LETTER FROM THE EXECUTIVE DIRECTOR

It’s a mysterious thing to cultivate community within a practice that is individual, not to mention silent. And yet the community—the sangha—is so important in Buddhist practice to cultivating wisdom, compassion, and quality of attitude and mind. According to the teachings, the Buddha spoke freely of how “noble friends and companions are the whole of the holy life.” Spirit Rock is actively looking at ways to support the community that has been built over the last 25 years, and at what’s needed to extend into the next 25+ years. Different ways of creating access will be an important part of community-building:

○ OUR COMMUNITY HALL: Last year alone, almost 35,000 visitors came through our community hall for almost 500 events—many repeat practitioners, and some here for the first time. Our campaign for a permanent Community Meditation Hall is a huge part of providing the actual space for people to gather for classes, daylongs, family programs, kalyana mitra (spiritual friends) groups and more. This summer, the county reviews our technical drawings, so we can prepare to start construction once building permits are issued and funds are raised.

○ PRACTICING DANA: Creating different access points for the practice of generosity (or dana) continues to be an important part of our community-building. In May, we reached the $1 million mark in our Sangha of Thousands of Buddhas efforts (see p. 6). Hundreds of folks have come together to offer gifts of $1,000, making this campaign possible as an equal partnership of the entire community. Together we have raised $13 million of our $15.6 million goal for this first phase of building. We are so grateful. We were also delighted to host an intimate benefit retreat in June with Jack Kornfield and Sylvia Boorstein for individuals interested in providing additional financial resources to the Capital Campaign—this was a beautiful experience.

○ ONLINE OFFERINGS: We are looking to expand geographical access to the Dharma through our online offerings—both the “live streaming” of events that are happening here at Spirit Rock as well as creating curricula built for online use for those who cannot join us on campus.

○ MULTI-RETREAT PROGRAMS: We offer several programs that connect five retreats over two years, providing another way to deepen your practice and sense of community. With applications due October 1, we are offering our Dedicated Practitioner Program for the fifth time in 20 years (see p. 11). We will also be launching the third iteration of the Mindful Yoga and Meditation Training program, which also supports yoga training accreditation (see p. 11).

○ SCHOLARSHIPS: One in five participants sitting our residential retreats benefitted from scholarships last year, which has been another way to build involvement by communities who otherwise might not have access to the Dharma. Spirit Rock provided almost 800 scholarships. Thanks to all of you who contributed to our spring scholarship appeal.

○ TEACHING COMMUNITY: We were honored in June to host the International Vipassana Teachers Gathering, which included meaningful explorations of how the Dharma relates to such issues as climate change and multicultural awareness. Our next iteration of the Teacher Training Program started earlier this year (see p. 10); the second training session was completed in June by a team of Spirit Rock teachers headed by Jack Kornfield, Phillip Moffitt, Andrea Fella and Trudy Goodman.

May these, and many other efforts, continue to build community here at Spirit Rock in ways that serve you and support your practice.

Warmly,

Michelle Latvala, Executive Director
Meeting at the Feeling Place: A Conversation With Ajahn Sucitto

In June, we had the pleasure of a visit by Ajahn Sucitto, Ayya Medhanandi and other monastics for a 10-day retreat called “Holistic Awareness.” Ajahn Sucitto was generous with his time in a number of ways – meeting with staff, attending to yogis and guiding the monastics who attended the retreat. This interview is an excerpt of a conversation he had with Guy and Sally Armstrong. The entire conversation can be found on our website at: www.spiritrock.org/ajahnsucitto_interview.

**Spirit Rock:** As a way for people to get to know you a little more, tell us how you got connected to dhamma practice and where you spent your early years as a bhikkhu [monk].

**Ajahn Sucitto:** If I had to start somewhere, I’d say dhamma practice started in Thailand. There wasn’t very much around in Britain in the ‘60s. I’d read a few books and I’d seen enough or read enough to feel there was something important happening in the East that I could benefit from. I ended up in Thailand because I couldn’t really connect to the pieces of Indian spirituality that I came across. Their devotional practices were too big a leap. But I did connect to meditation classes in Chiang Mai, Thailand, where they were teaching the Mahasi technique [developed by Mahasi Sayadaw of Burma], a direct form of practice. ‘Just do it.’ Realizing I needed to do more of it, I went and stayed in a monastery, and thought, ‘I could do more of this. My visa’s running out but I’d like to come back for a longer stay. Might want to become a samanera, a novice monk.’

**SR:** That quickly?

**AS:** Yeah, yeah. I didn’t imagine it’d be for a lifetime. I was into that feeling of just follow your nose and go into it. I thought, well, I could do this for a couple months, two or three months was my initial sense of that. But after two or three months, I hadn’t finished yet. So I kept going.

**SR:** In your meditation instructions and dhamma talks, you talk a lot about working with the body. In this recent retreat you were leading qigong in the mornings, again putting a lot of emphasis on the body. I’m curious where that came from for you. How did it come into your teaching, this strong connection with the body?

**AS:** Before I really got into dhamma practice, I started with hatha yoga. And that was the first time I’d ever realized that my mind could possibly stop thinking, even for a moment. I didn’t realize it ever would; I never even thought it could stop thinking. So that’s what took me in, was the recognition that the mind can stop and that this is an embodied practice.

Doing qigong happened because a qigong teacher turned up in the monastery and said, “I’ll show the monks a few things as a session.” And again in that spirit – ‘fair enough, let’s have a look at this. Why not?’ So it’s starting to do that and finding (that) the qualities, the sensitivity and the awareness you develop with qigong is very helpful to experience the body much more on the somatic level than on the sensory level. With qigong you’re looking at the internal organization, experiencing the internal sensitivities (and) organization of intelligence of the body rather than just the physical contact. I found that quite rich. Particularly, as I think and sense that a lot of mindfulness of breathing had been pretty much just focusing on the sensations at the nose tip, but it didn’t get any further than that and it wasn’t really opening into a richer sense of piti sukha – happiness and ease. Practice had remained rather dry and just sticking to a point again and again. The quality of vicara (assessment) wasn’t very full.

With qigong, I began to sense how the energy of the body relates to the energy of the mind. When the energy of the body is more settled and steady, the effect on your mind stares you in the face: the mind has calmed and steadied and deepened. So this was beneficial for my practice. At first I thought it was something rather like doing hatha yoga - it’s going to make your legs more supple, you won’t get so much knee pain. But then I began exploring meanings of words like kaya sankhara and citta sankhara, which are translated as bodily formations and mental formations (or karmic formations or volitional formations).

I didn’t know what that meant in terms of direct experience. But when I noticed that the Buddha doesn’t teach watching the breath, but to be mindful of breathing, I reckoned he was referring to a process which is a distinct rhythmic flow - simply speaking, the flow of energy through the nervous system. This is kaya sankhara - it gives subtle ‘inner form’ to the experience of the body. Then take the word anapana, (breathing in and out) and relate that ‘pana’ to one of the standard yoga practices, pranayama. Pranayama begins with the ‘outer breath’, the respiration, but that’s just the trigger for the inner breath which is the energy that comes up with it. In Chinese, this is qi (chi). The Asian tradition sees breathing as much more than just respiration, but the qi, the prana, the flow, the energy flow of...
life that moves through the subtle channels of the body. There is an energetic quality of rapture, of suffusion, of calming that comes through skillful access to this prana, qi energy. Qigong helps with that.

**SR:** You had another phrase you used during the retreat. It was something like the heart on its own is just kind of driven by its reflexes and can go in many different directions but the body starts to hold it. You can say it better and what you meant by that...

**AS:** The word *citta* is often translated as mind. In Thai you can use either mind or heart to translate that, and they have slightly different nuances. For us, mind tends to be the cerebral experience and heart the emotive experience, and although *citta* touches into both those areas, it’s more the intuitive, instinctive, impulsive, you might say, right brain aspect. So this *citta* experience, the conditioning agents or the things that trigger it are perception and feeling.

The only other aspect of our experience that has feeling is the body. The eyes don’t have feeling, the nose doesn’t have feeling, tongue doesn’t have feeling, so you’ve got the two feeling or effective senses. And it’s pretty obvious in our normal experience when we experience a strong passion, there’s a bodily sense as well as a heart sense with that. When we experience fear or grief, we experience that bodily and in our heart. And so as you begin to sensitize, you realize that the basic colorations of the heart have bodily references to them. Then what we so often experience to that is there has to be something to latch onto. This attention has to get jumping from this to that to this to that to this to that, to find something to hold onto. So my sense is when you’re trying to meditate and keep trying to find something to hold onto with your mind, on that basis it’s always a sense of trying to hold it, push it, get it to sit there.

But then in the *suttas* it says if your body’s relaxed and comfortable you don’t need to make any particular push. The heart will be happy. And when the heart is happy, it will be concentrated. So body, heart, concentration, yeah, and happiness. So the connection there the Buddha’s making is the body needs to be a relaxed, open body, and the heart, the mind, needs somewhere to sit. Otherwise it’s going to have to keep jumping from this to that to find a basis. Now, because the heart’s affected profoundly by feeling and the body’s affected by feeling, they can meet at the feeling place. And if the body feels steady and comfortable, the heart will feel steady and comfortable. And it’s not the case that by an act of will I can make my heart/mind steady and comfortable. Can’t say ‘be quiet, be happy,’ but I can get my body to relax and steady.

When you come into what we call classic deep meditation the initial instruction is mindfulness of body, and as you deepen into that the body acts as “the parent.” You know, the one that can hold the little heart when it’s frightened, desperate and needs things to hold onto. Says ‘you’re here, you’re okay’, and then it does settle.

**SR:** That’s beautiful. Thank you. You also spoke a number of times in the retreat about the pervasiveness of conflict. For example, when two humans are together they’ll find something to disagree on. What have you learned about working with conflict?

**AS:** Well, I think I’d broaden conflict to mean dissonance. You know, it’s not necessarily that there’s a real conflict—but certainly ‘I don’t get what she’s talking about. Why is he like that? Isn’t it obvious that it should be this way? Doesn’t everybody see that?’ ‘Why don’t they see it the way I do?’

**SR:** ‘Why don’t they see it the way I do?’

**AS:** Exactly. And that’s it. When you get to that point, ‘why don’t they see it the way I do’, you realize that’s the problem. And what can we do with this? Well, immediately, the immediate point is the way I see things is part of the problem. Now I can work with that bit. Which doesn’t mean I’m going to see it another way, but at least I’m going to hold that a little more loosely as not ultimate truth, fixed reality, but just this is my perspective at this time. Now that’s softening it a little. And you realize the other person, for him or her that’s the way they see it, and they’re probably thinking ‘this is quite normal, why don’t we see it this way? It’s obvious’. Then there’s a feeling of, ‘Oh, my goodness. What are we in?’

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*[Continued from page 3]*

*[Continued on page 5]*

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“Now, because the heart’s affected profoundly by feeling and the body’s affected by feeling, they can meet at the feeling place.”

– AJAHN SUCITTO

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[Continued on page 5]
We’re in these very subjective systems that don’t actually meet, you know? So there’s the turning point, in most every situation, (that) is compassion, when you realize this isn’t a personal conflict, this is an existential dilemma. And I don’t want to be just forcing him or her to believe in me. Doesn’t feel right. And I don’t want them to do it to me, it doesn’t feel right. So it’s softening around the view. That’s the first thing. And that to me is so necessary because we also have this wonderful gift of empathy. It’s a gift. You don’t have to try to be empathic, you basically are empathic. What gets in the way of empathy is the views, and the stronger they are the more that natural empathy is cut. So when you have a view, a political view, the person on the other side is an idiot. And then at a certain point you can kill them. They’re beyond - they are just the enemy, evil. That’s the horror of it. And how much has been done (due to) religious views which people hold with absolute blazing rigidity and conviction, and the amount of death and destruction, pain caused around these things, which is the most dire irony. Because they’re all based on love and...

SR: Unity and...

AS: Unity and God loves everybody. So once you begin to soften the view, say this is just a view, and you soften it, soften the emphasis on it. To me, quite naturally, one feels some sense of empathy for other people which means - I recognize you too want happiness; you suffer too. You have limitations; I have limitations. Suddenly we’re on the same ground. And then negotiation is possible.

So it’s really recognizing what sets us apart is the ditthi [view]. And what will I gain from holding my view? I will gain perhaps for a brief time the glorious surge of feeling right - which will flood me with righteousness. How good is that? Because I’m going to have to keep being right, I’m going to have to knock the next person down as well. Do I really want that? What I could do is gain a sense of trust, non-conflict, ease, humor, compassion, meeting, affection. I could do that. Would it work for what was better? For me? For you? For everybody? I think that’s the way to go.

There’s this enormous possibility for empathy - with our children, our family, our friends, people who are doing the same sorts of things as us - (that) has got to be one profound way of development. Surely the wider that field of empathy can stretch, the more peaceful, the more harmonious, the more capacity we have for non-conflict. So I’m very cautious about rights and wrongs, personally. In any life, but particularly religious life, spiritual life, when you really want to get it right. You want to make sure you get it right and this is important to get it really right. There’s somebody else who’s getting it wrong, not right. Looking in the sutta, like Samagama Sutta [Majjhima Nikaya 104], where the Buddha talks about his disputes, dissensions about details of protocol, procedures as a trifle. He said the important thing to remember is the way out of suffering and one should live with a sense of deference and respect towards the Buddha, the Dharma, and the Sangha, that’s the priority. So you think, ‘Would the Buddha be happy to see us quarreling?’ I don’t think so. Would he be happiest to see us talking things out, you know, meeting in concord? I think he’d be happy with that.

SR: We’ve heard rumors that you’re retiring. Any truth to that?

AS: It’s more putting aside or sieving through the abbot’s duties and leading community, so I’m looking at putting down or relinquishing that. I took on leading community, overseeing administration, overseeing management. Ajahn Sumedho asked me to take this on so I took it on for a little while. It’s now 21 years and I have done a lot. I’m 63. Brain is not so quick and I don’t want to be in a driver’s seat if it’s faculties aren’t up for that. That is the sheer fact of aging, and feeling that sense of fulfilling one’s duties. And then, to be frank, fulfilling my duty or my aspiration to the Buddha - to myself. I’m a Buddhist monk, a renunciant, and my own personal inclination is towards Nibbana, non-suffering. And you know, I might have fifteen, twenty years left of life, who knows. My attention is conditioned to always be on the lookout for things that need to be done, checking things, sorting things out, receiving messages, responding to building, baby blessings, monastic problems, publications, agendas, yadda yadda. My attention is there for
Sangha of Thousands of Buddhas reaches $1 million mark! Join Us! $2.6 million to go ...

The Sangha of Thousands of Buddhas community-wide campaign has exceeded $1 million in pledges!

We are deeply appreciative of how this wonderful group has come together to support the Dharma and sustain Spirit Rock through the campaign to build a permanent Community Meditation Hall. Spirit Rock is profoundly committed to including our entire community in creating our future together. It is only with your support that we will be able to realize our collective goal.

The overall Spirit Rock Capital Campaign has received $13 million in pledges toward the $15.6 million goal. When we’ve raised enough money we will (soon!) begin building urgently needed permanent facilities in the lower campus, including a new Community Meditation Hall, plus administrative offices and our Teacher/Staff Village. All are so vital for increasing access to the Dharma and to serving the Spirit Rock community for the next 25+ years. (Please see our pull-out map in the centerfold for the complete vision.)

Deep bows of gratitude to Sylvia Boorstein, co-founding teacher at Spirit Rock and Chair of the Sangha of Thousands of Buddhas, for her tireless and enthusiastic leadership in this community-wide fund-raising effort. Sylvia is thrilled to know we have reached this major milestone; together we are sharing equally in the building of Spirit Rock!

Thank you for your trust, your generosity and your commitment to Spirit Rock and all we serve.

With gratitude and much metta,
Rachel Uris
Development Director
sangha@spiritrock.org | (415) 488-0164 x237

Ways to Give—No matter which forms of generosity appeal to you in your support of Spirit Rock, please know that many practitioners are profoundly grateful. Your generosity allows Spirit Rock to provide transformative experiences.

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Building at Spirit Rock! What will it look like?!
[See Centerfold Pullout Map]

Have you wondered where the new Community Meditation Hall will actually go? Where visiting teachers will be housed? We’ve created a pullout map to show you the eventual layout of the Spirit Rock campus! (See centerfold.)

The complete master plan for Spirit Rock includes not just a new Community Meditation Hall and Teacher/Staff Village and Offices, but also the renovation of the meadow where our current trailers are, a new Dining Hall, two new residential halls, and a Hermitage with housing and a common area for individual long-term practice.

We will build all this in phases, starting with the most needed buildings—a new Community Meditation Hall, offices and housing to replace our dilapidated trailers. These new buildings will provide key infrastructure for Spirit Rock’s next 25 years, and will help us better serve the Dharma with community gatherings, new introductory and specialized classes, sitting groups, family programming and trainings.

May teachings of compassion and wisdom reach ever more beings.

Save the Date

Dharma in a Wired World
The 19th Annual 108 Blessings Benefit
Supporting the Spirit Rock Scholarship Fund
Thursday, November 7, 2013
6 – 9:30 pm

Lively discussion, hearty hors d’oeuvres, bubbly beverages and much merriment!
Tickets are $350 per person and directly support the Scholarship Fund.
Attendance is limited to 75 people and the event sells out EARLY each year.

For more information or to register visit www.spiritrock.org and click on Calendar/Special Guests & Benefits, or contact Sarah Pritchard, Annual Fund Manager, at (415) 488-0164 x287, or via email at sarahp@spiritrock.org.

This evening is made possible by a handful of kindhearted and giving individuals:

With metta and deep gratitude to
Angelica ‘Angie’ Thieriot, Delia Brinton, Constance Washburn, Cal Zecca Ferris, Christine Yedica, Lisa Irwin and Mary Ann Clark.

And for the wisdom and presence of
Jack Kornfield and featured guests.
In Western culture we are conditioned from an early age to think of ourselves as a separate, individual person, unique and different from the rest. There is, of course, some truth in this, but along with our uniqueness and individuality, comes our total interconnectedness with all beings and everything on this planet.

Each time we take a breath, we are sharing that breath with every other life form that breathes! While we are breathing in oxygen and breathing out carbon dioxide during the day, trees and other plants are breathing in carbon dioxide and breathing out oxygen. It is a beautiful symbiosis, but as long as we take ourselves to be the only ones who are truly relevant, we can disrupt that balance. Having cut down so many trees on this beautiful planet for short-term gain, we find ourselves not only losing the majesty and diversity a forest can provide, but eventually in doubt as to whether there will be any air left to breathe.

Some indigenous cultures, instead of speaking about themselves as separate individuals, refer to being part of a ‘stream.’ That stream flows to them from their parents, caregivers, teachers and grandparents and back through ever-distant ancestors. (If you go back far enough, we are all related.) That same stream flows on through their children and grandchildren and those whom they influence throughout their life. What we might call ‘personal success,’ is understood to belong to everybody in this indigenous way of thinking. Challenges also run through that stream, and the shared strength to meet those challenges. It is a very different mindset than the model of the ‘striving individual.’

Then there are the influences present in this moment. The food that you have eaten, that has come from the earth, the sun, the wind and the rain, from the hard work of farmers and farm workers, packers and haulers; that food is now becoming part of you for a while. The water you consume (in whatever form) that has been circulating around the Earth as ocean, cloud, rain and river, is now, for this moment, part of you. The people around you, who are influenced by your moods and intentions, your speech and action—are they really separate from you?

We are totally interconnected. When we really bring presence to this truth, where is the room for the conglomeration of self? We can only keep that going through telling and re-telling the stories of who and how we are, of what we have done well and what we have done wrong and who we are going to be in the future. Right now, there is only THIS, and our ability to be with this.

As nuns we have a daily reflection: “Our very life is sustained through the gifts of others…” This is pointing to our life as alms mendicants, where we are literally dependent on the generosity of others for our daily support. I would like to suggest that every living being on this planet is also sustained through the gifts of others. Whether you are a high-earner or struggling to get by, you are continuously giving to others and receiving, consciously or unconsciously. Becoming aware of this opens up a choice; to give what will benefit others, and ourselves or to give what won’t.

The Buddha encouraged his adolescent son Rahula to reflect with each mental, verbal and physical action, whether it would lead to his own harm, to the harm of others or to the harm of both, and if it would, to not do it. Then to reflect on whether his thought, speech or action would lead to his own welfare, to the welfare of others or to the welfare of both, and if it would, to go ahead and do it. It’s a simple formula, if we can remember to apply it in the moment. We may not be able to practice to the same degree as this adolescent boy (he was already fully enlightened!) but we can remember that we are continually influencing and being influenced by who and what we come into contact with in any moment and how we meet our experience is our offering to the world. We don’t have to keep following our old habits of mind, repeatedly creating the same scenarios. With a bit of extra focus, we can meet this moment with a sense of interest, generosity and love.
Volunteer Profile: Monica Brown

BY MONICA BROWN

In the early 90’s, while in graduate school in San Francisco, I was sitting zazen at the SF Zen Center as frequently as I could. I heard about Spirit Rock from a fellow yogi. Around this time, I read Jack Kornfield’s book *A Path with Heart* and fell in love with vipassana. I was thrilled to learn that he was one of the founding members of Spirit Rock, which is within commuting distance for me.

I started attending daylong events. The first time I attended Jack’s Insight Meditation daylong, I burst into tears. I felt like I was home. Compassion, loving-kindness and mindfulness were just what I needed. Come to think of it, I spent a lot of time at Spirit Rock in the early days practicing gratitude for the many boxes of tissue that were on hand. That was also back when the entire meditation hall was a sea of zafus. I would hide in the back of the hall and cry my eyes out. I’m not crying anymore, thank goodness. I found a lot of healing.

When I attended events, I saw volunteers helping out. I thought volunteering would be fun and a good avenue towards becoming more involved. I wanted to be able to spend more time at Spirit Rock to allow my soul to catch up, listen to the Dharma and become a part of the sangha. I volunteer at least twice a month, more if time is available in my schedule. Volunteering at Spirit Rock makes me happy.

If I were independently wealthy I would probably volunteer all the time. I love volunteering! I love the staff, volunteers and the energy of the sangha. I’ve become more patient volunteering. I enjoy working with Sean and Katie. I enjoy helping new volunteers who are just getting started. Being a part of Spirit Rock gives me great joy and delight. Whatever I learn becomes incorporated into my practice—my meditation practice, clinical practice and life practice. Living in the Bay Area, I feel so fortunate to have this jewel of a meditation center so accessible.

Spirit Rock offers occasional and ongoing volunteer opportunities. Volunteers support all of our non-residential programs as well as our administrative team, kitchen, facilities and land departments. To learn more, check out the volunteer section of our website or contact our Volunteer & Community Coordinator at volunteering@spiritrock.org or (415) 488-0164 x224.

“Tо аct in wаys thаt аrе knоld аnd wоllhоmе is thе mоst bаsic wаy tо further thе tесhing оf Buddhа. Tо dо what is gооd, tо hеlp оthеr pеоplе, tо wоrk w ith [g еnеrosity аnd echіcs], b r инgs gооd r esul ts.”

– AJAHN CHAH
Keep your eyes open for these folks! This is the new group of dharma practitioners, friends, teachers and students from around the country in the four-year Teacher Training program offered through Spirit Rock and the Insight Meditation Society (IMS) in Barre, MA. We are excited that the Insight Meditation Center of Redwood City (IMC) is also part of the training this time.

You may know some of the teacher trainees already from their local sitting groups or from assisting on retreats at Spirit Rock, IMS and IMC. The current program started in January of this year. During their first week they lived and practiced together, meeting for long days with some of the core teachers of the program - Jack Kornfield, Phillip Moffitt, Andrea Fella, and Guy and Sally Armstrong. They also met with other local teachers and had an in-depth discussion on diversity in the Dharma with sangha members of the East Bay Meditation Center.

They met here again in June and in the fall they will split up with half the group at IRC* with Andrea and Gil Fronsdal, and the other half practicing at BCBS* with Joseph Goldstein, Carol Wilson and Guy Armstrong. We offer our deep appreciation to everyone in this group for their practice and dedication. Their work to transform the suffering and the joy in their own lives into a deep understanding of the Dharma, to live and act from their deepest intentions and to offer their lives for the benefit of all beings is an important service to our world.

For more information on the path of becoming a teacher, please see our website: www.spiritrock.org/teachertraining

Back row: (L-R) DaRa Williams, Jaya Rudgard, Nyaniko (Oren Sofer), Matthew Brensilver, Kate Janke, Brian Lesage, Alex Haley, John Martin, Tim Geil, Brent Morton, Phillip Moffitt. Middle row: Jack Kornfield, Max Erdstein, Erin Hill-Selover, Anne Cushman, Beth Sternlieb, Christiane Wolf, Nikki Mirghafori, Alexis Santas, Keri Pederson, JoAnna Harper. Kneeling: Andrea Fella, Erin Treat, Susie Harrington, Bonnie Duran, Bart van Melik, Emily Horn, Vinny Ferraro, and Jill Shepherd.

*IRC is Insight Retreat Center in Santa Cruz, CA; BCBS is Barre Center for Buddhist Studies in Barre, MA
Welcome to Elad Levinson, Our new Director of Programs and Community Development

Earlier this year, Elad Levinson was invited to be our new Director of Programs & Community Development (DPCD). His decades of practice, dedication to the Dharma, training in social work, business savvy and experience with online learning made him the perfect choice for the role. As the DPCD, Elad will be responsible for the overall design, development and implementation of the schedule of programs at Spirit Rock. He works closely with our Governing Teachers Council and Board to ensure we are meeting organizational and program goals, as well as nurturing strong relationships with practitioners and the local community. Elad will play a key role in our continued efforts to serve a diverse population with programming that fosters safety and freedom for people to be among kindred sangha.

Elad says of his new role, “It is my priority to create reciprocal, nurturing relationships between Spirit Rock and the lively network of urban sanghas, Kalyana Mitta groups and any who wish to engage with the Dhamma and Spirit Rock. I have benefitted by being transformed by the Buddhadharma - my relationships have been warmed, my life sweetened and my heart widened. That is why I am here—to give back.”

We’re very fortunate to have such a talented and dedicated professional on staff serving the Dharma. Welcome, Elad!

Dedicated Practitioners’ Program now accepting applications for Spring 2014!

The Dedicated Practitioners’ Program is an innovative program designed for serious practitioners of Insight Meditation to expand their understanding of the Dharma and intensify their practice. DPP offers a comprehensive curriculum on the Buddha’s teachings over 2 years, designed as an intensive lay practice period. Students from the past four programs have experienced a profound impact on their meditation practice, providing a focus and inspiration for deepening their understanding of Buddhism and bringing the Dharma alive in new and often unexpected ways.

Application deadline: October 1
https://www.spiritrock.org/DPP

Mindfulness Yoga & Meditation Training

Take your yoga practice off the mat and into your life:

• Integrate Buddhist mindfulness practice with yoga
• Study with nationally renowned teachers of mindfulness and yoga
• Earn 500-hour Yoga Alliance certification*

Coming Fall 2014, this intensive 12-month training consists of three silent residential retreats and an ongoing curriculum of study, practice and teleconferences. The training is designed for yoga teachers, however, experienced yoga practitioners who are not teachers may be admitted at the discretion of the directors.

“The single most transformational experience I have had as a yoga teacher and meditation student.”
- Robin Boudette, PhD - graduate of MYMT

Directed by Anne Cushman & Will Kabat-Zinn
Vipassana: Phillip Moffitt, Spring Washam, Pascal Auclair
Yoga: Janice Gates, Chip Hartranft, Jill Satterfield and Leslie Booker

*To learn more:
spiritrock.org/MYMT
(415) 488-0164, x233
Upcoming Highlights

WHO ARE WE?
A Day of Inclusion for People of Color & Allies
Saturday, September 28, 9:30 am - 5 pm
Margarita Loainz
This daylong is for people who have some meditation experience. As we come together for this exploration, it is important that our circle include members of all social groups along the lines of race, class, gender, sexual orientation, physical ability and privilege. During this daylong we will explore the breadth of what we are—from the unique expression of our individual embodiment to the boundless nature that underlies all life.
(See page 23 for full description.)

BENEFIT EVENT:
Dharma in a Wired World
Spirit Rock’s 19th Annual 108 Blessings Benefit
Thursday, November 7, 6 - 9:30 pm
Jack Kornfield and featured guests
Join us in the beautiful Pacific Heights home of long-time supporter Angie Thieriot for an intimate gathering with Jack Kornfield and prominent Buddhist scholars, meditation teachers and thought leaders.
(See page 29 for full description.)

How To Be An Adult in Love: Letting Love in Safely and Showing It Recklessly
Saturday, November 9, 10 am - 4 pm
David Richo
We explore the deeper and jubilant implications of loving-kindness practice. We look at ways to love ourselves without guilt and with generosity. We learn how to love others with awareness of our boundaries. We embrace the spiritual challenge of letting our scope of love expand to include all beings.
(See page 29 for full description.)

Bouncing Back:
Rewiring Your Brain for Resilience and Well-Being
Saturday, November 16, 9:30 am - 5 pm
Linda Graham
Mindfulness and compassion practices are among the most powerful agents of brain change known to modern science. A wise use of Buddhist contemplative practices and tools from modern relational psychology can help practitioners let go of unwholesome coping strategies and cultivate wholesome ones, leading to more clarity, response flexibility, resilience and less greed, hatred, delusion and suffering. This daylong teaches participants many practices that skillfully harness the innate neuroplasticity of the brain to reduce the impacts of stress, trauma, the hindrances, and our all-too-human conditioning on how we cope with the inevitable disappointments and disasters of life.
(See page 30 for full description.)

LIVE WEBCAST EVENTS
Can’t make it to Spirit Rock? Join us live via the web for these exciting events. Visit our website for registration information at www.spiritrock.org
One Day Training in Buddhist Psychology: The Essence, for Meditators and Psychologists
Saturday, September 7, 9:30 am - 5 pm
Jack Kornfield
(See page 17 for full description.)

Restoring the Sovereignty of Being
Saturday, November 2, 11 am - 6 pm
Adyashanti
(See page 28 for full description.)

Three Levels of Knowing: A Day for Experienced Students
Saturday, December 14, 9:30 am - 4:30 pm
Phillip Moffitt
(See page 33 for full description.)

ONLINE CLASSES
Essential Buddhist Teachings, Part 1
10 Tuesdays, October 1 - December 17
Mark Coleman
(See page 23 for full description.)

“Silence reminds us of the power of intimacy, compassion, love, and generosity. We are reminded that each one of us impacts on our immediate world with our actions, speech, and thought. We are participants in the creation of the kind of world we live in and share.” - CHRISTINA FELDMAN, Silence
# Residential Retreats At-a-Glance

Applications are available on the Spirit Rock website. Each retreat is different. Please download the forms for the specific retreat you plan to attend. If you do not have access to the website, please call (415) 488-0164, or e-mail retreats@spiritrock.org.

<table>
<thead>
<tr>
<th>DATES</th>
<th>RETREAT</th>
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<td>Sep 14 - 21</td>
<td>Finding Freedom in the Body: Mindfulness of the Body as a Gateway to Liberation</td>
<td>Mary Grace Orr, Bob Stahl, Marcy Reynolds (qigong)</td>
<td>Open</td>
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<tr>
<td>Sep 14 - 21</td>
<td>Transforming the Judgmental Mind (UWH)</td>
<td>Donald Rothberg, Heather Sundberg</td>
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<td>Sep 23 - 29</td>
<td>The Power of Presence: A Women’s Meditation Retreat</td>
<td>Julie Wester, Debra Chamberlin-Taylor, Anna Douglas, Spring Washam, Anne Cushman (yoga)</td>
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<td>Sep 24 - 29</td>
<td>Awakening Joy Retreat (Angela Center, Santa Rosa)</td>
<td>James Baraz, Heather Martin and others</td>
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<tr>
<td>Oct 1 - 6</td>
<td>The Flavors of Kindness: A Retreat on the Divine Abodes</td>
<td>Sharda Rogell, Mark Coleman, Spring Washam</td>
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<tr>
<td>Oct 9 - 14</td>
<td>Natural Mind</td>
<td>Will Kabat-Zinn, Howard Cohn</td>
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<td>Oct 16 - 26</td>
<td>Fall Insight Meditation Retreat (LOTTERY)</td>
<td>Jack Kornfield, Gina Sharpe, Will Kabat-Zinn, Wes Nisker, Bonnie Duran, Teja Bell (qigong)</td>
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<td>Oct 30 - Nov 3</td>
<td>Mindful Leadership: Developing Courage, Clarity, &amp; Compassion (UWH)</td>
<td>Anushka Fernandopulle</td>
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<td>Nov 13 - 20</td>
<td>Exploring Awareness: A Retreat for Experienced Students</td>
<td>Phillip Moffitt, Guy Armstrong, Adrianne Ross</td>
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<td>Nov 22 - Dec 1</td>
<td>Thanksgiving Insight Meditation Retreat</td>
<td>Andrea Fella, Wes Nisker, Anushka Fernandopulle, Patrick Coffey, Teja Bell (qigong)</td>
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<tr>
<td>Dec 3 - 8</td>
<td>Intimate With All Things: Mindfulness, Life and Awakening</td>
<td>Eugene Cash, Pamela Weiss</td>
<td>8/05/13</td>
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<tr>
<td>Dec 10 - 15</td>
<td>Compassionate Hearts, Joyful Minds (a Retreat for the LGBTQI&amp;SGL Community)</td>
<td>Arinna Weisman, Pascal Auclair, Winifred Nazarko, Susana Renaud (yoga)</td>
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<td>Dec 17 - 22</td>
<td>Insight Meditation Solstice Retreat</td>
<td>Donald Rothberg, John Travis, Heather Sundberg</td>
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<td>Dec 27 - Jan 4</td>
<td>New Year’s Insight Meditation Retreat (LOTTERY)</td>
<td>Gil Fronsdal, John Travis, Sharda Rogell, Eugene Cash, Janice Clarfield (yoga)</td>
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<td>Dec 28 - Jan 2</td>
<td>New Year’s Teen Retreat (for teens ages 15-19)</td>
<td>Spring Washam, Marvin Belzer and Pablo Das</td>
<td>8/28/13</td>
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</tbody>
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### 2014

| Jan 7 - 12 | Essential Dharma Meditation Retreat                                     | Howard Cohn, Spring Washam                                               | 9/10/13   |
| Jan 13 - 20 | January Metta Retreat                                                   | Donald Rothberg, Larry Yang, Heather Sundberg, Konda Mason (yoga)        | 9/17/13   |
| Jan 25 - 30 | Women’s Retreat                                                        | Joanna Macy, Debra Chamberlin-Taylor, Julie Wester, Anna Douglas         | 9/24/13   |
| Feb 1 - Mar 8 | Two - Month Retreat                                                   | see February and March retreats below                                   | 8/1/13    |
| Feb 1 - Mar 1 | February Insight Meditation 1-Month Retreat                            | Guy Armstrong, Carol Wilson, James Baraz, Andrea Fella, Greg Scharf      | 8/1/13    |
| Mar 1 - 28 | March Insight Meditation 1-Month Retreat                               | Gil Fronsdal, Mary Grace Orr, John Travis, Sharda Rogell, Phillip Moffitt, Heather Martin | 8/1/13    |

UWH = Upper Walking Hall
Schedule of Events
September - October - November - December 2013

Please consult the Spirit Rock website at spiritrock.org for a full listing of classes, retreats and events, as well as online registration for daylongs and benefits. All classes and daylongs are held in the Community Meditation Hall, unless otherwise noted.

Daylong, Class Series, Benefit and Special Event Registration
Online registration using a credit card is available at spiritrock.org. For registrations by mail, send your check to Spirit Rock, PO Box 169, Woodacre, CA 94973. Include your daytime phone number, e-mail address and write the event code on the outside of the envelope and on your check. For registration by phone, call (415) 488-0164 x266, Monday – Friday. See page 16 for more information on Daylong and Event fees.

Cancellations for Daylongs, Class Series, Benefits and Special Events
Call (415) 488-0164 x266 or e-mail SRMC@spiritrock.org to cancel. You can request a credit two business days before an event; we will credit your registration fee towards another non-residential event. If you don’t contact us prior to this deadline, no credit will be issued. All credits must be used within one year of their date of issue. In order to use a credit, please call our events registrar at x266. Credits are not transferable to residential retreats.

Registration for Residential Retreats
Please note retreats open for registration four months before the start date (five months if a lottery). Check our website for the open date and register online. You may also download application forms to submit via fax or mail.

Cancellations for Residential Retreats
There is a $75 cancellation fee if you cancel eight weeks or more before the retreat. The fee is $150 if you cancel 4-8 weeks before the retreat. The fee is $200 if you cancel 1-4 weeks before the retreat. If you cancel one week before the retreat, the fee is $250. Specific cancellation dates and cancellation fees are on the registration form.

Financial Assistance for Residential Retreats
Financial aid is available for residential retreats through our scholarship funds. All residential retreats have a limited number of Young Adult (age 18-26) special rate beds available for $25 per night on a first-come, first-served basis. Work exchange opportunities are also available in the kitchen or with housekeeping. For retreat scholarship information call (415) 488-0164 x233.

Carpooling to Spirit Rock
To offer or ask for a ride to any event, class or retreat at Spirit Rock, there is an online bulletin board. The ride-share bulletin board can be found at spiritrock.org/forum.

Paths for Awakening
The Practice and Study of Insight Meditation at Spirit Rock
At Spirit Rock, our mission is to offer a direct experience of the Buddha's path of liberation through a variety of retreats, practices, teachings and trainings. We have divided suggested areas of practice into four levels, which are listed below, from beginning stages to more advanced stages. Visit our website under Programs/Paths for Awakening for more information and suggested readings for each level.

In the Schedule of Events, starting on page 16, look for the color-coded symbols on many of the events as a guide.

- Beginning Insight Meditation
- Introduction to Buddhism
- Exploring the Buddhist Path
- Deepening Practices and Wisdom

For regular dharma teachings, plus Spirit Rock-related photos and updates, we encourage you to join us on Facebook (facebook.com/spiritrock) and Twitter (@Spirit_Rock).
Weekly Classes at Spirit Rock

MONDAY NIGHT CLASS 7:15 - 9:15 pm  
JACK KORNFIELD, MARK COLEMAN OR OTHERS
Monday night serves as an introduction to the practices of awareness and compassion that are the heart of our community. This gathering also offers support and ongoing teachings to committed students. For more details and a schedule of teachers visit our website. For cars with less than 3 people there is a $10 non-carpooling fee.
Cost of class $8-$10 sliding scale, plus a donation to the teacher. A vegetarian dinner is usually served from 6 - 6:45 pm. Cost for dinner is $10-$15 sliding scale, children $4-$5. Visit our website for dates when dinner will be served.

WEDNESDAY MORNING MEDITATION CLASS  9 - 11 am  
SYLVIA BOORSTEIN, DONALD ROTHBERG OR OTHERS
Sitting and practice-oriented discussion, suitable for beginners as well as engaged practitioners.
Cost $8-$10 sliding scale, plus a donation to the teacher.

THURSDAY MORNING WOMEN’S CLASS  10 am - 12 noon  
JULIE WESTER, ANNE CUSHMAN OR OTHERS
In the sacred circle of women we honor our innate wisdom through silent and guided sitting and movement meditation and group exploration in a safe, nurturing environment. An intimate drop-in class, open to all women!
Cost $8-$10 sliding scale, plus a donation to the teacher.

FRIDAY MORNING MEDITATION AND YOGA  10 am - 12:15 pm  
DANA DEPALMA WITH YOGA TEACHER ASHLEY SHARP AND OTHERS
Each class begins with an hour of mindful yoga (suitable for all levels) followed by a guided meditation, and concludes with a dharma talk, inquiry and discussion. Based on core Buddhist teachings, all classes are an invitation to find greater ease, well-being and joy in life.
Cost $8-$10 sliding scale, plus a donation to the teachers.

Monthly Class

DHARMA AND RECOVERY GROUP (2nd Friday)  7:30 - 9:30 pm  
KEVIN GRIFFIN OR OTHERS
This group meets on the second Friday of each month to explore the intersection of recovery with Buddhist teaching and practices. Held on an ongoing basis, we welcome people who identify with any of the full range of addictions, from substances, to behaviors, to habitual thought and emotional patterns.
Cost $8-$10 sliding scale, plus a donation to the teacher.

Ongoing Classes with Spirit Rock Teachers

Berkeley – James Baraz  
Thursdays, 7:30-9:30 pm  
Berkeley Buddhist Monastery, 2304 McKinley Ave near Bancroft and Berkeley High School  
www.insightberkeley.org/aboutus

Berkeley – Will Kabat-Zinn  
Sundays, 7-9 pm  
Ashtanga Yoga Berkeley, 933 Parker St #38, Bay 5  
www.ashtangayogaberkeley.com

Berkeley – Wes Nisker, Kevin Griffin  
Wednesdays, 7:30-9 pm  
Yoga Kula Berkeley, 1700 Shattuck Ave  
www.yogakula.com

Marin Sunday Sangha – Philip Moffitt  
Sundays, 6-8 pm. St. Luke Presbyterian Church  
10 Bayview Dr., San Rafael  
www.dharma智慧.org  
info@lifebalance.org or (415) 435-3141

Oakland – Larry Yang (Alphabet Sangha of Oakland)  
Wednesdays, 7-8:30 pm  
East Bay Meditation Center, 285 17th St, Oakland  
For LGBTIQ-SGL (Alphabet) communities  
http://eastbaymeditation.org/alphabet  
alphabetsangha@gmail.com

Redwood City - Gil Fronsdal, Andrea Fella  
Insight Meditation Center of the Midpeninsula, 108 Birch (at Hopkins), Redwood City  
www.insightmeditationcenter.org  
insightmeditationcenter@gmail.com or (650) 599-3456

San Francisco – Anushka Fernandopulle  
www.anushkaf.org

San Francisco – Ayya Anandabodhi, Ayya Santacitta  
Fridays 5:30-9:45 pm  
Aloka Vihara, 1632 48th Ave (btw Lawton & Moraga)  
www.saranaloka.org

San Francisco – Eugene Cash  
Sundays 7-9 pm  
First Unitarian Church, 1187 Franklin St (at Geary)  
www.sfinsight.org or (415) 994-5951

San Francisco – Howard Cohn  
Tuesdays 7:30-9 pm  
St. John’s Episcopal Church, 1661 15th St, at Julian (between Valencia and Mission)  
(415) 447-7761

Palm Springs, CA – Larry Yang  
www.desertinsight.org

Sierra Foothills – John Travis  
www.mtstream.org

Todos Santos, Baja, Mexico – Robert Hall  
www.eldharma.com

Volunteers Needed

Volunteers are needed for weekly & monthly classes.  
For more information check the volunteer section of our website, or contact  
volunteering@spiritrock.org or (415) 488-0164 x224

For complete teacher biographies, please visit spiritcharter.org

In consideration of others, please do not wear any scented products to Spirit Rock, including natural or essential oils.
September

**Signs are Everywhere:**
**The Four Heavenly Messengers - Monastic Day**
(Dana - By Donation)

- **Sunday, September 1, 9 am - 5 pm**
  - **AJAHN YATIKO, AJAHN KARUNADHAMMO**

The Buddha's quest for enlightenment started after his encounters with the “four heavenly messengers” of old age, illness, death and the spiritual seeker. We will explore these topics as part of the contemplative path to the liberation of the mind. An honest appraisal of the realities of human life helps to clear and settle the mind, and also arouses a sense of urgency to practice. When we completely understand the full spectrum of the human condition with acceptance, insight and kindness, the path to realization has the potential to open up. There will be periods of sitting and walking meditation, dhamma reflections, and time for questions and answers.

Lunch: Please bring lunch and, if you wish, food to offer the monks. As in the time of the Buddha, the Abhayagiri monks do not grow or buy food and are completely dependent on donations of food. The monastics eat one main meal a day in late morning and monastic regulations require that they finish by midday. Offering food to the monastics during the daylong provides an opportunity to participate in the tradition. Other donations are also gratefully accepted for Abhayagiri Monastery, though are by no means required. You can request a current list of needed items by contacting the monastery at (707) 485-1630.

Offered on a dana (donation) basis. Bring lunch to share. Code AP2D13.

Ajahn Yatiko was born and raised in Edmonton, Alberta in 1968. His strong interest in religion drew him to seek a spiritual teacher after college. He was on his way to Tibet for ordination when a layover in Bangkok provided him the opportunity to meet Ajahn Chah. Shortly thereafter he met Ajahn Sumedho and was inspired to pursue monastic training at Wat Nanachat. He has been part of that community since 1992 and arrived at Abhayagiri Monastery in 2008.

Ven. Ajahn Karunadhammo was born in North Carolina in 1955. He trained as a nurse and moved to Seattle in his early twenties where he came in contact with the Theravada tradition. He arrived in San Francisco in May of 1996, took the Eight Precepts and was part of the original group arriving at Abhayagiri. In 1998 he took full bhikkhu ordination and became the first American-born bhikkhu at the first American branch monastery of the Thai lineage of Ajahn Chah and Ajahn Sumedho.

“Whoever steps beyond individual self and connects with eternity is naturally drawn back to community. This is how we express the heart’s realization, by bringing it to maturity with others.”

– JACK KORNFIELD, After the Ecstasy, the Laundry

**Fees at Spirit Rock**

You can preregister in three ways: register online at spiritrock.org; send a check to Spirit Rock Meditation Center; or call (415) 488-0164 x266.

Preregistration closes at noon each Friday for weekend events. For class series and other non-weekend events, preregistration closes at 1 pm one business day before the event. In order to receive the preregistration price, you must pay in full at the time you preregister.

The “At the Door” price is an additional $5 to the preregistration price for all daylongs, special events and benefits. It does not apply to class series or drop-in classes such as the Monday Night class, the weekly morning classes or Dharma and Recovery.

**Dana (donations)**

Retreats: Teachers and residential retreat managers are supported solely by the dana contributions collected at the end of each retreat. Retreat staff are also supported by these donations. Please give generously to support their work.

Daylongs & Events: Teachers are supported solely by the contributions collected at each event. Please give generously to support their work.

**Senior And Young Adult Rates**

Spirit Rock extends a special invitation to young adults (ages 18-26) who wish to attend Spirit Rock retreats. For all residential retreats, we now offer a limited number of Young Adult special rate beds available for $25 per night, on a first-come, first-served basis. Young adults (18-26) are also invited to attend regular daylong events for $25 (excluding benefits and special events) and class series for half price (with occasional exceptions).

Seniors (65 and older) with limited income are invited to attend regular daylong events for $25 (excluding benefits and special events) and class series for half price (with occasional exceptions). We do not have a senior rate for residential retreats; however, we strongly encourage you to apply for a scholarship if you need financial help.

Spirit Rock’s intention is to make these teachings accessible to everyone, thus fees for daylongs, classes and special events are kept as low as possible. No one will be turned away for lack of funds. For those who cannot afford the fee, a flexible work exchange program is available. Benefit events, special events and residential retreats are an exception to this policy. To learn more, contact our Volunteer & Community Coordinator at (415) 488-0164 x224.

**For complete teacher biographies, please visit spiritrock.org**

To carpool visit our online ride-sharing bulletin board at spiritrock.org/forum.

In consideration of others, please do not wear any scented products to Spirit Rock, including natural or essential oils.
**CLASS SERIES**

**Moving Into Meditation**

4 Thursdays, September 5 - 26, 7 - 9 pm  
ANNE CUSHMAN

This four-week class series is for yoga practitioners who want to explore how to begin or how to deepen the practice of seated meditation in a way that builds on and complements a yoga practice. Each two-hour class will include mindful yoga asanas and pranayama, meditation instruction, a 30-40 minute sitting, a dharma talk, inquiry, and time to ask questions and share discoveries. Over the course of the four weeks, we will systematically develop the instructions for mindfulness meditation to help yoga practitioners cultivate, deepen and sustain a home meditation practice—while using the vehicle of the yoga asanas to move through an embodied exploration of mindfulness of body, breath, heart and mind.

All levels of yoga experience welcome. Because the instructions build from week to week, no new students will be accepted after the second class.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this class series for $20.


Anne Cushman is the co-director of Spirit Rock’s Mindfulness Yoga and Meditation Training Program. She teaches mindful yoga and embodied meditation retreats both nationally and online. She’s the author of the novel Enlightenment for Idiots; the spiritual India travel guide From Here to Nirvana; and the forthcoming Moving Into Meditation, a mindfulness course for yoga practitioners. She is a graduate of Spirit Rock’s Community Dharma Leader program and the co-founder of AwakeningAsWomen.com, an online women’s yoga and meditation sangha. She teaches yoga as a support for and an expression of meditative awareness, compassion and insight.

**BENEFIT EVENT**

**One Day Training in Buddhist Psychology: The Essence, for Meditators and Psychologists**

Saturday, September 7, 9:30 am - 5 pm  
**Live Webcast Also Available**

JACK KORNFIELD

Learn from the transformative teachings and practices at the heart of Buddhist Psychology. Discover inner capacities for wakefulness, joy, dignity and compassion, your Buddha-nature. Join us for this day of mindful meditations and teachings on love, consciousness, healing and the nature of mind. Our training will study the fundamental principles of Buddhist psychology combining practical examples, teaching stories, visionary wisdom and case studies. We will explore applications of these revolutionary perspectives in our healing work, our meditation and our life.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available for in-person attendance.

This workshop is designed to help participants:

- Practice and employ five different forms of mindfulness training including the basic four foundations of mindfulness of body, feelings, thoughts and relationship;
- Integrate Buddhist psychology’s core principles of mental health and well-being into traditional western approaches;
- Employ three Buddhist psychological practices for transforming difficult emotions;
- Utilize and incorporate compassion and forgiveness training in their professional work and personal life;

Cost $200 - $100 sliding scale. If paying at the door, add $5. Please bring your lunch. Code JK1B13.

The Neuro-Dharma of Love:
Using Brain Science and Buddhist Wisdom to Illuminate the Heart of Important Relationships

Sunday, September 8, 9:30 am - 5 pm
RICK HANSON

On the whole, we experience our greatest joys and sorrows in our relationships. Supported by both Buddhism and Western psychology, the keys to healthy relationships include empathy, compassion, kindness, equanimity and appropriate assertiveness. These states of mind are based on underlying states of your brain. The emerging integration of modern neuroscience and ancient contemplative wisdom offers increasingly skillful means for activating those brain states. This experiential workshop will offer user-friendly information about Buddhism and your brain with lots of practical methods. No prior background with meditation or neuroscience is necessary. We will cover:

- A summary of the Buddha’s teachings on relationships;
- The deep pathways in your head and heart of empathy, compassion, loving-kindness, and love - and how to strengthen those;
- Practical ways to combine strength and heart;
- Expanding the circle of “us” to include the whole world.

There will be plenty of opportunity for questions and discussion.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code RH3D13.

See Rick Hanson’s bio on page 24.
discharging the unresolved energy of the trauma that gets bound in the nervous system in a variety of ways as body constriction, emotional reactivity and spiritual disturbances. This class requires people who are willing to participate in their personal unfolding through experiential exercise, sharing and inquiry. This is not a professional training.

These skills are based on the body of teachings by Dr. Peter Levine. We will continue to use Dr. Levine’s book, Healing Trauma, as the reference for this course.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this class series for $25.

Cost $50, plus a donation to the teachers. If paying at the door, add $5. Code SR2C13.

MONTHLY CLASS
Dharma and Recovery Group
Friday, September 13, 7:30 - 9:30pm
KEVIN GRIFFIN (OR OTHERS)

This group meets on the second Friday of each month to explore the intersection of recovery with Buddhist teaching and practices. Held on an ongoing basis, we welcome people who identify with any of the full range of addictions, from substances, to behaviors, to habitual thought and emotional patterns. Each gathering begins with a period of guided meditation and new meditators are always welcome. Includes discussion about meditation practice, and each month a recovery/dharma theme will be discussed.

Cost $8-$10 sliding scale, plus a donation to the teacher.

Kevin Griffin is the author of the seminal 2004 book One Breath at a Time: Buddhism and the Twelve Steps and A Burning Desire: Dharma, God and the Path of Recovery. He has been practicing Buddhist meditation for three decades and has been in recovery since 1985. He’s been a meditation teacher for almost fifteen years and trained at Spirit Rock Meditation Center.

RESIDENTIAL RETREAT
Finding Freedom in the Body: Mindfulness of the Body as a Gateway to Liberation
Saturday, Sept 14 - Saturday, Sept 21 (7 nights)
MARY GRACE ORR, BOB STAHL, MARCY REYNOLDS (QIGONG)

This retreat is suitable for both beginning and experienced meditators. We will work primarily with the first of the Four Foundations of Mindfulness - mindfulness of the body. The 32 Parts of the Body meditation has rarely been taught in the West. You will be introduced to it from an Insight perspective on the true nature and wonders of the body. This practice has also been used for healing illness and most importantly to help eradicate the erroneous view of self. Various methods will be taught to strengthen mindfulness of the body and to explore the mind/body connection. We will follow the usual format of an Insight Meditation (vipassana) retreat, with periods of sitting and walking practice, as well as qigong sessions for further exploration of mindfulness of the body.


RESIDENTIAL RETREAT
Transforming the Judgmental Mind (UWH)
Saturday, September 14 - Saturday, September 21 (7 nights)
DONALD ROTHBERG, HEATHER SUNDBERG

Prerequisite: One retreat (at least a weekend, residential or non-residential) in mindfulness practice or permission of the coordinating teacher.

Judgments of a reactive and often automatic nature are very strong in most of our lives, and in the dominant culture. They can distort our perceptions, make relationships with others difficult and undermine our work in the world. In this retreat, we will explore the nature of such judgments (and their difference from non-reactive discernment) and how to transform them. We will cultivate mindfulness, inquiry and heart practices such as loving-kindness, forgiveness, gratitude, joy and compassion. We will also explore the somatic dimension of judgments, the role of cultivating awakened qualities in transforming judgments and how to cultivate skill in speech and interaction in the midst of situations involving our own or others’ judgments. These tools will help us to preserve the intelligence and energy often found in judgments, using them for discernment and compassionate action, while working through judgments’ destructive and compulsive aspects. The retreat will be held mostly in silence (with the first day fully in silence), with some periods of discussion (small and large group) and some interactive exercises, as well as group and individual interviews. Those attending the retreat will have the option of continuing with monthly follow-up sessions after the retreat.

Cost $1240 - $645 sliding scale, plus a donation to the teachers and retreat staff. Code 289R13.
The Magic of Awareness

Saturday, September 14, 9:30 am - 5 pm
JAMES BARAZ, ANAM THUBTEN

The paradox of awareness is very profound, and yet very simple. It can’t be described because it has no objective qualities and no limitation. It is utterly peaceful and it is also insightful, so it sees through all illusions. No matter where we are, no matter what we are doing, we always have immediate access to that inner stillness. Once we know how to pay attention to it, it can be experienced in an instant – in all circumstances. When we reside in that liberated mind, we find the very thing we have been seeking all along. This daylong will explore the magic of awareness as well as how to access it in meditation and outside formal meditation practice.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.


Anam Thubten grew up in Tibet and began to practice in the Nyingma tradition at an early age. Among his many teachers were Lama Tsurlo, Khenpo Chopel, and Lama Garwang. He is the founder and spiritual advisor of the Dharmata Foundation. He is the author of several books, including The Magic of Awareness and No Self, No Problem. For more information: www.dharmata.org.

See page 38 for James Baraz’s bio.

The Hidden Gifts of Aging

Sunday, September 15, 10 am - 4 pm
ANNA DOUGLAS, ROBERT CUSICK

Bring a friend for free!

The gifts of youth are widely applauded – the energy to do, to innovate, to multi-task and be efficient, to be physically fit and strong, to work hard and play hard, to have smooth skin, and perfectly white teeth! Our culture values and pins its hopes for happiness on these fleeting qualities. Those of us living in bodies that are 60 years or older may begin to sense different priorities and perspectives - less compulsion to achieve, a keener awareness of mortality and the preciousness of life, gratitude for what is here and now, and compassion for our common humanity and vulnerability. We invite you to join a group of your peers for a day of dharma teachings, experiential meditations and contemplative inquiry to bring forth the hidden gifts of aging.

Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teachers. If paying at the door, add $5. Please bring your lunch. Code AD4D13.

Robert Cusick has practiced Insight Meditation since 1997 and ordained as a Buddhist monk in Burma under the Venerable Pa Auk Sayadaw. He has studied in the Soto Zen tradition at Tassajara Zen Mountain Center, in the Ridhwan School’s Diamond Approach with A.H. Almaas and in Spirit Rock’s multi-year Dedicated Practitioner’s Program. He is currently training at the Center for Compassion and Altruism Research and Education at Stanford University.

See page 38 for Anna Douglas’ bio.
Mindfulness & Innovation

Sunday, September 22, 10 am - 4 pm
ANUSHKA FERNANDOPULLE

Bring a friend for free!

The practice of Buddhist meditation involves training oneself to see things clearly. We can learn to see the filters and assumptions which usually go unnoticed and which limit our ability to see patterns and possibilities. Through training our attention we can enhance our ability to connect with creativity and innovation in whatever field of activity we are naturally drawn towards. In this daylong we will be practicing vipassana meditation and learning to connect with awareness to the present moment. We will also be doing some exercises to explore creativity and innovation, learning what aspects of mind support this, and developing practices to continue this at home. This daylong is suitable for beginners or experienced meditators.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this daylong at a rate of $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code AF2D13.

Teen Meditation Daylong

Spirit Rock Land

Sunday, September 22, 11 am - 3 pm
ADAM BARAZ, REBEKKAH LADYNE

(See Family Programs on page 37 for full description.)

BENEFIT EVENT

Grief Ritual: A Benefit Workshop for Collective Healing - Open to All

Saturday, September 21, 9:30 am - 5 pm
SOBONFU SOMÉ, SPRING WASHAM

This event is a Benefit for the Spirit Rock Diversity Program. All are welcome to attend.

This daylong is a transformational and soul-invigorating workshop designed to break through our cultural barriers of grief. The interdiction and suppression of emotion in general, and grief in particular, has recently been linked to the general sense of spiritual drought, emotional confusion and certain illnesses we experience in our life. To begin to regain a serious and lasting sense of connectedness with ourselves and with spirit, we need to find a proper place to release our grief: the loss of loved ones, the loss of our dreams and the loss of our connection with our ancestors. In the traditional world of the Dagara of Burkina Faso West Africa, the ritual of grief, conducted almost daily in different parts of the tribe, is the Dagara people’s way of releasing the tension caused by loss, and to restore continuity in their relationships. We will enter into the ritual space of grief following the traditional model of the Dagara. It is our hope that it brings a deep sense of release, peace and connectedness in your life.

The teachers request that you bring a few items with you, if you can, to support you during the day: a bottle or two of drinking water; a box of tissues; one or two tall glass-contained candles (blue, red, black, green, yellow or white); a rhythmical instrument: rattles, drums, or whatever feels appropriate; color cloths and decoration for the shrine; flowers for the shrine; one or more ritual objects for the shrine (i.e. ancestors’ pictures, something to give you strength, something to remind you of forgiveness).

Also, bring one or more biodegradable items that represent your loss, anger, sadness, fear, grief, etc. which you will not take back home (e.g., a picture, a carved object or other small object, etc.)

Optional: vases, twine, sage, big white or blue bowl.

Cost $108- $50 sliding scale, plus a donation to the teachers. If paying at the door, add $5. Please bring your lunch. Code PC1B13.

Sobonfu Somé is a respected lecturer, activist and author. She is the founder of Wisdom Spring, Inc. - dedicated to the preservation and sharing of indigenous wisdom as well as raising funds for wells, schools and health projects in Africa. Her books include The Spirit of Intimacy: Ancient Teachings in the Ways of Relationships, Welcoming Spirit Home: Ancient Teachings to Celebrate Children and Community and Failing out of Grace: Meditations on Loss, Healing and Wisdom.

See page 38 for Spring Washam’s bio.
RESIDENTIAL RETREAT
The Power of Presence:
A Women's Meditation Retreat

Monday, September 23 - Sunday, September 29, (6 nights)
JULIE WESTER, DEBRA CHAMBERLIN-TAYLOR, ANNA DOUGLAS,
SPRING WASHAM, ANNE CUSHMAN (YOGA)

“When women lose touch with their real selves, the harmony of the world ceases to exist and destruction sets in. It is therefore crucial that every woman, everywhere, make every effort to re-discover her fundamental nature, for only then can we save this world.”
- Mata Amritanandamayi (Ammachi)

Within each woman there is a reservoir of creative energy and intuitive wisdom that can fuel our spiritual awakening and support our passionate participation in the interconnected web of life. Join a diverse circle of women on the path of embodied presence in this meditation retreat designed to awaken the gifts, creativity, and innate wisdom of women while addressing the particular suffering of women’s bodies, hearts and lives. Whatever our age, ethnicity, body type, or sexual orientation, as women we share a common longing to heal our hearts, awaken to our own inherent wholeness, honor our interconnectedness, and take empowered action to help our world.

Within the safe and nourishing container of this silent retreat, we’ll cultivate an approach to meditative practice that honors the creative, intuitive, embodied and relational dimensions of a woman’s spiritual journey. We will use the tools of mindfulness meditation, loving-kindness, body-based practices, mandala drawing, inquiry and community sharing to melt the personal and cultural conditioning that may keep us from experiencing our essential value.

Cost $1065 - $555 sliding scale, plus a donation to teachers and retreat staff. Code 292R13.

RESIDENTIAL RETREAT
Awakening Joy Retreat
Angela Center, Santa Rosa

Tuesday, September 24 - Sunday, September 29 (5 nights)
JAMES BARAZ, HEATHER MARTIN
James and Heather will be assisted by Jane Baraz and Erin Hill Selover.

The Buddha was known as ‘The Happy One’. However, the teachings often seem to emphasize working with suffering. Joy and happiness can seem frivolous or unspiritual even though Joy is one of the Seven Factors of Awakening. In this retreat we will practice with an emphasis on cultivating wholesome states to develop our natural capacity for well-being and happiness. Our own development of well-being and joy then becomes our gift to a troubled world. This retreat is for both experienced as well as new students. Although much of the retreat will include silent sitting and walking periods with instructions and interviews, participants will also engage in interactive experiential processes as part of the experience.

Practices will include:
- Inclining the mind toward wholesome states;
- The power of wholesome intention;
- Mindfulness as appreciation practice (wonder and gratitude);
- Embracing suffering as a path to joy;
- How letting go leads to true freedom;
- Integrity as a foundation for well-being;
- Metta (loving-kindness) for self and others
- Mudita (sympathetic joy);
- Compassion: the expression of a wise heart;
- The joy of simply being.

Cost $1135 - $710 sliding scale, plus a donation to teachers and retreat staff. Code 294R13.

YOUTH CLASS SERIES
Fall Middle School Series
(all middle school age tweens are welcome)

5 Wednesdays, September 25 - October 23, 6 - 8 pm
WILL SCHROEDER, DAWN SCOTT

(See Family Programs on page 37 for a full description.)

The Buddha's Path to Freedom:
The 3rd Foundation of Mindfulness -
Mindfulness of States of Mind and Heart

Sunday, September 29, 9:30 am - 5 pm
TEMPEL SMITH

A Study and Practice Series of Four Daylongs (Part 3 of 4)
Prerequisites: Beginning meditation class or the equivalent.

The Buddha taught that there is a direct way for alleviating suffering and discovering peace, wisdom and happiness - and that is through cultivating the Four Foundations of Mindfulness. The Third Foundation of Mindfulness is particularly concerned with helping us to cultivate awareness of emotions and thoughts. We train to become better able to be mindful both of difficult states such as fear, anger, sadness, strong aversion, wanting, self-centered thoughts, delusion, the judgmental mind, and of states expressing more awakened qualities such as generosity, loving-kindness, wisdom, concentration, joy, equanimity and compassion.

We will study the text in which the Buddha describes the practice of mindfulness of the mind, and give attention, in formal meditation and in daily life, to mindfulness with responses to difficult states and with the cultivation of more awakened states.

Young Adults (18-26) and Seniors (65+ on fixed and limited income) are invited to attend this event for $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code FF4D13.

For complete teacher biographies, please visit spiritrock.org
To carpool visit our online ride-sharing bulletin board at spiritrock.org/forum.
In consideration of others, please do not wear any scented products to Spirit Rock, including natural or essential oils.
WHO ARE WE?  
A Day of Inclusion for People of Color & Allies  
Saturday, September 28, 9:30 am - 5 pm  
MARGARITA LOINAZ  
This daylong is for people who have some meditation experience.  
As we come together for this exploration, it is important that our circle include members of all social groups along the lines of race, class, gender, sexual orientation, physical ability and privilege. During this daylong we will explore the breadth of what we are—from the unique expression of our individual embodiment to the boundless nature that underlies all life. The day will include silent and guided meditation as well as exercises in small groups and the large circle.  
Cost $25-$55 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch.  
Margarita Loinaz, M.D., has been a Buddhist practitioner since 1977 in the Tibetan and Theravada traditions with an emphasis on Dzogchen practice for the past 10 years. She is a graduate of the first Community Dharma Leader’s program at SRMC where she contributed to the initial stages of the diversity program and taught at the first POC retreat. She also trained in MBSR at the UMass Stress Reduction Clinic and is a student of the Diamond Approach. She is originally from the Dominican Republic.

October

Residential

RESIDENTIAL RETREAT

The Flavors of Kindness: A Retreat on the Divine Abodes

Tuesday, October 1 - Sunday, October 6 (5 nights)  
SHARDA ROGELL, MARK COLEMAN, SPRING WASHAM  
During this silent retreat, we will cultivate what the Buddha called “the beautiful states of heart and mind,” the Brahmviharas or Divine Abodes. These are the qualities of love, compassion, joy and equanimity inherent in us all. As we explore each one, our natural, innate kindness will be strengthened and developed by guided sitting meditations, walking meditation, teachings and group discussions. As our hearts open, we can discover a sense of joy, balance, and interconnection with all of life. This course is suitable for both new and experienced meditators.  
Cost $885 - $460 sliding scale, plus a donation to teachers and retreat staff.  
Code: 302R1.

CLASS SERIES

Essential Buddhist Teachings, Part 1

10 Tuesdays, October 1 - December 17, 7 - 9 pm  
(no class on Oct. 22, Nov. 12)  
Online Class Also Available  
MARK COLEMAN  
This is the initial 10-week session for a three-part course available in person or online.  
This course helps people develop an overview of the Buddha’s teachings and learn key Buddhist practices and meditations. Useful for newer students and beneficial for people with meditation experience to refresh their knowledge. These teachings are instrumental on the journey of awakening as taught within the Insight Meditation tradition. The course emphasizes cultivation of mindful awareness and learning to apply and live these wisdom practices in our lives. In each class, there will be a guided period of Insight Meditation, a talk on a Buddhist teaching, time for discussion and questions, and at times interactive inquiry in pairs. There are readings, reflections and meditations to do between classes.  
You will enjoy the support of community that builds over time with people who share an ongoing commitment to practice. You can join the course at the start of any of the three sessions and take the other sessions in following years. If you take the course online you will either watch video recordings or listen to audio recordings of the class. In addition, there will be a 30 minute weekly teleconference for questions about meditation practice and teachings.  
Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this class series for $75.  
Scholarships and partial work exchange are available. To discuss scholarship options, contact the Volunteer Coordinator at (415) 488-0164 x 224.  
Cost $150 for the 10-week session. (Fee only - no teacher donation will be requested.)  
Code: YR1C12.  
Online Cost $100 for the class series.  
Code: YR1L13.  
Cancellation Policy for in-person Class: If you cancel within 2 business days of the class start date, there is a $25 cancellation fee; after the first class there is a $50 cancellation fee; after the 2nd class, there is a $75 cancellation fee. In these three situations, the remainder of the fee can be refunded upon request, or the money can be used as a credit for future daylongs or events (but not benefits) and is to be used within one year of the cancellation. There are no refunds in any form after the second class.

“Living systems evolve in variety and resilience; they do this not by erecting walls of defense … but by opening more widely … by integrating through constant interaction, spinning more intricate connections.”  
— JOANNA MACY AND MOLLY YOUNG BROWN, Coming Back to Life
**Introduction to Insight Meditation**  
*Saturday, October 5, 9:30 am - 4:30 pm*

**HOWARD COHN**

*Bring a friend for free!*

In this traditional Insight Meditation (vipassana) daylong, the emphasis is on deepening into the silence that allows for the awakening of the heart. There will be systematic instructions in both sitting and walking meditation, as well as time for discussion and dharma talks. This daylong is especially good for beginning meditators and for those wanting a refresher in traditional instruction.

Young Adults (18-26) and Seniors (65+ with limited income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code DD2D13.

**Receiving the Gift of Our Embodied Life: A Day of Meditation and Yoga**

*Sunday, October 6, 9:30 am - 5 pm*

**DANA DEPALMA, ASHLEY SHARP**

During this daylong, the complementary practices of Hatha yoga and Insight Meditation come together to support us. Following core instructions of the Buddha, we will focus on directly knowing our ever-changing experience of body and breath, moment by moment. Two periods of Hatha yoga (appropriate for all levels) will gently release holding in the body and draw our attention from our mental preoccupations to the immediacy and intimacy of the present moment. Meditations will include specific instructions to support the direct experience of receptivity and embodied presence. The day will include dharma talks, reflection and group discussion as well as periods of silent practice.

Young Adults (18-26) and Seniors (65+ with limited income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teachers. If paying at the door, add $5. Please bring your lunch. Code DD2D13.

Ashley Sharp began teaching yoga more than a decade ago. She has studied yoga asana and philosophy in the US and India with Swami Dayananda, Erich Schiffmann, Patricia Sullivan and Sat Santokh Sing. She completed an eighteen-month Mindfulness Yoga and Meditation Training at Spirit Rock. She is a registered E-RYT (Experienced Registered Yoga Teacher) with Yoga Alliance.

See Dana DePalma’s bio on page 38.

**TEEN CLASS SERIES**

**Teen Fall Series**  
(all teens in high school and college are welcome)

*6 meetings, beginning Oct 6, 6 – 11 pm*

**REBEKAH LAROS, MATTHEW MOREY**

(See Family Programs on page 37 for complete description and dates.)

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**EVENING BENEFIT EVENT**

**Hardwiring Happiness: Weaving Love and Inner Peace into Your Brain and Your Life**

*Sunday, October 6, 6 - 9 pm*

**RICK HANSON**

More than 2,500 years ago, the Buddha taught the mental causes of suffering and happiness. Today we are beginning to understand the underlying neural causes. This “neuro-Dharma” offers exciting and powerful ways to deepen insight, strengthen motivation, and cultivate love and inner peace.

In particular, the brain’s negativity bias means that most experiences of mindfulness, compassion, virtue, and wisdom pass through like water through a sieve, with no lasting value, which undermines motivation and growth on the path of awakening. We will explore one way to solve these problems through a simple practice that turns everyday experiences into lasting neural resources. You will get a strong sense of your needs being met that dramatically reduces the feeling of deficit and disturbance that drives craving, stress, fear, frustration and heartache. This allows increasing rest in a natural peace, contentment and love.

There will also be experiential practices and discussion. No background in neuroscience or Buddhism is needed.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.


Rick Hanson, PhD, is a neuropsychologist and author of Hardwiring Happiness (coming in October 2013), Buddha’s Brain: The Practical Neuroscience of Happiness, Love, and Wisdom (in 23 languages) and Just One Thing: Developing a Buddha Brain One Simple Practice at a Time (in 12 languages). He’s been an invited speaker to Oxford, Stanford, Harvard, and taught in meditation centers worldwide.

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**RESIDENTIAL RETREAT**

**Natural Mind**

*Wednesday, October 9 - Monday, October 14 (5 nights)*

**WILL KABAT-ZINN, HOWARD COHN**

Your mind - the mind that allows you to read this page, to hear the sounds around you, to smell, taste, feel, think and to know that these things are happening - is the mind of all the Buddhas of the past, present, and future. This natural mind is the source, substance and expression of innate freedom and ease; the ground and culmination of the Buddha’s teaching. And yet because we are entrapped in speculative thinking, in hopes and fears about the future, in regret, remorse or nostalgia about the past, and...
in identification with what is happening in the present, few of
us recognize and live from this natural mind. Few of us realize
inherent fulfillment. In this retreat we will delve into the traditional
practice of samatha/vipassana (calming and insight.) Quieting
our incessant mind-chatter, we look deeply into the nature of our
own experience. Seeing clearly the impermanence of all things
internally and externally, we come to rest more on that which is
always here, the groundless ground of all experience, our natural
state and true home.

Cost $885 - $460 sliding scale, plus a donation to the teachers and retreat

MONTHLY CLASS

Dharma and Recovery Group

Friday, October 11, 7:30 - 9:30pm
KEVIN GRIFFIN

(See page 19 for full description.)

Mindfulness in Child Psychotherapy and
Education

Saturday, October 12, 9:30 am - 5 pm
GARY BUCK, LESLEY GRANT

In this daylong we will introduce numerous innovative,
developmentally-appropriate techniques for sharing mindfulness
and related practices (loving-kindness, compassion) with
children pre-K to preteens. We will include examples of teaching
applied mindfulness to children individually, in dyads and in
groups. Similarities and differences between educational and
psychotherapeutic contexts for teaching mindfulness to children
will be explored.

In addition, the day will include the presentation of up-to-date
research on the psychotherapeutic and educational uses of
mindfulness with children, showing improved executive function,
better attention and enhanced behavioral regulation. We will
present similar evidence from our own case studies, as well
as the results experienced by children in their peer and family
relationships and their enhanced ability to access and act on their
own sincere motivations to benefit others.

Teachings are appropriate for individuals as well as health care
professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited and fixed
income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teachers. If paying at the

Gary Buck, PhD has been a mindfulness practitioner for nearly 40 years in the
Buddhist Theravada and Vajrayana traditions, including three years as a monk
in Thailand. He holds a PhD in Psychology from Meridian University and a BA
in Religion from Princeton University. He utilizes mindfulness-based cognitive
approaches in his psychotherapeutic work with both child and adult clients.

Lesley Grant is the founder and director of Marin Mindfulness, teaching
mindfulness and applied mindfulness to parents, children and teachers. Lesley has
both practiced Dharma and taught adults and children for more than 30 years. She
is a California-certified early childhood teacher and has mentored teachers over the
past 14 years.

Stillness in this Turning World:
Monastic Day (Dana - By Donation)

Sunday, October 13, 9:30 am - 5 pm
AYYA ANANDABODHI, AYYA SANTACITTA

The Buddha saw how we get thrown around by what he called
‘the Eight Worldly Conditions’ - gain and loss, fame and disrepute,
praise and blame, pleasure and pain. He offered a teaching to help
us find a place of peace in the midst of these ever-blowing winds.
During this daylong we will strengthen that place of presence and
knowing, bringing freedom in the midst of the many challenges
that life inevitably brings. There will be guided sitting and walking
meditations, dhamma reflections, a shared meal and opportunities
for Q&A.

Please bring lunch, and if you wish, food to share/offer to the nuns.
You will have an opportunity to make offerings to the bhikkhnis as
part of this monastic day of practice. If you would like to bring
food or other offerings, these would be welcomed by the Aloka
Vihara community. You can obtain a current list of needed items by
emailing: viharasteward@gmail.com. For more information on Aloka
Vihara and the Saranaloka Foundation, please visit their website at
www.saranaloka.org.

Offered on a dana (donation) basis. Bring a lunch to share. Code NU4D13.

Ayya Santacitta is a co-founder of Aloka Vihara, a training monastery for women
in San Francisco. She has trained as a nun in both the East and West since 1993,
primarily in the lineage of Ajahn Chah, and she also integrates Dzogchen teachings
into her practice and teachings. In 2011 she received full bhikkhuni ordination. For
more information: www.alokavihara.org.

See page 38 for Ayya Anandabodhi’s bio.
**RESIDENTIAL RETREAT**

**Fall Insight Meditation Retreat (LOTTERY)**

Wednesday, October 16 - Saturday, October 26 (10 nights)

JACK KORNFIELD, GINA SHARPE, WILL KABAT-ZINN, WES NISKER, BONNIE DURAN, TEJA BELL (QIGONG)

This retreat will emphasize quieting the mind, opening the heart, and developing clarity and depth of practice. Traditional meditation instruction will be combined with a spirit of loving-kindness and mindful sitting, walking, dharma talks and interviews.

Cost $1850 - $1000 sliding scale, plus a donation to teachers and retreat staff. Code 306R13.

**Calming the Mind, Opening to Insight:** Bringing Mindfulness, Concentration and Insight Together As One Practice

Saturday, October 19, 9:30 am - 5 pm

RICHARD SHANKMAN

Concentration and jhana are often taught as separate practices from mindfulness and Insight Meditation. We will explore how they can be brought together in a mutually supportive way as a single style of meditation practice. We will learn to practice so the mind becomes more collected and centered, leading to deepening states of concentration, peace, clarity and calm abiding, and culminating in states of unification of mind known as jhana. At the same time, awareness will be guided to open into mindfulness of the body and states of the heart and the mind, revealing the Four Foundations of Mindfulness. This integration of concentration, calm, mindfulness and jhana builds a strong foundation for the arising of insight. The day will include time for questions, discussion and a talk.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this event for $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code FF5D13.

**The Buddha’s Path to Freedom:**

The 4th Foundation of Mindfulness - Mindfulness of Patterns of Experience

Sunday, October 20, 9:30 am - 5 pm

DONALD ROTHBERG

A Study and Practice Series of Four Daylongs (Part 4 of 4)

**Prerequisite:** Beginning meditation class or the equivalent.

The Buddha taught that there is a direct way for alleviating suffering and discovering peace, wisdom and happiness and that is through cultivating the Four Foundations of Mindfulness.

The Fourth Foundation of Mindfulness represents the culmination of this series of practices, and can be seen as a direct pointing, again and again, to the possibility of freedom through direct awareness of where we get caught, and how to turn the mind towards liberation. In this daylong, we will explore the practices of the Fourth Foundation, which can be seen as both the last in the sequence of practices, and as a progression in itself. This daylong will be based on the text in which the Buddha describes this complex and liberating practice.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ on fixed and limited income) are invited to attend this event for $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code FFSD13.

**NONRESIDENTIAL RETREAT**

**Awakening the Heart:** Practicing the “Divine Abodes” (Loving-Kindness, Compassion, Joy, Equanimity)

Monday – Tuesday, October 21 - 22, 9:30 am - 4:30 pm

DONALD ROTHBERG, HEATHER SUNDBERG

The “Divine Abodes” (Brahmaviharas) of loving-kindness, compassion, joy, and equanimity, are the places of the awakened heart. Practicing to cultivate these four abodes helps us to access these wonderful and transformative qualities of the open heart.

- Loving-Kindness (or metta): We practice cultivating a warm, open heart towards ourselves and others, as a basic way of being in the world. It is also a path to wisdom.
- Compassion: The wise heart becomes compassion when it encounters pain or suffering.
- Joy: The friendly heart becomes joy when it encounters happiness or beauty.
- Equanimity: We develop a balanced heart that can increasingly hold all the joys and sorrows of life with care and wisdom.

In this non-residential retreat we will learn the formal practices of loving-kindness, compassion, joy and equanimity, and offer guidance for bringing these practices into daily life.

“We’re all in this together, everything affects everything else; consider other people’s welfare as you’d like them to consider yours – this is how to transcend self-view.”

– AJAHN Sucitto, Turning the Wheel of Truth

For complete teacher biographies, please visit spiritrock.org

To carpool visit our online ride-sharing bulletin board at spiritrock.org/forum.

In consideration of others, please do not wear any scented products to Spirit Rock, including natural or essential oils.
The retreat will be held in the context of silence, with periods of sitting meditation alternating with periods of walking meditation. Core instructions in the different practices will be offered, along with dharma talks, question and answer periods, and several short optional sessions of guided movement. Participants are asked to bring their lunch each day so that there can be two uninterrupted days of practice that include instructions in mindful eating.

Teachings and practices are appropriate for individuals and health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend at a rate of $15 per day.

Cost $60 - $120 sliding scale, plus a donation to the teachers. If paying at the door, add $5. Please bring your lunch. Code DR10D13.

Finding Your True Refuge: Exploring Trauma through Mindfulness

Saturday, October 26, 9:30 am - 5 pm
SHARDA ROGELL, SAKTI ROSE

“The mind may have forgotten but the body has not.” Freud

Trauma disembodies us. Our body gets overwhelmed by stimulus or shuts down giving rise to the patterns of fight, flight and freeze. Traumatic events leave physiological and emotional scars that alter neurological structures and functions.

By developing skills, individuals can recognize and reduce the painful effects of trauma and thereby free up energy for meditation and life itself. During this daylong, we will explore the interconnection of meditation and somatic skills. In an atmosphere of safety, we will create a container for experiencing some useful skills for identifying and working with traumatic activation patterns that can obstruct our spiritual progress.

Through awareness we can find ways to untangle from this morass of inner constrictions and confusion and find movement and release.

One of the unique expressions of Buddhism is to recognize that our true safety lies within. By learning to ground ourselves while sitting in meditation, walking, and engaging in other simple somatic exercises, we may begin to feel more trusting of our present moment experience. Along with these meditative skills, we will also include time for dharma talks, discussion and other experiential learning.

Teachings and practices are appropriate for individuals and health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this daylong for $25.

Cost $50 - $108 sliding scale, plus a donation to the teachers and retreat staff. Code SR1D13.
November

**Residential Retreat**

**Mindful Leadership:**

**Developing Courage, Clarity & Compassion (UWH)**

*Wednesday, October 30 - Sunday, November 3 (4 nights)*

**Anushka Fernandopulle**

Being a leader calls on many qualities from us, which can be supported by retreat and meditation. We will be practicing Insight Meditation with an emphasis on developing courage, clarity and compassion.

Our practices will include: grounding ourselves through mindfulness in sitting, walking and movement; silent practice in nature; and engaging in deep rest and relaxation. The beginning and end of the retreat will include small group sharing and writing reflection, while most of the middle of the retreat will include meditation practice with dharma talks, meditation instruction and teacher support.

Participants should hold a leadership role in their organization or community and want to bring these practices to how they engage in this role. Since parts of this retreat will be taught as a workshop it is important that participants have some experience of leadership to reflect upon. Because space is limited we will be asking you about your leadership role in the application process and selecting those for whom it is most appropriate. This retreat is not meant as a professional development opportunity for executive coaches or consultants who want to improve their techniques or practice. Space is limited.


**Benefit Event**

**Restoring the Sovereignty of Being**

*Saturday, November 2, 11 am - 6 pm*

**Live Webcast Also Available**

**Adyashanti**

Please register early—this event will sell out.

The first task of spirituality is to awaken to being. Being is the source and substance of our existence and reveals that we are not essentially a body-bound personality, but a presence. Awakening opens the door, not only of realizing our existential reality, but also of the possibility of functioning from that reality in the world of time and space. In order for this possibility to be actualized, being must be restored to its rightful place as the center and substance of our existence. It must become the ground from which we live and act. Until being is restored to its rightful sovereignty, we are sleepwalking through life, all the while imagining that we are awake. Until being is restored, the radiance cannot shine; light cannot come into the world. And no matter how much we may accomplish, it all takes place in the realm of unconscious being. During this intensive we will explore the challenges and potential of restoring the sovereignty of being to our lives. This day is offered in part as a benefit for Spirit Rock.


*Adyashanti, author of Falling Into Grace, The End of Your World, True Meditation, Emptiness Dancing and The Impact of Awakening, dares all seekers to take the possibility of liberation seriously. His spontaneous and direct teachings have been compared to those of the early Zen masters and Advaita Vedanta sages, yet are free of any tradition or ideology. Adyashanti was asked to teach by his Zen teacher in 1996. Since then, many have awakened to their true nature while spending time with him. For more information, visit www.Adyashanti.org.

**Freeing Yourself From the Inner Critic**

*Sunday, November 3, 9:30 am - 4:30 pm*

**Mark Coleman**

Have you noticed the negative disabling effects of self-judgment? Are you prone to judging everything you do as not good enough, not quite right, not living up to some impossibly high standard? Do you find yourself harshly judging your meditation, your practice or your other spiritual practices? If you would you like to learn how to be more free from the torment of the inner critic, then this day retreat is for you. During this daylong you will learn:
• How to recognize judging thoughts and the role and function of the inner critic;
• How to deal effectively with self-judgment;
• How to distinguish between negative judgment and wise discernment and discrimination;
• The role of a healthy conscience versus reliance on the inner critic;
• How to develop greater self-acceptance and self-compassion;
• The practice of metta or loving-kindness as an antidote to the critic;
• The need and role of humor in helping us with the critic.

The day will be a combination of meditation, talks and interactive exercises, and is open to new and experienced students. This will be a practical and experiential day taught with lightness, compassion and humor, and the need to not take ourselves too seriously.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code MC6D13.

MONTHLY CLASS
Dharma and Recovery Group

Friday, November 8, 7:30 - 9:30 pm
KEVIN GRIFFIN
(See page 19 for full description.)

SPECIAL EVENT
How To Be An Adult in Love: Letting Love in Safely and Showing It Recklessly

Saturday, November 9, 10 am - 4 pm
DAVID RICHO

We explore the deeper and jubilant implications of loving-kindness practice. We look at ways to love ourselves without guilt and with generosity. We learn how to love others with awareness of our boundaries. We embrace the spiritual challenge of letting our scope of love expand to include all beings. Then love is a commitment to caring connection - unconditional, universal, mindful and joyous. This is how the bodhisattva path is the same as becoming fully human. Based on Dave’s new book, How To Be An Adult in Love.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.

Cost $65 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code DR1S13.

David Richo, PhD, MFT, is a teacher, workshop leader and a writer. He is the author of How to Be An Adult in Relationships: The Five Keys to Mindful Loving; The Power of Coincidence: How Life Shows Us What We Need to Know; and Everyday Commitments: Choosing a Life of Love, Realism and Acceptance.
EXPERIENCED STUDENT EVENT

Dependent Origination as a Buddhist Psychology

Sunday, November 10, 9:30 am - 5 pm
GARY BUCK

This course is appropriate for experienced mindfulness practitioners who are psychotherapists, clients in psychotherapy, or who are simply interested in the relationship between Buddhism and Western Psychology, or psychological exploration and spiritual practice.

At the very core of the Buddha’s own liberating insights lies his discovery of Dependent Origination, a teaching that bridges our psychological and spiritual dimensions. This daylong will explore a way of looking at Dependent Origination grounded in direct experience that provides a Buddhist model for how the process of psychotherapy can move through the level of our psychological patterns and experiences first towards, and then into, the depths of our spiritual being.

The twelve links of Dependent Origination will be presented as a description of the successively more complex layers of our sense of self that can be gradually deconstructed through mindful inquiry. We will explore the psychological layer of character and personality, the layer of ourselves as sensory organisms, the self as a center of knowing in relation to what is known, and finally, ranges of experience where even this subtle structuring breaks down, opening into ways of being where no sense of self pertains. We will consider this approach to healing our suffering in relation to schools of psychology such as cognitive-behavioral psychology, positive psychology, humanistic psychology, Jungian psychology, and energy psychology, as well as various approaches to psychotherapy.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited income) are invited to attend this daylong at a rate of $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code G82D13.

See page 25 for Gary Buck’s bio.

RESIDENTIAL RETREAT

Exploring Awareness: A Retreat for Experienced Students

PHILLIP MOFFITT, GUY ARMSTRONG, ADRIANNE ROSS

Prerequisite: You must have at least 14 days of silent vipassana retreat experience to be eligible to attend this retreat.

The teachings of mindfulness include an emphasis on awareness of objects (experiences) that arise in the mind and the actual experience of awareness itself – “that which knows.” As students deepen their practice, the importance of awareness as a phenomenon that is to be understood becomes increasingly important for the development of insight.

In this retreat we will explore the nature of awareness in its many manifestations and its implications for liberation. The aspiration is for students to develop their own direct experience of awareness and to be able to skillfully access it both in their formal practice and in daily life. To support the reflection and investigation of awareness there will be extra talks, special inquiry exercises, and discussion groups. To support direct meditation on awareness, the retreat will include regular sitting and walking periods and be held in silence.

Cost $1240 - $645 sliding scale, plus a donation to the teachers and retreat staff. Code 314R13.

Bouncing Back: Rewiring Your Brain for Resilience and Well-Being

Saturday, November 16, 9:30 am - 5 pm
LINDA GRAHAM

Mindfulness and compassion practices are among the most powerful agents of brain change known to modern science. A wise use of Buddhist contemplative practices and tools from modern relational psychology can help practitioners let go of unwholesome coping strategies and cultivate wholesome ones, leading to more clarity, response flexibility, resilience and less greed, hatred, delusion and suffering. This daylong teaches participants many practices that skillfully harness the innate neuroplasticity of the brain to reduce the impacts of stress, trauma, the hindrances, and our all-too-human conditioning on how we cope with the inevitable disappointments and disasters of life. We will deepen the habits of generosity, kindness, compassion, forgiveness, equanimity, tranquility and inner peace that lead to freedom and liberation.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited income) are invited to attend this daylong at a rate of $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code LG1D13.

Linda Graham, MFT, is an experienced psychotherapist and meditation teacher who integrates neuroscience, mindfulness practices and relational psychology in her nationwide trainings. She is the author of Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being.

Liberate the Body & Stretch the Mind: Meditation & Yoga

Sunday, November 17, 9:30 am - 5 pm
WES NISKER, KATCHIE ANANDA

“Oh wondrous creatures, by what strange miracle do you so often not smile?” - Hafiz, Sufi poet

This daylong combines the traditional practices of Buddhist mindfulness meditation and Anusara yoga to help us embody the amazement of being alive and human. During the day, periods of meditation will alternate with yoga, allowing the techniques to
Beginning Insight Meditation
Introduction to Buddhism
Exploring the Buddhist Path
Deepening Practices and Wisdom

support each other and create a sense of mind-body connection, vitality and well-being. The daylong will feature an exploration of Buddhist and Yogic philosophy, as well as plenty of poetry and good humor. There will be ample time for discussion, as well as attention to individual challenges.

The workshop is appropriate for both experienced and beginning students of either mindfulness meditation or Anusara yoga.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this daylong at a rate of $25.

Cost $50 - $108 sliding scale, plus a donation to the teachers. If paying at the door, add $5. Please bring your lunch. Code WN3D13.

Katchie Ananda is an internationally recognized yoga and dharma teacher who "Yoga Journal" named one of five top yoga teachers making change in the world. With more than 20 years of experience as a full-time yoga teacher and trainer, she is certified in Anusara, Jivamukti, Integral yoga and Ashtanga Vinyasa by Richard Freeman. A committed student of vipassana meditation, she has studied closely with Jack Kornfield for over 15 years.

See page 38 for Wes Nisker's bio.

RESIDENTIAL RETREAT
Thanksgiving Insight Meditation Retreat
Friday, November 22 - Sunday, December 1 (9 nights)
ANDREA FELLA, WES NISKER, ANUSHKA FERNANDOPULLE, PATRICK COFFEY, TEJA BELL (QIGONG)

The Thanksgiving retreat at Spirit Rock is a special opportunity to spend the holiday in the company of a like-minded community, surrounded by the peace and silence of the land. We will spend our days in noble silence with the sitting and walking practices of Insight Meditation (vipassana). Supported in this beautiful container, we will explore how the teachings of the Buddha point us to directly touch and understand our experience, opening us to compassion and wisdom. There will be meditation instructions for sitting and walking meditation, periods of movement (qigong), dharma talks and interviews with the teachers.

Cost $1575 - $810 sliding scale, plus a donation to teachers and retreat staff. Code 316R13.

Insight Meditation Daylong
Saturday, November 23, 9 am - 5 pm
JACK KORNFIELD

This is a traditional Insight Meditation (vipassana) daylong that includes systematic instructions, silent sitting and walking meditation, and a dharma talk. It is suitable for both beginning and experienced meditators.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.


Embodying Joy
Sunday, November 24, 9:30 am - 5 pm
MINGTONG GU, DEBRA CHAMBERLIN-TAYLOR

Our inherent joy is like sunlight that is always shining within. This natural radiance is often obscured by passing clouds of emotion and thought. At this workshop we will share practices and teachings from Buddhist and qigong traditions on how to uncover and reclaim our natural inner joy. Practices will include movement, meditations and sound.

Master Mingtong Gu will teach various qigong movements that awaken joy through strengthening the endocrine and immune systems, reducing stress, anxiety and depression by activating and balancing the energy body. He will also teach an ancient and powerful practice of sound healing, an effective tool for transforming negative emotions into healing gifts. This day will be accessible and beneficial to people of all ages and conditions.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teachers. If paying at the door, add $5. Please bring your lunch. Code DC1D13.

Master Mingtong Gu is an internationally recognized teacher and healer who received his training from a variety of Chinese and Tibetan Grandmasters at the world’s largest qigong hospital. This “medicine-less” hospital, Zhineng Qigong Center, has treated over 200,000 patients with more than 185 different illnesses at a 95% success rate. He is the founder of the Chi Healing Center and Wisdom Healing Foundation, and has taught qigong to thousands in the US, China and Europe. For more information: www.chicenter.com.

See page 38 for Debra Chamberlin-Taylor's bio.
A Day of Healing and Liberation for Self-Identified People of Color in Recovery

Saturday, November 30, 10 am - 4:30 pm
SHAHARA L. GODFREY

Bring a friend for free!

Being in recovery is a form of liberation in itself because we dare to live our lives healthy, whole and free. Come join us in a community of healing and liberation for People of Color by exploring the 12-steps in relation to the Dharma. We recognize multiple perspectives and multiple approaches to recovery; we are gathered in the spirit of investigation and deepening a meditation practice. The daylong includes guided walking, sitting and kindness practices. Interactive exercises, movement, and group sharing are also planned. This group is meant to be a support for recovery. All self-identified People of Color are welcome.


Shahara Godfrey has followed the teachings of the Buddha since 1995, with her primary practices in Compassion and Social Activism. She has completed the Community Dharma Leaders and the Path of Engagement programs at Spirit Rock. She is a core teacher with East Bay Meditation Center in Oakland, CA.

Relationship as Spiritual Practice

Sunday, December 1, 9:30 am - 5 pm
DEBRA CHAMBERLIN-TAYLOR, GEORGE TAYLOR

Bring a friend for free!

Appropriate for those with or without partners.

Relationships can be a source of great joy and awakening in which the most difficult challenges are used for growth and for opening the heart. This may sound like a fantasy, yet experience in our own marriage, as well as experience with hundreds of couples we have worked with, shows us that conscious, loving relations are possible. These relationships are a profound opportunity to take the genuine spiritual journey of letting go of the conditioned self and of opening to the vast heart of compassion. However, partnerships of this quality do not occur by accident. A few essential principles and skills can transform relationships into spiritual practice. In this workshop, we’ll share these essential tools through group discussion, experiential exercises and guided meditations. These tools are valuable for partnerships, for family relationships and for friendships; workable on your own or for use in therapeutic settings.

Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

December

The Poetry of Awakening: A Saturday Retreat with Gavin Harrison

Saturday, December 7, 9:30 am - 5 pm
GAVIN HARRISON

Ecstatic poetry can pierce the veil of our human forgetfulness; undermine all that obscures the truth of who we really are and liberate the infinite wisdom and love that abides within us. During this daylong retreat, in silence, meditation, reflection and dharma interaction, we explore the universal mystical themes of longing, fire, union and the capacity for awakened love to transform our lives. Gavin will weave a selection of poetry from his forthcoming new book, Petals and Blood: Stories, Dharma and Poems of Ecstasy, Awakening and Annihilation, through the day.

This daylong is suitable for both beginning and experienced meditation students.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teachers. If paying at the door, add $5. Please bring your lunch. Code GH1D13.

Gavin Harrison is the author of In the Lap of the Buddha and a recipient of the Unsung Heroes of Compassion Award presented to him by H. H. the Dalai Lama for “kindness and quiet dedication to others.” His spiritual teachings are rooted in Insight Meditation. He was born in South Africa and lives on the Big Island of Hawai‘i. He is a student of yoga, t’ai chi and qigong. He is a USA fund-raiser for the Woza Moya Project supporting AIDS orphans in KwaZulu, South Africa.

For complete teacher biographies, please visit spiritrock.org

To carpool visit our online ride-sharing bulletin board at spiritrock.org/forum.

In consideration of others, please do not wear any scented products to Spirit Rock, including natural or essential oils.
Coming Home to Your Body: Mindful Yoga and Embodied Meditation

Sunday, December 8, 9:30 am - 4:30 pm
ANNE CUSHMAN

Together we'll practice seated meditation in a way that builds on and complements a yoga asana practice; and we'll practice yoga in a way that supports and expresses compassionate intimacy with body, breath, heart, and mind. The day will include an integrated flow of mindful yoga postures, breathing practices, seated meditation, dharma reflections and time to ask questions and share discoveries. We'll explore a meditative, inner-body approach to yoga asana and pranayama that can deepen your practice whether you're a beginner or a seasoned practitioner; breath and energy techniques to calm a restless mind or energize a dull one; the elements of a stable, fluid, and comfortable meditation posture; and an approach to seated meditation that emphasizes embodied presence.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch and your own mat. Code AC1DT13.

See page 17 for Anne Cushman’s bio.

RESIDENTIAL RETREAT

Compassionate Hearts, Joyful Minds
A Retreat for the LGBTQI & SGL Community

Tuesday, December 10 - Sunday, December 15 (5 nights)
ARINNA WEISMAN, PASCAL AUCLAIR, WINNIE NAZASOKO, SUSANA RENAUD (YOGA)

We will come together as community to care for all the aspects and diversity in our unique lives. While gently opening the mind and strengthening the heart, we will learn to find intimacy and balance with whatever arises. Through guided and silent meditations, while walking or sitting, through talks and reflections, we will foster a creative and appropriate response to the fullness of our lives.

Cost $885 - $460 sliding scale, plus a donation to teachers and retreat staff. Code 32OR13.

MONTHLY CLASS

Dharma and Recovery Group

Friday, December 13, 7:30 - 9:30 pm
KEVIN GRIFFIN

(See page 19 for full description.)

Three Levels of Knowing: A Day for Experienced Students

Saturday, December 14, 9:30 am - 4:30 pm
Live Webcast Available
PHILLIP MOFFITT

Prerequisite: Attendance at a residential retreat, the ‘Essential Dharma’ series, or six daylongs.

To know something deeply, we must first gather information, realize the implications of the information, and then cultivate an understanding of the information that is deep enough so that we can create a temporary respite from suffering. This can also be described as a three-step path of information, knowledge and realization. At each stage of awareness you create less suffering for yourself and others, independent of your mind state in any moment. During this daylong, we will investigate the implications of this teaching for our meditation practice and explore various types of vipassana (Insight Meditation) and metta (loving-kindness) practices.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code PM4DT13.


EVENING EVENT

Meditation, Chanting and Winter Solstice Ritual

Sunday, December 15, 6:30 - 9:30 pm
JAI UTTAL, DEBRA CHAMBERLIN-TAYLOR

The great Love and sacred light that this season celebrates are found within our own hearts. We will use the powerful and sublime blend of chanting and meditation to carry us from the frenzy of “holiday mind” to the ocean of the awakened heart. This evening will include chanting (call and response) and meditation. We will conclude with a beautiful candlelight ritual to honor the winter solstice.

$25 prepaid; $30 at the door. Space is limited; please preregister and bring a cushion. Code JA4ET13.

See page 20 for Jai Uttal’s bio and page 38 for Debra Chamberlin-Taylor’s bio.

“We come to see that freedom from the self is not about rejecting who we are. Instead, it is an invitation to engage life with a radical immediacy, one that reveals the . . . paradox of our simultaneous uniqueness and unity.”

– EUGENE CASH AND PAMELA WEISS, ‘Studying the Self’
No-Self in the Brain: Insights from Neuroscience About Not Taking Life Personally

Sunday, December 15, 9:30 am - 5 pm
RICK HANSON

We all experience having a particular identity which helps us navigate in the world — but that very sense of self is also a great source of suffering, as we cling to its wants and react to how others treat it. The Buddha taught that not-self was one of the three fundamental characteristics of existence, alongside impermanence and suffering. In this workshop, we will examine 'self' — and its release — in light of Buddhism and modern brain science. These perspectives inform each other, and together they offer powerful and practical tools for deconstructing the apparent self. In this workshop, we will cover:

- Buddhist perspectives on the interconnectedness of all things, and thus the “emptiness” of any apparent thing;
- The four defining characteristics of the presumed “I”;
- The absence of these characteristics in both your experience and your brain;
- Why the apparent “I” is not just “empty” but actually does not exist;
- Ways to fill the hole in the heart and thus reduce self-ing;
- Ways to relax the sense of self and take things less personally.

There will be plenty of opportunities for questions and discussion. No background in meditation or neuroscience is necessary. Teachings are appropriate for individuals as well as health care professionals. Continuing Education (CE) credit available.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50 - $108 sliding scale, plus a donation to the teacher. If paying at the door, add $$. Please bring your lunch. Code RH4D13.

See page 24 for Rick Hanson’s bio.

RESIDENTIAL RETREAT

Insight Meditation Solstice Retreat

Tuesday, December 17 - Sunday, December 22 (5 nights)
DONALD ROTHBERG, JOHN TRAVIS, HEATHER SUNDBERG

In this retreat, we will emphasize centering ourselves at the time of the holidays and the New Year, quieting our minds, grounding in our bodies, opening up our hearts and using inquiry to help give energy to our practice. There will be a special emphasis on opening to the darkness, including our difficulties and challenges, as well as to the coming light — such as beauty, joy and love. We will have a winter solstice ceremony. The retreat will include complete meditation instructions, sitting and walking meditation, daily loving-kindness practice, evening talks and interviews.

Cost $885 - $460 sliding scale, plus a donation to teachers and retreat staff. Code 322R13

1-MONTH & 2-MONTH RESIDENTIAL RETREATS IN 2014

An extended period of retreat offers the rare opportunity for sustained and dedicated practice. This retreat emphasizes quieting the mind, opening the heart, and developing profound clarity and depth of insight. Instruction will follow the traditional Four Foundations of Mindfulness, combined with training in loving-kindness and compassion, through a daily schedule of silent sitting, walking, dharma talks and interviews. See website for cost information and to apply.

Insight Meditation 2-Month Retreat

Saturday, February 1 - Friday, March 28
Opens for registration on 8/1

FEBRUARY 1-MONTH RETREAT TEACHERS (2/1 – 3/1):
GUY ARMSTRONG, CAROL WILSON, JAMES BARAZ, ANDREA FELLA, GREG SCHARF

MARCH 1-MONTH RETREAT TEACHERS (3/1 – 3/28):
GIL FRONSDAL, MARY GRACE ORR, JOHN TRAVIS, SHARDA ROGELL, PHILLIP MOFFITT, HEATHER MARTIN

Prerequisite: Completion of 2 previous silent 7-day vipassana retreats led by Spirit Rock or IMS teachers, or the equivalent. You will need to provide the teachers’ names, dates, location and length of the retreats with the application.

Working with Emotions the Buddha Way: Monastic Daylong (Dana - By Donation)

Saturday, December 21, 9 am - 5 pm
AYYA SOBHANA

Emotions include the entire bundle of reactive body states, feelings, perceptions, intentions, and self-centered consciousness. Emotion is normal and essential for our existence in this world, but it is also what keeps us hooked. The Buddha did not teach a self-help program for getting rid of affective emotions and gaining pleasant ones, but he did show how to harness the fundamental instinctive drive for our own welfare.

Ayya Sobhana teaches an approach to affective emotions based on the Buddha’s teaching on the “five aggregates of clinging.” By mindfully observing and fully understanding the process of the five aggregates, we can learn to let go of attachment and identification with them. With this letting go comes the experience of freedom, clarity, forgiveness, and compassion for the entire emotional process—both in oneself and in others. This state of balance and clarity allows us to develop the path of Buddhism fully.

This daylong workshop is intended for practitioners who can see their own reactivity of body and mind to emotional triggers and desire a more peaceful, light-hearted relationship with the inevitable challenges, difficulties and failures of life. It will include instructions for sitting and walking meditation, dhamma talks, interviews and group discussion.

For complete teacher biographies, please visit spiritrock.org
To carpool visit our online ride-sharing bulletin board at spiritrock.org/forum.
In consideration of others, please do not wear any scented products to Spirit Rock, including natural or essential oils.
Please bring lunch, and if you wish, food to share/offer to the nuns. You will have an opportunity to make offerings to the bhikkhunis as part of this monastic day of practice. If you would like to bring food or other offerings, these would be welcomed by the Aranya Bodhi community. You can obtain a current list of needed items by visiting http://www.aranyabodhi.org/dana/wish-list.

Offered on a dana (donation) basis. Bring lunch to share. Code NU5D13.

Ayya Sobhana is the Prioress of Aranya Bodhi, a new community for monastic women located on the Sonoma Coast of California. Together with Ayya Tathaloaka Theri, Ayya Sobhana has been deeply involved in the recent restoration of Bhikkhuni full ordination in the Theravada tradition. She meditated and trained with Bhante Henepola Gunaratana since 1989 and stayed at the Bhavana Society in West Virginia from 2003 to 2010. She ordained in 2003 and obtained full Bhikkhuni ordination in 2006. Her primary practice is the Eightfold Noble Path: integrating meditation with ethical living and compassionate relationships for the sake of liberation.

The Gift of Recovery

Sunday, December 22, 9:30 am – 4:30 pm
KEVIN GRIFFIN
Bring a friend for free!

This time of year is especially challenging for people who have struggled with addictions to drugs, alcohol, food, and painful family relationships. Memories of holidays past can trigger destructive behaviors. Wasteful spending and the stress of expectations can be an emotional drain. This day provides a respite from the holidays, using Buddhist mindfulness, forgiveness, and loving-kindness practices as healing tools for people in recovery. Combining 12 Step work with Buddhist teachings, we will practice meditation, mindful dialogue and explore ways to “practice these principles in all our affairs.” Join us for a supportive and nurturing day with others on the path of recovery.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50-$108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code AS1D13.

Albert Flynn DeSilver is an internationally published poet, author, teacher, and speaker. He served as Marin County’s very first Poet Laureate from 2008-2010. His book, Beamish Boy (I Am Not My Story): A Memoir of Recovery & Awakening, was released in June of 2012. Albert has taught at the Omega Institute, Tassajara Zen Center, at many writing conferences and institutions nationally, and in the Teen and Family Program at Spirit Rock since 2005. He has been practicing vipassana and other forms of meditation since 1994. For more information www.albertflynndesilver.com

What remains when self disperses, even temporarily? The wholehearted movement to contribute, and the wish to thrive and prosper as one human animal among six billion.”

– RICK HANSON, Buddha’s Brain

RESIDENTIAL RETREAT

New Year’s Teen Retreat (for teens ages 15-19)
Saturday, December 28 – Thursday, January 2 (5 nights)
SPRING WASHAM, MARVIN BELZER AND PABLO DAS
See Teen Program listings on page 37 for complete description.

Writing As a Path to Awakening

Saturday, December 28, 10 am – 5 pm
ALBERT FLYNN DESILVER

The practice of writing is an exploration of consciousness, a practice toward deeper self-awareness, and moves us along the path of awakening to our true nature. Join us for this exciting day exploring your inner and outer creativity. The day will include periods of sitting meditation, writing exercises, readings, standing meditation, Q&A, and discussion. The purpose is to explore and inspire our innate creativity and experience deeper levels of awareness through the practice of writing and listening to words.

Young Adults (18-26) and Seniors (65+ with limited and fixed income) are invited to attend this day for $25.

Cost $50-$108 sliding scale, plus a donation to the teacher. If paying at the door, add $5. Please bring your lunch. Code AS1D13.

Albert Flynn DeSilver is an internationally published poet, author, teacher, and speaker. He served as Marin County’s very first Poet Laureate from 2008-2010. His book, Beamish Boy (I Am Not My Story): A Memoir of Recovery & Awakening, was released in June of 2012. Albert has taught at the Omega Institute, Tassajara Zen Center, at many writing conferences and institutions nationally, and in the Teen and Family Program at Spirit Rock since 2005. He has been practicing vipassana and other forms of meditation since 1994. For more information www.albertflynndesilver.com

RESIDENTIAL RETREAT

New Year’s Insight Meditation Retreat (LOTTERY)
Friday, December 27 - Saturday, January 4 (8 nights)
GIL FRONSDAL, JOHN TRAVIS, SHARDA ROGELL, EUGENE CASH, JANICE CLARFIELD (YOGA)

This is a traditional Insight Meditation (vipassana) retreat format with sitting and walking in silence, and time for individual interviews. Teachers give daily dharma talks and systematic meditation instructions. We will celebrate New Year’s Eve with a late evening sitting and simple ceremony.

Cost $1480 - $800 sliding scale, plus a donation to teachers and retreat staff. Code 324R13.


**LET GO, START OVER, LET GO**

**Sunday, December 29, 9:30 am - 5 pm**

**WES NISKER, NINA WISE, AND OTHERS**

A New Year meditation, emancipation, celebration daylong!

As we approach the end of one year and the beginning of another, we have the opportunity to reflect on the past and aim our hearts and minds toward awakening. We will sit in silence and replenish our deepest wisdom. We will set intentions for ourselves and rekindle our hopes for the world in the coming year. And we will dance, sing and celebrate! The daylong will feature periods of meditation practice, movement practice, guided reflection, poetry, stories, and an end of the year guided ritual. Join us in community as we begin another spin on this old rock of ages. All ages are welcome.

Young Adults (18-26) and Seniors (65+ with limited income) are invited to attend this daylong at a rate of $25.

Cost $50 - $108 sliding scale, plus a donation to the teachers. If paying at the door, add $5. Please bring your lunch. Code WN4D13.

Nina Wise is a well-known performer who has devoted her career to investigating the relationship between art and spirit. She is the recipient of multiple fellowships from the National Endowment for the Arts and the Marin Arts Council and has received seven Bay Area Critics Circle Awards. She is the author of A Big New Free Happy Unusual Life: Self-Expression and Spiritual Practice for Those Who Have Time for Neither.

See page 38 for Wes Nisker’s bio.

**EVENING EVENT**

**Contemplative New Year’s Eve Celebration**

**Tuesday, December 31, 9 pm - 12:30 am**

**ANNE CUSHMAN, TEJA BELL**

Looking for a contemplative alternative to the usual New Year’s Eve? Would you like to celebrate with a community of like-minded people and set an intention of mindfulness, joy and well-being for 2014? Join us as we welcome in the New Year with meditation, Dharma, acoustic music, revitalizing qigong and an intention-setting ritual —letting go of the old and inviting in fresh healing energy. If you wish, bring a light dish (preferably vegetarian and organic) to share. Please have it completely prepared before you arrive. There is a microwave to heat some dishes. Spirit Rock will provide other snacks and non-alcoholic beverages. Dress up, dress down, come as you truly are.

All are welcome.

8:30pm: Doors Open  9:00 pm: Meditation, music, and nourishing winter qigong  10:15 pm: Refreshments and community connection 10:45 pm: Meditation, music, and intention-setting ritual 12:00 am: Welcoming the New Year  12:30 am: End of evening


Teja Bell has integrated the practice and teaching of martial arts, healing energy practices and the Dharma for more than 40 years. He is a teacher of Aikido (5th degree Black Belt) and of the Chinese Internal Arts, as well as a fully ordained Rinzaizen priest and lineage dharma teacher. Teja bridges the practices of Buddhism and the qigong and yogic traditions of China - with relevance to our times. For more information: www.qigongdharma.com. See page 17 for Anne Cushman’s bio.

For complete teacher biographies, please visit spiritrock.org

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**Family Program**

**Family Practice Day**

**Sunday, October 27, 10:30 am - 3 pm**

**WES NISKER, BETSY ROSE, REBEKKAH LADYNE**

Family Days are a wonderful opportunity to spend the day connecting with your children, yourself and a community of supportive peers. Come play, share, learn and open your heart!

**FAMILY PRACTICE PERIOD:** We start our morning with a program specifically tailored for two age ranges: ages 4 - 10 and 11 - 14. Each program weaves the theme of the day into songs, skits and family activities. Come and experience mindfulness with us.

**YOUTH PROGRAM:** During the second half of our day, youth ages 4-12 will attend age-appropriate groups with our mindfulness leaders. They will play, make art, sing songs and practice mindfulness together.

**PARENT’S PROGRAM:** Parents will have an opportunity to meditate, hear a talk related to parenting as practice, and connect with one another through group discussions. Pre-registration requested so we can plan ahead, especially for the kid’s activities.

Cost: $35-$55 per family, depending on size.

2 person family $35
3 person family $45
4+ person family $55

Volunteers are needed to assist with the event and attend for free. Children are welcome to volunteer alongside an adult. Contact our Volunteer & Community Coordinator for more information at volunteering@spiritrock.org or call (415) 488-0164 x224.

Cost $35 - $55 sliding scale, plus a donation to the teachers. No one turned away for lack of funds. Please bring your lunch. Code FA4D13.

Betsy Rose is a singer, writer, recording artist, and a mother. She is a renowned children’s artist, teaching children the power of their own voices and creativity through singing and song making workshops. She has performed widely throughout the world at festivals, ecological conferences and spiritual gatherings. She was introduced to the dharma by Thich Nhat Hanh in 1987.

Rebekkah LaDyne began practicing meditation and yoga in her late teens. These tools helped her tremendously through the storms of growing up. She has studied and practiced vipassana meditation in the U.S., India and Thailand. She completed the Spirit Rock Community Dharma Leaders’ training program and is a member of Diamond Heart 8.

See page 38 for Wes Nisker’s bio.
Teen Program

Teen Meditation Daylong (for teens in high school or college)
Spirit Rock Land

Sunday, September 22, 11 am - 3 pm
ADAM BARAZ, REBEKKAH LADYNE

Get your head straight, chill out, learn to focus, and appreciate life to its fullest! Explore your mind, emotions, thoughts, and senses. Connect with other teens in a positive, meaningful way. This meditation daylong for teens offers a great opportunity for meditation practice and the exploration of how to live our lives with authenticity, kindness and wisdom. This is a “don’t miss!” for any teen interested in experiencing meditation and mindfulness practices, truthful/heartfelt communication, safe community, and a time to relax and reflect on the mysteries and truths of our lives. Periods of guided sitting and walking meditation will be offered, along with community building games and sharing time.

In case of inclement weather, the daylong will take place in the yurt.

Cost $30, plus a donation to the teachers. If paying at the door, add $5.
Visit our website for Adam Baraz’s bio.
See page 36 for Rebekkah LaDyne’s bio.

Fall Middle School Series (all middle-school age tweens welcome)

5 Wednesdays, September 25 - October 23, 6 - 8pm
WILL SCHROEDER, DAVID SCOTT

Learn meditation, relax deeply, speak your truth and develop your mind—all while hanging out with other great people your age. Through the practices of mindfulness and Insight Meditation, we take the time to reconnect to ourselves in order to experience more peace, wisdom and compassion. Classes will include movement, community building games, meditation instruction and council, a practice of witnessing and contributing to the group’s collective wisdom. The final class will include a potluck dinner celebration. During the class, parents are welcome to read, meditate and connect with each other in the Spirit Rock bookstore.

Registration limited to 15 students, pre-registration strongly recommended, as this series often fills. Note: Limited scholarships and work exchange opportunities may be available. Parent volunteers may be needed to assist with the event. Contact our Volunteer Coordinator for more information - volunteering@spiritrock.org or (415) 488-0164 x224.

Cost $45 - $60, sliding scale. Code TE6C13
Visit our website for teacher bios.

Teen Fall Series (all teens in high school and college welcome)

Sundays, October 6 - November 3, plus Saturday, November 9, 6 - 8:30pm
REBEKAH LAROS, MATTHEW MOREY

Schedule: 5 Sundays, October 6th-November 3rd, 6 pm - 8:30pm, plus an evening gathering from 6 - 11 pm on Saturday, November 9th.

See Fall Middle School Series for full description.

Registration limited to 25 students per class. Note: Limited scholarships and work exchange opportunities may be available. Parent volunteers may be needed to assist with the event. If interested, please contact the Volunteer Coordinator at volunteering@spiritrock.org or (415) 488-0164 x224.

Cost $105-90, sliding scale, plus a donation to teachers. No one turned away for lack of funds. Code TESC13.
Visit our website for teacher bios.

RESIDENTIAL RETREAT

New Year’s Teen Retreat (ages 15-19)
Walden West Environmental Camp, Saratoga, CA

Saturday, December 28 - Thursday, January 2 (5 nights)
SPRING WASHAM, MARVIN BELZER AND PABLO DAS

Prerequisites: For teens ages 15-19.

Get your head straight, chill out, learn to focus and appreciate life to its fullest! Explore your heart and mind. Connect with other teens in a positive, meaningful way. Reflect on the mysteries and truths of our lives.

This retreat is an opportunity for teenagers to explore mindfulness practice through guided periods of silent sitting and walking meditation, small group discussions, creative activities and unstructured free time. Besides learning meditation practices, there will also be time to go for walks, playing music, telling stories and enjoying each others’ company. Since meditation practice may be new to some teens, each period of sitting and walking meditation will be limited to 30 minutes.

Facilitators will be available to give extra support to teens whenever needed. Meals are vegetarian and are prepared with the tastes and preferences of young people in mind. Registration for this retreat closes at noon (12pm) on December 20.

Retreat location: Walden West (Sanborn Site), 15555 Sanborn Road, Saratoga, CA 95070

Cost $885 - $460 sliding scale, plus a donation to teachers and retreat staff. Code 326R13
Visit our website for teacher bios.

See page 38 for Spring Washam’s bio.
Spirit Rock Teachers Council

Ayya Anandabodhi has practiced meditation since 1989, and lived in Amaravati and Chithurst monasteries in the UK for 18 years. In 2009, she moved to the U.S. to help establish Aloka Vihara, a training monastery for women, where she now resides.

Guy Armstrong has been practicing Insight Meditation for more than 30 years and began teaching in 1984. He spent a year as a Buddhist monk in Thailand. Guy is a Guiding Teacher of IMS.

Sally Armstrong began practicing Insight Meditation in 1981 and began teaching in 1996. She has served at Spirit Rock in a number of roles and is co-founder and co-teacher of the Dedicated Practitioners’ Program. She is a co-guiding teacher at Spirit Rock.

James Baraz has practiced Insight Meditation since 1974 and has been teaching since 1980. James leads ongoing meditation and Awakening Joy classes in Berkeley. He is the author of Awakening Joy with Shoshana Alexander.

Sylvia Boorstein has been teaching since 1985, and teaches both vipassana and metta meditation. Her many books include That’s Funky, You Don’t Look Buddhist and Happiness Is an Inside Job.

Eugene Cash is a founding teacher of San Francisco Insight. He is also the co-founder and co-teacher of the Dedicated Practitioners’ Program. In addition, he teaches the Diamond Approach® in San Francisco and Holland.

Debra Chamberlin-Taylor has been leading retreats since 1978. In addition to practicing vipassana, she has been influenced by Dzogchen and Diamond Heart®. She also leads workshops on embodiment of awareness and conscious relationships.

Howard Cohn has led vipassana retreats since 1985 and leads a weekly sitting group in San Francisco. He has studied with teachers of several traditions, including Theravada, Zen and Dzogchen, and has been strongly influenced by H.W.L. Poonja.

Mark Coleman has been teaching Insight Meditation retreats since 1997. He also leads wilderness meditation retreats, integrating mindfulness meditation with nature, and is the author of Awake in the Wild.

Dana DePalma has practiced Insight Meditation since 1993. She holds a Masters Degree in Counseling Psychology and is a licensed Marriage and Family Therapist. She is the Spirit Rock Staff Dharma Teacher and leads a weekly meditation and yoga class.

Anna Douglas, PhD, has a background in psychology and art, in addition to 25 years of vipassana practice. She has also studied with teachers in the Zen, Advaita and Dzogchen traditions.

Andrea Fella has practiced Insight Meditation since 1996, and began teaching meditation classes in 2003. She has done a number of long retreats, both in the U.S. and Burma, and ordained as a nun. She teaches at the Insight Meditation Center in Redwood City and centers around the U.S.

Anushka Fernandopulle has trained for more than 20 years in the Theravada tradition in the U.S., India and Sri Lanka. She is also on the teaching team at San Francisco Insight, the Leadership Sangha at East Bay Meditation Center, and is lead teacher of the San Francisco LGBT sangha.

Gil Fronsdal has practiced Zen and vipassana since 1975 and holds a PhD in Buddhist Studies from Stanford. He is founding teacher of the Insight Meditation Center in Redwood City, and author of a translation of The Dhammapada.

Will Kabat-Zinn has practiced vipassana meditation intensively in the U.S. and in Burma for more than ten years. He currently lives in the San Francisco Bay Area and teaches regularly at SF Insight, Spirit Rock, and at meditation centers around the U.S.

Jack Kornfield trained as a Buddhist monk in Thailand, India and Burma, and holds a PhD in clinical psychology. He has taught meditation since 1974, and is a founding teacher of IMS and Spirit Rock. His books include A Path with Heart and The Wise Heart.

Philip Moffitt has practiced vipassana since 1983. He is founder and president of the Life Balance Institute and holds a weekly Insight Meditation class in Corte Madera, CA. He is the author of Dancing with Life and Emotional Chaos to Clarity, and a Co-Guiding Teacher at Spirit Rock.

Mary Grace Orr is a vipassana teacher and former Guiding Teacher of Santa Cruz Insight. She has practiced many spiritual disciplines for the past 25 years, and has trained with A.H. Almaas in the Diamond Approach®.

Sharda Rogell began teaching Insight Meditation in 1985. She brings a strong emphasis to awakening heartfulness, and has been influenced by non-dual teachings, Dzogchen and the Diamond Approach®.

Donald Rothberg has practiced meditation since 1976. He is the guiding teacher for the Path of Engagement program. He is the author of The Engaged Spiritual Life, and co-teaches the Wednesday morning class at Spirit Rock.

John Travis founded Mountain Stream Meditation in 1993, and opened a center in Nevada City, CA, in 2013. He has practiced meditation for almost 50 years, and he spent a decade living in Asia, studying and sitting retreats with some of the great vipassana and Tibetan masters of our time.

Temple Smith has been practicing metta and Insight Meditation since 1989, including a year as a fully ordained monk in Burma. He graduated from Teacher Training led by Jack Kornfield at Spirit Rock. Tempel has been leading retreats for more than ten years.

Spring Washam has practiced meditation since 1997. She is a founding teacher of the East Bay Meditation Center, in Oakland, CA. Spring is considered a pioneer in bringing mindfulness-based meditation practices to inner city communities.

For complete teacher biographies, please visit spiritrock.org.

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Julie Wester has been a teacher of Insight Meditation since 1985 and is a senior meditation teacher at Spirit Rock. A student of sacred feminine wisdom traditions, her primary teachers have included Ruth Denison, Joanna Macy, Lama Tsultrim Allione and the women of her own family lineage.

Diana Winston is the Director of Mindfulness Education at UCLA’s Mindful Awareness Research Center. She has practiced vipassana since 1989, including a year as a Buddhist nun in Burma, and is the author of Fully Present and Wide Awake: A Buddhist Guide for Teens.

Larry Yang is a longtime meditator trained as a psychotherapist. He is interested in creating access to the Dharma for communities who have felt the experience of exclusion or difference. Larry is a teacher at the East Bay Meditation Center.

**Teacher Emeritus**

Ajahn Amaro trained in Thailand with Ajahn Chah and Ajahn Sumedho. He is the former co-abbot of Abhayagiri Buddhist Monastery near Ukiah. He is now abbot of Amaravati Monastery in England.

Robert Hall, MD, is a physician of the body/mind, a psychiatrist, poet and meditation teacher. He is a pioneer in the integration of bodywork, psychotherapy and spiritual practice. He lives and teaches at El Dharma in Todos Santos, Mexico.

**Visiting Residential Retreat Teachers**

Pascal Auclair has been immersed in Buddhist practices since 1997. A graduate of the Teacher Training Program at Spirit Rock and Insight Meditation Society (IMS), he now teaches retreats at these two centers and is a co-founder of True North Insight Meditation Centre in Canada.

Douglas Cherman is the Law Program Director for the Center for Contemplative Mind in Society, working to integrate meditation and contemplative practices with the legal profession. Prior to joining Lozeau Drury, Doug practiced plaintiffs’ side civil rights and employment litigation.

Pat Coffey has more than 30 years of meditation experience, including intensive retreat practice under the guidance of Pa Auk Sayadaw. He teaches internationally and founded the Insight Meditation Community of Charlottesville, VA and the Blue Ridge Prison Project. Pat graduated from Teacher Training led by Jack Kornfield at Spirit Rock.

Bonnie Duran has been practicing Mindfulness Meditation since 1982. She is one of the founders of The People of Color Sangha in Albuquerque, New Mexico. She is a contributor to Dharma, Color and Culture: New Voices in Western Buddhism.

Charles Halpern is a pioneer in public interest law and the founding dean of the CUNY Law School, and Chair of the Center for Contemplative Mind in Society. As President of the Nathan Cummings Foundation, he supported efforts to bring a meditative perspective to law, business, and environmental and social activism.

Rhonda V. Magee is professor of law at the University of San Francisco, where she teaches, among other things, a course called Contemplative Lawyering. A former practicing lawyer, she is vice-chair and chair-elect of the board of the Center for Contemplative Mind in Society.

Heather Martin has practiced different forms of meditation for more than thirty years. She has taught in both southwestern Canada and in the U.S. since 2000. She worked for 20 years as a midwife and lives on Salt Spring Island, off the coast of British Columbia.

Winnie Nazarko has been a student and practitioner of Buddhism since 1981. She was the project director for Insight Meditation Society’s development of the Forest Refuge, a retreat center for experienced meditators doing extended self-retreat.

Marcy Reynolds, BA, is a longtime practitioner of qigong and vipassana meditation. She currently teaches Mindfulness-Based Stress Reduction at El Camino Hospital, and Qigong Movement at Insight Santa Cruz and other places in the Monterey and San Francisco bay areas.

Adrienne Ross, MD, has been involved with meditation and healing since 1978. Her teaching is influenced by Burmese and Thai streams of Theravada as well as Dzogchen and contemplative practices. She teaches MBRS to people with chronic illness and at retreats in Canada and the U.S.

Greg Scharf has practiced with both Asian and Western teachers in the Theravada tradition since 1992, including training as a monk in Burma. Greg has been teaching residential retreats in the USA and abroad since 2007.

Bob Stahl, PhD, has founded seven MBSR programs in the Bay Area and directs three. He is a co-author of A Mindfulness-Based Stress Reduction Workbook, Living With Your Heart Wide Open, and Calming the Rush of Panic. He is the Guiding Teacher at Insight Santa Cruz.

Heather Sundberg began Insight Meditation practice in 1993, and began teaching in 1999. A graduate of the Teacher Training Program at Spirit Rock and IMS, Heather is a teacher at Mountain Stream Meditation in the Sierra Foothills, and teaches retreats nationally.

Carol Wilson has practiced meditation since 1971. She studied with a variety of teachers, including practice as a Buddhist nun in Thailand. She has been teaching vipassana and metta retreats at Insight Meditation Society (IMS) in Barre, Massachusetts, and around the world since 1986.

Arina Weisman has studied vipassana meditation since 1979 and has been teaching since 1988. Her teaching is infused with her political activism. Along with Eric Kolvig, she has been leading retreats for the lesbian, gay, bisexual and transgendered community since 1991.

Pamela Weiss is a meditation teacher and professional coach. She has practiced Buddhism for over 20 years, including several years of Zen monastic training, and is currently a teacher in training with Jack Kornfield at Spirit Rock.

For complete teacher biographies, please visit spiritrock.org.

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Upcoming Benefits and Events

For more information on upcoming benefits and events visit spiritrock.org

One Day Training in Buddhist Psychology: The Essence, for Meditators and Psychologists
Saturday, September 7, 9:30 am - 5 pm
LIVE WEBCAST AVAILABLE
Jack Kornfield

Grief Ritual: A Benefit Workshop for Collective Healing - Open to All
Saturday, September 21, 9:30 am - 5 pm
Sobonfu Somé, Spring Washam

Hardwiring Happiness: Weaving Love and Inner Peace into Your Brain and Your Life
Sunday, October 6, 6 - 9 pm
Rick Hanson

Mindfulness in Child Psychotherapy and Education
Saturday, October 12, 9:30 am - 5 pm
Gary Buck, Lesley Grant

Restoring the Sovereignty of Being
Saturday, November 2, 11 am - 6 pm
LIVE WEBCAST AVAILABLE
Adyashanti

Dharma in a Wired World: Spirit Rock’s 19th Annual 108 Blessings Benefit
Thursday, November 7, 6 pm - 9:30 pm
Jack Kornfield and featured guests

A Day of Healing and Liberation for Self-Identified People of Color in Recovery
Saturday, November 30, 10 am - 4:30 pm
Shahara L. Godfrey

Three Levels of Knowing: A Day for Experienced Students
Saturday, December 14, 9:30 am - 4:30 pm
LIVE WEBCAST AVAILABLE
Phillip Moffitt

For complete teacher biographies, please visit spiritrock.org

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