

Entering the Stream

Assignment for First Class

October 2,

9:00 am – 4:00 p.m.

At IMC

Dear Participants,

I am looking forward to our first meeting. I look forward to exploring the Dharma together in a community of fellow practitioners. An important part of the program will be our deepening connection as a community, exploring how Dharma teachings are relevant in our lives.

Readings and Recordings:

To prepare for our first class, please read or listen to

1. Growing in Wisdom and
2. Profound Contemplation of the Dharma.

Contemplation exercise:

After reading or listening to the two essays, reflect on what has been valuable for you with your involvement with the Dharma. How have you benefitted from this? How has it changed you? Spend time to think about or "profoundly contemplate" the most personal ways the Dharma has touched you.

To do this exercise, set aside some quiet time in which you meditate for a short period and then sit or walk in a way that allows you to consider the above questions. To help keep your focus, write down the questions and/ some of your responses. Stay connected to your body as you contemplate, as if the inspiration for your reflection arises from deep

within. As you contemplate, pause periodically to relax, let go, and let your thinking mind become quieter and calm.

Writing assignment:

To prepare for our first class, please write 200-400 words about what attraction, value, or benefit the Dharma has for you. This writing does not need to be polished. It is to get you to think about your relationship with Buddhist teachings and practices so you can better participate in some of the class discussions. Reading these writings will provide me with a better understanding of how to teach when we are together on October 2. Please send your writings by September 27 to

ets@insightmeditationcenter.org

Metta,
Gil