

For Newcomers

Following are suggestions to make your visit comfortable:

- 🕒 Please come on time so we can begin together. If you arrive late, please sit at the back of the hall or in the balcony.
- 🕒 If the monks are chanting when you arrive, please wait quietly in the foyer or at the back of the hall for the monks to finish and exit the room before unstacking chairs or placing your sitting cushions.
- 🕒 Leave your shoes in one of the shoe racks near the doorway and remember to turn off your cell phone.
- 🕒 Feel free to use the chairs, cushions, mats, or blankets stacked along the side walls. The hall can be quite cool in the winter.
- 🕒 Out of respect for the teacher and each other, do not lie down in the meditation hall unless you have a medical condition that prevents you from sitting comfortably.
- 🕒 Please plan to stay until the end of the meeting. If you need to leave early, move to the back of the hall or to the balcony during the break so that you won't disturb others as you leave.
- 🕒 After the meeting, please return and mindfully stack the chairs, mats, cushions, and blankets.
- 🕒 Talk quietly, even outside, so that the monks or those who wish to maintain silence are not disturbed.

Our community is accessible and welcoming to all who wish to participate regardless of ethnic origin, race, cultural or religious background, socio-economic class, age, gender, sexual orientation, or physical ability.

Chanting

These are the words and translations of the brief chants that follow the meditation. If you feel comfortable doing so, please join us.

These chants are known as the 'refuges' and serve as reminders of our intention to awaken to the way things are by applying the Buddha's teachings in our lives and by associating with others who share this intention.

*Namo Tassa Bhagavato Arahato
Sammāsambuddhassa*

(Repeat three times)

Homage to the Blessed One, the Perfected One,
the Fully Enlightened One

*Buddham Saranam Gacchami
Dhammam Saranam Gacchami
Sangham Saranam Gacchami*

I take refuge in the Buddha
I take refuge in the Dhamma
I take refuge in the Sangha

*Dutiyampi Buddham Saranam Gacchami
Dutiyampi Dhammam Saranam Gacchami
Dutiyampi Sangham Saranam Gacchami*

For the second time, I take refuge ...

*Tatiyampi Buddham Saranam Gacchami
Tatiyampi Dhammam Saranam Gacchami
Tatiyampi Sangham Saranam Gacchami*

For the third time, I take refuge ...

Rev: 9/4/08

www.insightberkeley.org

Welcome to the Insight Meditation Community of Berkeley



Thursdays 7:30 to 9:30 pm
Berkeley Buddhist Monastery
2304 McKinley Ave (at Bancroft)
Berkeley, CA 94703

www.insightberkeley.org

Vision

The Insight Meditation Community of Berkeley promotes Buddhist teachings and meditation practices primarily from the Theravadan tradition. We do this in a spirit of community with members helping each other to develop and embody the qualities of clarity and kindness that are central to the teachings.

Teacher

James Baraz has practiced vipassana meditation since 1974 and is a founding teacher at Spirit Rock Meditation Center. He leads meditation retreats at Spirit Rock as well as nationally and internationally. He started the Thursday group in 1980 and created the popular Awakening Joy course. James also teaches a six-week introductory meditation class in Berkeley two or three times each year. Experienced meditators may arrange private interviews with him regarding their practice or for spiritual counseling.

To receive email notices about James' teaching activities, email eastbaydharma@pacbell.net.

Dana Practice

Dana is the Pali word for 'generosity.' The teachings are priceless and are given in a spirit of generosity. Offering dana gives us an opportunity to express our gratitude for the teachings and to cultivate the joy of sharing. All donations are tax deductible.

☞ You may leave offerings for the teacher in the basket on the greeter table. Write checks to Spirit Rock (SRMC).

☞ We practice in this hall as guests of Berkeley Buddhist Monastery. You may leave offerings for the monastery in the basket on the greeter table. Write checks to Dharma Realm Buddhist Association (DRBA).

Thursday Program

Silent Meditation (7:30 to 8:15 pm)

There is no introduction, so begin meditating once you are settled. Brief meditation instructions are given on the first Thursday of each month.

Chanting

The meditation ends with a short chant in the Pali language. Feel free to join in or to continue sitting silently. The words and translation are on the back of this brochure.

Announcements

Brief Break

Ten or fifteen minutes to stretch, visit quietly with friends, or pick up information at the greeter table. A bell ends the break.

Dharma Talk

Often followed by discussion and questions.

Lovingkindness Meditation

Ends the evening at 9:30 pm

Useful Terms to Know

Insight (vipassana) meditation is the practice of cultivating mindfulness, learning to be aware and present each moment without clinging or aversion. From this state arises clear seeing, wisdom, and compassion.

Buddha refers both to the historical being who lived and taught 2500 years ago and to our true nature of wisdom and compassion. The word literally means "one who is awake."

Dharma or **dhamma** refers both to the way things are (natural law) and the Buddha's teachings that reveal this truth.

Sangha means community. It traditionally refers to the community of monks and nuns, but we extend the definition to include all those who share our meditation practice.

Metta means lovingkindness, a state of openness of heart that wishes happiness to all beings, including oneself.

Community Activities

Details are available at: InsightBerkeley.org

Community Building

Our planning group meets monthly to socialize and plan activities such as, book groups, films, hikes, and community service. All are welcome to participate in both the activities and the planning. Please join us. Stop at the greeter table and pick up a copy of our Activities Newsletter.

Kalyana Mitta (Dharma Friends)

Kalyana Mitta groups are small groups that meet regularly to study the dharma and share practice experience in a friendly, supportive environment. They afford an intimacy not always available in larger sitting groups.

Monthly Potluck

We have a potluck in the monastery dining hall on the first Thursday of each month from 6 to 7 pm. As you enter the monastery, turn left. Go through the double doors at the end of the hallway. Note: The monastery requests that all potluck offerings be vegetarian and free of garlic, onions, scallions, or shallots.

Online Resources

Website: www.InsightBerkeley.org. Includes the Activities Newsletter, recorded dharma talks for download and listening, and much more.

Bulletin Board Email List: This list is for receiving and posting social messages to community members; all are welcome to join and post. IMCB-BulletinBoard Google Group.

Announcements Email List: Subscribers receive the Activities Newsletter and announcements of the weekly dharma talk topic, guest teachers, and dharma-related events. IMCB-Announcements Yahoo Group.