

EVERYDAY DHAMMA: AT HOME, AT WORK, IN THE WORLD

Buddhist Teachings on Wealth & Prosperity



A Day of Meditation
with Shaila Catherine

Saturday, January 22, 2011
9:30 am – 5:00 pm

Edwards Hall of St Timothy's Church
2094 Grant Road, Mountain View, 94040

This day-long program includes silent sitting and walking meditation, a dhamma talk in the afternoon, and the possibility for a private interview/consultation with the teacher. Designated Saturdays will include a guided movement session from 10:30-11:30am with a teacher of Qi Gong, Feldenkrais Method, Yoga, or another mindfulness-based movement practice. The monthly theme is derived from the book *The Buddha's Teachings On Prosperity—At Home, At Work, In The World*, by Bhikkhu Basnagoda Rahula (Wisdom Publications 2008). Books are available for purchase at the event.

If you can attend only a portion of the day, we request that you arrive or depart during the lunch break (12:30-1:15) and attend either the full morning or the full afternoon segment of the program.

No registration and no previous experience required. Everyone is welcome. Bring a bag lunch.

Chairs are provided and the floor is carpeted. Bring your own sitting cushion if you prefer to meditate sitting on the floor.

Mark Your Calendars for Upcoming Saturday Daylong Programs:

- Feb. 12 The Dhamma of Roles,
Relationships, and Communication
- Mar. 12 Buddha's Advice for Overcoming
Conflict and Cultivating Concord
- Apr. 23 The Dhamma of Decision-Making
- May 14 A Buddhist Perspective on Habits,
Action, and Personality
- Jun. 4 A Buddhist Approach to Lasting
Happiness

SHAILA CATHERINE is the founder of Insight Meditation South Bay, and has been practicing meditation since 1980 accumulating eight years of silent retreat. She has studied with masters in India, Nepal and Thailand, and taught since 1996 in the USA, India, Israel, England, and New Zealand. Shaila's current focus is the development of concentration and jhana as the basis for insight. She authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity* (Wisdom Publications, 2008). Her second book, a comprehensive manual on concentration and insight, is forthcoming from Wisdom Publications in 2011.

DANA: IMSB relies entirely upon the generosity of participants to support our teachers and cover organizational expenses. Dana is a word in the ancient Pali language that describes donations, offerings and generosity. Two bowls will be available at an event to practice dana for the teacher and IMSB; we encourage you to give joyfully and generously, according to your resources and means.

For more information, contact: (408) 288-6322, sit@imsb.org

Presented by Insight Meditation South Bay

www.imsb.org