

Entering the Stream Program

September 5,

Dear Entering the Stream Program participant,

Thank you for applying to IMC's ETS program. I am delighted to accept you to the program and our exploration of these teachings.

I know many of you have busy lives, and I am happy for you to participate as it works for you. At the same time, you will benefit from the program in direct relationship to how much you can immerse yourself in the sessions, readings, and the assigned contemplative reflections and writings. I am designing the program to support your maturation in the Dharma, not merely to provide information. For this purpose, I encourage you to practice meditation at least six days a week during this 8-month course. Your meditation is a significant avenue through which the course will benefit you.

This course is the wisdom module of a three-part series on the "three trainings" of ethics, meditation, and wisdom. The wisdom we will be engaged with is "liberative wisdom," i.e., the insight, discernment, and attention that leads to the liberation championed by the Buddha. An essential foundation for this wisdom is your deeper contemplation of the teachings and their application to your life. I will be offering you regular contemplative topics and questions, and guidance in contemplation as a Dharma practice.

An important intention for each of these three "training" programs is deepening our sangha connection to each other and developing our capacity for Dharma conversations and Dharma friendships. Please participate in the discussions and breakout groups as wholeheartedly as you can as a listener and speaker. I also ask that you engage in these conversations with mutual respect and care, not least because respect and care are mediums through which we grow in the Dharma.

Separately, you are receiving a handout with the logistics for the course. The assignments and readings will be posted on the new "course" page on Audiodharma. The code to access this is tvjm.

I very much look forward to our eight months together in this program.

With much metta,

Gil

To access our Zoom sessions, click [here to enter the Zoom room](#) or use:

The password to enter the Zoom room is: Entering