



Insight Meditation Class

Deepening The Practice, Staying On The Path

INSIGHT MEDITATION RESOURCES

Meditation Groups/Organizations:

Sacramento Insight Meditation

SIM offers a range of activities in the Insight/Vipassana approach, including a sitting group every Thursday year-round, a full-day retreat on the last Saturday of every month, an annual residential retreat, and introductory meditation courses. If you have completed the Beginning Meditation course your name will be added to SIM's E-News Service, which announces all SIM events.

Location: Sacramento Friends Meeting House, 890 57th Street, between "H" and "J" Streets on 57th Street, Sacramento, California

Contact: www.sactoinsight.org, rich@sactoinsight.org, dennis@sactoinsight.org

Sacramento Buddhist Meditation Group

SBMG offers a range of activities in the three major schools of Buddhist practice. Every Sunday at 7:00 p.m. the group meets for a 40-minute silent meditation period followed by a talk or process led by a visiting teacher or an SBMG member followed by questions, answers, and discussion. The group also offers one-day retreats with visiting teachers.

Website: www.sbmgroup.org

Spirit Rock Meditation Center

Spirit Rock is an internationally-recognized retreat center offering a wide-range of daily, weekend, and residential meditation retreat programs.

Location: 5000 Sir Francis Drake Boulevard, Woodacre, California
P. O. Box 169, Woodacre, California 94973

Website: www.spiritrock.org

Aloka Vihara

The Aloka Vihara sisters are a community of bhikkhunis (fully-ordained nuns) dedicated to practicing the Buddha's teaching in the style of the Theravada Forest Tradition. Their practice emphasizes simplicity, renunciation, service and an orientation towards learning from the natural world – all held within the context of the Buddha's teaching.

They recently established a monastery near Placerville.

Website: <http://saranaloka.org>

Meditation Practice – Books

The Issue at Hand, by Gil Fronsdal, 2001. A collection of essays on practice by a skilled teacher and scholar. Available for free at: www.insightmeditationcenter.org.

The Noble Eightfold Path: the Way to End Suffering, by Bhikkhu Bodhi, BPS Pariyatti Editions, 2000. An excellent, concise book on the Buddha's path. Available online for free: www.accesstoinsight.org.

Insight Meditation: the Practice of Freedom, by Joseph Goldstein, 1993, Shambhala Publications. A brilliant overview of insight meditation by one of the founders of the insight meditation movement.

Mindfulness: A Practical Guide to Awakening, by Joseph Goldstein, 2013, Sounds True. An in-depth exploration of mindfulness as taught in the fundamental teaching from the Buddha, the *Satipatthana Sutta*.

Lovingkindness: The Revolutionary Art of Happiness, by Sharon Salzberg, 2004, Shambhala Publications. A classic, beautifully written book on the practice of *metta* by one of the founders of the Insight Meditation movement.

Buddha's Brain: the practical neuroscience of happiness, love, and wisdom, by Rick Hanson, Ph.D., with Richard Mendius, MD, 2009, New Harbinger Publications. An accessible introduction explaining the application of basic neuroscience principles to meditation practice and daily life. Updated resources are available at <http://www.rickhanson.net>.

Online/Correspondence Courses

Insight Meditation: an In-depth Correspondence Course, available through Sounds True. An excellent, yearlong, experiential course with CDs, workbook, and correspondence with a teacher. www.soundstrue.com.

Introduction to Mindfulness Meditation, taught by Gil Fronsdal and Ines Freedman of the Insight Meditation Center. Ongoing courses in meditation with mentor support or for audit. www.insightmeditationcenter.org.

Audio:

SIM Dharma Talks, Audio files on meditation topics by SIM teachers and mentors, www.sactoinsight.org/resources-2/resources

Audio Dharma, Audio files on meditation topics by Gil Fronsdal, Andrea Fella and other insight meditation teachers: www.audiodharma.org.

Dharma Seed, Audio files on meditation topics by insight meditation teachers from Insight Meditation Society and the Spirit Rock Meditation Center: www.dharmaseed.org.

Websites:

Sacramento Insight Meditation, meditation instructions, audio files on dharma talks, and current schedule of events: www.sactoinsight.org.

Insight Meditation Center of Redwood City, site for essays, audio talks, classes, and other support on meditation subjects by Gil Fronsdal and other insight meditation teachers: www.insightmeditationcenter.org.

Insight Meditation Society, Barre, Massachusetts; meditation support and meditation retreats: www.dharma.org.

The Spirit Rock Meditation Center, Woodacre, California; meditation support and meditation retreats: www.spiritrock.org.

Access to Insight, collection of essays on various Buddhist topics and suttas translated into English: www.accesstoinsight.org.

Journals:

The Insight Journal, an excellent monthly online publication with articles related to the study and practice of the Dhamma published by the Barre Center for Buddhist Studies. www.bcbsdharma.org

Buddhadharma: The Practitioner's Quarterly, a journal for the meditation community representing "many buddhists, one buddhadharma." www.lionsroar.com

Meditation Supplies

Tibet Nepal Shop, 239 G Street, Davis, CA 95616, Telephone: (530) 758-3406

DharmaCrafts, 405 Waltham Street, Suite 234, Lexington, MA 02421. Orders can be placed by phone at (800) 794-9862 or e-mail. Website: www.dharmacrafts.com

Shasta Abbey, 3724 Summit Drive, Mt. Shasta, CA 96067-9102. Orders can be placed by phone at (800) 653-3315, or by fax at (530) 926-6682. Supplies come in traditional basic black only. Website: <http://www.shastaabbey.org/giving-fosa.html>

Engaged Buddhism – a brief selection

Buddhist Global Relief, inspired and supported by Ven. Bhikkhu Bodhi, is an inter-denominational organization comprising people of different Buddhist groups who share

the vision of a Buddhism actively committed to the task of alleviating social and economic suffering.

Website: <http://www.buddhistglobalrelief.org>

Insight World Aid, founded by former SIM Community Mentor Jeff Hardin with guidance from Gil Fronsdal, is a not-for-profit organization of the insight meditation (vipassana) community that seeks to alleviate suffering worldwide. The goal of IWA is to offer volunteer services and resources to impoverished communities throughout the world. IWA provides support to reduce malnutrition, disease, and poverty regardless of nationality, ethnicity, gender, age, sexual orientation, or religion.

Website: <http://insightworldaid.org>

Buddhist Pathways Prison Project, founded by SIM Community Mentor Diane Wilde, is a California nonprofit corporation whose mission is to bring the core teachings of the historical Buddha of non-harming, meditation, and wisdom into Northern California prisons. Through mindful awareness, incarcerated sangha members gain the wisdom that fosters durable self-transformation and insight into the inner conditions that led to incarceration.

Website: <http://www.buddhistpathways.org>

One Earth Sangha. The mission of the One Earth Sangha is to support awakening and responding to climate change and other threats to our shared home through education, sustainable living and advocacy. We explore the teachings of the Buddhist path and how they can inform, support and motivate this work. We also recognize the critical role that Sangha (spiritual community) plays in this work. We need each other. Therefore, we are committed to making connections that bring together a variety of environmental, Buddhist lineage, cultural, racial and faith voices in order to deepen our practice of responding to the call of our home.

Website: <http://www.oneearthsangha.org>

Buddhist Peace Fellowship. The mission of the Buddhist Peace Fellowship (BPF), founded in 1978, is to serve as a catalyst for socially engaged Buddhism. Our purpose is to help beings liberate themselves from the suffering that manifests in individuals, relationships, institutions, and social systems. BPF's programs, publications, and practice groups link Buddhist teachings of wisdom and compassion with progressive social change.

Website: <http://www.buddhistpeacefellowship.org>

Joanna Macy PhD, is a scholar of Buddhism, general systems theory, and deep ecology. A respected voice in the movements for peace, justice, and ecology, she interweaves her scholarship with five decades of activism. As the root teacher of the Work That Reconnects, she has created a ground-breaking theoretical framework for personal and social change, as well as a powerful workshop methodology for its application. Her work helps people transform despair and apathy, in the face of overwhelming social and ecological crises, into constructive, collaborative action.

Website: <http://www.joannamacy.net>