenter.org).

## THE GIFT OF INHABITING OUR LIVES

MARIA STRAATMANN

In her poem “I Would Like”, Jane Hirshfield writes,

*“I would like  
my living to inhabit me  
the way  
rain, sun, and their wanting  
inhabit a fig or an apple.  
....  
To taste  
as if something tasted for the first time  
what we will have become then.”*

The great gift and the blossoming of mindfulness practice is the inhabiting of one’s life. This is what naturally emerges when our practice becomes less something we “do” and more accurately the way we are. We begin to see the texture of our lives, to become aware of conditions that shift and impact our carefully-planned days. We see that what once seemed solid, rigid, is constantly changing and that this discovery can be delightful. Inhabiting one’s life is both a practice and an effect.

When we begin mindfulness training we tend to emphasize the watching: now I am following my breath, my bodily sensations, my thoughts. But mindfulness is more than watching: there is the object, the knowing of the object...and knowing that we know the object. It is this awareness, knowing the object, that brings us firmly into the moment, that registers us as being here, in space, time, attention. Here.

The awareness is just seeing and knowing we are seeing—without having an opinion about that (features of the object, concepts, wanting or not wanting, judgements, plans, etc.). What is important is not whether we are seeing ‘green’ or ‘tree’ or ‘often’, but that we are registering “this, now.” Awareness only happens in the present.

Sometimes we talk about “being lost in thought” or “the mind wanders off” and we speak of lost time, moments. And they are lost in the sense that they will never occur again. But that is always true. When we are “lost” we simply are not registering what is happening: we are not ‘here’ with our own experience. Many are the ways we abandon ourselves. The good news is that this condition is not terminal; we can always return to attention.

“What’s happening?” This is the very moment we are most here. I can look out my window—there is a buckeye tree in bloom with its large white blossoms. If I look more closely, I will see a variety of small birds feeding on the spiders (and sometimes large birds in search of the smaller), or a squirrel.

A quick glance may only register green, white. And movement. I may experience the changing flow of sight. Allowing myself a moment to register “seeing”, I am in the moment, without breaking stride with whatever is my on-going task.

Or I might pause and register ‘tree’, seeing more, and the awareness is more separated from the task (writing this) and I experience and register: flowers, tree. And return to the task. Or In stopping, I notice tension in my back, or slumping over the keyboard and register: weary (inside or outside awareness.)

In any moment I have the choice to continue with whatever task I am on (or practice, say, meditating) or not. The texture of life is apparent when we are present enough to register: “this is happening”. We recognize that there are myriad things, conditions we are unaware of that are also going on, impacting us. The degree to which we can be present determines

how much of this we take in, how present we are for our lives. Prepare to be delighted by the unexpected. Because where we live is: here. We can’t live anywhere else except where we are.

In the same way, we can’t be anyone else except who we are in this moment. Not who we were; not who we wish to become; only this person. So, who is showing up now? How much space is my body taking up now? Do I feel large or small? Safe or unsafe? Do I feel jittery? Irritable? Unexplainably giddy? Don’t worry about the why; just notice “how am I now”? Don’t search for the right word to describe it, just register “I am still here”.

A spiritual practice should not be separate from you or in addition to you. It is not distinct from our lives: it is our life. Let your intention rest as to “be”, rather than to “be something or someone”. So that you may know freedom from who you once were or might be in the future: you can just be who you are in this moment, free of wishing yourself or others to be otherwise. A person who is feeling regretful, for example, can see that in this moment they yearn for ease of mind, and note that this is an attitude that concerns the present and not any guilt-ridden past. Noting so, the person may now be cleanly aware of their intentions and actions in the present moment. We can experience “ouch!” without conjecturing whose fault it is or how it can be gotten rid of, or how to avoid it in the future.

This is not a practice of complacency, but the art of being wholly present with whatever is here now. And not staying there.

Practice seeing or hearing, or tasting, without embellishment. Just this. If the teacup is not overflowing, there is more room for tea. If we let go of so many expectations for the moment, we may experience more of what that moment has to offer. We may even come to be present for the unpleasant and find it not a burden, but a passing sensation that we actually met as it passed on. We don’t have to grasp or reject all that does not fit our pre-conceived notion of the experience.

We can embrace what arrives fresh in our experience. We don’t need to be who we think we are. We can learn to not fear what we do not control. We can be “still here” with the freedom “To taste as if for the first time what we will have become then...”

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## SATI CENTER’S GROWING SPIRITUAL CARE PROGRAMS

In September 2024 IMC’s sibling organization, Sati Center is offering its 22nd yearlong INTRODUCTION TO BUDDHIST CHAPLAINCY. Started by Gil Fronsdal, Jennifer Block, and Paul Haller, this is an eleven month training in spiritual care skills that lay at the foundation of professional and volunteer chaplaincy work in such places as hospitals and prisons. It is also a training in basic spiritual and pastoral care offered in a Sangha, or Buddhist community. In recent years, this program has spawned three other spiritual care programs. In 2019 it gave birth to the BUDDHIST ECO-CHAPLAINCY, which introduces people to the new field of spiritual care in relation to the natural world. Since 2020, the original INTRODUCTION TO BUDDHIST CHAPLAINCY is also being offered online for people unable to come to Redwood City for the in-person program. And in October 2024, we will begin the ANUKAMPA TRAINING, a condensed version of the INTRODUCTION TO BUDDHIST CHAPLAINCY focused on aspects of Buddhist and chaplaincy training supporting spiritual maturation along the Buddhist path, whether or not one is interested in chaplaincy activities. More information at [sati.org](http://sati.org) and on page 4 of the schedule in this newsletter.

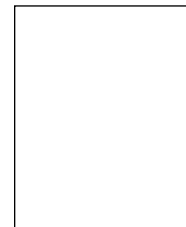
## Insight Meditation Center

108 Birch Street

Redwood City, CA 94062

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

RETURN SERVICE REQUESTED



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### DANA SUPPORTS IMC

IMC continues a 2,600-year-old Buddhist tradition of providing the teachings freely to all who are interested. IMC has no paid staff and is run entirely by volunteers. All financial support comes from the generosity of people who value what we do. Tax-deductible donations support all expenses, including programs, publications, website, the Insight Retreat Center, and AudioDharma. Teachers receive no salary and are supported by teacher dana (donation), which isn't tax-deductible.

We at IMC are very grateful for all the support we receive, and are inspired by how beautifully Dharma practice develops when it does so in a field of generosity and gratitude!

To donate, please go to [www.insightmeditationcenter.org/donate/](http://www.insightmeditationcenter.org/donate/). If you have any questions, please email [fundraising@insightmeditationcenter.org](mailto:fundraising@insightmeditationcenter.org), or call (650) 260-8674.

### LEGACY GIVING

By including IMC and/or IRC as a beneficiary of your will or living trust, your retirement plan, or your life insurance policy, you can help assure that IMC and IRC will continue to make the Dharma accessible and freely given to a broad community into the future. The essential information to include in your plans is: Insight Meditation Center of the Mid-Peninsula (the parent organization of both IMC and IRC) is a 501(c)(3) organization with federal tax ID number 77-0450217 and legal address of 108 Birch St., Redwood City, CA 94062. For other questions regarding planned giving, or to arrange a consultation with IMC's volunteer estate-planning attorney, please email [fundraising@insightmeditationcenter.org](mailto:fundraising@insightmeditationcenter.org).



### PARKING AT IMC

To be good neighbors, we ask that those attending IMC events do not park on the 100 block of Birch Street where IMC is located, unless you are not able to walk more than a short distance. Also, please do not park in The Abigail parking lot across the street from IMC; your car may be towed.

Abundant street parking is found close to IMC: on El Camino, Brewster, Broadway, and Hopkins & Fulton. Parking further from IMC will not only help our neighbors, it will provide more parking for people for whom walking is a challenge. Thank you!

### GENERAL INFORMATION:

[contact@insightmeditationcenter.org](mailto:contact@insightmeditationcenter.org) or 650/599-3456.

**NEWSLETTER:** If you have any suggestions for articles please email your thoughts to: [newsletter@insightmeditationcenter.org](mailto:newsletter@insightmeditationcenter.org).

### ON THE IMC WEBSITE:

- To sign up to receive emails: click on the **EMAIL SIGN-UP** button (upper right).
- To receive this newsletter by postal mail: Resources>Newsletter, click on "PAPER newsletter: [sign up for our postal mail list](#)"



# SCHEDULE OF EVENTS

July ~ September 2024

## WEEKLY MEDITATION & TALKS

### IN-PERSON AT IMC:

#### MONDAY EVENING SITTING AND TALK

With Diana Clark or guest teachers, 7:15 to 8:30pm. A 30-min sitting, a 30-min Dharma talk, and 15 min Q&A.

#### WEDNESDAY MORNING HALF-DAY RETREAT

Sitting and walking meditation with Gil Fronsdal or guest teachers. 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

At 12:15 we have an informal lunch and discussion outdoors in the parking lot. Everyone welcome (bring bag lunch).

#### DHARMA PRACTICE THURSDAYS: BRINGING THE DHARMA TO LIFE WITH TANYA WISER OR GUEST TEACHERS, 6:30 TO 8PM

Join us in exploring various Dharma topics. Includes sharing reflections on our practice; guided meditation, dharma talk, and group discussions. For beginners and experienced beginners.

#### 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

## MEDITATION INSTRUCTION

### IN-PERSON AT IMC:

#### INTRODUCTION TO MINDFULNESS MEDITATION

- 4 Monday evenings, June 24 – July 15, 7:15 to 8:30pm, with Diana Clark (Simulcast on YouTube)
- Saturday, July 27, 9:30am to 4:30pm, with Bruni Dávila (See details in Special Events)

Basic instructions in mindfulness meditation taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, thinking, and the application of mindfulness in daily life. No pre-registration is necessary.

#### BASIC MEDITATION INSTRUCTION

- 3rd Monday evening each month 6:15 to 7pm
- 4th Wednesday morning each month 8:30 to 9:15am

## DAYLONG RETREATS

### ON SATURDAYS, IN-PERSON AT IMC:

- July 13, 9am to 4pm, **Opening to Stability and Clarity through the Breath** with Kim Allen
- July 27, 9:30am to 4:30pm, **Introduction to Mindfulness Meditation** with Bruni Dávila
- August 3, 9am to 4:30pm, **Metta Meditation** with Bruni Dávila
- August 24, 9:30am to 4:30pm, **Mindfulness Meditation** with Ari Crellin-Quick
- August 31, 9am to 3:30pm, **Bringing All Parts of Yourself to IMC** for IMC volunteers with Bruni Dávila and Tanya Wiser

- September 7, 6am to 9pm, **Intensive Daylong** with Bruni Dávila
- September 14, 9am to 4:30 pm, **Stream Entry** with Thanissaro Bhikkhu

### ON SATURDAYS, ONLINE THRU IRC:

For information go to [insightretreatcenter.org](https://insightretreatcenter.org).

- July 13, 9am to 4:30pm, **Practicing RAFTT** with Tanya Wiser
- August 17, 9am to 4:30pm, **Abiding in Care** with Matthew Brensilver

## SATURDAY HALF-DAY RETREATS

### IN-PERSON AT IMC:

- July 6, 9:30am to 12:15pm, **Mindfulness Meditation and Practice** with Tanya Wiser
- August 17, 9:30am to 12:15pm, **Mindfulness Meditation and Practice** with Tanya Wiser
- September 21, 9:30am to 12:15pm, **Mindfulness Meditation and Practice** with Tanya Wiser

## WEEKLY ONLINE PROGRAMS

### SEE WEBSITE CALENDAR FOR LINKS FOR THE FOLLOWING PROGRAMS:

- **MONDAY THRU FRIDAY MORNING SITTING AND TALK** with Gil Fronsdal or guest teachers, 7 to 7:45am. On YouTube.
- **MONDAY THRU FRIDAY EVENING HAPPY HOUR: LOVING KINDNESS PRACTICE** with Nikki Mirghafori, Liz Powell and others, 6 to 7pm. Guided Meditation teaching, and discussion on loving-kindness. On YouTube and/or Zoom.
- **TUESDAY MORNING SITTING, REFLECTION, & DISCUSSION** with Dawn Neal and others, 9:30 to 10:45am. 35-minute sitting, followed by a reflection and discussion. On Zoom
- **MARTES DHARMA EN ESPAÑOL** con Andrea Castillo o Sandra Sanabria, 6:30 a 8pm. Meditación y pláticas de Dharma en Español. En Zoom.
- **WEDNESDAY SITTING AND DHARMETTE** with Matthew Brensilver, 7:30 to 8:15pm. On YouTube.
- **THURSDAY EVENING SITTING AND Q&A**, with Ari Crellin-Quick, Liz Powell, and others, 7:30 to 8:30pm. A sitting followed by a short reflection and discussion. On Zoom.

## RESIDENTIAL RETREATS

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

For information go to [insightretreatcenter.org](https://insightretreatcenter.org).

- Jul 20–Aug 3, 2-Week **Mindfulness of Mind Retreat** for Experienced Students with Andrea Fella
- Aug 11–18, 1-Week **Metta Retreat** with Nikki Mirghafori and Diana Clark
- Aug 28–Sep 2, 6-Day **Insight Retreat** with Matthew Brensilver & Ines Freedman, & Online Practice Discussions with Shelley Gault (Also available as Online/Hybrid)
- Oct 3–6, 4-Day **Insight Retreat** with Nikki Mirghafori & Diana Clark
- Oct 20–27 1-Week **Insight Retreat** with Gil Fronsdal, Ari Crellin-Quick, and Mei Elliot

### IRC OFFSITE RESIDENTIAL RETREATS

Insight Retreat Center retreats in other locations. For information go to [insightretreatcenter.org/offsite-retreats/](https://insightretreatcenter.org/offsite-retreats/)

- Aug 6–10; 5-Day **BIPOC Nature Dharma & Insight Retreat** with Bruni Dávila, Kuan Luo, Ram Appalaraju, Big Springs Retreat, Sierra City, CA.
- Aug 22–27, 6-Day **Touching the Earth: A Nature Dharma Retreat** with Kirsten Rudestam and Rupert Marquis at Forest Camp of Atlan, White Salmon WA, in collaboration with Sky Mind Retreats
- Sep 4–8, 5-Day **Dharma Dharma: The Unfolding of Nature** with LC Tran, in collaboration with Big Bear Retreat Center, Big Bear, CA

### IRC ONLINE RETREAT

- July 28–August 4, 1-Week **Online Insight Retreat** with Shelley Gault and Liz Powell

### NON-IMC RETREATS WITH IMC TEACHERS

- September 4–8, **Insight Retreat** with Marjolein Janssen at Richmond Hill, Richmond, VA. Info at [imcrva.org](https://imcrva.org)

### SERIES PROGRAMS

#### 2024 – 2025 EIGHTFOLD PATH PROGRAM

With Chris Clifford, Tanya Wisner, Liz Powell and others.

Offered both in-person and online. **Sundays 1pm to 3:30pm (Pacific), 2024: Sep 29, Oct 13, Nov 10, Dec 8; 2025: Jan 12, Feb 9, Mar 9, Apr 13, May 11. Concluding Daylong: Jun 14**

*For details see article in 'Sangha Programs & News'*

#### SPECIAL EVENTS (In Person at IMC)

**Registration is not required unless otherwise noted.**

#### MINDFULNESS MEDITATION AND PRACTICE HALF-DAY WITH TANYA WISER. Saturday, July 6, August 17, September 21,

**9:30am to 12:15pm.** Includes guided meditations, a dharma talk, group discussion, and mindful activity. An opportunity to deepen your meditation and daily life practice, ask a teacher questions and practice with others. For beginners and those with more experience. Bring lunch.

#### OPENING TO STABILITY AND CLARITY THROUGH THE BREATH DAYLONG WITH KIM ALLEN

**Saturday, July 13, 9am to 4pm.** An opportunity to connect or reconnect with the simplicity and richness of the breath. Includes guided and silent meditations, dharma teachings, and walking meditation. An opportunity to strengthen mindfulness, develop concentration, practice with the IMC community, and ask a teacher questions. For beginners and those with more experience. Bring lunch.

#### INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG RETREAT WITH BRUNI DÁVILA

**Saturday, July 27, 9:30am to 4:30pm.** Offers instruction and guidance on mindfulness of breathing, body, emotions, and thoughts, plus open attention. Includes guided meditations, dharma talks,

and alternating periods of sitting and walking. An opportunity to strengthen mindfulness, develop concentration, practice with the IMC community, and ask a teacher questions. Appropriate for beginners and those with more experience. Bring lunch.

**METTA MEDITATION DAYLONG WITH BRUNI DÁVILA Saturday, August 3, 9am to 4:30pm.** Supports the cultivation of metta (lovingkindness) and mindfulness through instruction and continuity. Includes alternating periods of metta, sitting and walking meditation. Recommended for people who have some meditation experience and have attended an introductory mindfulness meditation course (or similar), as well as for experienced practitioners. Bring Lunch.

**MINDFULNESS MEDITATION DAYLONG RETREAT WITH ARI CRELLIN-QUICK AND LOUIJE KIM. Saturday, August 24, 9:30am to 4:30pm.** Includes guided meditations, dharma talks, and alternating periods of sitting and walking. An opportunity to strengthen mindfulness, develop concentration, practice with the IMC community, and ask a teacher questions. Appropriate for beginners and those with more experience. Bring lunch.

#### BRINGING ALL PARTS OF YOURSELF TO IMC A DAYLONG OF CARE AND CONNECTION FOR IMC VOLUNTEERS WITH BRUNI DÁVILA AND TANYA WISER

**A one-day event will be offered on the date most people can attend: Sat, Aug 31, Nov 2, or Nov 9, 9am to 3:30pm.** This in-person workshop for IMC volunteers is a chance to contribute to the IMC community's ongoing exploration of diversity and inclusivity. We will share, explore, and celebrate our and each other's many different identities. To learn more and to register go to: <http://bit.ly/IMCVolunteer>.

#### INTENSIVE DAYLONG WITH BRUNI DÁVILA

**Saturday, September 7, 6am to 9pm.** An opportunity for a full day of immersion in silent Dharma Practice. Fifteen-minute interviews with Bruni will be available on a sign-up basis. You are welcome to come for the entire day or drop in. If you come for only part of the day, please enter the meditation hall only at the beginning of a scheduled sitting. If you come while a sit is in progress, sit in a chair in the outer hall. Bring breakfast and lunch. Light supper provided.

#### 20's AND 30's PROGRAM

**AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S WITH MAX ERDSTEIN AND GUEST TEACHERS. SUNDAYS, 7:30 TO 9PM (EXCEPT THE 2ND SUNDAY OF THE MONTH).** Our meetings alternate between Zoom and in-person at IMC; please check IMC's website Calendar for details. Our group addresses themes relevant to people in their 20's and 30's and includes guided meditations, short dharma talks, and group discussions. We have a friendly and vibrant ongoing community, and all are welcome to drop in at any time.

### YOUTH & FAMILY PROGRAMS

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IMC has a variety of programs for youths and family from preschool through high school. For more information contact Hilary at [IMC.familyprogram@gmail.com](mailto:IMC.familyprogram@gmail.com). In-person at IMC.

**Check online calendars—some programs pause during the Summer.**

**MINDFUL PARENTS** Led by Lauren Silver and Melody Baumgartner. **THIRD SUNDAY OF THE MONTH, 11:15AM TO 12:45PM.** Meetings resume in October. Parents are invited to practice together in a warm and caring community, supporting each other as we raise thriving children of all ages—infancy through adulthood. Includes meditation, mindful speech and listening, with time for sharing. No registration necessary. Contact Melody Baumgartner at [melodybaumgartner@gmail.com](mailto:melodybaumgartner@gmail.com).

**DHARMA SPROUTS (K–2ND GRADERS & THEIR PARENTS)** Led by Hilary Borison and Carla Rayacich. **FIRST SUNDAY OF EACH MONTH, 11:15AM TO 12:15PM.** Meditation and mindfulness practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Hilary at [IMC.familyprogram@gmail.com](mailto:IMC.familyprogram@gmail.com) for more information or to RSVP. Please provide first names of each adult and child who will attend.

**DHARMA ROCKS (3RD–5TH GRADERS)** Led by Camille Whitney and Tim Sandoe. **THIRD SUNDAY OF EACH MONTH, 5 TO 6:15PM.** Meetings resume in August. Meditation and mindfulness practice through games, stories, and art. Vegetarian pizza will be provided. Parents/guardians can either drop off and pick up their kids or wait at IMC. We ask participants to sign up at least two days before the event. For more information, please email [CRWmindfulness@gmail.com](mailto:CRWmindfulness@gmail.com).

**JOINT MEETING: DHARMA BODHIS (6TH–8TH GRADERS) & MINDFUL TEENS (HIGH SCHOOL).** Led by Hilary Borison and Conrad Sherby. **SECOND SUNDAY OF EACH MONTH, 5:30 TO 7PM.** A time to explore how the dharma can support challenges and opportunities through group discussions, mindfulness practice, creative activities, and more. Vegetarian pizza will be provided. RSVP if you plan to attend. For info or to RSVP, contact Hilary Borison: 650-575-2052 or [IMC.familyprogram@gmail.com](mailto:IMC.familyprogram@gmail.com).

### SUPPORT GROUPS

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#### SUPPORT GROUP FOR PEOPLE WITH HEALTH CHALLENGES

**ON ZOOM: 1ST & 3RD THURSDAYS OF THE MONTH, 12:30 TO 2PM.** The primary purpose of this group is to provide each participant an opportunity to share personal challenges, triumphs, hopes, and fears with individuals facing a similar situation. Meetings include brief sittings and consideration of pertinent Dharma topics. At least four days before attending the group for the first time, please contact Ying Chen at [imcsg22@gmail.com](mailto:imcsg22@gmail.com).

#### BUDDHISM AND 12-STEP SUPPORT GROUP

**ON ZOOM, 2ND SUNDAY OF EACH MONTH 7 TO 8:15PM.** Group discussion and study exploring Recovery principles and the teachings of the Buddha. Includes 15-minutes of sitting meditation, a reading on Dharma and Recovery and open discussion. Everyone is welcome. Facilitated by Jennifer Lemas. For more information contact: [jennlemas@comcast.net](mailto:jennlemas@comcast.net). See IMC website calendar for Zoom link.

### OTHER GROUPS

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**DHARMA CIRCLE FOR PEOPLE OF ASIAN BACKGROUND WITH LILU CHEN AND YING CHEN.** **ON ZOOM: 2ND AND 4TH SUNDAYS OF EACH MONTH, 1 TO 2:30PM.** Includes sitting meditation, a short dharma talk, discussion and community activities. We intend to provide a safe, friendly, and nourishing environment. Open to all self-identified people of Asian or South Asian, Southeast Asian, East Asian and Pacific Islander background. No registration required. For info contact [asianimc2020@gmail.com](mailto:asianimc2020@gmail.com).

#### WOMEN'S CIRCLE OF MINDFULNESS WITH HILARY BORISON. THURSDAYS, 11AM TO 12PM on Zoom.

A gathering for self-identified women who wish to deepen practice in a loving community, as we learn to weave mindfulness throughout our daily lives. For info and to receive the Zoom link, contact Hilary at [hborison@sbcglobal.net](mailto:hborison@sbcglobal.net).

#### DHARMA-INSPIRED BOOK GROUP

**ON ZOOM: FRIDAYS, 5 TO 6:30PM.** We read books on Buddhism and meditation at a pace that allows for discussion. You may drop in even if you don't have the book. This group is self-led. For our current book, Anne Foster is acting as facilitator, contact: [afoster@rawbw.com](mailto:afoster@rawbw.com). For info, Zoom link, and to sign up to receive email updates: [insightmeditationcenter.org/dharma-friends/](http://insightmeditationcenter.org/dharma-friends/)

#### EARTH CARE GROUP

**ON ZOOM: LAST SATURDAY OF THE MONTH, 8:30 TO 10AM.** We focus on a set of diverse topics relating to the right actions we can take to mitigate climate change. Meetings will usually have an invited speaker and include a brief meditation, presentation, and group discussion. See IMC website calendar for Zoom link. For info email [EarthCare.Dharma@gmail.com](mailto:EarthCare.Dharma@gmail.com).

#### SENIOR SANGHA GROUP: ENJOYING OUR AGING WITH DAVID COHN, FIONA BARNER & ROBERT CUSICK

**ON ZOOM: USUALLY ON THE THIRD THURSDAY OF THE MONTH, CHECK THE IMC WEBSITE CALENDAR TO CONFIRM, 11AM TO 1 PM.** (See the calendar entry and fill out the short form to be added to the email list for class materials, announcements and Zoom link). Join our dharma-based community of IMC seniors of all ages. We will cultivate enjoying our journey through the vicissitudes and blessings of aging with kindness and wisdom practices. Includes guided meditations, talks, and discussions on topics that support aging with ease and contentment.

## SCHEDULE PG. 4

### SONA'S DHARMA STRUMMERS

Join us as we make music for the elderly. No prior musical experience necessary. Once a month, we visit two residential care facilities in Redwood City and sing old favorites accompanied by our ukulele playing. If you don't play the ukulele, you can come and sing along. We practice once a month in a nearby home. Basic ukulele instruction provided. Masks required indoors at one facility. For info contact Martha at [marthachickerting@gmail.com](mailto:marthachickerting@gmail.com).

### IMC LGBTQIA+ SANGHA

**ON ZOOM: 1ST AND 3RD SUNDAY OF THE MONTH, 5 TO 6PM**

Suitable for both beginners and experienced practitioners within our LGBTQIA+ community. Open to people who self-identify as trans, nonbinary, queer, genderqueer, questioning, bisexual, asexual, intersex or two-spirit, gay, lesbian.

To join us online and be added to our e-mail list, please contact [imcqueersangha@gmail.com](mailto:imcqueersangha@gmail.com). The Zoom link will be sent separately. We are peer facilitated with guiding teacher Bruni Dávila.

### YOGA

#### THURSDAY MORNING YOGA AND SITTING MEDITATION WITH TERRY LESSER 9 TO 10:45AM IN-PERSON AT IMC

In each session we use a variety of asanas (poses) to focus and calm the mind, enhance breath and overall awareness, and develop flexibility, balance, and strength. Beginners are welcome. The class is a mixed level—all are encouraged to work in accordance with their needs and abilities. Bring a large towel and sticky mat if you have one.

### SATI CENTER

Register for these events at [Sati.org](https://sati.org) for more info and Zoom links.

#### ON ZOOM:

**CHAPLAINCY SPEAKER SERIES: EXPLORING VAJRAYANA-INFORMED CHAPLAINCY WITH LAMA JUSTIN VON BUJDOSS**  
**SATURDAY, JULY 6, 9AM TO 10AM.** Presents some of the unique gifts that the Vajrayana Buddhist lineages can offer spiritual caregivers and chaplaincy programs.

**ENTERING THE WORLD OF THE PALI CANON**  
**A STUDY-AND-PRACTICE COURSE WITH YING CHEN, DAVID LOREY, DIANA CLARK, KIM ALLEN**

**TUE, THU, SAT: JULY 16, 18, 20, 8:30AM TO 10AM**

Exploring the three divisions/baskets (*tipitaka*) of the Pali Canon, this class includes reading and discussion, along with suggestions for ways to bring the texts and the teachings they contain into practice.

**METTA FOR STABILITY AND CONCENTRATION (SAMADHI) WITH DAWN NEAL. SATURDAY, JULY 27, 9:30AM TO 12:30PM**  
With lightly guided Metta practice interspersed with instructions. There will be an opportunity for Q&A with the teacher.

### BEFRIENDING DEATH, EMBRACING LIFE A MEDITATION RETREAT WITH DAVID CHERNIKOFF

**2 SATURDAYS: AUG 3 & 10, 9AM TO 12PM**

An opportunity to take mindfulness of death into our hearts and to allow it to radically transform the way we live our lives.

**WORKING WITH THE THREE UNWHOLESOME ROOTS: A PRACTICAL APPROACH WITH BHIKKHUNI DHAMMADINNA**  
**SATURDAY, AUG 17, 9AM TO 12PM.** Offers a practical approach to working with the three unwholesome roots: greed or lust, aversion or anger, and delusion rooted in the early Buddhist teachings.

### THE MIND OF FREEDOM WITH ANDREA FELLA

**3 WEDNESDAYS: SEP 11, 18 & 25, 7 TO 8:30PM**

A study course exploring the Honeyball Sutta, the Bahiya Sutta, and the Kalakarama Sutta.

#### IN PERSON AT IMC AND ON ZOOM:

### STREAM ENTRY WITH THANISSARO BHIKKHU

**SATURDAY, SEP 14, 9AM TO 4:30PM.** Will cover the steps the Buddha recommends for reaching stream-entry, the Canon's descriptions of what is seen in stream-entry, and the long-term results of the experience.

### TRAINING PROGRAMS

**BUDDHIST ECO-CHAPLAINCY TRAINING PROGRAM WITH GIL FRONSDAL, KAIRA JEWEL LINGO, KIRSTEN RUDESTAM, RAM APPALARAJU, AND SUSIE HARRINGTON**  
**AUG 2024 – DEC 2025.** One year introduction to the wisdom and skill needed to be a Buddhist Eco-Chaplain.

### BUDDHIST CHAPLAINCY TRAINING PROGRAMS

- **IN PERSON** WITH JENNIFER BLOCK, GIL FRONSDAL, AND PAUL HALLER
- **ON ZOOM** WITH VANESSA ABLE, DAWN NEAL, AND TRENT THORNLAY

**Sep 2024 – Jul 2025**, 11-month trainings introducing, from a Buddhist perspective, spiritual care skills needed for being a chaplain, Buddhist teacher, or offering spiritual support to people in times of major life transitions and challenges.

**ANUKAMPA TRAINING WITH GIL FRONSDAL AND VANESSA ABLE. SEP 2024 TO JUL 2025** An 11-month program introducing foundational practices and values of spiritual caregiving found in Buddhism, and in the modern discipline of chaplaincy. More info can be found at [sati.org/anukampa-training/](https://sati.org/anukampa-training/)

### STUDY PROGRAMS

**EXPLORING THE BUDDHA'S MIDDLE LENGTH DISCOURSES: PART A WITH GIL FRONSDAL AND DIANA CLARK**  
A unique systematic study of the *Majjhima Nikaya*. A self-paced online course, includes audio, video and written components.