

EMBRACING CHALLENGE: THE DEDICATED PRACTITIONERS' PROGRAM

Dedicated Practitioners' Program III, 2008 - 2010

It is important to note that beginning with DPP III, this program will be a prerequisite for participation in future leadership training programs offered at Spirit Rock (e.g. Community Dharma Leader Program).

Spirit Rock will offer the third Dedicated Practitioners' Program (DPP III) an intensive two-year, five retreat lay practice period designed for experienced students of Insight meditation who wish to expand their understanding of the dharma and intensify their practice. Spirit Rock teachers Sally Clough and Eugene Cash will again facilitate the program.

One of the DPP's main intentions is to help bridge the gap between residential retreat experience and daily life so that dharma practice is more continuous in all aspects of participants' lives. "The habit patterns are so strong," said co-facilitator Sally Clough. "The challenges of a busy life are all-encompassing, moving us always towards more busyness, towards more diversification, more chaos, and practice leads us to simplification, focus and clarity. We need a lot of reminders and support to be able to continue that as Western lay practitioners."

The program is designed to provide this kind of support structure throughout the two-year period. It consists of five 7-day training retreats and participants also commit to the following: maintaining both meditative and daily life practice; working with monthly homework assignments that include readings from the suttas—the original Buddhist texts from the Pali Canon, as well as reflections and meditation instructions; maintaining contact with an interview teacher; and regular meetings with a study/practice partner (aka "dharma buddy").

The training retreats differ from traditional silent vipassana retreats in a number of ways. Perhaps most fundamentally, they are not held in silence. There are typically three sessions a day. Each session lasts up to three hours long and includes a period of meditation practice followed by teachings presented seminar-style, with an interactive element. "Some portion of each session involves the students doing their own inquiry into the material," Sally explained. This often includes an open dialogue with the teacher presenting the material, as well as breaking up into small groups such as dyads and triads for further investigation and discussion.

Although breakfasts are usually silent, many other mealtimes on the DPP retreats incorporate mindful talking. This allows a strong sense of community to develop. In DPP, one of the things that people have most remarked upon is the power of community that gets created through the retreats not being silent and the fact that they're together over two years attending the same retreats. Plus many of them are in the same monthly classes, and they have a dharma buddy which creates a more intimate one-on-one connection.

Co-facilitator Eugene Cash added, "One thing people say is, 'Oh, I have never talked about my practice before.' We believe there is something missing if you don't have people you can talk to about your practice—a certain kind of support, community and power. The other important thing to mention is that the preeminent value at a DPP retreat is not to be social, not to look good or to have to be some particular way, but how to be authentic and real in the sense of being able to work with what's true as the basis for practice."

Both Sally and Eugene agreed that this authenticity is one of the rich aspects of the DPP, but they also acknowledged that it can be difficult for new participants to adjust to relating in this way when they initially begin the program. "People in our community are attached to silent retreats—and for good reason, they're great and they reveal the dharma," Eugene said. "But the idea that the dharma is only in silence is a very limited understanding. The DPP challenges that limited understanding."

Sally said that although it seems challenging at first, learning to communicate intimately at this level in a skillful way has been very rewarding for people. "There really does become a sense of supporting each other," she said. "And the warmth and community that gets created out of that sense of vulnerability is amazing."

The DPP began five years ago because there was a clear need in the Spirit Rock community for a senior students' program that would provide an opportunity for practitioners to inquire more deeply into the teachings of the Buddha and to more fully investigate them within the retreat format.

"When we had the idea for the program, we wanted to make it experiential-based," Sally explained. "We didn't want it to be a study program where people just came and read and discussed the texts. We wanted to follow in the strong Buddhist tradition of deep investigation so the students could *know* for themselves. That was very much part of the Buddha's teachings—come and see for yourself—test the teachings against your own experience. I think people weren't necessarily learning the tools in retreat that would help them bring the practice alive in their daily life, so that's always been our intention in the content and even in the structure of the program."

Eugene said, "We wanted to create a structure that really intensified people's attention around the dharma. This includes both studying the dharma—seeing their life through the lens of dharma—and embodying the dharma within their lives. We're not asking people to be monastics in lay life, but to highlight the areas that have typically not been highlighted. We've



highlighted meditation for years and years. Well, now let's highlight study. Let's highlight service. Let's highlight relationship. Let's highlight speech in terms of right speech and mindful speech, which are two different but complementary things."

The feedback from the two previous DPP groups has been extremely encouraging. Sally said many of the participants have told her, "It's changed my life. It's the most significant thing I've done in my life." Eugene added, "For the people who really engage the program, it's been life-changing. It's really changed their whole understanding of the dharma, of themselves and of what's possible."

Of course this doesn't mean lessons haven't been learned since the program first began. Sally said, "We were so enthusiastic going into the first retreat. We had a great range of teachers there and a huge curriculum, and we were keen to teach and people were keen to learn. Then one woman who was there, and I'll always remember this quote, she said, 'I feel like I've been in the desert for many years and thirsty, and now I'm drinking from a fire hose.' So we tried to do too much in the first retreat. People loved it, but it was too much for people to take in. We recognized there has to be a balance between the power and the depth of the teachings that we're trying to convey, and space for people to integrate what they're learning."

Eugene said, "The other thing we've learned is how to help support and prepare people to utilize this kind of non-silent form. This is one of the things personally that I'm most excited about going into DPP III. I think we can offer some clarity right from the get-go about how to use the form."

We live in an interesting time where people want to awaken and to be lay people at the same time. The DPP offers the structures that allow one to do that and then they can see what happens."

The deadline for applications to DPP III is October 1, 2007. Those accepted into the program will be notified by December 1. The first retreat will be held May 12 - 19, 2008, in Yucca Valley. The second retreat will be held at Spirit Rock from September 14 - 21. The prerequisites for entry into DPP include: a minimum of 5 years of vipassana practice and at least 50 days of silent, residential vipassana or metta retreat practice, plus a reference from a sponsoring dharma teacher who knows you and your meditation practice, and who supports your application to DPP. You can download an application from the Spirit Rock website, or call (415) 488-0164 x 243. ☸



PROGRAMS

RESIDENTIAL RETREATS AT SPIRIT ROCK

INSIGHT MEDITATION (*Vipassana* in Pali) is a simple technique beginning with focusing the attention on the breath. The practice concentrates and calms the mind. It allows one to see through one's conditioning and thereby to live more fully present in the moment. Its presentation through Spirit Rock Meditation Center is non-sectarian, although the ethics and traditions of Buddhist psychology are included for guidance.

The taking of the precept of harmlessness is part of the retreat opening talk. This creates an atmosphere of safety

in which each person can explore her/his own inner states and mental processes. The practice develops clarity of seeing which allows grasping, judgment, and fear to fall away. One discovers and cultivates qualities such as compassion, equanimity, wisdom, joy, and moral integrity. The ultimate aim of the practice is the ending of suffering in the discovery of an unconditioned and complete freedom.

Insight meditation retreats are for both new and experienced meditators. Daily dharma talks and instruction in meditation are given, and individual and group interviews

are arranged with the teachers at regular intervals. A typical daily schedule starts at 6 am and ends at 10 pm. The entire day is spent in silent meditation practice with alternating periods of sitting, walking, and eating meditation. Meals are vegetarian and are prepared with health and nutrition in mind. Lunch is the main meal of the day, and a light meal is served in the late afternoon. The combination of this regular schedule, group support, silence, and instruction provides a beneficial environment for developing and deepening meditation practice. ☸

REGISTRATION

1. Registration for most retreats begins four months before the retreat; check our website for the open date. Forms are available on our website; each retreat is different, so download the form for the retreat you want to attend. Complete the form and return it with payment to the registrar. If you cannot download the forms, call the Registration Department at (415) 488-0164 x 243 to request forms.

2. You will receive a confirmation packet via email or mail.

3. Important—your space is not confirmed until you receive a confirmation letter or an email.

If you have questions about the retreat, please email retreats@spiritrock.org or call the Registration Department at (415) 488-0164 x 243.

CANCELLATIONS & REFUNDS

There is a non-refundable cancellation fee. The cancellation fee varies according to retreat. Cancellation fees are on the registration form and confirmation letter. There is no refund of your deposit if you cancel 4 weeks or less before the retreat. If you leave the retreat early there is no refund. If you must cancel for any reason, please call (415) 488-0164 x 243, or email retreats@spiritrock.org.

FINANCIAL ASSISTANCE

Financial aid is available for residential retreats through a deferred payment plan or our scholarship funds. Information and applications are available from the retreat registrar, or call the scholarship coordinator at (415) 488-0164 x 243; for People of Color scholarships call ext 237.

DANA—THE PRACTICE OF GENEROSITY

Teachers and retreat staff are supported by your donations at the end of the retreat.

SPIRIT ROCK 2007 RESIDENTIAL RETREATS

| Dates | Retreat | Teachers | Open Date |
|-----------------|--|--|-----------|
| Sept 16 - 22 | Meditation & the Spirit of Creativity | Anna Douglas, Barbara Kaufman, Norman Fischer, Teja Bell (qigong) | Open |
| Sept 16 - 22 | Insight Meditation in Nature [UWH] | Wes Nisker, Nina Wise | Open |
| Sept 23 - 29 | Liberation & Transformation - Prajnaparamita & Feeding the Demons: A Retreat for Women | Tsultrim Allione, Julie Wester, Debra Chamberlin-Taylor, Anna Douglas | Open |
| Sept 30 - Oct 7 | Meditation, Inquiry & the Nondual | Christopher Titmuss, Shaila Catherine | Open |
| Sept 30 - Oct 4 | Insight Meditation: Awareness of the Nature of Life [UWH] | Ruth Denison, Julie Wester | Open |
| Oct 8 - 18 | Mindfulness Training for Yoga Teachers, Retreat 1 (program enrollees only) | Phillip Moffitt, Jack Kornfield, Anne Cushman (yoga), Mark Coleman, Anna Douglas, Janice Gates (yoga), Stephen Cope (yoga), Tias Little (yoga) | Open |
| Oct 19 - 27 | Meditation & Study Retreat | Stephen Batchelor, Martine Batchelor, Sharda Rogell | Open |
| Oct 19 - 27 | Cultivating Clear Seeing, Opening the Heart [UWH] | Donald Rothberg | Open |
| Nov 1 - 10 | Insight Meditation Retreat | Jack Kornfield, Phillip Moffitt, Wes Nisker, Julie Wester, Diana Winston | Open |
| Nov 11 - 18 | The Path of Engagement, Retreat 2 (program enrollees only) | D Rothberg, J Macy, D Winston, T Minh Duc, A Ross, A Masai Jones | |
| Nov 11 - 16 | The Enneagram in Insight Meditation Practice | Anna Douglas, David Daniels (enneagram teacher), Mark Coleman | Open |
| Nov 18 - 25 | Thanksgiving Insight Meditation Retreat | Robert Hall, Anna Douglas, John Travis, Wes Nisker | Open |
| Nov 27 - Dec 2 | The Radiant Awareness of Being | Eugene Cash, Kittisaro, Thanissara | Open |
| Nov 27 - Dec 2 | Beside Still Waters: An Interfaith Retreat [UWH] | Mary Grace Orr, Norman Fischer | Open |
| Dec 4 - 9 | CDL / DPP Graduates Retreat | J Baraz, E Cash, Kittisaro, Thanissara & others | Open |
| Dec 12 - 16 | Insight Meditation Retreat | Mary Grace Orr, Gil Fronsdal, Howard Cohn | Open |
| Dec 19 - 23 | Insight Meditation at the Solstice: Embracing the Dark, Inviting the Light | Donald Rothberg, John Travis, Richard Shankman | Open |
| Dec 26 - Jan 4 | New Year's Insight Meditation Retreat | Gil Fronsdal, John Travis, Eugene Cash, Sharda Rogell, Janice Clarfield (yoga) | Open |
| 2008 | | | |
| Jan 6 - 13 | Metta Retreat | Sylvia Boorstein, Mark Coleman, Donald Rothberg, Heather Martin | Sep 6 |
| Jan 14 - 20 | Community Dharma Leaders (CDL) Retreat (program enrollees only) | James Baraz, Tara Brach & others | Sep 17 |
| Jan 22 - 27 | Insight Meditation Retreat | Howard Cohn, Debra Chamberlin-Taylor | Sep 24 |
| Jan 22 - 27 | Coming Home: A Retreat for Experienced Women Practitioners (UWH) | Julie Wester | Sep 24 |
| Feb 1 - Mar 28 | Insight Meditation 2-Month Retreat | See page 21 | |
| Feb 1 - 29 | Insight Meditation 1-Month Retreat | See page 21 | |
| Mar 1 - 28 | Insight Meditation 1-Month Retreat | See page 21 | |
| Mar 24 - Apr 1 | Meditation Retreat in the Thai Forest Tradition (Angela Center, Santa Rosa) | Ajahn Jumnian | Nov 28 |
| Apr 1 - 6 | Insight Meditation 101 | Howard Cohn, Mark Coleman, Heather Martin | Dec 5 |
| Apr 2 - 6 | Lawyers' Meditation Retreat (Angela Center, Santa Rosa) | James Baraz, Norman Fischer, Mary Mocine, Charles Halpern | Dec 6 |
| Apr 10 - 17 | Dzogchen Retreat (LOTTERY) | Ven. Tsoknyi Rinpoche, Guy Armstrong | Nov 12 |
| May 1 - 10 | Spring Insight Meditation Retreat (Yucca Valley) | Jack Kornfield, Carol Wilson, Howard Cohn, Trudy Goodman, Wes Nisker, Diana Winston, Noah Levine, Franz Möeckl (qigong) | Jan 3 |

* wait list and commuter spaces available

(UWH): Upper walking hall; limited space, apply early ☸ Check www.spiritrock.org for changes

INSIGHT MEDITATION

2-MONTH RETREAT

see page 21

SEPTEMBER

**1 Community Hall & Sweatlodge area**

Sat, Sept 1, 9 am - 5 pm

The Noble Path & the Red Road– *Donald Rothberg, Fred Wahpepah*

Native American sacred ceremonies, such as the sweat lodge, are used to purify and empower consciousness. Intensive sitting and guided meditations in the morning help develop concentration for the traditional sweat lodge ceremony in the afternoon. Fee charged goes to cover operating expenses; there is no charge for the sweat lodge ceremony. Sweat lodge ceremony is optional. Bring a lunch and food to share at the potluck after the sweat. Bring towel and bathing suit or t-shirt/shorts to change into for sweat lodge ceremony.

Cost \$45 - \$75, sliding scale, plus a donation to the teachers (bring lunch). Code FW3D07.

2 Community Hall

Sun, Sept 2, 10 am - 3 pm

10 Weds, Sept 12 - Nov 14, 1 - 3:30 pm;
Nov 14, 1 - 6 pm
Buddhist Practice When It Really Matters: A Program for Those with Life-Changing Illness, their Caretakers & Loved Ones – *Nina Wise*

See full description this page.


**Buddhist Practice When It Really Matters:
A Program for those with Life-Changing Illness, their Caretakers & Loved Ones**
Nina Wise

Community Hall

Sunday, September 2, 10 am - 3 pm,

10 Weds, Sept 12 - Nov 14, 1 - 3:30 pm; Nov 14, 1 - 6 pm

Illness and caring for those who are ill, while one of the most challenging experiences of a lifetime, can also provide the opportunity for profound spiritual insight and a deep opening of the heart. During this class, we will meet together to explore illness and caretaking within a Buddhist context. How can illness and caretaking be a path to our own awakening? How can we maintain emotional well-being during times of great stress? How can we utilize visualization and meditation to enhance physical and psychological well-being?

We will engage in the practices the Buddha laid out for healing the heart, including the cultivation of equanimity, lovingkindness, compassion and joy. We will do visualization practices designed to promote physical and psychological healing. We will move gently, chant, and spend time sharing our stories in a caring and supportive environment.

The program begins with a daylong on Sunday, September 2, 10 am - 3 pm, which is open to everyone wishing to explore this work. A ten-class series will follow, meeting on Wednesday afternoons from 1 - 3:30 pm, September 12 - November 14. The final class on November 14 will be from 1 - 6 pm. We hope you can participate in the entire class series in order to build an atmosphere of trust and continuity and deepening of practice. Feel free to miss classes if you need to, but know that your enrollment reflects a commitment to the group to attend as many of the ten classes as you are able.

Please bring a blanket and a notebook. Loose, comfortable clothing is recommended.

CE credit is available. Through Motion, Nina Wise's studio, she is licensed to offer CE credit to MFTs and LCSWs. Motion, California Board of Behavioral Sciences provider #PCE3222. For further information contact Nina Wise at nina@ninawise.com. Cost for Sept 2 daylong is \$45 - \$75, sliding scale, plus a donation to the teacher. Code NW2D07. Cost for class series Sept 12 - Nov 14 is \$90 - \$135, sliding scale, plus a donation to the teacher. Code NW2C07. No one will be turned away for lack of funds.

Nina Wise is a well-known performer and teacher who has devoted her career to investigating the relationship between art and spirit. Artistic Director of Motion, 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. Her new book, A Big New Free Happy Unusual Life: Self-Expression and Spiritual Practice for Those Who Have Time for Neither, was a finalist for the Nautilus Prize. Her stories and articles have appeared in The Sun, Yoga Journal, Tricycle, Inquiring Mind and Whole Earth Review.

**8 Benefit for the Family Program
upper Retreat Hall**

Sat, Sept 8, 2007, 1 - 4 pm

There's No Place like Home:
Making Peace in our Families & Wider Community
– *Sylvia Boorstein, Wes Nisker*

(See page 8 for full description.)

8 Special Event - Community Hall

Sat, Sept 8, 7 - 10 pm

Chanting & Meditation: Entering the Still & Boundless Heart – *Jai Uttal, Debra Chamberlin-Taylor*

Using the ancient and sublime blend of kirtan (chanting) and meditation, we can open the heart of silent, infinite love.

Cost \$20 prepaid; \$25 at the door. Space is limited; please pre-register and bring a cushion. Code JA3S07.

Jai Uttal has cultivated a voice and musical style that carries the listener into the heart of devotion, prayer, and healing, and to an ecstatic remembrance of the divine.

9 Community Hall

Sun, Sept 9, 9:30 am - 5 pm

The Dharma of Difficult People– *Donald Rothberg*

All of us have 'difficult people' in our lives, whether at work, in our families, or in our communities. We can learn to approach our interactions with difficult people, and our conflicts, as opportunities for learning, practice and skillful action.

In this daylong retreat, we suggest a number of practices and tools to help

make a bridge between our spiritual practice and our interactions with difficult people. The day will consist of sitting and walking meditation, lovingkindness practice, role plays, inquiry, interactive exercises, talks and discussion.

Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code DR3D07.

15 Special Event - Community Hall

Sat, Sept 15, 9:30 am - 5 pm

The One Who is Not Busy: Zen teachings on finding ease and joy in the midst of our busy lives – *Norman Fischer*

As Yunyan was sweeping the ground, Daowu said, "Too busy." Yunyan said, "You should know there's one who's not busy." Daowu said, "If so, then there's a second moon." Yunyan held up the broom and said, "Which moon is this?"

Many of us feel a constant pressure from our multiplying commitments. Zen suggests that this frantic energy is not necessary. That it's added by our minds on top of our circumstances rather than being created by our circumstances. That it's possible to increase our awareness of our life and find more ease, joy and stillness on each moment whether our activity is great or small.

In this non-sectarian workshop, Zen teacher Zoketsu Norman Fischer will lead an exploration of busyness and share ways of connecting with the fullness and breadth of our human life on each moment. The day will include teachings, gentle yoga, meditation and discussion. Cost \$60 - \$90, sliding scale, plus a donation to the teacher (bring lunch). Code NFIS07.

Zoketsu Norman Fischer is a Zen Abbot and poet who leads workshops and retreats grounded in the teachings of Zen in many different arenas. He leads a series of retreats for people interested in bringing an ethical and more mindful spirit to the business world called Company Time.

16-21 Residential Retreat - upper Walking Hall

Sun, Sept 16 - Fri, Sept 21 (5 nights)

Insight Meditation in Nature– *Wes Nisker, Nina Wise*

This retreat combines Insight meditation (vipassana) and the teachings of nature. We will follow the usual schedule of sitting and walking meditation, and we will do most of our practice outside in a specially prepared meadow on the Spirit Rock land. Our meditations will focus on exploring our nature "as" nature. As we experience ourselves as part of the wider web of earth life and biological evolution, we find a new sense of enchantment and connection with the world.

The majority of the retreat will be held in silence. Students will want to bring an extra outdoor blanket and extra cushions. Cost \$610 - \$360, sliding scale, plus a donation to teachers and retreat staff.

16-22 Residential Retreat

Sun, Sept 16 - Sat, Sept 22 (6 nights)

Meditation & the Spirit of Creativity
 – *Anna Douglas, Norman Fischer, Barbara Kaufman (painting instructor), Teja Bell (qigong)*

This is a silent retreat for writers, painters and anyone wanting to deepen their contact with the creative spirit. In addition to the usual schedule of sitting meditation and qigong, we will offer two tracks of creative pursuit—one for writers, and one for painters. There will be two hours of 'studio time' in the morning and two hours in the afternoon. Meditation instructions, interviews and dharma talks will be offered.

Cost \$740 - \$440, sliding scale, plus a donation to teachers and retreat staff.

16 Community Hall

Sun, Sept 16, 9:30 am - 5 pm

Freedom through Meditation and Dance – *Mark Coleman, Lori Saltzman (dance)*

In this daylong retreat, we will explore—through meditation, movement and dance—ways in which we can touch our capacity for freedom and peace. The meditation provides a deep capacity for stillness and inquiry, and the dance supports an embodied awareness, vitality and



Spirit Rock's intention is to make these teachings accessible to everyone. See more about fees on page 23.



energy. The dance is based on the work of Gabrielle Roth's 5Rhythms®. Beginning and experienced meditators and dancers are welcome.

Cost \$45 - \$75, sliding scale, plus a donation to the teachers (bring lunch, two sets of loose clothing and a towel). Code MC6D07.

Lori Saltzman is co-founder of The Moving Center School in Mill Valley, home to the teaching of Gabrielle Roth's 5Rhythms® moving meditation practice.

9/20- Community Hall

10/25 Thursday, Sept 20 - Oct 25, 7 - 9 pm
Beginning Insight Meditation

Class Series – Sharda Rogell

This series of six Thursday evening classes will focus on the practice of Insight meditation (vipassana). It will include guided and silent meditation, as well as generous opportunities for sharing questions and discoveries about the actual practice of meditation. Instructions are gradually expanded each week and practiced during the week at home.

Cost \$48, plus a donation to the teacher. Code SRIC07.

22 Community Hall

Sat, Sept 22, 9:30 am - 4:30 pm
Insight Meditation 101 – Howard Cohn

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 who want a refresher in traditional instruction.

Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code HC4D07.

23-29 Residential Retreat

Sun, Sept 23 - Sat, Sept 29 (6 nights)

Liberation and Transformation –

Prajnaparamita and Feeding the

Demons: A Retreat for Women

– *Tsultrim Allione, Julie Wester, Debra Chamberlin-Taylor, Anna Douglas*

This retreat will explore the nature of mind as expressed in the teachings of Prajnaparamita, known as the Great Mother, the Perfection of Wisdom. We will also practice the art of “feeding the demons”—a profound contemplative practice for working with one's own “demons.” Feeding the demons, based on the traditional Chöd practice, is a profound contemplative practice in which we learn that compassionate nurturing is the key that transforms “demons” into healing insights and the direct, liberating experience of nondual awareness.

There will be extensive periods of teaching on the Prajnaparamita each morning as well as evening teachings. Within the container of silence there will be experiential exercises and guided explorations, meditation instructions, sit-

ting, walking and movement meditation, sky-gazing and small group meetings with the teachers.

Prerequisite: This retreat is open to women who have attended at least one previous residential vipassana retreat or who have previously studied with Tsultrim, or with permission from the teachers.

Cost \$740 - \$440, sliding scale, plus a donation to teachers and retreat staff.

Tsultrim Allione was one of the first westerners to become a Tibetan Buddhist nun, ordained in 1970. She later followed the path as a layperson, mother and teacher and wrote *Women of Wisdom*, a groundbreaking book on the stories of women in Buddhism.

23 Community Hall

Sun, Sept 23, 9 am - 5 pm

Monastic Daylong [Dana - No Fee Day]

– *Ajahn Amaro*

This daylong will involve some traditional elements of the monastic style of Buddhist practice; chanting, the offering of alms-food, as well as walking and sitting meditation, dharma (or dharma) talks, and the opportunity for questions. Suitable for both new and experienced meditators. Bring lunch and food to offer the monks. Food donations also gratefully accepted for Abhayagiri Monastery.

Offered on a dana (donation) basis. Code AA3D07. Bring lunch to share. Our regular daylong fee of \$45 is waived for this event. Spirit Rock is supported by your donation, please donate whatever you wish.

23 In the Yurt & Sweatlodge Area at Spirit Rock

Sun, Sept 23, 10 am - 5 pm

Teen Sweatlodge Day

– *Fred Wahpepah, Heather Sundberg*

(See page 8 for full description.)

29 Community Hall

Sat, Sept 29, 9:30 am - 5 pm

Before I Die . . . – Christopher Titmuss

Often we delude ourselves into thinking that we have time. Every situation, every event is naturally full of infinite potential. We will meditate, reflect and explore together what matters in our life. I will invite people to come to the front of the hall, and start a sentence with ‘Before I die . . .’ Participants are encouraged to give some reflection to the theme before arriving.

Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code CT1D07.

Christopher Titmuss is a co-founder of Gaia House and has been leading Insight meditation retreats worldwide, which focus on awakening. His teachings emphasize liberation, depths of meditation and inquiry. His recent books include *An Awakened Life*, *The Buddha's Book of Daily Meditations* and *Buddhist Wisdom for Daily Living*.

30-5 Residential Retreat - upper Walking Hall

Sun, Sept 30 - Fri, Oct 4 (4 nights)

Vipassana: Awareness of the Nature

of Life – Ruth Denison, Julie Wester

Ruth Denison is a venerable dharma elder of the Insight meditation tradition. In this retreat we will celebrate Ruth's 85th birthday by giving special attention to practicing awareness of anicca (impermanence). The style and teaching of this retreat is unique and Ruth's teaching style includes the offering of continuous meditation instruction.

Cost \$620 - \$370, sliding scale, plus a donation to teachers and retreat staff.

Ruth Denison, Vipassana Dharma Elder, is one of the four western disciples given permission to teach by U Ba Khin, a Burmese master known for his expertise of the sweeping method and practical application of mindfulness. She has been teaching for over 30 years.

30-7 Residential Retreat

Sun, Sept 30 - Sun, Oct 7 (7 nights)

Meditation, Inquiry & the Nondual

– *Christopher Titmuss, Shaila Catherine*

This weeklong retreat will offer teachings and practices to support awakening of the heart and realization of the nondual.

The daily program will include precise meditation instructions, meditations for depth of calmness and insight, inquiry sessions, dharma talks, small group meetings and extensive periods of silence. Prerequisite: This retreat is open to those who have previously attended at least one residential retreat with Christopher Titmuss.

Cost \$845 - \$500, sliding scale, plus a donation to teachers and retreat staff.

Christopher Titmuss bio (see Sept 29).

Shaila Catherine has been practicing meditation since 1980, and has taught since 1996. In recent years she has focused on developing concentration (*jhana*) practice, and she founded Insight Meditation South Bay.

30 Community Hall

Sun, Sept 30, 10 am - 4 pm

Adventurous Eldering: Embracing the Natural Losses & Creative Possibilities of Aging

– *Anna Douglas, Naomi Newman*

For those 55 and over, a day of silent sitting, council practice, performance by Naomi, and our shared wisdom and laughter.

Cost \$45 - \$75, sliding scale, plus a donation to the teachers (bring lunch). Code AD3D07.

Naomi Newman, MFCC, Graduate of Gestalt Institute, co-founder of A Traveling Jewish Theatre, has been a Vipassana practitioner for 24 years.

OCTOBER

6 Community Hall

Sat, Oct 6, 9:30 am - 5 pm

5 Hindrances to Meditation Practice

– *Sharda Rogell*

The Buddha described “five hindrances to our practice”—wanting, aversion, agitation, sleepiness and doubt, and said it was necessary to recognize each one and

understand how to work with them before we can deepen into our meditation. In this daylong, we will explore each one so they are less likely to hinder our meditation. Open to beginners and old students. *Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code SR1D07.*

7 Community Hall

Sun, Oct 7, 9:30 am - 5 pm

Relationship as Spiritual Practice

– *Debra Chamberlin-Taylor,*

George Taylor

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. 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.

Cost \$45 - \$75, sliding scale, plus a donation to the teachers (bring lunch). CE credit available—add \$25. Code DG3D07.

Debra Chamberlin-Taylor and **George Taylor** have been together for 25 years, they are licensed marriage and family counselors and long-time meditators. They co-facilitate the Courage to Love relationship groups and retreats.

7-4 Community Hall

Sun, Oct 7 - Nov 4, 6:30 - 9 pm

Fall Teen Meditation Series

(See page 8 for full description.)

8-18 Residential Retreat

Mon, Oct 8 - Thurs, Oct 18 (10 nights)

Mindfulness Training for Yoga Teachers, Retreat 1

– *Phillip Moffitt, Anne Cushman (yoga), Jack Kornfield, Mark Coleman, Anna Douglas, Janice Gates (yoga), Stephen Cope (yoga), Tias Little (yoga)*

This is the first of three retreats in the Mindfulness Yoga and Meditation Training Program, an in-depth 18-month program for yoga teachers and experienced practitioners that integrates yoga, mindfulness meditation and Patanjali's classical yoga system. Open to those enrolled in the MTYT program.

9-6 Community Hall

Tues, Oct 9 - Nov 6, 7 - 9 pm

Middle School Meditation Class Series

(See page 8 for full description.)

10 Community Hall

Wed, Oct 10 - Dec 12, 7 - 9 pm

Essential Dharma: Core Buddhist

Teachings Part I – Mark Coleman

This the first session in a 3-part, 10-week series. Prerequisite - completion of an introductory meditation class series.

Essential Dharma is an in-depth understanding of core Buddhist teachings and meditation practices essential in the journey of awakening as taught within the Insight meditation (vipassana) tradition. This course is ideal for those relatively new to Buddhism who wish to gain both an overview of the Buddha's teaching and

Remember event fees do not include teacher dana. At the end of each class, daylong or retreat, participants are given the opportunity to make a donation to the teachers. Thank you.



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to develop experience in Buddhist practices and meditation. It is also useful for those students with some experience who wish to refresh their knowledge of key Buddhist teachings. Ideally, people commit for all three sessions sequentially, as each session builds upon the previous section. There is a practical emphasis on how we apply and live these teachings in our everyday lives.

Each class has readings and home assignments/practices to do between classes. We use a 'buddy system,' whereby each student has a buddy in the course with whom they discuss the course home assignments and practices.

The course includes meditation practices such as mindfulness, vipassana, lovingkindness and compassion practice. The teachings cover an overview of the Buddhist Path. Suggested reading prior to the first class is *Seeking the Heart of Wisdom* by Joseph Goldstein and Jack Kornfield.

Cost \$150/10-week session, fee includes teacher donation. Code YR1C07.

Registration and Payment: Please register and pay in advance for the course. Scholarships and partial work exchange are available for this class. No one will be turned away for lack of funds. To discuss scholarship options, contact Kate Frankfurt at (415) 488-0164 x 224.

13 Benefit for Diversity Program
Open to all women Community Hall
Sat, Oct 13, 9 am - 5 pm
Transforming our Rage Inheritance
– *Ruth King*
(See page 7 for full description.)

14 Community Hall
Sun, Oct 14, 10:30 am - 3 pm
Family Day
(See page 8 for full description.)

19-27 Residential Retreat - upper Walking Hall
Fri, Oct 19 - Sat, Oct 27 (8 nights)
Cultivating Clear Seeing, Opening the Heart – *Donald Rothberg*
This retreat will emphasize the development of wisdom and compassion through practices that help quiet our minds, strengthen mindfulness and lead to insight. There will be a special emphasis on the Four Foundations of Mindfulness and the Divine Abodes (lovingkindness, compassion, joy and equanimity). Includes complete meditation instructions for sitting and walking, an afternoon body practice, evening talks and personal interviews, all in the context of a small, supportive practice community. The retreat is open to new as well as experienced practitioners.
Cost \$955 - \$555, sliding scale, plus a donation to the teacher and retreat staff.

19-27 Residential Retreat
Fri, Oct 19 - Sat, Oct 27 (8 nights)
Meditation & Study Retreat
– *Stephen Batchelor, Martine Batchelor, Sharda Rogell*
The aim of this retreat is to integrate the practice of meditation with the ideas and doctrines that support and illuminate such practice. Stephen's morning seminars will offer a broad perspective on

Buddhist teaching by means of critical interpretation of classical texts. Buddhist ideas will also be contrasted and compared with other religious, philosophical, literary and scientific insights.

Martine and Sharda's evening talks will focus on the practical application of these ideas in meditation practice and daily life. There will also be daily meditation instructions and guided meditation. Apart from talks, discussion periods and personal interviews, the retreat will be conducted in silence.

Cost \$955 - \$555, sliding scale, plus a donation to teachers and retreat staff.

Stephen Batchelor was educated in Buddhist monasteries in India, Switzerland and Korea. He has translated and written several books on Buddhism, including *A Guide to the Bodhisattva's Way of Life*, *Buddhism Without Beliefs*, *Verses from the Center*, and *Living with the Devil*.

Martine Batchelor spent ten years in a Korean monastery studying Zen Buddhism. She is a guiding teacher at Gaia House and was a founding teacher of the Sharpham College of Buddhist Studies. Her books include *The Way of Korean Zen* (translated from the Korean); *Buddhism and Ecology*; and *Meditation for Life*.

20 Community Hall
Sat, Oct 20, 9:30 am - 4:30 pm
The Healing Power of Mindfulness
– *Howard Cohn*
Our own awareness is a source of harmony and insight, tenderness and strength. During this silent daylong, methods and teachings will be offered that heal the heart and awaken the mind. We will reclaim our natural peace and ease that become more available when our attention is directed to our immediate reality.
Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code HC5D07.

21 Special Event – Community Hall
Sun, Oct 21, 9:30 am - 5 pm
Surrendering to the Sacred: Embracing Dying – *Frank Ostaseski*
The best preparation for death is a life fully lived. Perhaps this is because when we come into direct contact with the precarious nature of our life we also come to appreciate its preciousness. It offers us a clear mirror in which to see our daily choices. Within the Buddhist tradition a regular reflection on impermanence is considered a life-affirming practice providing an extraordinary opportunity for growth and freedom.

Frank will draw on 25 years at the bedside to illuminate the relevance that the lessons learned near death have for all of us in living a more loving and compassionate life. This program will feature discussion, experiential exercises, inquiry and meditation practice. Open to all and may be of particular interest to professionals or those who anticipate caring for family members or friends facing life-threatening illness.

Cost \$60 - \$90, sliding scale, plus a donation to the teacher (bring lunch). Code FO1S07.

Frank Ostaseski founded the Zen Hospice Project in 1987, the first Buddhist hospice

in America. In 2004, he created the Metta Institute to broaden this work and seed the culture with innovative approaches to end-of-life care that reaffirm the spiritual dimensions of dying. In 2001, Frank was honored by HH the Dalai Lama for his years of compassionate service to the dying and their families.

25 Benefit Evening - San Francisco
Thurs, Oct 25, 6 - 10 pm
108 Blessings Benefit for the Scholarship Fund: Dharma & Science
– *Fritjof Capra, Stanislav Grof, Jack Kornfield, Shauna Shapiro, Richard Mendius, Rick Hanson*
(see page 4 for full description)

27 Community Hall
Sat, Oct 27, 9:30 am - 5 pm
Neither Praise nor Blame: Cultivating Equanimity & Love – *Charlie Johnson, Mushim (Patricia) Ikeda-Nash*
A daylong for self-identified people of color. (See page 7 for full description.)

28 upper Retreat Hall
Sun, Oct 28, 9 am - 5 pm
Insight Meditation Daylong
– *Jack Kornfield*
Traditional insight meditation daylong with systematic instructions, silent sitting and walking, and a dharma talk. Suitable for beginning and experienced meditators. Carpooling required.
Cost \$50 - \$80, sliding scale, plus a donation to the teacher (bring lunch). Code JK2D07.

28 Special Event – Community Hall
Sun, Oct 28, 6:30 - 9:30 pm
The Heart of Chanting – *Robert Gass*
An ecstatic evening of chant with well-known teacher and recording artist Robert Gass. Both beginners and experienced chanters alike will share in heartfelt communion through such practices as kirtan, zikhr, sound meditation and movement prayer. A warm and gifted guide, Robert will lead us in chanting to evoke joy, inner peace and the presence of the Sacred.
Cost \$20 prepaid; \$25 at the door. Code RG1S07. Space is limited; please pre-register and bring a cushion.
Robert Gass, EdD, synthesizes a diverse background in music, psychology, social action and spiritual practice. A leading popularizer of chant, Robert is author of the book *Chanting: Discovering Spirit in Sound*. He is well-known for his many CDs with On Wings of Song, including *Om Namaha Shivaya* and his popular double *CHANT anthology*.

1-10 Residential Retreat

Thurs, Nov 1 - Sat, Nov 10 (9 nights)

Insight Meditation Retreat
– *Jack Kornfield, Phillip Moffitt, Wes Nisker, Julie Wester, Diana Winston*

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 lovingkindness and silent sitting, walking, dharma talks and interviews.

Cost \$1,075 - \$625, sliding scale, plus a donation to teachers and retreat staff.

3, 4 Special Event – Community Hall

Sat, Nov 3 – Sun, Nov 4, 10 am - 4 pm
Spirituality in Relationships (2 Days)

– *David Richo*

Relationships survive best when the partners are committed to personal adult integrity and to a spiritual practice. This two-day workshop is about how that can happen with a more spiritually conscious love. Love is not so much a feeling as a way of being present with unconditional attention, acceptance, appreciation, affection and allowing others to be as they are. Love is presence without the conditioned overlays of ego, such as judgment, fear, control—just what we let go of in mindfulness meditation. We receive love in the same way—with the five A's and without our ego interferences. In other words, love happens best in mindfulness. This workshop is based on Dave's book, *How Be To An Adult in Relationships*.
Cost \$120 - \$180, sliding scale. Code DRIS07.

David Richo, PhD, MFT, is a psychotherapist, teacher, and writer in Santa Barbara and San Francisco who emphasizes Jungian, transpersonal, and spiritual perspectives in his work. He is the author of many books including *How To Be An Adult and Unexpected Miracles: The Gift of Synchronicity and How to Open It*.

8 ISP Evening - Community Hall

Thurs, Nov 8, 7 - 9 pm

Poetry Can Change Your Mind
– *Roger Housden, Joan Fenold*

Good poetry awakens, challenges, moves and nourishes us. It is soul food, and because it has the power to mirror the truth of our own experience, it can be a catalyst for fresh perspectives on our life and its themes. We will explore how psychotherapists and other healing professionals can utilize, in their work and personally, the transforming power of beauty and creativity as expressed in poetry.
Cost \$25. Code SPBS07. CE credit for MFTs, LCSW, nurses & psychologists available through the Institute for Spirituality and Psychology. Please pay at the event. For more information contact David Lukoff at (888) 880-2870.



Spirit Rock's intention is to make these teachings accessible to everyone. See more about fees on page 23.



10 Community Hall

Sat, Nov 10, 9:30 am - 5 pm

Healing the Wounded Brain – James Baraz, Rick Hanson, Richard Mendius

This daylong is for people who are grappling with injuries to their brain (e.g., head trauma, stroke, dementia) or with depression, anxiety, or ADHD—and for caregivers who work with those individuals.

The workshop has two central themes, which are: applying Buddhist perspectives and practices to these difficult conditions, and exploring neuropsychology for effective ways to adapt contemplative practice to individual needs. No background in brain science or meditation is necessary.

Cost \$45 - \$75, sliding scale, plus a donation to the teachers (bring lunch). Code JB3D07.

Rick Hanson, PhD began meditating in 1974 and has practiced in several traditions. A clinical psychologist, husband, and parent of two teenagers, he has written and taught extensively about the intersection of psychology, neurology, and Buddhism. **Rick Mendius**, MD is a neurologist in private practice in Marin County. His meditation practice began in the 1980s. His daughters, Courtney and Taryn, and his son, Ian, are three of his main teachers and companions on the path.

11-16 Residential Retreat

Sun, Nov 11 - Fri, Nov 16 (5 nights)

The Enneagram in Insight Meditation Practice – Anna Douglas, David Daniels (enneagram teacher), Mark Coleman

The Enneagram is a dynamic description of nine fundamental ways attention and energy are organized. The resulting habitual patterning keeps us caught in repetitive, distorted ways of thinking, feeling and sensing. Each of us falls more heavily into one pattern than another. For those with an Insight meditation practice, the Enneagram reveals personality patterning that may not arise so obviously in sitting meditation.

For students of the Enneagram, vipassana practice makes the work of releasing fixated patterns more possible, revealing the mind's essential nature.

The retreat will be held in silence with instructions in sitting and walking meditation, periods of interactive inquiry, interviews and a fluid schedule of dharma talks. No pre-requisites, although familiarity with one of the enneagram systems would be helpful.

Cost \$620 - \$370, sliding scale, plus a donation to teachers and retreat staff.

David Daniels, MD, author and a leading developer of the Enneagram, is Clinical Professor, Department of Psychiatry and Behavioral Sciences, Stanford Medical School. He has taught the Enneagram internationally for over 25 years, and is co-founder with Helen Palmer of the Enneagram Professional Training Program. He is co-author of the book, *The Essential Enneagram*.

11-18 Residential Retreat - upper Walking Hall

Sun, Nov 11 - Sun, Nov 18 (7 nights)

The Path of Engagement, Retreat 2

– Donald Rothberg, Joanna Macy, Diana Winston, Thich Minh Duc, Adrienne Ross, Ann Masai Jones

This is the second of five retreats in the Path of Engagement Program (POE), an in-depth 2-year program intended to help participants connect their spiritual practice with their service and action in the world. Participants must be enrolled in the POE program.

11 Community Hall

Sun, Nov 11, 9:30 am - 5 pm

Conscious Communication – Debra Chamberlin-Taylor, George Taylor

Learning to communicate well is key to more conscious, loving personal relationships and more harmonious, productive work relations. We will explore how wise speech has the power to transform our relationships with self and others. We will do exercises to become aware of unconscious communication patterns that undermine integrity and reinforce separation.

Cost \$45 - \$75, sliding scale, plus a donation to the teachers (bring lunch). Code DC2D07.

17 Benefit Workshop – Community Hall

Sat, Nov 17, 9:30 am - 5 pm

Awakening the Dreamer, Changing the Dream – Presented by facilitators of the Pachamama Alliance, founded by Lynne and Bill Twist, this daylong benefit also includes teachings by Jack Kornfield and Wes Nisker.

Indigenous people of South America often still refer to our modern worldview as our “dream” as do many other spiritual traditions. They urge us, for the sake of all life, to awaken and change this dream. It will be accomplished by committed individuals working in concert with one another, each willing to think and act in a new way.

The purpose of this symposium is to bring forth a bold vision: an environmentally sustainable, spiritually fulfilling and socially just human presence on the planet. We will grapple with the very assumptions that underlie the way we see the world and our place in it, and explore what each of us can do—both individually and collectively—to move the world in this new direction.

The day will consist of lectures and inspiring video clips, dynamic group interaction, and contemplation.

Cost \$40 - \$90, sliding scale, plus a donation to the teachers (bring lunch). Code PA1B07.

18-25 Residential Retreat

Sun, Nov 18 - Sun, Nov 25 (7 nights)

Thanksgiving Insight Meditation Retreat – Robert Hall,

Anna Douglas, John Travis, Wes Nisker, Teja Bell (qigong)

Enjoy the silence of the land and the sitting and walking practice of Insight meditation. As we slow down and look within, our natural capacity for wisdom and compassion awakens. There will be meditation instructions for sitting and walking meditation, qigong, dharma talks and interviews with the teachers.

Cost \$850 - \$500, sliding scale, plus a donation to teachers and retreat staff.

18 Benefit for Zen Hospice Program & the Spirit Rock Scholarship Fund – Community Hall

Sun, Nov 18, 10 am - 4 pm

The Grace & Gratitude of Grief: Music, Mindfulness, & Poetry for Healing – Paul Haller, Gary Malkin

Throughout our lives, we confront losses both small and large. Grief, the heart's natural response to loss, is a constellation of emotions that merits great attention and care. As Thanksgiving and the holiday season approach, join us for a day of “grace and gratitude” exploring the rich and inspiring connections between the ancient and powerful traditions of music, poetry and contemplation through teachings, readings, original musical performance, experiential exercises and discussion. We will journey together into the transformative teachings of loss and grief to find their joyous life-affirming lessons.

No matter how long it has been since your loss we wholeheartedly invite you join us. Our programs cultivate healing for people from all walks of life who seek a greater sense of ease in day-to-day life. Appropriate for new and experienced practitioners, including service providers and care givers, as well as those interested in the power of inspirational transformation even in times of personal or global suffering.

Cost \$60 - \$120, sliding scale, plus a donation to the teachers. Code ZH1B07.

Paul Haller is a Zen priest, Abbot of San Francisco Zen Center and co-founder of the Zen Hospice Project (ZHP) where he currently serves as President of Board. **Gary Malkin** is an award-winning composer/producer and performer specializing in the integrative power of music in spiritual growth and healing. He is co-creator and composer of *Graceful Passages: A Companion for Living and Dying with CD*.

25 Community Hall

Sun, Nov 25, 10 am – 4 pm

Spiritual Friend (Kalyana Mitta)

Daylong (No Fee – Dana Day)

– Genevieve Buehler (Kalyana Mitta coordinator)

Taking refuge in the community (sangha) is a way to hold our practice in a spacious way with friends, family and community. The Dalai Lama says that it is so much easier to find happiness when we look for it in others, as well as ourselves. The circle of spiritual friends (Kalyana Mitta network) gives us opportunity to find many jewels of the heart in each other.

In this one day, spiritual friends will join together to explore the Kalyana Mitta network. This network is a community of friends who meet together in small groups to explore the dharma through reflection and daily life experience. By giving and receiving support from each other, we find new ways to relate our practice to each other and the community.

Please bring a poem to share that evokes spiritual friendship to you, and also, please bring food for a community shared lunch.

Offered on a dana (donation) basis.

Genevieve Buehler has practiced at Spirit Rock since 1998. She is a graduate of the SRMC Dedicated Practitioners' Program. Prior to coming to Spirit Rock, Genevieve practiced Zen meditation in San Francisco. She is a hospice nurse and poet, and has completed training in Mindfulness-Based Stress Reduction.

27-2 Residential Retreat - upper Walking Hall

Tues, Nov 27 - Sun, Dec 2 (5 nights)

Beside Still Waters:

An Interfaith Retreat

– Mary Grace Orr, Norman Fischer

This retreat will be a time of practice particularly oriented to practicing Christians, Jews, and those of other faiths, who are also practicing Buddhist meditation or who would like to learn more of the Buddha's way. We will keep silence, sit and walk, finding in our shared experience the place where diverse teachings meet. We will consider prayer and Christian and Jewish teachings—particularly the Psalms—as well as the teachings of the Buddha.

Cost \$610 - \$360, sliding scale, plus a donation to teachers and retreat staff.

27-2 Residential Retreat

Tues, Nov 27 - Sun, Dec 2 (5 nights)

The Radiant Awareness of Being

– Eugene Cash, Kittisaro, Thanissara

The trajectory of dharma is the realization of the radiant awareness of heart and the embodiment of that perspective. This retreat will explore the nature of awareness and the qualities of a free heart as it manifests within the world. The archetype of Kuan Yin, ‘the one who regards the sounds of the world at ease’ and who extends merciful compassion while rooted in the realization of emptiness, will inform the teachings which will include mindfulness, devotional and qigong practices. Each day will include meditation instructions, chanting, dharma talks and meetings with the teachers.

Cost \$610 - \$360, sliding scale, plus a donation to teachers and retreat staff.

Kittisaro is a Rhodes Scholar from Tennessee who spent 15 years as a monk in the Forest School of Ajahn Chah. He recently completed his second year-long self retreat.

Thanissara started practice in 1975 in the Burmese school and was a Theravada nun for 12 years. Together with Kittisaro they run a hermitage in South Africa where, with the support of IMC San Francisco they initiated a successful HIV/Aids outreach program.

Remember event fees do not include teacher dana. At the end of each class, daylong or retreat, participants are given the opportunity to make a donation to the teachers. Thank you.



DECEMBER

1 Spirit Rock Benefit Workshop**– Community Hall**

Sat, Dec 1, 10 am – 5 pm

Shamanic Journeying: An Introduction– *Michael Harner, Sandra Harner*

Shamanism, the most ancient spiritual system known to humankind, has as a central feature the journey to other worlds. During this daylong workshop, participants are experientially introduced to shamanic journeying. After an introductory lecture, they are provided with methods to discover, and study with, their own individual power animals and spiritual teachers in non-ordinary reality, and to learn how the journey is utilized for problem-solving and healing.

Please bring a rattle or a drum if you have one. Wear comfortable clothing, warm socks, and bring a bandanna, cushion and/or blanket, and a pen and notebook to record your journeys.

Cost \$90 - \$120, sliding scale, plus a donation to the teachers (bring lunch). Code MH1B07.

Michael Harner, PhD, an anthropologist considered by many to be the world's leading authority on shamanism, has practiced shamanic healing since 1961. He is founder and director of the Foundation for Shamanic Studies in Mill Valley, CA. His books include *The Way of the Shaman*.

Sandra Harner, PhD, a clinical psychologist, is on the international faculty of the Foundation for Shamanic Studies and directs its Shamanism and Health program.

2 Community Hall

Sun, Dec 2, 9 am - 5 pm

Insight Meditation Daylong– *Jack Kornfield, Phillip Moffitt*

(see Oct 28 description)

Cost \$50 - \$80, sliding scale, plus a donation to the teachers (bring lunch). Code JK3D07. Please carpool.

4-9 Residential Retreat

Tues, Dec 4 - Sun, Dec 9 (5 nights)

CDL / DPP Graduates Retreat– *Eugene Cash, James Baraz, Kittisaro, Thanissara, Mu Soeng, Lew Richmond, Lama Palden, Anam Thubten Rinpoche, Jack Kornfield & others*

This retreat/conference is for those who have graduated from Spirit Rock's Community Dharma Leaders (CDL I / CDL 2) or Dedicated Practitioners Programs (DPP I / DPP 2). (See website for details and description). Space is limited and we expect this retreat to fill early.

Cost \$625 - \$370, sliding scale, plus a donation to teachers and retreat staff.

6 ISP Evening – Community Hall

Thurs, Dec 6, 7-9pm

The Dark Night of the Soul:**Psychological and Spiritual Perspectives**– *Frances Vaughn, Bryan Whittine*

The term 'dark night of the soul' was used by Christian contemplative St. John of the Cross to describe periods of intense suffering in which mystics feel that God has abandoned them and that their inner life of prayer has collapsed. In contemporary depth psychology, the term is some-

times used to describe periods that are central to the journey of individuation.

Losses of loved ones, illnesses and career setbacks are ways such periods might begin. Through this process we become increasingly aware of our source and dependence on the Self, our deep center of being/awareness. This presentation focuses on how therapists can honor these periods as times for opening of our client's deepest longings so they might come to appreciate life's greater meanings and find a more fulfilling relationship with Mystery.

Cost \$25. Code SPDS07. CE credit for MFTs, LCSW, nurses & psychologists available through the Institute for Spirituality and Psychology. Please pay at the event.

8 Community Hall

Sat, Dec 8, 9:30 am - 5 pm

Mindfulness & Effective Leadership– *Phillip Moffitt*

In this daylong retreat, you'll be exposed to new ideas about what it means to be an effective leader and discover new ways of measuring your success as a leader through mindfulness practice. We will explore how mindfulness can help you make more skillful business decisions by recognizing when your mind is caught in reactive, habitual thinking. And we will learn how mindfulness can help you align your priorities and goals with your values to achieve more personal satisfaction in your work.

Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code PM4D07.

9 Community Hall

Sun, Dec 9, 9:30 am - 5 pm

Cultivating Inquiry & Investigation in Our Practice – Donald Rothberg

According to the Buddha inquiry is one of the seven factors of awakening, one of the factors which both expresses the nature of an awakened being and, when cultivated, helps us to awaken. It can energize our practice, leading to a deepened interest in our experience.

Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code DR5D07.

9 Special Event - upper Retreat Hall

Sun, Dec 9, 6:30 pm - 9 pm

Meditation, Chanting & Winter Solstice Ritual– *Jai Uttal, Debra Chamberlin-Taylor*

We will use the powerful and sublime blend of chanting and meditation to carry us to the ocean of the awakened heart. This evening will conclude with a beautiful candlelight ritual to honor the winter solstice.

Cost \$25 prepaid; \$30 at the door. Code JA4S07. Space is limited; please preregister and bring a cushion. Code JA4S07.



Spirit Rock's intention is to make these teachings accessible to everyone. See more about fees on page 23.

12-16 Residential Retreat

Wed, Dec 12 - Sun, Dec 16 (4 nights)

Insight Meditation Retreat – Mary Grace Orr, Gil Fronsdal, Howard Cohn

In this retreat of Insight meditation, we will bring mindful attention to the breath, body, heart and mind. The practice will include complete vipassana instructions, silent sitting and walking, as well as a daily period of lovingkindness meditation, with dharma talks and interviews. Appropriate for beginning and experienced dharma students.

Cost \$510 - \$310, sliding scale, plus a donation to teachers and retreat staff.

15 Special Event – Community Hall

Sat, Dec 15, 10 am - 5 pm

The Ultimate Journey:**Consciousness & the Mystery of Death – Stanislav Grof, M.D.**

In this slide-illustrated seminar, we will explore observations from various areas of modern consciousness research and related disciplines—thanatology, parapsychology, psychedelic research, experiential psychotherapies, the work with people in psychospiritual crises ("spiritual emergencies"), mythology, anthropology, and comparative religion—that have important implications for the understanding of death and dying.

We will focus on such topics as near-death experiences, the process of psychological death and rebirth, karma and reincarnation, psychedelic therapy with terminal cancer patients, shamanism, aboriginal rites of passage, ancient mysteries of death and rebirth, eschatological mythologies, and the ancient books of the dead (Egyptian, Tibetan, Mayan, Aztec, and the European *Arts moriendi*).
Cost \$60-\$90, sliding scale (bring lunch). Code SG3S07.

16 Special Event – Community Hall

Sun, Dec 16, 10 am – 4 pm

Perfect Timing: Opening to the Gift of Synchronicity – David Richo

A series of unusual events or a combination of similar happenings may not be mere coincidence. Synchronicity is the meaningful coincidence or connection of events that can set the course of our life. Such events are the fulcrum of psychological change and spiritual awakening. Then awkward jolts can become graceful transitions, stops can become steps. We face our destiny rather than fall into fate.

Participants will learn how to recognize synchronicity in their daily experience and in their dreams. Such heightened awareness leads to a felt sense about what may be incubating in the unconscious. We are then able to act in accord with it. This work reveals the crucial significance of timing and how to honor it.
Cost \$60 - \$90, sliding scale, plus a donation to the teacher (bring lunch). Code DR4S07.

19-23 Residential Retreat

Wed, Dec 19 - Sun, Dec 23 (4 nights)

Insight Meditation at the Solstice:**Embracing the Dark, Inviting the Light – Donald Rothberg,***John Travis, Richard Shankman*

In this retreat, we will emphasize centering ourselves prior to 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 difficulties and challenges, as well as to the 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 lovingkindness practice, evening talks and personal interviews.

Cost \$510 - \$310, sliding scale, plus a donation to teachers and retreat staff.

26-4 Residential Retreat

Wed, Dec 26 - Fri, Jan 4 (9 nights)

New Year's Insight Meditation Retreat– *Gil Fronsdal, John Travis, Eugene Cash, Sharda Rogell, 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 \$1,075 - \$625, sliding scale, plus a donation to teachers and retreat staff.

29 Community Hall

Sat, Dec 29, 9:30 am - 5 pm

Out With the Old– *Wes Nisker, Nina Wise*

A crazy wisdom new year's retreat day—to die to the past, to reconnect with the great mystery, to replenish our wisdom, sense of humor and compassion. Silent meditation and movement exercises, poetry, stories and an end of the year guided meditation ritual. Teenagers welcome.

Cost \$45 - \$75, sliding scale. Code WN5D07.

30 Community Hall

Sun, Dec 30, 9 am - 5 pm

Monastic Daylong: The Sound of Silence [Dana - No Fee Day]– *Ajahn Amaro*

"Nada, nada, nada, nada and even more nada." This will be a day investigating meditations on emptiness and developing the practices of inner listening through nada-yoga, attending to "the sound of silence." Suitable for both new and experienced meditators.
Offered on a dana (donation) basis. Code AA4D07. Bring lunch and food to offer the monks. Food donations also gratefully accepted for Abhayagiri Monastery. Our regular daylong fee of \$45 is waived for this event. Please donate whatever you wish.

31 Special Event – Community Hall

Mon, Dec 31, 9 pm – 1 am

New Year's Eve Bash– *Wes Nisker, Nina Wise & others*

See website for information after Oct 1.



JANUARY 2008

5 Community Hall

Sat, Jan 5, 9:30 am - 4:30 pm
Introduction to Mindfulness, Part I
 – *Mark Coleman*

This is Part I of two daylongs (January 5 & 6) on the Four Foundations of Mindfulness. This day's teachings and practice periods will focus on the 1st and 2nd Foundations of Mindfulness—mindfulness of the body and mindfulness of feelings. Suitable for beginners and more experienced meditators who wish to refresh their understanding.

Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code MC1D08.

6 Community Hall

Sun, Jan 6, 9:30 am - 4:30 pm
Introduction to Mindfulness, Part II
 – *Howard Cohn*

This is Part II of two daylongs (January 5 & 6) on the Four Foundations of Mindfulness. This day's teachings will focus on the 3rd and 4th Foundations of Mindfulness. We will explore how to work with emotions, difficult mental states and the Five Hindrances to meditation practice. Suitable for beginners and more experienced meditators who wish to refresh their understanding.

Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code HC1D08.

6-13 Residential Retreat

Sun, Jan 6 - Sun, Jan 13 (7 nights)
Metta Retreat – *Sylvia Boorstein, Mark Coleman, Donald Rothberg, Heather Martin*

Metta, or lovingkindness, is the practice of cultivating the intention of benevolence as the orientation of heart and mind. It is also a path to wisdom. We cultivate metta as a meditation (practiced steadfastly on retreat) in order for it to manifest in an ongoing way in our daily lives. In this retreat, we will learn the formal practice of metta along with its companion practices of compassion, joy and equanimity. All four of these practices—known as the Brahma Viharas or Divine Abidings—strengthen self-confidence, self-acceptance, and steadiness of mind and heart, revealing our fundamental kindness.

Cost \$870 - \$520, sliding scale, plus a donation to teachers and retreat staff.

1/6-2/3 Community Hall

5 Sundays, Jan 6 - Feb 3, 6:30 - 9 pm
Teen Meditation Class Series
 (See page 8 for full description.)

1/8-2/5 Community Hall

5 Tuesdays, Jan 8 - Feb 5, 7 - 9 pm
Middle School Meditation Class Series
 (See page 8 for full description.)

10 ISP Evening – Community Hall

Thurs, Jan 10, 7 - 9 pm
EMDR, Spirituality & Meditation
 – *Laurel Parnell*

See website for description after Sept 1.
Cost \$25. Code SP1S08. CE credit for MFTs, LCSW, nurses & psychologists available through the Institute for Spirituality and Psychology. Please pay at the event.

12 Special Event - Community Hall

Sat, Jan 12, 10am-4pm
Integrating Our Catholic Heritage with Buddhist Practice: Healing Religious Wounds & Finding Spiritual Riches – *David Richo, Radhule Weininger*

NOTE: This day is open to anyone with religious concerns

We can recover from the repression or abuse in our childhood religious experience so that we can access the treasures of spirituality and incorporate them into a grown-up faith. We can re-discover the precious riches in all religious traditions. We do not have to be part of an institution to be people of faith. By mindfulness and lovingkindness we rediscover the deeper meanings in our Catholic past and in how it has helped us find a mature new spirituality.

Some challenges we can explore include a revision of our perspective of faith in light of the contributions of all the religions, mythologies, psychology, and scholarship from around the globe; we can re-draw the boundaries we were told not to cross so that, free from repression and inhibition, we can expand our trust in our own consciences; we can recognize that religion begins as an intrapsychic event and that Catholic images are archetypes in the collective life of humanity. We can recover from the past and invest in the future with truly personal and conscious conviction.

Cost \$60-\$90, sliding scale (bring lunch). Code DR1S08.

13 Community Hall

Sun, Jan 13, 10am-5pm
Appetite & the Dharma
 – *Ronna Kabatznik*
Cost \$45-\$75, sliding scale (bring lunch). Code RK1D08.

14-20 Residential Retreat

Mon, Jan 14 - Sun, Jan 20 (6 nights)
Community Dharma Leaders (CDL) Retreat – *James Baraz, Tara Brach*

This is the final retreat of the current Community Dharma Leader's Program, a 2½-year training for senior vipassana students who wish to offer classes and daylong retreats to their local sanghas.

20 Community Hall

Sat, Jan 20, 9 am - 4:30 pm
Happiness is an Inside Job
 – *Sylvia Boorstein*

See website after September 1 for more information.

Cost \$45 - \$75, sliding scale, plus a donation to the teacher (bring lunch). Code SB1D08.

22-27 Residential Retreat

Tues, Jan 22 - Sun, Jan 27 (5 nights)
Insight Meditation Retreat – *Howard Cohn, Debra Chamberlin-Taylor*

In this retreat, we will bring mindful attention to the breath, body, heart and mind. The practice will include complete meditation instructions, silent sitting and walking, as well as a daily period of lovingkindness, with dharma talks and interviews. Appropriate for beginning and experienced dharma students.

Cost \$620 - \$370, sliding scale, plus a donation to teachers and retreat staff.

22-27 Residential Retreat - upper Walking Hall

Tues, Jan 22 - Sun, Jan 27 (5 nights)
Coming Home: A Retreat for Experienced Women Practitioners
 – *Julie Wester*

Within the sacred container of an intimate circle of women we will deepen our exploration of our lives and practice as women. Staying open to holding all the experiences of our lives with spacious, loving awareness we will take as our primary focus the direct experience of the changing flow of aliveness in our bodies. As we begin to rest in this elemental reality, we can know our bodies as a field of energy and a doorway for awakening to the true nature of life. Open to 20 women who have previously worked with Julie and who have attended at least two residential retreats.

Cost \$620 - \$370, sliding scale, plus a donation to teachers and retreat staff.

27 Community Hall

Sun, Jan 27, 10:30 am - 3 pm
Family Practice Day - TBD – *James Baraz, Heather Sundberg, Betsy Rose*
 (See page 8 for full description.)

INSIGHT MEDITATION 2-MONTH RETREAT

(see teachers below)

Friday, February 1 - Friday, March 28 (56 nights)

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 practice. Instruction will follow the traditional four foundations of mindfulness combined with training in lovingkindness and compassion, through a daily schedule of silent sitting, walking, dharma talks and interviews.

Cost \$6,330 - \$3,530, sliding scale, plus a donation to teachers and retreat staff.

February Insight Meditation

1-Month Retreat – *James Baraz, Guy Armstrong, Sally Clough, Carol Wilson, Howard Cohn*

Friday, February 1 - Friday, February 29 (28 nights)

Cost \$3,165 - \$1,765, sliding scale, plus a donation to teachers and retreat staff.

March Insight Meditation

1-Month Retreat – *Jack Kornfield, Anna Douglas, Trudy Goodman, Eugene Cash, Marie Mannschatz, John Travis*

Saturday, March 1 - Friday, March 28 (27 nights)

Cost \$3,080 - \$1,730, sliding scale, plus a donation to teachers and retreat staff.

Dharma Seed Archival Center (Dharma Seed Tape Library)

On the web at www.Dharmaseed.org for access to dharma teachings, or www.Dharmastream.org for streaming dharma teachings.

Telephone: (800) 969-7333, 9am - 5:30pm EST
 Email: dharma@crocker.com
 Mail: Box 66, Wendell Depot, MA 01380

Spirit Rock's intention is to make these teachings accessible to everyone. See more about fees on page 23.

TEACHERS



SPIRIT ROCK RETREATS are taught by the twenty-one members of the Spirit Rock Teachers Council and by senior visiting teachers from our sister centers, Insight Meditation Society and Gaia House.

Spirit Rock's own teachers have generally practiced insight meditation for over twenty years. Many have trained in the monasteries of Asia. Over the years, they have each been invited into a formal teacher training group by the most senior teachers based on their depth of practice, maturity of understanding and compassionate heart.

The four- to five-year teacher training incorporates systematic study of Buddhist texts, extensive training in meditation practices, study of our Buddhist lineage and history and teacher role studies. It also includes hundreds of hours of practice interviews and assisting at many retreats and classes as preparation for assuming full teacher status.

The Spirit Rock Teachers Council has the responsibility for the spiritual direction and vision of the center and its programs.

MEMBERS OF THE TEACHERS COUNCIL AT SPIRIT ROCK

Ajahn Amaro trained in Thailand with Ajahn Chah and Ajahn Sumedho. A senior monk from Amaravati Buddhist Monastery in England, he is abbot of Abhayagiri Buddhist Monastery, a branch monastery of the forest meditation tradition, in Mendocino. He resides there with a small monastic community.

Guy Armstrong has been practicing insight meditation for over 20 years. His training included a year as a Buddhist monk in Thailand, primarily with Ajahn Buddhadasa. He began teaching in 1984 and has led retreats in the U. S., Europe and Australia. Guy's practice and teaching have been strongly influenced by Mahayana perspectives on non-duality.

James Baraz has practiced vipassana meditation since 1974 and taught since 1980. He is a founding teacher of Spirit Rock Meditation Center. James coordinates the Community Dharma Leader program, the Kalyana Mitta Network, and is the teacher-advisor to the Spirit Rock Family and Teen program. In addition, he is on the International Advisory Board of the Buddhist Peace Fellowship.

Sylvia Boorstein has been teaching at Spirit Rock since 1985 and teaches both vipassana and metta meditation. She is a founding teacher of Spirit Rock Meditation Center and a psychotherapist, wife, mother, and grandmother who is particularly interested in interfaith dialogue. She is the author of *It's Easier Than You Think, the Buddhist Way to Happiness*; *Don't Just Do Something, Sit There: A Mindfulness Retreat*; *That's Funny, You Don't Look Buddhist: On Being a Faithful Jew and a Passionate Buddhist* and *Pay Attention, For Goodness' Sake*.

Eugene Cash has been practicing meditation for 25 years and teaching retreats internationally since 1992. He leads the Insight Meditation Community of San Francisco (IMCSF) and teaches Diamond Approach groups in San Francisco and Holland.

Debra Chamberlin-Taylor has been meditating since 1973 and has led retreats that combine spiritual and psychological growth since 1978. In addition to practicing Vipassana, she has been influenced by Dzogchen, Diamond Heart and devotional practices. A psychotherapist, she also leads workshops on embodiment of awareness and love in relationships and in our diverse world.

Sally Clough began practicing vipassana meditation in India in 1981. She spent five years in England, where she managed a retreat center and was a founding member of the Sharpham meditation community. When she moved to California in 1988, she continued her dharma service at Spirit Rock Meditation Center in a number of roles, including executive director. Sally began teaching in 1996, and is one of the guiding teachers of Spirit Rock's Dedicated Practitioner Program.

Howard Cohn has practiced meditation since 1972. He has led vipassana retreats since 1985

and leads ongoing classes in San Francisco and Sausalito. He has studied with many Asian and western teachers of several traditions, including Theravada, Zen, Dzogchen, and Advaita Vedanta. He has been strongly influenced by contact with the Indian master H.W.L. Poonja. He has done post graduate work in East/West Psychology and has a private counseling practice.

Mark Coleman has been practicing Buddhist meditation since 1984, and has been influenced by the teachings of Advaita and Dzogchen. He has been teaching Vipassana retreats since 1997, and leads wilderness meditation retreats in Alaska, Baja, and throughout the western states. He is the author of *Awake in the Wild: Mindfulness in Nature as a Path of Self-Discovery*.

Anna Douglas, Ph.D. is a founding teacher of Spirit Rock. She teaches retreats and classes at Spirit Rock and leads retreats nationwide. She has a background in psychology and the arts and, in addition to 25 years of vipassana practice, has studied with teachers in the Zen, Advaita, and Dzogchen traditions. Anna currently teaches creative process classes for meditators.

Gil Fronsodal has practiced Zen and vipassana since 1975 and has a Ph.D. in Buddhist Studies from Stanford. Trained by Jack Kornfield, he is the founder and primary teacher of the Insight Meditation Center in Redwood City, CA. He is also a husband, father, author of *Issue at Hand*, and co-editor of *Teachings of the Buddha*, editor of *Voices From Spirit Rock*, and has recently published a new translation of *The Dhammapadam*.

Robert Hall, M.D., is a physician of the body/mind, a psychiatrist, poet, and meditation teacher. Once a student of Fritz Perls and Ida Rolf, he has been a pioneer in the integration of bodywork, psychotherapy, and spiritual practice for many years. Dr. Hall is co-founder of the Lomi School and Lomi Community Clinic in Santa Rosa. He currently leads retreats in Baja California with El Dharma (www.ElDharma.com).

Jack Kornfield trained as a Buddhist monk in Thailand, India, and Burma. He is a founding teacher of the Insight Meditation Society and Spirit Rock Center and has taught meditation internationally since 1974. He also holds a Ph.D. in clinical psychology, and is a husband and father. His books include *A Path with Heart*, *Buddha's Little Instruction Book*, *Teachings of the Buddha*, *Seeking the Heart of Wisdom*, *Living Dharma*, *A Still Forest Pool*, *Stories of the Spirit*, *Stories of the Heart*, and *After the Ecstasy, the Laundry*.

Phillip Moffitt has practiced vipassana since 1983. He leads an ongoing meditation class in Marin, is president of the Life Balance Institute, and writes a column for Yoga Journal entitled "Body and Spirit." He also co-authored *The Power to Heal*.

Wes Nisker has practiced vipassana meditation for 30 years. Founder and co-editor of the *Inquiring Mind*, a well-known Bay Area journalist, and author of the best-selling *Crazy Wisdom* and *Buddha's Nature*. Wes has a weekly sitting group in Berkeley and teaches in many venues around the country.

Mary Grace Orr has practiced many spiritual disciplines, including vipassana, for the past twenty years. Mary is the Guiding Teacher of Vipassana Santa Cruz and leads retreats throughout the United States. Previously she practiced for 20 years as a psychotherapist and has also trained with A.H. Almaas in the Diamond Approach to Self Realization.

Sharda Rogell began meditating in 1976 and teaching worldwide in 1985. She brings a strong emphasis to awakening heartfulness. She has also been influenced by the non-dual teachings of Advaita, as well as by Dzogchen in the Tibetan tradition. She is a student of the Diamond Approach with A. H. Almaas.

Donald Rothberg has practiced insight and metta meditation since 1976. A long-time organizer and teacher for the Buddhist Peace Fellowship, he is the

guiding teacher for a new Spirit Rock program, the Path of Engagement. He also teaches socially engaged spirituality, Buddhism, and transpersonal psychology at Saybrook Graduate School and is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.

John Travis has been a student of vipassana since 1970. In the eight years he lived in Asia, he studied intensively with senior teachers of the vipassana and Tibetan traditions. John leads classes and retreats in the Nevada City/Sacramento/Auburn area.

Julie Wester has practiced vipassana meditation since 1973 and has led retreats since 1985. Trained with Ruth Denison in the U Ba Khin tradition, she incorporates sensory exploration and guided movement meditation within the silent retreat setting.

Diana Winston is the Director of Mindfulness Education at UCLA's Mindful Awareness Research Center, founder of the Buddhist Alliance for Social Engagement (BASE) Program and the former associate director of Buddhist Peace Fellowship. She has practiced vipassana since 1989, including a year as a Buddhist nun in Burma. She is the author of *Wide Awake: A Buddhist Guide for Teens*.



PRIVATE INTERVIEWS WITH SPIRIT ROCK TEACHERS

Requirements: Interview support is open to any student of insight meditation who has completed an introductory class series or a five-day or longer retreat, and who is working with mindfulness practice on an ongoing basis.

Payment: In keeping with the tradition of offering teachings in the spirit of generosity, interviews will be on a dana basis (voluntary donation from the generosity of the student). Please remember that just as students depend on teachers, teachers also depend on students.

Time: Interviews are generally scheduled for a half hour (or longer if necessary). Many of these same Spirit Rock teachers also offer regular counseling at hourly sliding scale rates.

To set up an appointment, call any of the following teachers:

East Bay James Baraz (510) 525-7546

San Francisco & South Marin Howard Cohn (415) 447-7761

Santa Cruz, San Jose, Monterey Mary Grace Orr (831) 688-3958

Nevada City, Auburn, Sacramento John Travis (530) 265-0582

Marin Julie Wester (415) 721-7955

Marin Mark Coleman (415) 380-8642




SPIRIT ROCK MEDITATION CENTER

celebrates its
20th ANNIVERSARY
in 2008




Staff Extensions (415) 488-0164

Beginning Meditation Classes taught by Spirit Rock Teachers

Spirit Rock Community Hall – Sharda Rogell
Sept 20 – Oct 25, 6 Wednesday evenings 7-9 pm
Cost \$48 for the series, plus a donation to the teacher.

Auburn – John Travis
For information call Mary Helen (530) 887-9400 or visit www.mtstream.org.

Berkeley – James Baraz
Northbrae Community Church
941 The Alameda (near Solano). For information see www.eastbaydharma.org

Grass Valley – John Travis
For information visit www.mtstream.org.

Redwood City – Gil Fronsdal
Insight Meditation Center of the Midpeninsula
1205 Hopkins Ave, Redwood City.
Visit www.insightmeditationcenter.org, e-mail info@insightmeditationcenter.org or call (650) 599-3456.

San Francisco – Howard Cohn
Occasional introductory evenings (not class series).
St. John's Episcopal Church, 1661 15th St. at Julien (between Valencia & Mission) entrance on Julien St. through the garden. Info (415) 447-7761.

San Francisco – Eugene Cash
For complete schedule information visit www.sfinsight.org.



CONTINUING EDUCATION CREDITS (CE CREDITS)

Some events at Spirit Rock offer the opportunity to earn Continuing Education credits (CE credits). Who can earn these credits depends on the certifying organization offering them: generally MFTs and LCSWs may earn CE credits, and at some events, psychologists and nurses may also earn CE credits. The number of available CE credits will vary.

An administrative fee of \$25 is normally charged for processing CE credits registration, although at some events this fee may be less. As a convenience to those attending, Spirit Rock accepts online advance payment for CE credits for most daylong events. At other events, you will be instructed to bring your payment and sign up at the event. **NOTE:** In order to qualify for CE credits, you must arrive and sign in within 15 minutes of the start of the event, and stay until the end of the event.

For more complete information and specific information visit the Program section of our website.

Ongoing Classes at Spirit Rock

Spirit Rock Meditation Center
5000 Sir Francis Drake Blvd., Woodacre

Mondays 7:15-9:15pm
– **Jack Kornfield or guest**
Cost \$8 plus \$10 parking fee per car (3 in car, no fee).
Parking fee is charged only at Monday night sittings. Carpooling is required for Monday nights & some special events. Dinner is usually available 6-6:45pm.

Wednesdays 9-11am
– **Donald Rothberg or others**
(*Sylvia Boorstein is on sabbatical in 2007*)
Sit & practice discussion, suitable for beginners;
2nd Wed. of month: 8-9am sit and precept renewal.
Cost \$8 plus donation to the teachers.

Thursdays 10 am-Noon
– **Julie Wester or Heather Sundberg**
Women's meditation group. Sitting, movement, dharma inquiry and group exploration.
Cost \$8, plus donation to the teachers.

Fridays, 10am-12:15pm
Yoga, meditation, and dialogue.
Cost \$8, plus donation to the teachers.

Last Friday of each month: Singles Sangha, 7:30-10pm
– **Spirit Rock teacher or guest**
Requested donation \$15 at the door.

Ongoing Classes by Spirit Rock Teachers

Berkeley – James Baraz
Thursdays 7:30-9:30pm.
Berkeley Buddhist Monastery, 2304 McKinley Ave, near Bancroft & Berkeley High School.

Berkeley – Ajahn Amaro
1st Tuesday of month, 7:30pm.
Berkeley Buddhist Monastery, 2304 McKinley Ave, near Bancroft & Berkeley High School.
Info (707) 485-1630.

Redwood City – Gil Fronsdal
Insight Meditation Center of the Midpeninsula,
1205 Hopkins Ave, Redwood City
For further information visit www.insightmeditationcenter.org,
e-mail info@insightmeditationcenter.org or call (650) 599-3456.

San Francisco – Howard Cohn
Tuesdays 7:30-9pm.
St. John's Episcopal Church, 1661 15th St. at Julien (between Valencia & Mission) entrance on Julien St. through the garden. Info (415) 447-7761.

San Francisco – Eugene Cash
Sundays 7-9pm. First Unitarian Church,
1187 Franklin St (at Geary). (2nd Sunday of month:
6-7pm, orientation/review instructions).
www.sfinsight.org

San Rafael – Phillip Moffitt
Sundays, 6-8pm, Yoga Center of Marin, Corte Madera
Info (415) 435-3141, or email info@lifebalance.org.

Santa Cruz – Mary Grace Orr
Vipassana Santa Cruz, 1010 Fair St., Santa Cruz 95060
Info (831) 425-3431 or www.vipassanasc.org.

Sierra Foothills – John Travis
Info at www.mtstream.org.

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

Spirit Rock can be reached at (415) 488-0164, 24/7. Our front office is open Monday through Friday between 9am and 5pm. Messages left on the weekend will be returned on Monday.

If the person you are calling is on the phone, you will be transferred into his or her voicemail.

GENERAL INFORMATION

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FACILITIES

- 265 Facilities Director, Michael Chase
- 239 Caretaker's Office
- 211 Assoc. Dir. Land & Buildings, Clay Howard
- 212 Housekeeper, David Donelson
- 213 Caretaker, Sean Potts
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- 216 Housekeeper
- 217 Caretaker, Eddie Donoghue
- 218 Caretaker, Rachel Levy
- 219 Caretaker, Janet Kass
- 262 Residential Retreat Manager (Checked during retreats only)

- 0 Front Office
- 234 Front Office Coordinator, Rebecca Elwood
- 267 Communications Manager, Karen Gutowski
- 268 Communications Coordinator, Walt Opie
- 244 Director of Programs, Christine Owens
- 231 Director of Development, Tony Daniels
- 223 Development Coordinator
- 272 Development Associate, Kenneth Haugan
- 237 Diversity & Outreach Coordinator
- 242 Executive Assistant, Li Duan
- 221 Executive Director, Evan Kavanagh
- 227 Family Program, Heather Sundberg
- 240 Finance & Admin Director, Mark Sponseller
- 241 Finance, Staff Accountant, Terry Platek
- 257 Accounting & HR Assist
- 236 Information Technology Manager, Jim Sharpe
- 258 Network & Systems Manager, Kevin Kelly
- 228 Kitchen Manager, Marcella Friel
- 222 Program Weaver/Bookstore Manager, Mary Ann Clark
- 235 Retreat Program Manager, Robert Cusick
- 238 Events Coordinator, Graunya Holsen
- 276 Event Program Manager, Sara Sparling
- 225 Reg & Gift Entry Manager, Irene McGill
- 233 Retreat Registrar, Jennifer Cobb
- 243 Retreat Registrar/Scholarship Coordinator, Tammy Slusser
- 224 Volunteer Coordinator, Kate Frankfurt



IMPORTANT NOTICE ABOUT FEES

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. These fees are, however, a major source of operating income for Spirit Rock.

No one will be turned away from daylongs and classes for lack of funds. Benefit events, some special events, and residential retreats are an exception to this policy.

For those who cannot afford a daylong or class fee, a flexible work exchange program is available. To learn more about this, contact our Volunteer Coordinator at (415) 488-0164 x 224.

Special scholarships for people of color and monastics are available. Call (415) 488-0164 x 237 for more information on people of color scholarships.

General scholarships are available for residential retreats and special programs like the Dedicated Practitioners' Program. For people with life-threatening illnesses, scholarships for most Spirit Rock offerings are available through our Karuna program.

For retreat scholarship information, call (415) 488-0164 x 243.

WORK RETREAT POSITIONS

Work retreat positions are available to candidates who have sat minimum a 5-day Insight Meditation (Vipassana) retreat, in exchange for retreat tuition. A work retreat consists of 5 hours of daily work, either in the kitchen or with the housekeepers. We ask that candidates be able-bodied adults of average physical stamina.

While on a work retreat you will miss some periods of walking and sitting meditation. It is also possible but unlikely that you would miss the morning instruction period or a period of movement practice. While on a work retreat you will be able to attend all Dharma talks.

Applications for work retreat positions are available on our website or you can email workretreat@spiritrock.org after the registration opening date, or call (415) 488-0164 x 261 (housekeeping) or (415) 488-0164 x 228 (kitchen). Once you have confirmed a spot with the kitchen or housekeeping, you need to contact the registrar for the retreat and fill out the registration forms.

WWW.SPIRITROCK.ORG

Visit our website for more information about the center, our up-to-date calendar of events, complete listing of sitting groups and Kalyana Mitta (insight study groups), residential retreat forms and online donations.



MAILING ADDRESS
SPIRIT ROCK MEDITATION CENTER
P.O. BOX 169
WOODACRE, CA 94973, U.S.A.

SPECIAL EVENTS



SPIRITUALITY IN RELATIONSHIPS

David Richo

Saturday, November 3 – Sunday, November 4, 10 am - 4 pm

Relationships survive best when the partners are committed to personal adult integrity and to a spiritual practice. This two-day workshop is about how that can happen with a more spiritually conscious love. Love is not so much a feeling as a way of being present. Love is presence with unconditional attention, acceptance, appreciation, affection, and allowing others to be as they are. Love is presence without the conditioned overlays of ego, such as judgment, fear, control—just what we let go of in mindfulness meditation. We receive love in the same way—with the five A's and without our ego interferences. In other words, love happens best in mindfulness. This workshop is based on Dave's book, *How Be To An Adult in Relationships*.

Cost \$120 - \$180/weekend, sliding scale. Code DR1S07.

\$60 - \$90/day, Saturday code DR2, Sunday code DR3.



PERFECT TIMING:

OPENING TO THE GIFT OF SYNCHRONICITY

David Richo

Sunday, December 16, 10 am – 4 pm

A series of unusual events or a combination of similar happenings may not be mere coincidence. Synchronicity is the meaningful coincidence or connection of events that can set the course of our life. Such events are the fulcrum of psychological change and spiritual awakening. Then awkward jolts can become graceful transitions, stops can become steps. We face our destiny rather than fall into fate.

Participants will learn how to recognize synchronicity in their daily experience and in their dreams. Such heightened awareness leads to a felt sense about what may be incubating in the unconscious. We are then able to act in accord with it. This work reveals the crucial significance of timing and how to honor it.

Cost \$60 - \$90, sliding scale plus a donation to the teacher (bring lunch). Code DR4S07.



INTEGRATING OUR CATHOLIC HERITAGE WITH
BUDDHIST PRACTICE: HEALING RELIGIOUS
WOUNDS & FINDING SPIRITUAL RICHES

David Richo, Radhule Weininger, PhD

Saturday, January 12, 10 am – 4 pm

(full description on page 21)

David Richo, PhD, MFT, is a psychotherapist, teacher, and writer in Santa Barbara and San Francisco who emphasizes Jungian, transpersonal, and spiritual perspectives in his work. He is the author of many books including *How To Be An Adult in Relationships* and *Unexpected Miracles: The Gift of Synchronicity and How to Open It*.



FOR ALL BENEFITS

Register online at www.spiritrock.org, or call the front office Monday – Friday, 9 am – 5 pm to register with a credit card. Full scholarships and reduced rate admissions are not offered. For partial work-exchange scholarships call (415) 488-0164 x 224.



A BENEFIT FOR THE FAMILY PROGRAM
THERE'S NO PLACE LIKE HOME: MAKING PEACE
IN OUR FAMILIES & WIDER COMMUNITY

Sylvia Boorstein, Wes Nisker

Saturday, September 8, 1 - 4 pm, upper Retreat Hall

CHANTING & MEDITATION:
ENTERING THE STILL & BOUNDLESS HEART

Jai Uttal, Debra Chamberlin-Taylor

Saturday, September 8, 7 - 10 pm



THE ONE WHO IS NOT BUSY:

ZEN TEACHINGS ON FINDING EASE & JOY IN THE MIDST OF OUR BUSY LIVES

Norman Fischer

Saturday, September 15, 9:30 am - 5 pm



A BENEFIT FOR THE SPIRIT ROCK DIVERSITY PROGRAM
TRANSFORMING OUR RAGE INHERITANCE – A DAYLONG FOR WOMEN

Ruth King

Saturday, October 13, 9 am - 5 pm



SURRENDERING TO THE SACRED: EMBRACING DYING

Frank Ostaseski

Sunday, October 21, 9:30 am - 5 pm



108 BLESSINGS BENEFIT FOR THE SCHOLARSHIP FUND - DHARMA & SCIENCE

*Fritjof Capra, Stanislav Grof, Jack Kornfield,
Shauna Shapiro, Richard Mendius, Rick Hanson*

Thursday, October 25, 6 - 10 pm, San Francisco



THE HEART OF CHANTING

Robert Gass

Sunday, October 28, 6:30 - 9:30 pm



AWAKENING THE DREAMER, CHANGING THE DREAM

Facilitators of the Pachamama Alliance with Jack Kornfield, Wes Nisker

Saturday, November 17, 9:30 am - 5 pm



BENEFIT FOR ZEN HOSPICE PROGRAM & THE SPIRIT ROCK SCHOLARSHIP FUND
THE GRACE & GRATITUDE OF GRIEF: MUSIC,
MINDFULNESS & POETRY FOR HEALING

Paul Haller, Gary Malkin

Sunday, November 18, 1 - 5 pm



SHAMANIC JOURNEYING: AN INTRODUCTION

Michael Harner, Sandra Harner

Saturday, December 1, 10 am – 5 pm



MEDITATION, CHANTING & WINTER SOLSTICE RITUAL

Jai Uttal, Debra Chamberlin-Taylor

Sunday, December 9, 6:30 pm - 9 pm, upper Retreat Hall



THE ULTIMATE JOURNEY: CONSCIOUSNESS & THE MYSTERY OF DEATH

Stanislav Grof, M.D.

Saturday, December 15, 10 am - 5 pm