



The Perfection of Wisdom: Being Wise Toward Everyone, No One Left Out

Gil Fronsdal

"Wise people of great wisdom do not think of harming themselves, of harming others, or of harming both. Rather, wise people consider their own welfare, the welfare of others, the welfare of both, and the welfare of the whole world. In this way, one is a wise person of great wisdom."

—The Buddha (Numerical Discourses 4.186)

"From where comes love?"

"From wisdom."

"From where comes wisdom?"

"From love."

While wisdom is useful, being a wise person is more important. Wisdom can be found in writing but then never applied in life; a wise person is only found by how that person lives their life. For the Buddha, this is a life lived with care for the welfare of everyone, with no one excluded and no one favored at the expense of others. It involves having the wisdom and care that awaken interest in the well-being of even one's enemies, betrayers, and offenders. With such an all-encompassing love, wisdom becomes the perfection of wisdom.

This understanding of wisdom does not require reading books, acquiring exceptional knowledge, understanding metaphysical ideas, or having privileged access to transcendent experiences. Instead, it requires first-hand experience and knowledge of what is harmful and what is beneficial, what is unwholesome and what is wholesome, what dispirits us and what inspires us.

The experience needed for this perfection of wisdom, the fourth of the ten perfections, is found in the well-being born from the first three perfections: generosity, virtuous conduct, and Dharmic renunciation – provided we experience the happiness that these can bring. A person who is unable to feel the inner benefits of giving, virtue, and letting go, doesn't benefit from or grow in what is wholesome.

Generosity—freely given without obligation, without harm to oneself, and without the expectation of repayment—feels good. That feeling can include delight, joy, and happiness in benefitting others. It can consist of somatic feelings of contentment, satisfaction, and peace that come from acting out of a wholesome motivation which is free of selfishness. Interpersonally, it can support warmhearted relationships of mutual appreciation and gratitude. Generosity tends to soften tensions and disconnections between

the giver and the receiver, thereby facilitating a sympathetic understanding of each other.

Virtuous conduct—i.e., restraining oneself from causing harm—requires sensitivity to what harms others. The more generosity reveals our human potential for warmhearted relationships, the better we understand how causing harm extinguishes this interpersonal warmth or the potential for it. And the more generosity sensitizes us to inner happiness, contentment, and peace, the more we recognize how harming others harms us by erasing these good feelings, maybe replacing them with regrets and empathic pain.

Renunciation—letting go of clinging—creates space inside us for wholesome qualities to grow. This growth itself nurtures more room for compassion, awareness, and mindfulness. In addition to letting go of clinging, we learn to let go into the felt experience of our goodness, wholeness, ease, and peace. Renunciation doesn't leave us with nothing; it allows the wholesome to grow and even thrive.

Through these first three perfections we increase our capacity to experience what is spiritually, emotionally, and interpersonally healthy. This experience gives us the raw material needed to become wise. The more we understand and feel what's beneficial, the more we can understand what is harmful, limiting, and undermining. The ability to recognize and feel the distinction between well-being and harm becomes the guiding light for a wise life.

To be wise, we don't have to read books; instead, we read hearts, both our own and those of others. Most important is to read our own inner life, as this experience is the most reliable reference point for knowing and feeling what is wise, i.e., how to live with care for the well-being of all.

The ancient commentary on the perfections associates the perfection of renunciation with meditation, perhaps because samadhi requires letting go of clinging and letting go into deeper and deeper states of well-being and psychological health. The text explains that samadhi is the proximate cause of the perfection of wisdom. This is because settled meditation provides a strong and clear experience of wholesomeness, which supports the recognition of even the most subtle forms of welfare and harm. Experiences of wholeness free of clinging and the limitations of self provide a

(Continued inside)

THE PERFECTION OF WISDOM, CONT'D

sacred, non-personal source for the greatest wisdom and the greatest caring love. Here, wisdom and love are indistinguishable. While the first three perfections offer clear foundations for wisdom to grow, this growing wisdom in turn supports the further development of these three. Wisdom applied to generosity, virtuous conduct, and renunciation reveals the subtle and hidden harm and selfishness that can accompany them, as well as the potential for these three to bring greater well-being and freedom, which in turn fosters further wisdom.

Integral to this iterative process are our actions of body, speech, and mind, i.e., of actually living our life. Wisdom is not something to pursue for its own sake; it is something to guide how we live. Wisdom that is not applied remains inert and decays – and may even undermine the development of one's practice. Wisdom that is acted on enables us to participate in the generative process of life, a process that is "personally transpersonal" (Iokuttara).

Generosity, virtuous conduct, and renunciation are foundational activities for developing wisdom, and they are also primary representatives of the kinds of actions that arise from loving wisdom. Innumerable other activities can be born from the wisdom of caring for oneself, for others, for both self and others, and for the whole world.

It is up to you whether what you do in the next five minutes—no matter how mundane it may seem—is wise and wholesome. May you experience the wisdom that allows you to do so.

"What is love?"

"To care."

"What is wisdom?"

"To care well."

*Wisdom arises from [spiritual] practice;
Without practice, it decays.
Knowing these paths to gain and loss,
Conduct yourself so that wisdom grows.*

—Dhammapada v. 282

*Wisdom is the opposite of greed, hate, and delusion,
In so far as greed, hate, and delusion create blindness,
while knowledge restores sight.*

—Treatise on the Perfections

SAVE THE CHILDREN FUNDRAISING UPDATE

In February, IMC fundraising for Save the Children raised over \$100,000. Surpassing our \$70,000 goal is a great joy and inspiration, which nourishes the care-giving attitude in all of us.

As has been the case for many international humanitarian organizations, Save the Children's efforts have been challenged by the sudden disappearance of support from USAID. Even so, the non-profit is continuing its critical programs to save lives and alleviate suffering for children and families caught in some of the world's worst humanitarian crises. Save the Children has expressed much gratitude for IMC's fundraising, and intends to use the funds to support the emergency relief efforts in areas that are of critical need. Specifically, they have told us that the funds will be used for health and nutrition, child protection and education, water sanitation and hygiene, and cash assistance.

May those who benefit from our community's fundraising know that there are people in the world who care for their welfare; those who suffer are not alone.



SUPPORT IMC WITH A GRANT FROM YOUR DONOR-ADVISED FUND (DAF) OR FAMILY FOUNDATION

You can recommend a grant be made to support IMC if you have a donor-advised fund (DAF) or family foundation. Because such grants often arrive at IMC without identifying information on the donor or on the donor's intentions, we ask that you please contact the fundraising manager at fundraising@insightmeditation-center.org, or (650) 260-8674, with any specific instructions at the time you make the grant. Please be aware that grants from DAFs and family foundations cannot provide dana to individual named teachers (however, grants can benefit IMC teachers generally).

Thank you!

THE PRACTICE OF LIBERATION AND AWAKENING RETREAT WITH GIL FRONSDAL AND PAUL HALLER AT TASSAJARA ZEN MOUNTAIN CENTER • 4PM, JUNE 10 TO 11AM, JUNE 15

A Zen retreat for experienced meditators in any Buddhist tradition with a mixture of teachings from early Buddhism and Soto Zen. The schedule will include morning and evening zazen, daily Dharma talks, workshop-style activities and exercises, mindful work, and group practice discussions with the teachers. More information in the Tassajara calendar of events, at www.sfzc.org/calendar.

THREE KEYS TO TRANSFORMATIVE MEDITATION: SIMPLICITY, GENTLENESS, AND APPRECIATION

LIENCHI TRAN

Imagine a serene garden, where the beauty lies not in the complexity of its design but in the simplicity of each flower, the gentle rustle of leaves in the breeze, and the appreciation of nature's quiet harmony. In this truly tranquil setting, we experience the profound effects of simplicity, gentleness, and appreciation—the three keys to transformative meditation.

Just as the garden thrives in its simplicity, our meditation practice flourishes when we strip away the unnecessary and embrace the present moment with a gentle heart. By cultivating a sense of appreciation for the moment of waking up and the subtle shifts within us, we unlock a deeper, more meaningful meditation experience. In this essay, we will explore how these three elements—simplicity, gentleness, and appreciation—can transform our meditation practice and lead us to a path of inner peace and clarity.

Simplicity: The Key to Clear Perception

Simplicity helps us avoid becoming entangled in what we observe, allowing us to attend to the unfolding of experiences in the present moment. The Satipatthana Sutta states: "...a monk knows when he is standing, 'I am standing,' he knows when he is sitting, 'I am sitting,' he knows when he is lying down, 'I am lying down'..." Just that much is all we need to do. This simple act of knowing what we know—without adding interpretations or judgments—anchors us in the present moment. For instance, right now, you know you are sitting, and you know that you are reading these words. This awareness is simple and clear, without complication or extra effort.

In the context of Vipassana, simplicity means approaching meditation with a mind that allows you to be aware of whatever experiences are happening in the present moment. For example, when we are angry, we simply recognize that "there is anger," acknowledge that "angry mind is like this," or just note, "I am angry."

Regardless of where we are in the practice, we acknowledge the truth of the presence of the angry mind; this is the experience we are having at the moment. It's just a humble knowing, a noticing of what's happening in the body and mind at this very moment. We do not need to change the experience by thinking, "I should not be angry" or judging it with thoughts like, "Anger is bad." If judgmental thoughts do arise, that's another experience to be aware of, such as noticing, "Judging mind is here" or "Thinking mind is here." Being straightforward in our approach helps us stay grounded and fully present. When we are attentive to our experiences in this way, we cultivate wholesome mental qualities—awareness and wisdom (noticing and discerning)—and restrain unwholesome ones such as aversion and attachments (judging and preoccupation).

The beauty of simplicity in Vipassana practice is that it strips away the unnecessary layers of complexity that often cloud our perception. By embracing simplicity, we can cut through the noise and

focus on the raw, unfiltered truth of our experiences. Practicing with simplicity helps us taste true freedom by letting go—seeing attachments and aversions for what they are, not as "ours," so that we engage each moment with a fresh, open mind.

Gentleness: Embracing Compassion and Non-judgment

Gentleness is another crucial principle in Vipassana meditation, akin to the gentle warmth of morning sunlight. Sunlight shines on everything—high and low, hard and soft, beautiful and ugly—without preferences. Similarly, we practice with the same warm touch toward all our experiences. This means practicing with kindness and compassion for ourselves, no matter how challenging or pleasant our experiences may be.

Imagine we're sitting in meditation and find ourselves repeatedly lost in thoughts, whether the same story or different ones. Despite our efforts to stay focused, we often find it difficult, which leads to frustration with our unruly thoughts. As a result, we feel like we're wasting time and become increasingly irritable. This irritation fuels our determination to try even harder, but the cycle continues, and we end up judging ourselves. However, if we change our approach to the relationship with this experience, the experience will change too. With gentleness, we remind ourselves that we've been thinking our entire lives, so the momentum of thinking is naturally strong. Since we haven't always been aware, our capacity for awareness might need time to catch up. We might also ask why we don't feel bothered by being aware of countless breaths. So why should we be troubled by countless thoughts? Just like our breaths, we can be aware of our thoughts in the same gentle, warm, accepting manner.

By observing with light, warm, and gentle awareness, we stay with things as they truly are, and our practice gains momentum throughout the day. This approach not only creates inner peace but also enhances our relationships with others. By being gentle with ourselves, we learn to extend the same compassion and understanding to those around us, creating a ripple effect of kindness and empathy.

Appreciation: Finding Joy in Cultivating Awareness

Regardless of how long we've been lost in our thoughts or busy with our lives, the moment we become aware is a moment of joy. This gratitude arises from recognizing that awareness itself is a valuable attainment. In Vipassana, becoming mindful after a period of distraction is not seen as a failure but as a success. Every time we notice that we are lost in thought is a moment of gained awareness, much like finding lost money or car keys after a frantic search—the moment of discovery brings joy and relief, not upset and self-judgment. This shift in perspective encourages us to embrace every return to awareness with a sense of gladness and appreciation, no matter how fleeting the moment may be.

By reminding ourselves that our goal is to cultivate awareness—not any particular experience such as calmness, happiness, or insight—we naturally foster joy and appreciation for the presence of awareness. It's about being aware of whatever arises—be it

THREE KEYS, CONT'D

pleasant, unpleasant, or neutral—without trying to control or change it. This generates a positive feedback loop that reinforces and strengthens our practice. This approach not only counteracts feelings of frustration or disappointment when we realize we've been distracted but also enhances our overall meditation experience. The joy of being aware, combined with a sense of gratitude, motivates us to continue our practice with enthusiasm and a light heart, making meditation more enjoyable and sustainable in the long run. Continuity is naturally developed through this joyful and appreciative approach, as it encourages us to return to our practice regularly. Each moment of awareness, no matter how brief, builds upon the previous ones, gradually creating a steady and enduring mindfulness. This ongoing process fosters a deeper connection with our inner experiences, leading to a more profound understanding.

Integrating Vipassana into Daily Activities

Beyond our formal sitting and walking meditation practice, integrating Vipassana meditation into our daily activities can be a powerful way to grow our practice. By applying the principles of Vipassana to everyday tasks, we cultivate continuous awareness and presence. For example, while washing dishes, we simply know what we can know, like the sensations of the water or the movements of our hands. When walking, we can rest our attention on whatever experiences are arising, like the feeling of our feet touching the ground or the breeze on our skin. While eating, we can be aware of the most dominant experience, like chewing. We can also be mindful of our feelings, whether we are enjoying the taste of our food or not.

Taking a few moments during the day to check in with our feelings helps ground the mind in the present and breaks the cycle of stress that tends to build up. By pausing to observe our emotional and mental states without judgment, we become more attuned to the subtle signs of stress as they arise. This proactive way of identifying and addressing potential stressors early on prevents them from accumulating and impacting our well-being. For example, during a busy workday, we might notice tension in our shoulders or feelings of impatience. By acknowledging these feelings early, we can take steps to alleviate them, such as relaxing or giving ourselves a moment of rest with attention on the breath or any available body sensation. This self-check-in practice helps us stay aware of our emotional landscape and to manage stress more effectively. This continuous, informal Vipassana practice helps us navigate daily life with greater clarity, calmness, and equanimity, making even mundane activities part of our meditative practice.

By weaving Vipassana into our daily activities, we turn every moment into an opportunity for mindfulness. The formal practice supports our daily life practice, and daily life practice, in turn, nurtures our formal practice, cultivating awareness and wisdom. This harmonious approach keeps us grounded and centered, even amid the hustle and bustle of everyday life.

Embracing Simplicity, Gentleness, and Gratitude for Transforming Daily Existence

Vipassana, with its emphasis on simplicity, gentleness, and appreciation, offers a path to a deeper and more fulfilling existence. Embracing simplicity allows us to be present without distractions, while gentleness develops a compassionate attitude toward our experiences. Appreciation further transforms our practice into a joyful and rewarding journey.

By cultivating these qualities, we enhance our meditation and enrich our daily lives. These three elements encourage mindful and intentional living, enhancing our well-being and supporting our journey toward liberation. Just as the serene garden flourishes, our meditation practice blossoms when we embrace simplicity, gentleness, and appreciation, guiding us toward a more enriched and meaningful life.

Born into a Mahayana Buddhist family in Vietnam, Lienchi Tran began meditating in Thay Thich Nhat Hanh's tradition before exploring Theravada Buddhism under Bhante Khippapanno. In 2003, Lienchi met Sayadaw U Tejaniya, whose teachings deeply shaped her practice during many years of retreat at his monastery in Burma. Currently, Tran is undergoing teacher training with Gil Fronsdal and Andrea Fella at IMC/IRC and is dedicated to sharing the Dharma to ease suffering and inspire liberation.

(Editor: this essay is part of a collection of Dharma essays, "Warm Hand to Warm Hand", by IMC's new teachers. See article in this newsletter, "Introducing IMC's Newly Trained Dharma Teachers.")

THE DHARMA OF CHILDREN'S BOOKS—A PROGRAM FOR ADULTS WITH LAUREN SILVER

IN PERSON EVENT AT IMC • APRIL 6 • 1 TO 2:30 PM

Much like Dharma stories, books written for children often convey important truths with a clarity and simplicity that speaks straight to the heart. And though most aren't meant as Buddhist instruction, they often contain rich teachings about qualities such as mindfulness and compassion that resonate not just for children but for adults as well. Join us for a joyful afternoon as we introduce a number of wonderful children's books and explore the Dharma wisdom and inspiration that can be found within them.

Lauren Silver serves as a juror of children's and young adult literature for the California Book Awards, reviewing more than 100 new books annually. A longtime practitioner at IMC, she co-teaches the Mindful Parents program at IMC and is in IMC's Dharma Leader Training Program.

NEW! TUESDAY EVENING SITTING AND TALK WITH IMC DHARMA LEADERS (ON ZOOM)

Please join us for this new weekly offering on Tuesday evenings, 7 to 8:15pm (Pacific Time). Each online session will include a lightly guided 30-minute meditation, followed by a 30-minute Dharma talk and 15 minutes for questions and discussion.

IMC'S DHARMA LEADER TRAINING (DLT)

In June 2024, Ines Freedman and Gil Fronsdal started IMC's Dharma Leader Training (DLT) program with 36 wonderful trainees. The trainees will take turns teaching our new online Tuesday Evening Sitting and Talk that begins in April (*see page 1 in the Schedule under 'Weekly Online Programs'*).

The training is a two-year program to prepare experienced Insight practitioners to offer basic teaching, Dharma talks, meditation instruction, and mentorship to Insight practitioners in various sangha and social settings.

The program will include training in leadership roles within Insight sanghas, including starting a sitting group and supporting the growth of a sangha.

The by-invitation training includes people from six countries and five states, with eight people connected to IMC's Dharma en Español sangha.

The trainees are listed on the Teachers and Dharma Leaders page under the About menu on IMC's website. You will have a chance to meet them at the Tuesday Evening Zoom Sitting they are hosting.



SATI CENTER'S ANUKAMPA PROGRAM WITH GIL FRONSDAL AND VANESSA ABLE

AUGUST 2025 TO JULY 2026

Anukampa is the profound Buddhist word for the "care" motivating both ordinary and spiritual caregiving. It is the sentiment which inspired the Buddha to teach. In Buddhist practice, it is a form of spiritual care that can be directed to oneself and to others. Anukampa is expressed in each of the four Brahmaviharas or 'sublime attitudes' of loving-kindness (*metta*), sympathetic joy (*mudita*), compassion (*karuna*), and equanimity (*upekkha*). It has its fulfillment in the heart's full liberation.

The Sati Center's Anukampa Program is an 11-month program introducing foundational practices and values of spiritual caregiving found in Buddhism, and in the modern discipline of chaplaincy. Central to this training are the ten Buddhist perfections, or *paramis*, that give strength, resiliency, and wisdom to caregiving efforts. These will be combined with a study of ten core human needs by which chaplaincy is often organized.

The course will be on Zoom on Thursday mornings from 9am to 12:30pm, starting August 25. Essays by Gil and Vanessa will make up the class lectures, so that the Thursday session can focus on deeper exploration and discussion of the themes of the course. For details go to the Sati Center website, sati.org.

INTRODUCING IMC'S NEWLY TRAINED DHARMA TEACHERS

On April 3, 15 new teachers will graduate from IMC's first four-year teacher training program, led by Andrea Fella and Gil Fronsdal. In 2020, Andrea and Gil invited 16 people to the program. Fifteen people accepted, and in May 2021, the program began. The new teachers are all longtime Insight Meditation practitioners, some of whom already had significant teaching experience prior to the training. As the program includes training to teach insight retreats, the trainees were selected for their extensive retreat experience.

The training was organized around one or two days of online workshops every month or two, and two yearly residential retreats, one lasting 2 days, and the other 6 days. During the course teacher trainees joined the teaching teams for retreats, first to observe what senior teachers do, then to assist in teaching, and finally to co-teach a retreat with another teacher and a senior teacher.

In addition, the training included extensive reading, writing, and teaching assignments, supervision from Andrea and Gil, and training in supportive skills, such as trauma training.

Throughout the four years, the training was oriented to build a strong community among the cohort. They are already planning reunion retreats.

We are delighted to introduce our new teachers here by name, listed below. IMC is publishing a book, *Warm Hand to Warm Hand*, with Dharma essays by each of the new teachers, which will also give you a sense of their voices. Essays by Lienchi Tran and Ari Crellin-Quick are included in this newsletter. We hope you will enjoy getting to know our new teachers.

IMC's website, under "About", has a short bio of each teacher.

IMC's New Teachers:

Kim Allen
Ying Chen
Kodo Conlin
Ari Crellin-Quick
Mei Elliot
Francisco Gable
Shelly Gault
Marjolein Janssen
David Lorey
Dawn Neal
Liz Powell
Kirsten Rudestam
Lienchi Tran
Tanya Wiser
Johnathan Woodside



CULTIVATING PEACE

ARI CRELLIN-QUICK

The path to lasting happiness begins with understanding. One of the central themes of Buddhism is that everything arises naturally in dependence upon the causes and conditions that support it. Things don't arise randomly or come about just because we wish for them. For example, if we want an apple tree, we need to plant a seed in the earth and ensure it receives adequate water, sunlight, and nutrients. We may also need to provide protection to the vulnerable, tender sapling. It isn't our job to make the plant grow, but rather to tend to the conditions that allow for the unfolding of nature in the direction that we're wanting—namely, to give rise to a healthy and productive apple tree. However, if we don't first work to understand the causes and conditions that actually give rise to a productive apple tree, we may end up making great efforts that are completely ineffectual, and may even be at odds with our aim. For example, if we plant a seed in the earth, but dig it up every hour to check on its progress, it will not grow. So in order to effectively work with nature to yield the desired results, we first need to have some understanding of the laws and principles that govern its unfolding.

Likewise, in our quest for happiness, we need to start with an understanding of the actual causes and conditions that produce it in order for our endeavor to bear the desired fruit. With this understanding in place, we can more effectively direct our efforts toward establishing the conditions that naturally give rise to happiness, rather than—perhaps unwittingly—acting in ways that lead directly away from it.

The word Dharma, in addition to referring to the teachings of the Buddha, also refers to nature, and to the laws and principles that govern its unfolding. The Buddha's teachings are not concerned with the natural laws of physics or biology, but rather with the laws and principles that govern our experience of happiness on the one hand, and dukkha on the other. Dukkha, a Pali word, can be translated as stress, suffering, or dissatisfaction, and runs the gamut from subtle unease to abject suffering. The Buddha understood that we are all doing our best to minimize the amount of dukkha we experience, but because we usually misapprehend its true causes, many of our efforts simply end up creating more suffering in our lives and in the world around us. For example, we may feel that amassing resources or maximizing our enjoyment of sensual pleasures will make us happy or secure. In reality, these strategies give rise to greater tension and make us more fearfully dependent on things going our way.

Equipped with a greater understanding of how dukkha comes to an end, we can more effectively work with nature, as stewards of this natural process, without giving in to our habitual yet counterproductive attempts to force, control, or strain. An image the Buddha offers to illustrate this principle is that of a hen laying on her clutch of eggs. If she regularly incubates them and keeps them warm and protected, then her chicks will hatch safely. She does not need to wish, "May my chicks grow and hatch safely." But if

she doesn't regularly incubate them, no amount of wishing will make them hatch. Likewise, if we continually develop wholesome or skillful qualities of mind—such as kindness, patience, compassion, letting go, and wise discernment—then our experience will naturally and inevitably move toward greater peace and freedom. This peace is simply the natural outcome of establishing the appropriate conditions that allow for it to arise; it isn't something that can be wished into existence or manifested through sheer willpower.

Deep and lasting happiness doesn't come all at once but emerges gradually, through continuous, moment-by-moment cultivation. The Buddha illustrated this with the analogy of the gradual wearing away of the wooden handle of a carpenter's frequently used tool: from day to day, the handle likely shows no discernible difference, but over time, after years of regular use, it is worn away such that it fits the shape of the user's hand.

Whatever we do, whether good or for ill—even the smallest act, intention, or movement of the heart—sets in motion a process that, when repeatedly fed, is capable of growing into something substantial with powerful momentum. Understanding the potential of each moment of how we are being in our lives—that is, what we're oriented toward, what qualities of mind we're acting out of, what we're focusing on—naturally gives rise to a deep sense of heedfulness or careful attention. We take great care with our intentions and lovingly guard our minds to shepherd this ever-unfolding process toward something that is truly beautiful and freeing. More and more, our hearts incline toward ethical integrity and peace rather than craving and agitation. Our natural resonance with this inner alignment—an immediate fruit of wholesome mind states—gives rise to a powerful, positive feedback loop. We naturally tend toward a way of being that supports—and is an expression of—a deeper kind of happiness. We don't have to become perfect beings overnight—nor can we. But in recognizing that everything we do contributes to our current and future happiness or suffering, we take care in each moment to simply aim in the direction of the wholesome and beneficial. And rather than demanding immediate results, we take heart in knowing that we're on the path and moving in the right direction. We take refuge in an approach that actually leads to peace, not continued bewilderment. How we live each moment of our lives—this moment, right here; and now this moment, here—sets the conditions that allow for the flowering of happiness to naturally unfold.

Ari Crellin-Quick has been a student of the Dharma since 2004. Having profoundly benefited from this practice, he is grateful to be able to support others through teaching and mentoring.

(Editor: this essay is part of a collection of Dharma essays, "Warm Hand to Warm Hand", by IMC's new teachers. See article in this newsletter, "Introducing IMC's Newly Trained Dharma Teachers.")

SATI CENTER'S GROWING SPIRITUAL-CARE TRAININGS

GIL FRONSDAL

When Jennifer Block, Paul Haller, and I began the first year-long Buddhist Chaplaincy training in September 2003, we could not have imagined the journey we started. We are now teaching our 23rd year, having already graduated over 400 people. It brings us much inspiration and joy that all our students were volunteer chaplains or spiritual caregivers during their training year, and many have continued since. Over 40 have become professional chaplains serving in hospitals, prisons, hospices, universities, and on the streets with homeless individuals. Others applied what they learned in becoming Buddhist teachers.

The program expanded in 2023 with a parallel year-long online version taught by Vanessa Able, Dawn Neal, and Trent Thornley. Being online has allowed people from across the country and abroad to participate in the training.

In 2019, Sati Center started its Buddhist Eco-Chaplaincy training. Eighteen months long, this program trains people to offer spiritual care in relationship to the natural world. It sometimes involves supporting people in developing a deep, meaningful love for the natural world. Other times, it offers spiritual and/or Buddhist-based support for the grief, despair, and anger that arises with our times' environmental and climate challenges. This can include spiritual care for those on the front line of environmental stewardship, protection, restoration, and activism. The five teachers of the training are Kirsten Rudestam, Ram Appalaraju, Kaira Jewel Lingo, Susie Harrington, and me. We are about halfway through our fourth training cycle.

Sati Center is now in the process of creating a website that will serve as a hub and resource center for Eco-Chaplaincy. We plan to have this website live this summer.

Vanessa Able and I started a program that focuses on the essential components of spiritual care in Buddhist practice and modern field of chaplaincy. The program aims to deepen and widen our Buddhist practice through the lens of spiritual care. This 11-month program is called "Anukampa," from the Buddhist word for care. (See details about this program on page 5).

And finally (as if the above wasn't enough!) we have also started a Chaplaincy Speaker Series on Saturday mornings, once a month, inviting leaders in the field of Buddhist chaplaincy to talk about their work and experience. Many attendees are chaplains and chaplains in training, who engage in rich dialogue with the speaker. Many practitioners at IMC have done these chaplaincy programs. They have enriched our IMC community with their ability to listen and to care—knowing more about human suffering, inner beauty, and freedom.

And adding to the joy of all these spiritual care programs, they are all beginning to inform each other, each helping the other to grow in their ability to foster life-giving care for this suffering world.

Anyone interested in any of these programs is welcome to attend the April 27, 9am to 12pm meeting, on Zoom. Details and link at [Sati.org](https://sati.org).

RESTARTING INSIGHT WORLD AID

RAM APPALARAJU

Gil Fronsdal and IMC members founded Insight World Aid (IWA) in 2011 to provide humanitarian aid to challenged communities in the US and abroad. After being dormant for the last few years, it has been revived in 2025! Original Board members Jeff Hardin and Gil Fronsdal continue on the Board, now guided by Board president Ram Appalaraju.

At the inception of IWA, Insight practitioners who were doctors, nurses, and medical specialists provided free medical care at Bay Area weekend medical fairs for people who otherwise could not afford it. IWA also brought together 28 people to go on a medical mission to Cambodia, working in a hospital and providing support for an orphanage. The organization also provided funds for schools in Burma, and for the community outreach efforts of a Buddhist temple in Uganda.

As we restart the organization, we will begin locally by providing meals to a homeless community in the Bay Area on May 2nd. In addition, we will be offering meditation classes to residents of homeless shelters. IWA will be participating in a creek cleaning as part of Redwood City's Spring Clean-Up Day on April 26. For more information on these events, and to participate in them, please sign up at the Insight World Aid website, insightworldaid.org, under Contact > Volunteer.

We will continue explore developing IWA's potential to offer care to a suffering world. An information session on Insight World Aid is scheduled on Sunday April 20 at 11:30 AM. The information session will be on Zoom and details are posted on insightworldaid.org.

We are actively looking for volunteers to join the organization, to practice Buddhism through humanitarian care to suffering communities worldwide. More information at insightworldaid.org or by contacting info@insightworldaid.org.





SCHEDULE OF EVENTS

April ~ June 2025

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 guided meditation, dharma talk, and group discussions where we are encouraged to engage with the teachings in a way that brings us closer to the dharma and the sangha. 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:

5-WEEK 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.

- 4 Tuesdays, Jun 10–Jul 1, and Wednesday, Jul 9, 2 to 3:30pm with Tom Fenner and Lydia Ridgway
- 5 Sundays, Jul 27–Aug 24, 1:30 to 3pm with Mei Elliott

INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG

- Saturday, Apr 19, 9:30am to 4:30pm, with Kodo Conlin
- Saturday, Jul 5, 9:30am to 4:30pm, with Mei Elliott

BASIC MEDITATION INSTRUCTION

- Monday evenings 6:15 to 7pm
- Wednesday mornings 8:15 to 9am

DAYLONG RETREATS

ON SATURDAYS, IN-PERSON AT IMC:

- Apr 19, 9:30am to 4:30pm, **INTRODUCTION TO MINDFULNESS MEDITATION** with Kodo Conlin
- Apr 26, 8:30am to 5pm, **DAYLONG** with Gil Fronsdal
- Jun 14, 9:30am to 3:30pm, **FOUR POSTURES AND BEYOND** with Kim Allen
- Jul 5, 9:30am to 4:30pm, **INTRODUCTORY MINDFULNESS MEDITATION** with Mei Elliott

ONLINE THRU IRC:

For information go to insightretreatcenter.org.

- Saturday, May 24, 9am to 4pm with Ines Freedman
- Saturday, June 21, 9am to 4:30pm with Andrea Fella

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, Anne Roise 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
- **TUESDAY EVENING SITTING AND TALK** with various Dharma leaders, 7 to 8:15pm. 30-minute sitting, 30-minute Dharma talk, and 15 minutes for Q&A 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.

- Jun 15–22, **1-WEEK INSIGHT RETREAT** with Matthew Brensilver and Ines Freedman
- Jun 29–Jul 13, **2-WEEK MINDFULNESS OF MIND RETREAT FOR EXPERIENCED STUDENTS** with Andrea Fella, assisted by Liz Powell
- Jul 20 to 27, **1-WEEK METTA RETREAT** with Nikki Mirghafori and Diana Clark
- Aug 3 to 10, **1-WEEK INSIGHT RETREAT** with Ines Freedman and Francisco Morillo Gable
- Aug 20 to 24, **5-DAY INSIGHT RETREAT IN SPANISH (ESPAÑOL)** with Andrea Castillo and David Lorey

IRC ONLINE RETREATS

For information go to insightretreatcenter.org.

- Apr 10-13, **4-DAY CULTIVATING INSIGHT AND TRANQUILITY WHEN HEALTH CHALLENGED** with Ying Chen and Francisco Morillo Gable.
- May 4–18, **2-WEEK EXPERIENCED PRACTITIONERS RETREAT** with Gil Fronsdal, assisted by Diana Clark
- Jun 1 to 8, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal, Nolitha Tsengiwe, and Devon Hase
- Jun 20–22, **3-DAY INSIGHT RETREAT** with Liz Powell and Johnathan Woodside

IRC OFFSITE RETREATS

Except where noted—for info: insightretreatcenter.org/offsite-retreats/

- Apr 16–20, **5-DAY ETHICS AND LOVE IN INTERPERSONAL LIFE** with Matthew Brensilver at Big Bear Retreat Center in Big Bear, CA (online/hybrid option available) followed by 6-week online integration course.
- Apr 19–24, **6-DAY INSIGHT RETREAT** with Diana Clark, Kim Allen, Ying Chen and David Lorey at Hidden Villa, Los Altos, CA. Info: insightretreatcenter.org/hidden-villa/
- May 31–Jun 5, **6-DAY BEYOND JUDGING, COMPARING AND FIXING** with Matthew Brensilver and Dana DePalma at Big Springs Retreat Center outside of Sierra City, CA
- Jun 21–26, **6-DAY OPENING THE HEART, DEEPENING WISDOM** with Kim Allen and Diana Clark. An IRC & Big Bear Retreat Center Collaboration at Big Bear Retreat Center in Big Bear, CA
- August 16–23, **1-WEEK DHARMA IN NATURE, NATURE IN THE DHARMA—INSIGHT RETREAT** with Gil Fronsdaal at Big Springs Retreat Center outside of Sierra City, CA,

SPECIAL EVENTS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED.

THE DHARMA OF CHILDREN'S BOOKS—A PROGRAM FOR ADULTS WITH LAUREN SILVER

SUNDAY APR 6, 1 TO 2:30PM. Join us for a joyful afternoon as we introduce a number of wonderful children's books and explore the Dharma wisdom and inspiration that can be found within them.

INTRODUCTION TO MINDFULNESS MEDITATION

WITH KODO CONLIN **SATURDAY, APR 19, 9:30AM TO 4:30PM.**

Includes guided meditations, dharma talks, and alternating periods of sitting and walking. With 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.

DAYLONG WITH GIL FRONSDAAL

SATURDAY, APR 26, 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.

VESAK: CELEBRATION OF BUDDHA'S BIRTH,

ENLIGHTENMENT AND PASSING WITH GIL FRONSDAAL

SUNDAY, MAY 4, 10 TO 10:45AM. We will celebrate Vesak after our morning sitting. Children welcome. Families should arrive by 9:15am at which time they can decorate the flower pagoda. Please bring flowers.

FOUR POSTURES AND BEYOND: MINDFULNESS

MEDITATION DAYLONG WITH KIM ALLEN

SATURDAY, JUN 14, 9:30AM TO 3:30PM.

Provides instruction in all four meditation postures — sitting, walking, standing, and lying down. We will also practice mindfulness during speech and mindfulness of our thoughts. Includes guided meditations, dharma teachings, and a short session of speaking in small groups. This is an opportunity to strengthen mindfulness, develop continuity, practice with the IMC community, and ask a teacher questions. Appropriate for those who have completed an introduction to mindfulness meditation daylong or series, and those with more experience.

IMC SUMMER POTLUCK PICNIC

SUNDAY JUN 29, 11AM TO 2PM at area #3 in Red Morton Park in Redwood City. Everyone invited!

INTRODUCTORY MINDFULNESS MEDITATION DAYLONG

WITH MEI ELLIOTT **SATURDAY, JUL 5, 9:30AM TO 4:30PM.**

Includes guided meditations, dharma talks, and alternating periods of sitting and walking. With 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.



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.

IMC LGBTQIA2S+ SANGHA

ON ZOOM: 3RD SUNDAY OF THE MONTH, 5 TO 6:30PM

Suitable for both beginners and experienced practitioners within our LGBTQIA2S+ community. Open to people who self-identify as LGBTQIA2S+ (lesbian, gay, bisexual, trans, queer, intersex, asexual, and two-spirit) and genderqueer and inquiring. To join us online and be added to our e-mail list, please contact imc-queersangha@gmail.com. The Zoom link will be sent separately. We are peer facilitated with guiding teacher Tanya Wiser.

YOUTH & FAMILY PROGRAMS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED.

MINDFUL PARENTS LED BY LAUREN SILVER AND MELODY BAUMGARTNER. THIRD SUNDAY OF EACH MONTH IN-PERSON AT IMC, 11:15AM TO 12:45PM. 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 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 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.

DHARMA BODHIS (MIDDLE SCHOOL) & MINDFUL TEENS (HIGH SCHOOL). Led by Hilary Borison and Conrad Sherby. **SECOND SUNDAY OF EACH MONTH, 5:30 TO 6:30PM ON ZOOM.** We'll explore how the dharma can support challenges and opportunities through group discussion, mindfulness and self-compassion practices. Contact Hilary at IMC.familyprogram@gmail.com for the Zoom link.



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 RECOVERY SUPPORT GROUP

ON ZOOM, WEEKLY ON SUNDAY 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. Peer-led group. For more info 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.

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).

SCHEDULE PG. 4

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.

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

ON ZOOM. REGISTER FOR THESE EVENTS AT [SATI.ORG](https://sati.org) FOR MORE INFO AND ZOOM LINKS.

PERSPECTIVES ON THE HONEYBALL SUTTA

WITH JAYA RUDGARD **SATURDAY, APR 5, 9AM TO 12PM**

This session will look at the Honeyball Sutta and supporting texts to understand how we become entangled in reactive patterns and limited by views. We will explore how this understanding can open possibilities of inner freedom and creative engagement with the world.

SECULAR DHARMA: A PRACTICE OF CARE AND AWAKENING FOR OUR TIMES WITH MARTINE BATCHELOR & BERNAT FONT **TWO SATURDAYS, APR 12 & 19, 9AM TO 12PM**

Responding to circumstances in different times and cultures, Dharma practice has changed. This series will explore the delicate task of adapting the dharma to our circumstances. This will be done with a respectful attitude, and a pragmatic orientation that puts Buddhist teachings and values in service of leading a good and awakened life in this world.

INTRODUCTION TO BUDDHIST CHAPLAINCY WITH JENNIFER BLOCK AND VANESSA ABLE

SUNDAY, APR 27, 9AM TO 12PM An overview of a chaplain's work of providing spiritual care and support for people in hospitals, hospices, prisons, and a wide variety of other settings. Information about the Sati Center's Buddhist Chaplaincy Training (in-person and online) provided.

EARLY BUDDHIST TEACHINGS ON NOT-SELF AND THE CONSTRUCTION OF IDENTITY: A PRACTICAL APPROACH TO PERSONAL AUTHENTICITY AND RELATIONAL SINCERITY WITH BHIKKHUNI DHAMMADINNA

SATURDAY, MAY 3, 9AM TO 12PM In this interactive session, we will explore the potential of transformative insight into the teaching of not-self in supporting self-authenticity and interpersonal sincerity. We will look at what the early Buddhist texts have to say on the construction and reification of the self and identity (or identities)—both in meditation and in daily life.

HEAVENS & HELLS: LESSONS OF THE MIND & BUDDHIST COSMOS WITH AJAHNS KOVILU AND NISABHO

TWO SATURDAYS, MAY 10 & 17, 9AM TO 12PM

Whether the picture of the cosmos presented by the Buddha and subsequent tradition is taken as a vision of the world or a vast analogy for the mind, it can present us with deep insights into the workings of the heart, implications of action, and even the flavor of the most refined states of samadhi, or mental serenity.

VICTORY OVER MARA WITH DIANA CLARK

THREE WEDNESDAYS, JUN 4, 11 & 18, 6 TO 7:30PM

One of the most dramatic moments on the Buddha's journey to Awakening is his confrontation with Mara, the personification of challenges and obstacles. There are two very different versions of this story in the Pali Canon. We will explore the insights we can gain from these and other versions and how to apply these insights to our own practice.

BUDDHIST CHAPLAINCY SPEAKER SERIES

- **COMMUNITY CHAPLAINCY & THE SAN FRANCISCO NIGHT MINISTRY WITH REV. TRENT J. THORNLEY **SATURDAY, MAY 31, 9 TO 10AM****

BUDDHIST CHAPLAINCY AND SPIRITUAL CARE PROGRAMS

- **INTRODUCTION TO BUDDHIST CHAPLAINCY** with Paul Haller, Jennifer Block, and Gil Fronsdal, **SEPTEMBER TO JULY**
- **ONLINE INTRODUCTION TO BUDDHIST CHAPLAINCY** with Vanessa Able, Trent Thornley, and Dawn Neal, **SEPTEMBER TO JULY**
- **ANUKAMPA PROGRAM: THE SPIRITUALITY OF CARE AND FREEDOM** with Vanessa Able and Gil Fronsdal, **AUGUST TO JUNE**

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.

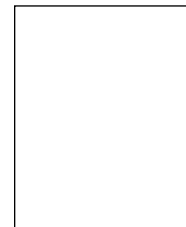
Insight Meditation Center

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 community members who value what IMC offers. 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. (Dana given to individual named teachers is not tax-deductible; dana directed to all IMC teachers generally is tax-deductible.) We at IMC are very grateful for all the support we receive, and are inspired by how the Dharma thrives in a field of generosity and gratitude!

To learn how to donate, please go to insightmeditationcenter.org/donate/. If you have any questions, please email fundraising@insightmeditationcenter.org or call (650)260-8674. Insight Meditation Center of the Mid-Peninsula, parent organization of both IMC and IRC, is a 501(c)(3) organization, federal tax ID 77-0450217.



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

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 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](#)"