



To Restore the World: The Buddha on the Generative Value of Ethics

Gil Fronsdal

An ancient Buddhist myth describes how a society can devolve into widespread violence when rulers do not provide those experiencing poverty with a way to make a living. While violence originates in the rulers' neglect, the restoration of the ravaged society does not come from them; rather, it begins when a small group of people withdraw into remote forests and mountains to live an uncompromisingly ethical life.

This is a life of non-harming, which abstains from killing, stealing, sexual misconduct, false speech, divisive speech, harsh speech, coveting what others have, ill-will, and unethical beliefs. The myth describes how this set of non-harming practices brings peace and social concord for all. In contrast, violence spreads violence.

In the myth, those who move to the forests and mountains do so when the ferocity of violence and hatred reaches the point that concepts of "ethics" no longer exist. It is a time when people see each other as beasts to be killed. In contrast, those who live ethically in the wilderness grow in respect for each other and, over time, develop new and prosperous societies where everyone lives together peacefully. Through this story, we see that in contrast to treating others as less than human, the Buddha values respecting others and never disparaging them. We respect those who are poor by supporting them out of poverty.

Perhaps one original purpose of the myth was to encourage the rulers of the Buddha's time to care for people experiencing poverty. Another purpose may have been to encourage everyone to be ethical. We are not helpless in the face of social strife, misguided rulers, and violence; everyone can contribute to restore social harmony by being devoted to non-harming. Non-harming is a powerful and underappreciated social force that can initiate peace in a way violence cannot. Being ethical contributes to social wellbeing whereas violence and divisiveness undermine it.

Non-harming also contributes to our inner prosperity, i.e., the growth of a healthy emotional life. While the myth focuses on ethics, the Buddha's teaching that frames his telling of the myth emphasizes how mindfulness creates a personal refuge and brings us back to our "ancestral homeland and pastures."

Mindfulness is a refuge when it protects us from greed and distress. It is also a refuge when it helps us recognize the value of ethics. Being unethical puts us in danger. Being ethical in thoughtful, wise ways promotes safety.

When mindfulness is well established it becomes a return to our "ancestral homeland and pastures." The Buddha says that inner states of beauty, happiness, wealth, and strength can develop when we are at home with ourselves. The pasture of mindfulness is where these inner states nurture a non-harming life.

For the Buddha, we become beautiful when we live ethically. We become happy when our minds experience peace through concentrated, undistracted states of awareness. We become wealthy when our minds are filled with lovingkindness, compassion, appreciative joy, and equanimity. And we become strong when our minds are liberated from greed, hatred, and delusion, the three roots of the violence that weaken the bonds of community and respect needed for social harmony.

Interpreting the myth metaphorically, we are all the "rulers" of our personal world, and we are all, at times, poor and in need of the ruler's support. By giving ourselves time for spiritual practice, we help ourselves out of inner poverty. Instead of retreating into a remote wilderness, in contemporary times, we might attend a meditation retreat, which is an invaluable opportunity for nourishing mindfulness and a non-harming lifestyle.

So that our interpersonal relationships do not strain with antagonistic conflict, it is essential to be ethical and respectful. So that our inner life doesn't become impoverished, mindfulness practice allows us to feed on our metaphoric pastures of inner beauty, happiness, wealth, and strength.

Living ethically and being devoted to non-harming while living alone in the wilderness is relatively easy. Remaining ethical in our family, and with societal and political challenges takes much strength. Mindfulness practice can give us this strength by showing us our reactions and impulses before acting on them. Mindfulness gives us pause to recognize what are and are not harmful impulses. It gives us time to consider what we can do that is beneficial for everyone. Mindfulness provides room for friendliness and care for others.

It is through non-harming that we contribute to the restoration of our world.

—Essay based on the discourse called

The Lion's Roar for a Wheel-Turning Monarch (Long Discourse #26)

SEVA: THE DHARMA OF VOLUNTEERING

GIL FRONSDAL

Some years ago, early in IMC's growth, I asked if anyone was interested in volunteering for our center. To my surprise, many people expressed a strong interest. While I was happy with the reply, I was troubled that we did not have enough volunteer roles to meet the big interest. I knew from personal experience that volunteering at a Buddhist center can be a significant form of Dharma practice and a means for a deeper connection to a Dharma community. I was sorry we could not provide the opportunity to all of those who were interested. Since then, IMC has grown in many ways and many directions. Today we have some 150 volunteers and an over-abundance of volunteering opportunities.

In the context of a Buddhist community, volunteering is a freely given gift of one's time and labor that supports people's ability to learn and practice the Dharma, and develop supportive practice relationships with others in the community. The Buddhist word for "volunteering" is *seva*, meaning "support," "service," and "assistance." The English word, "volunteering" reminds us how we serve, i.e., freely from generosity. The Buddhist word, *seva* emphasizes that volunteering is for the sake of benefiting others selflessly.

There is a dynamic interplay between developing one's wholesome qualities as a volunteer and volunteering in unselfish ways. This interaction makes volunteering an invaluable arena for Dharma practice. The selfless part of volunteering does not mean we can't personally benefit; it means we learn to let go of unhealthy attachments and unwholesome motivations while growing in wholesome inner qualities and healthy forms of community kinship. Growing in joy, happiness, goodwill, wisdom, and freedom are some of the personal benefits of volunteering.

Often, wholesome and unwholesome motivations for volunteering coexist. Genuine goodwill, gratitude, and generosity can be entangled in perfectionism and performance anxiety, attachments to productivity, and the need to prove one's worth. The joy of service can be eclipsed by concerns with praise or blame. Selfless service can be accompanied—almost invisibly—by expectations of rewards.

One reason mindfulness, while volunteering, brings great benefit, is revealing these mixed motivations. By seeing them clearly, we can appreciate and participate with what is wholesome and learn to understand, put aside, or let go of the unwholesome. It is unnecessary to dwell on shame or embarrassment for our unwholesome motivations; their presence can inspire us to be mindful with honesty, wisdom, and non-reactivity. Surprisingly, non-reactive mindfulness of what is unwholesome supports the growth of what is wholesome.

Mindfulness can also reveal when volunteering becomes stressful. Viewing stress with careful and caring mindfulness allows us to question its value. Is it necessary? What do we believe to be true that raises stress? Can volunteering tasks be done with ease?

It is best not to view stress as bad; it is much better to view it as an avenue for understanding ourselves better. What emotions underlie stress? What fears fuel it? What shifts when we acknowledge and bring stress under the gaze of mindfulness? If the stress is strong enough, it can be invaluable to take time to meditate. Meditation might allow us to settle sufficiently to touch into a sense of ease, generosity, and kindness. To return to volunteering with this ease is an essential part of Buddhist practice.

Giving time and expression to our wholesome states of mind and heart is one way these states grow. Acting on wise generosity can spread the warmth of generosity throughout our being. Allowing goodwill to accompany volunteering is good for our own heart. Having the wisdom not to participate in stress strengthens our wisdom. When volunteering is seen as a form of Buddhist practice, volunteers might benefit more than those they serve.

Volunteering for a Dharma center can provide many opportunities to learn from the way other practitioners serve the community. Witnessing how others can be kind, compassionate, caring, and easeful in their volunteer work can teach us how we can do the same. Observing practitioners respond wisely and non-reactively to challenging situations can inspire us to see challenges as practice opportunities from which we should not shy away. Watching how more experienced practitioners communicate with respect, friendliness, and mindfulness can teach us to do the same. Being a volunteer provides many opportunities to learn from other community members.

A Buddhist community is not made up only of angels. Because those of us who are not angels need the Dharma, they should be welcomed into the community. This means that not all social interactions in the community will be easy or pleasant. Sometimes, these interactions can be challenging. However, they are invaluable for our practice. If we only volunteer when everyone is on their best behavior, we won't learn about our reactivity and how to become free of our reactivity. We will be shortchanging ourselves in the practice. While challenging interactions will occur in a Buddhist center, hopefully, the center's culture helps us feel safe enough to practice with the challenges.

Even if we make mistakes in these interpersonal challenges or with our volunteer tasks, mistakes are an occasion to learn; they are not for self-recrimination. We can learn what contributed to our mistakes and how to do better in the future. In a sense, Buddhism is forward-looking, so we are not weighed down by what was done in the past, whether an hour ago, a week ago, or years ago. We focus on past events just enough to learn from them so we can focus on moving forward with more wisdom and less reactivity.

By meditating every day, or at least before volunteering, we can learn how to start fresh with each volunteering occasion. If we volunteered poorly yesterday, that belongs to yesterday. Today can provide the delight of getting to try again. Approaching each volunteer task as another inspiring chance to grow in the Dharma can add meaning and purpose to every task. It can

SEVA, CONT'D

inspire us to discover how to find our inner freedom in whatever we do.

By offering *seva*, or “support,” in community with other practitioner-volunteers, we can experience the joy of being in the company of people who are doing their best to live the Dharma, i.e., to live with the values, purpose, and fruit of Dharma practice. Perhaps the greatest gift of a volunteer is their example of doing their best to practice with whatever circumstances bring—perfection is not needed.

VOLUNTEERING AT IMC

Everyone is welcome to volunteer at IMC in any way they can, however small or large, for as long as it works for them. It is a rewarding way to become more deeply connected to the IMC community. If interested, you can fill out a volunteer form on the volunteer page of IMC's website or by emailing IMC.VolunteerDirector@gmail.com.

RECOGNIZING MINDFULNESS

ANDREA FELLA

(Editor: this article was originally printed in the March, 2013 issue of the Insight Retreat Center Newsletter)

At the end of a recent residential retreat, someone asked me for a simple practice to engage with in daily life. I offered the practice of becoming familiar with what it is like to be aware and mindful. When we more readily recognize the sense of being mindful, the many moments when we are spontaneously mindful start to stand out to us.

At times throughout the day, mindfulness happens effortlessly, often for just a moment. This occurs more than we realize, but we rarely notice it. Typically, there is a moment of knowing what is happening, and then we are pulled into thinking, planning, or reacting to it, or we are distracted by something unrelated. We see a snack and next discover we are eating it. A friend says something and we rush in with an opinion. We hear water dripping in the sink, so we shut the faucet off. We notice a stain on the linoleum, so we stoop to clean it. In all these examples an initial recognition is overshadowed by a reaction, or even simply by a natural response to the situation. We rarely appreciate the mindfulness required for this recognition.

The Buddha understood the value of mindfulness. Mindfulness is not esoteric or mystical; it is simply an ordinary aspect of the way our minds work. The brilliance of the Buddha was to notice it, to highlight it, and to say: this quality is worth cultivating.

As we become familiar with the experience of being aware, spontaneous moments of mindfulness become more apparent to us. We then have a chance to appreciate these effortless moments of recognition. By becoming familiar with the act of mindfulness itself, we can recognize that we are mindful more often than we realized.

One of the best times to explore what it is like to be present, aware, mindful, is the moment when we recognize we have not been aware of what is happening. In sitting meditation, this moment happens over and over again. We intend to be present for our experience, and then notice we have been lost in thought. The moment we notice we have been lost in thought is a moment of mindfulness; the simple recognition that we are now aware is a way to appreciate the sense of being mindful.

In our daily lives, we can also become aware of this moment of remembering. For example, we might be in the midst of reaching for a glass when mindfulness arises. We can then simply pick up the glass mindfully. The act of being aware can become at least as important as what we are doing or thinking.

Noticing when we have just been lost in thought, whether in sitting practice or in daily life, is a valuable opportunity to appreciate what the noticing itself is like. We can explore the difference between the mind that was lost in thought and the mind that is present and aware. We can't really know what it feels like to be lost while we are lost, but when mindfulness returns, there can be a lingering memory of what it felt like to be lost: confused, spinning in thoughts, hazy, or disconnected. When mindfulness returns there is a clarity and brightness to the mind, which is pretty obvious once we start recognizing it. Once we start seeing this clarity, it becomes ever more apparent to us.

While we seldom notice awareness itself, it is not something foreign to us. Because it is a natural part of our experience, something within us is familiar with it. If you know you are reading this article, then awareness is already there in your experience. Don't look too hard for it. Just explore how your experience feels when you know you are aware. Over time, the experience of being aware can become as clear as what we are aware of.

As you become familiar with the experience of mindfulness, you will notice yourself coming back into mindfulness many, many times throughout the day. In the midst of an activity, you will suddenly recognize that you are aware of what is happening. You might be reaching for something, walking across the street, finishing a meal, or driving the car. Appreciating these moments creates the conditions for you to recognize these moments even more frequently. You don't have to wait; you start now.



Friend

*Mitta, having gone forth out of faith,
Delight in friends.
By cultivating skillful states,
Attain peace from bondage.*

—Poem from *The Therīgāthā (The Verses of the Elder Nuns)*
addressed to Ven. Mitta, whose name means “Friend”

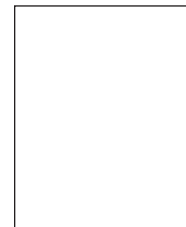
Insight Meditation Center

108 Birch Street

Redwood City, CA 94062

www.insightmeditationcenter.org

RETURN SERVICE REQUESTED



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/. If you have any questions, please email fundraising@insightmeditationcenter.org, or call (650) 260-8674.

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!

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.



GENERAL INFORMATION:

contact@insightmeditationcenter.org or 650/599-3456.

NEWSLETTER: If you have any suggestions for articles please email your thoughts to: 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

October ~ December 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
- 12:15 – Informal lunch and discussion outdoors in the parking lot (weather permitting). 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

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.

- 5 Thursday evenings, Oct 3–31, 6:30pm to 8pm with Tanya Wisner (Simulcast on Zoom) Includes small group discussions.
- Oct 19, 9:30am to 4:30pm, Daylong with Dawn Neal
- Nov 30, 9:30am to 4:30pm, Daylong with Mei Elliott

BASIC MEDITATION INSTRUCTION

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

DAYLONG RETREATS

ON SATURDAYS, IN-PERSON AT IMC:

- Oct 5, 9am to 4:30pm, **LGBTQIA2S+** with bruni dávila (Simulcast on Zoom)
- Oct 12, 9am to 4pm, **Beautiful Mind and Heart** with Kim Allen
- Oct 19, 9:30am to 4:30pm, **Introduction to Mindfulness Meditation** with Dawn Neal
- Nov 2, 9am to 3:30pm, **Bringing All Parts of Yourself to IMC** for IMC volunteers with bruni dávila and Tanya Wisner (Wait list only)
- Nov 16, 8:30am to 5pm, **Mindfulness Daylong** with Gil Fronsdal
- Nov 30, 9:30am to 4:30pm, **Introduction to Mindfulness Meditation** with Mei Elliott

- Dec 14, 9am to 4pm, **The Convergence of Wisdom & Love** with Matthew Brensilver

ON SATURDAYS, ONLINE THRU IRC:

For information go to insightretreatcenter.org.

- Oct 5, 9am to 4:30pm, **Daylong** with Kodo Conlin
- Nov 30, 9am to 4:30pm, **Abiding in Embodied Aliveness** with Ying Chen

SATURDAY HALF-DAY RETREATS

IN-PERSON AT IMC:

- Nov 23, 9:30am to 12:15pm, Mindfulness Meditation and Practice with Ari Crellin-Quick

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, Marjolein Janssen 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, Sandra Sanabria y otros, 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 IRC

For information go to insightretreatcenter.org.

- Oct 20–27 **1-Week Insight Retreat** with Gil Fronsdal, Ari Crellin-Quick, and Mei Elliot (available Hybrid spaces only)
- Nov 3–10, **1-Week Insight Retreat** with Gil Fronsdal, Lienchi Tran, and David Lorey (available Hybrid spaces only)
- Dec 8–15, **1-Week Insight Retreat** with Gil Fronsdal and Andrea Fella (also as Online/Hybrid)
- Jan 26–Feb 2, **1-Week Insight Retreat for People in their 20s and 30s** with Max Erdstein and Gil Fronsdal (also as Online/Hybrid).

IRC OFFSITE RETREATS

- Oct 25–27, **3-Day Weekend Non-Residential Retreat** with Diana Clark and Tanya Wisner at Hidden Villa, Los Altos, CA. For info: insightretreatcenter.org/hidden-villa
- Sun, Oct 27, 9:30am to 4pm, **Daylong: Love and Rest: A Day of Practice** with Matthew Brensilver, in Berkeley, CA. For info: insightretreatcenter.org/offsite-retreats/
- Jan 7–11, **5-Day Natural Awareness Retreat** with Marjolein Janssen and Ari Crellin-Quick at Hidden Villa, Los Altos. Info: insightretreatcenter.org/hidden-villa (Commute option available)

SERIES PROGRAMS

2024 – 2025 EIGHTFOLD PATH PROGRAM

With Chris Clifford, Tanya Wiser, Liz Powell and others. Offered both in-person and online. **Sundays 1pm to 3:30pm (Pacific), 2024: Oct 13, Nov 10, Dec 8; 2025: Jan 12, Feb 9, Mar 9, Apr 13, May 4. Concluding Daylong: Jun 14**

The Buddha's most explicit path of practice is the Eightfold Path—a set of practical approaches to bring Buddhist practice into our lives. This course is an introduction to each of the Eight factors so participants can discover how to apply them in ways that are personally meaningful.

Pre-requisite: completion of IMC's Introduction to Meditation course or equivalent. Please register. Registration available under the Program menu > Special and Yearlong Programs. The in-person and online versions occur in parallel at the same time. Participants can attend either, please pick one as primary. You will receive Zoom links and course materials by email. Info: eightfoldpath@insightmeditationcenter.org

SPECIAL EVENTS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED.

INTRODUCTION TO MINDFULNESS MEDITATION

WITH TANYA WISER 5 Thursday evenings, Oct 3-31, 6:30 to 8pm on Zoom & In-Person. Available live on Zoom with breakout groups during in-person small group discussions. Zoom participants will be able to ask questions in chat with Yanli Wang who will be supporting the Zoom offering.

LGBTQIA2S+ DAYLONG WITH BRUNI DÁVILA

Saturday, October 5, 9am to 4:30pm. In-Person, simulcast on Zoom. An opportunity to come together in the safety of community, as we cultivate wholesome and loving qualities of our hearts and minds. Includes alternating sitting and walking meditation, instruction, dharma talks and practice discussion meetings with the teacher. Suitable for both beginners and experienced practitioners who self-identify as queer, questioning, trans, nonbinary, genderqueer, bisexual, lesbian, gay, agender, intersex, or two-spirit. Contact imc-queersangha@gmail.com for Zoom link.

BLACK PRACTITIONERS MEDITATION & WISDOM CIRCLE WITH ANNE ROISE. Five Saturdays: Oct 12 – Nov 9, 9 to 10:30am PT

on Zoom. This series provides a safe and supportive space for Black practitioners to begin, refresh and strengthen their meditation and daily mindfulness practice. We'll focus on the intersection of mindfulness and Black collective wisdom in the context of our unique experiences and expressions, and explore the qualities needed to be resilient in order to face social and racial injustices while on this spiritual path. To register and receive the Zoom link, go to IMC's online calendar.

BEAUTIFUL MIND AND HEART DAYLONG WITH KIM ALLEN

Saturday, October 12, 9am to 4pm. This day is devoted to connecting with the beautiful side of both the cognitive mind and the heart—two aspects of *citta*, the heart-mind. We will learn and

practice the Recollection of the Buddha, *metta* (lovingkindness or goodwill), and *mudita* (appreciative joy). Classical instructions and guidance will support the 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 WITH DAWN NEAL

Saturday, October 19, 9:30am to 4:30pm.

Includes guided meditations, dharma talks, and alternating periods of sitting and walking; plus instructions and guidance on mindfulness of breathing, body, emotions, thoughts, and open attention. An opportunity to strengthen mindfulness, develop concentration, practice in community, and ask a teacher questions. 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

Sign up for one Saturday (Registration required):

- **NOV 2, 9AM TO 3:30PM, IN-PERSON AT IMC (WAITLIST ONLY)**
- **NOV 16, 9AM TO 1PM, ON ZOOM, FOR THOSE WHO CANNOT ATTEND IN-PERSON**
- **MAR 1, 2025, 9AM TO 4:30PM, IN-PERSON AT IMC**

For IMC volunteers to contribute to the IMC community's ongoing exploration of diversity and inclusivity. We will share, explore, and celebrate each other's many different identities. To learn more and to register go to: <http://bit.ly/IMCVolunteer>.

MINDFULNESS DAYLONG WITH GIL FRONSDAL

Saturday, November 16, 8:30am to 5pm.

This retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. Includes alternating periods of sitting and walking meditation with a Dharma talk at the end of the day. Brief interviews to talk about the practice will be available with Gil. Bring lunch.

IN-PERSON MINDFULNESS MEDITATION AND PRACTICE HALF-DAY WITH ARI CRELLIN-QUICK

Saturday, November 23, 9:30am to 12:15pm. Includes guided or lightly guided meditations, a brief dharma talk, group discussion, and mindful activity. This is an opportunity to deepen your meditation practice and daily life practice, ask a teacher questions and practice with other sangha members. For beginners and those with more experience. Bring lunch.

INTRODUCTION TO MINDFULNESS MEDITATION

DAYLONG WITH MEI ELLIOTT Saturday, November 30, 9:30am to 4:30pm. Includes guided meditations, dharma talks, and alternating periods of sitting and walking; plus instructions and guidance on mindfulness of breathing, body, emotions, thoughts, and open attention. An opportunity to strengthen mindfulness, develop concentration, practice in community, and ask a teacher questions. For beginners and those with more experience. Bring lunch.

SCHEDULE PG. 3

THE CONVERGENCE OF WISDOM AND LOVE DAYLONG WITH MATTHEW BRENSILVER

Saturday, December 14, 9am to 4pm. Wisdom practices are commonly distinguished from practices of love and compassion. However, Buddhist psychology suggests a powerful connection between awareness and love. Our practice shows us that the more deeply we look into experience, the more reason we have to love. Includes instructions in meditation practice, dharma reflections and opportunities to meet one-on-one with the teacher during periods of walking meditation. Bring lunch.

NEW YEAR'S EVE CELEBRATION WITH TANYA WISER

Tuesday, December 31, 3pm to 9pm. Join us on New Year's Eve for an evening of mindfulness practice in community to mark the end of 2024 and the beginning of 2025. We will practice sitting and walking meditation; share inspirational reflections (bring a poem or song to share); do a guided *Brahma Vihara* meditation, chant together and ring the bell 108 times to bring the celebration to a close—an IMC tradition. Please come whenever you can and stay as long as you like. We will have a potluck supper at 5pm—please bring some food to share.

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

IMC has a variety of programs for youths and family from preschool through high school. For more info contact Hilary at IMC.familyprogram@gmail.com. Usually in-person at IMC.

MINDFUL PARENTS LED BY LAUREN SILVER AND MELODY BAUMGARTNER. USUALLY THE 3RD SUNDAY OF THE MONTH IN-PERSON AT IMC, 11:15AM TO 12:45PM. DECEMBER & APRIL MEETINGS: 2ND SUNDAY, ON ZOOM. This year's theme is Parenting and the Ten Paramis. Parents are invited to practice 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: melodybaumgartner@gmail.com.

DHARMA SPROUTS (K-2ND GRADERS & THEIR PARENTS)

Led by Hilary Borison and Carla Rayachich. **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 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.** 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.

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.

SUPPORT GROUPS

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 similar situations. 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.

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 15-20 minutes of sitting meditation, a reading on Dharma and Recovery and open discussion. Everyone is welcome. Facilitated by Stan Loll. For more information contact: stan.loll@gmail.com. See IMC website calendar for Zoom link.

OTHER GROUPS

Check the IMC website calendar for Zoom links unless otherwise noted.

ONLINE SUNDAY SANGHA WITH JAN MESSER AND BARRY ROTHMAN, IMC SANGHA MEMBERS. **ON ZOOM: SUNDAY FOLLOWING THE DHARMA TALK, AT APPROXIMATELY 10:45 TO 11:30AM.** Connect with sangha (community), foster dharma friendships and support each other's Buddhist practices and discuss dharma teachings online with IMC members from all over the world.

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.

SCHEDULE PG. 4

WOMEN'S CIRCLE OF MINDFULNESS WITH HILARY

BORISON. ON ZOOM: THURSDAYS, 11AM TO 12PM.

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.

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. In this self-led group, Anne Foster is acting as facilitator for our current book. Contact: afoster@rawbw.com. For info, Zoom link, and to sign up to receive email updates: 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. For info email 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.

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. For info contact Martha at 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. 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

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 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 FOR MORE INFO AND ZOOM LINKS.

ON ZOOM:

TO BE MORE FREE, REFLECT ON YOUR FINITUDE (MARANASATI) WITH NIKKI MIRGHAFORI

SAT, OCT 12, 9AM TO 12PM. We'll contemplate death to cultivate gratitude, generosity, and goodwill. Includes dharma talks, guided meditations, discussions, Q&A and interactive small groups.

THE POWER OF REFUGE WITH YING CHEN, DAVID LOREY, DIANA CLARK, KIM ALLEN TUE, THU & SAT: OCT 29, 31, & NOV 2,

8:30 TO 10AM. Explores a range of ideas on refuge available in the suttas of the Pali Canon and in our practice field. We will examine the role of refuges as external support, shelter, and more importantly, how they can form a powerful inner ground and sanctuary. Includes teachings, meditation, and small group discussion.

WORKING SKILLFULLY WITH UNSKILLFUL THOUGHTS WITH KIM ALLEN, KIRSTEN RUDESTAM, AND MARJOLEIN

JANSSEN SAT, DEC 7, 9AM TO 12:30PM. The Buddha offered five practical methods of responding wisely to unskillful mind states. We will look at a relevant sutta and explore how to wisely apply its teachings to our thinking minds, in meditation and daily life.

BUDDHIST CHAPLAINCY SPEAKING PROGRAMS

- **SPIRITUAL CARE AS KOAN: FORMATION AND EMBODIMENT WITH ALICE CABOTAJE. SAT, NOV 16, 9 TO 10AM**
- **THE NATURE OF SUFFERING: ADDICTION AND THE FOUR TRUTHS WITH KEVIN GRIFFIN. SAT, DEC 7, 9 TO 10AM.**

TRAINING PROGRAM

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/

STUDY PROGRAM

EXPLORING THE BUDDHA'S MIDDLE LENGTH DISCOURSES: WITH GIL FRONSDAL AND DIANA CLARK

- Part A covers the themes Relating to the Teachings, Faith & The Path
 - Part B covers the themes The Buddha, Karma & Rebirth
- A systematic study of the *Majjhima Nikaya*. Self-paced online courses, that include audio, video and written components.