

Upcoming events and topics of interest for SENGENers - Sept 2018



Fall has definitely arrived with its cooler temperatures and brilliant colors. As SENGENers, we tend to resort to comparisons...is it cooler, are the leaves more colorful, can we expect more or less snow?? What better time to resort to a beginner's mind. As Joey has reminded us, "develop a mind that abides nowhere".

Speaking of beginner's mind, there is no set agenda for SenGen topics for the remainder of 2018. Look to your facilitators to approach each session with a new beginning!

[Upcoming DDC events...](#)

[Monday evening sitting meditation and dharma talk](#) speaker schedule 5:30 – 7pm



Monday, September 24

Erin Treat

Monday, October 15

Sit & Tea

Monday, October 1

Yong Oh

Monday, October 22

Erin Treat

Monday, October 8

Erin Treat

Monday, October 29

Bill Ball

SenGeners, you may also be interested in attending the **Life Long Learning lecture on Thursday, September 27, from 7-8:30, at Noble Hall, Fort Lewis College.** The topic is Life Sustaining Technologies: Pros and Cons, given by Anne Rossignol, Mercy Regional Medical Center's Director of Palliative care.

[DDC Sitting Groups...](#)

[Thursday Evening Sitting Meditation & Short Reading](#) Each Thursday of the month 5:30 - 6:15 pm

[Sati Sunday Sitting Group](#) 2nd and 4th Sunday 9:00 - 10:15 am

[Extended Practice Meetings](#) 1st Sunday 9-11 am, 3rd Wednesday 7-9 am

[Friday afternoon Dharma](#), 12:00pm - 1:00pm, 2nd and 3rd Fridays of the month

[Next Generation Mindfulness Group for people in their 20s and 30s](#),
Schedule and activities to be announced. Hosted by the next generation
mindfulness group.

[Mindfulness 12-Step Group](#) 12:00 noon - 1:00 p.m. on Wednesdays AND 4:30
- 5:30 pm on Sundays. An open gathering blending Mindfulness and The 12 Steps
as resource tools for developing healthy relationships with ourselves and all other
people, places, and things.

[SenGen Sessions](#), 2nd and 4th Tuesdays of every month (except August), 3-4:30
pm, Hosted by the Senior Generation KM group. Open to all spiritual friends, 60
years or older, with an interest in learning and contributing to discussions about the
Three Heavenly Messengers of aging, illness and death and other useful age-
related topics.

[Mindful Parenting Group](#) 2nd Tuesdays 12 - 1 PM & 4th Tuesdays 6 – 7 PM,
open to all who care for children – Grandparents, Teachers, Camp Counselors, etc.

[new DDC events...](#)

introduction to Mindfulness Meditation

a class series with Bill Ball

Five Wednesdays starting September 19 from 6:00 - 7:30 pm. Practicing meditation brings a new sense of calm into our lives, creating greater ease and less reactivity in the face of life's stresses and challenges. Learn the basics of mindfulness meditation in this five-week introductory class series, which will include talks, discussions, guided meditations, and homework.

The class, led by Bill Ball, is open to new as well as experienced meditators who may be looking for a refresher.



DATES: Wednesdays, Sept. 19 and 26 as well as Oct. 3, 10 and 17, from 6:00 pm to 7:30 pm. [LEARN MORE](#) and [REGISTER](#)

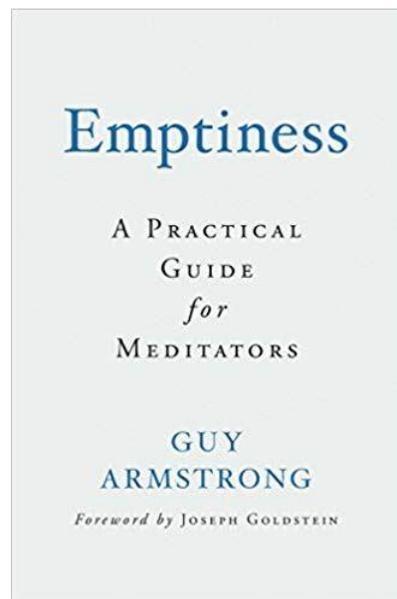
AWAKENING WISDOM AND COMPASSION THROUGH THE LIBERATING TEACHINGS OF EMPTINESS

an ESSENTIAL DHARMA Class WITH ERIN TREAT

Six Thursdays: Oct. 11, Oct. 25, Nov. 8, Nov. 29, Dec. 6, Dec. 13

6:00 - 8:00 pm

Emptiness is a central teaching in Buddhism, but it doesn't mean vacancy or nothingness. By cultivating a deeper understanding of emptiness, we can transform the way we see the world and experience profound freedom and compassion. Participants in this Essential Dharma class will take a deep dive into the liberating teachings of early Buddhism, with guidance from Guy Armstrong's seminal book, [Emptiness: A Practical Guide for Meditators](#). Our time together will include guided dharma reflections, meditations and inquiry.



Please note that this is not a class for new meditators. This class is suitable for those who have completed a minimum of five days of residential retreat practice. This Essential Dharma class will require regular practice time and study outside of class. If you have questions about the prerequisite, please feel welcome to contact Erin Treat at treaterin@gmail.com.

This class will be held in the main meditation hall while regular Thursday night sits will be held in the downstairs hall.

DATES: Thursdays, Oct. 11, Oct. 25, Nov. 8, Nov. 29, Dec. 6, Dec. 13, from 6:00 pm to 8:00 pm.

ABOUT ERIN TREAT: Please [click here for more information](#) about Erin Treat.

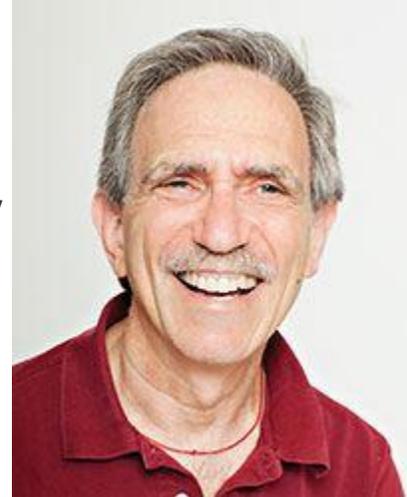
[LEARN MORE](#) and [REGISTER](#)

Awakening Joy

A non-residential weekend retreat with [James Baraz](#)

Friday, October 26, from 6:30 - 8:00 pm
Saturday, October 27 from 9:00 am to 4:00 pm
Sunday, October 28 from 9:00 am to 4:00 pm

True happiness is not about acquisition but rather opening to the natural joy and aliveness right inside you. Today, as we are bombarded with messages that heighten our fear and sadness about the world, more than ever it is vital to understand the importance of joy as a central aspect of spiritual practice. We need to remember how to stay connected to that place inside that makes life worth living. Then our own wellbeing and joy can become gifts to a troubled world.



This retreat will offer instructions on developing mindfulness and loving-kindness with an emphasis on the Buddha's teaching to cultivate wholesome states. The schedule will include silent sitting meditation, walking meditation and dharma talks. This is an excellent opportunity for both those new to retreat practice as well as experienced practitioners.

The retreat will be held Friday evening, Saturday and Sunday at the Durango Dharma Center. The Friday evening program will be open to the entire community, including those who haven't yet registered for the retreat, on the basis of *dana*, or mutual generosity. We invite you to join us for this special opportunity to practice with James Baraz.

COST: Cost for the retreat is on a sliding scale of \$100-\$200. A special early-bird rate of \$80 is available if you register before September 24. Scholarships are available by contacting Terry Leonard at 970-799-0084 or 50tleonard@gmail.com.

[LEARN MORE & REGISTER](#)

And now to our newsletter topic of beginner's mind and how it might relate to SENGENers...

[The Beauty of Beginner's Mind](#) by [Jack Kornfield](#)



The wisdom of uncertainty frees us from what Buddhist psychology calls the thicket of views and opinions. “Seeing misery in those who cling to views, a wise person should not adopt any of them. A wise person does not by opinions become arrogant. How could anyone bother those who are free, who do not grasp at any views? But those who grasp after views and opinions wander about the world annoying people.” I like to think that the Buddha said this last sentence with a laugh. Ajahn Chah used to shake his head and smile, “You have so many opinions. And you suffer so much from them. Why not let them go?” To learn more, visit [Practice: Don't Know Mind](#)

“Things are like this now.” Even when we feel sick or bad or confused, if we relate to that experience for what it is, as a condition and not as something that we are — isn't that a way to be at peace; a way that has clarity and freedom?”

- Ajahn Sucitto

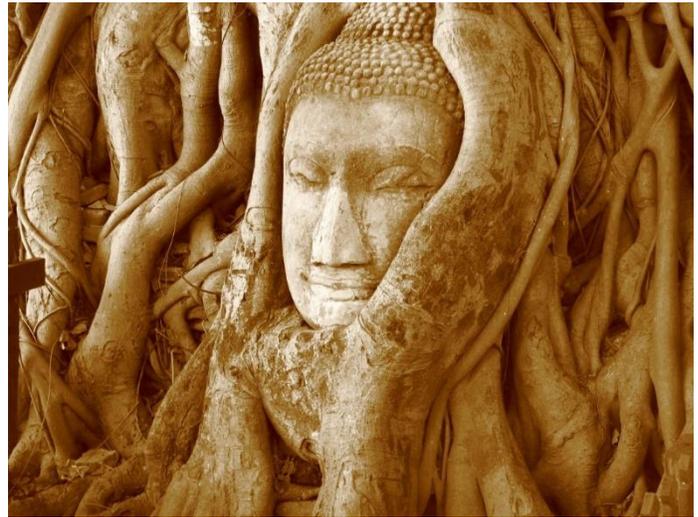


[To read Ajahn Sucitto's article, "Good Enough," please click here.](#)

[THE NEW SCIENCE: Changing Ourselves by Changing the Brain,](#) by Patty de Llosa

November 16, 2015 By [Patty de Llosa](#)

“Does mind exist?” asks neuroscientist Daniel Siegel, as he opens a two-day conference on his favorite subject, interpersonal neurobiology. Siegel is on a mission to tell the world that by working to make changes in your mind you can reorganize the neural



pathways in your brain. He insists that if you work at it, you can spend more time in “Beginner’s Mind” and improve your personal relationships. Unsatisfied by the old scientific definition that the mind is what the brain does, he says that “such a view essentially reduces the mind to an MRI.” As he sketches an upside-down triangle with *mind* and *brain* at the top two corners and *relationships* at the lower vertex, he explains that “The mind is an embodied and relational process that regulates *the flow of energy and information*. There are two worlds—that of physical reality, and that of mindsight.” Siegel defines *mindsight* as “our human capacity to perceive the mind of the self and others. It is a powerful lens through which we can understand our inner lives with more clarity, integrate the brain, and enhance our relationships with others.” [Click HERE to read more.](#)

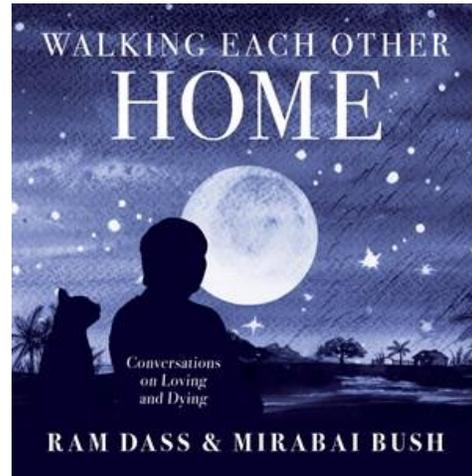
Lots of good reads since the last newsletter...

WALKING EACH OTHER HOME

Conversations on Loving and Dying

by [Ram Dass](#) & [Mirabai Bush](#)

We all sit on the edge of a mystery. We have only known this life, so dying scares us—and we are all dying. But what if dying were perfectly safe? What would it look like if you could approach dying with curiosity and love, in service of other beings? What if dying were the ultimate spiritual practice?



Ram Dass and Mirabai Bush began their friendship more than four decades ago at the foot of their guru, Neem Karoli Baba, also known as Maharaj-ji. He transmitted to them a simple philosophy: love everyone, tell the truth, and give up attachment to material things. After impacting millions of people through the years with these teachings, they have reunited once more with *Walking Each Other Home* to enlighten and engage readers on the spiritual opportunities within the dying process. They generously share intimate personal experiences and timeless practices, told with courage, humor, and heart, gently exploring every aspect of this journey. And, at 86 years old, Ram Dass reminds us, “This time we have a real deadline.”

In *Walking Each Other Home*, readers will learn about: guidelines for being a “loving rock” for the dying, how to grieve fully and authentically, how to transform a fear of death, leaving a spiritual legacy, creating a sacred space for dying, and much more.

From our resident poet – buddieb

HIDING

*My soul is like a snow man,
not a Frosty, that carrot nosed fellow
Melting under his own weight
leaving just a puddle of a
Challenging memory
This spirit winks knowing my dreams
waking or sleeping
Dancing to heart beats
Thumping fast, faster
Ear drums pop screaming to stop (halt?)
Alas, a waltz returns moving ever so slowly
Caressing a shuttering heart nearly frozen
Fearing this ghostly vision struggling
To capture vapor through numbing fingertips
Laughing this invisible being vanishes
Deep inside nodding off 'till next time*

And ending with a bit of humor thanks to Martha...



WWW.CHUCKTHEMONK.COM

elo & Tyler

Thanks so much for sending me future events, readings, videos and audios. Keep them coming to eandrpark@gmail.com. If you would rather not be included on future Event Calendar mailings, please let me know by return email. Ross P.



And don't forget to check out our senior generation website at [DURSENGENS](#)