

Recommendation For Practice In 2017

Dennis Warren, Founding Teacher, Sacramento Insight Meditation

What does it mean to "awaken"?

We awaken to the causes of discontent & dissatisfaction [suffering], and to the causes of satisfaction and happiness.

Each of us is the heir of our own karma.

There is no escape from the consequences of our intentions, thoughts, speech and action.

Focus first on the small, not the big.

The Dalai Lama: Our concern and attention should be directed not towards anger and rage, but discontent and dissatisfaction. It is from discontent and dissatisfaction that anger, rage and their consequences, arise and are visited upon us.

"Within this fathom-long body and mind is found all [Buddhist] teachings."

It is not an accident that the First Foundation of Mindfulness is the body, and the enormous wisdom stored in it. Sound practice is based on experience in and through the body in meditation and daily life.

Accepting things as they are is a foundation for seeing clearly.

A willingness to accept things as they are, for the purposes of awakening and for resolving the causes of past unhealthy karma, is a foundation for seeing clearly.

Practice is a matter of choice.

In any given moment we are either pointing our mind towards satisfaction & happiness or towards suffering by making a choice to exercise restraint or to cultivate the positive.

Take an inventory of your meditation and daily life practices.

Inattention to how and why we are practicing, and whether we are making progress, may be the biggest obstacle to moving towards awakening.

Resources At SIM – Going Deeper Through Experience

Beginning Meditation Course (February)

Thursday Evenings Sittings and Dharma Talks

Dharma Talks on Line

End of the Month One Day Retreats

Residential Retreat in Santa Rosa (September)

Acts of Caring & Generosity (Dana)

Donations – Service to SIM & Others

Donations – Monetary

Community & Friendships

Pilgrimage to Thailand, India & Nepal (Mid-October to Mid-November 2018)

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