

3 Jewels: As Refuge, Inspiration, and Practice

Taking Refuge In The Buddha, Dhamma And Sangha

with **Shaila Catherine**



THIS PROGRAM is designed in two overlapping phases:

The Tuesday night talks (**Part I**) will be incorporated into IMSB's weekly meditation group and are open to the public. These evenings will include meditation, discussion, and brief chanting. No restrictions apply for participation in the Tuesday night program.

The Wednesday night seminars (**Part II**) are intended to provide for further reflection, meditation, and discussion of these three beautiful recollections. Participants in the Wednesday night program are expected to attend all three Tuesdays, in conjunction with the Wednesday follow-up seminar in order to prepare for the option of participating in a refuge ceremony on January 4.

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

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

Tuesday Location: St. Timothy's Episcopal Church
2094 Grant Rd
Mountain View, CA 94040
October 5, November 9, December 14

Wednesday Location: Pathways to Self Healing
4153A El Camino Way
Palo Alto, CA 94306
October 6, November 10, December 15

7:30 pm - 9:00 pm

THE FULL SERIES:

Tuesday, Oct 5—Recollection of the Buddha: The Awakening.

This first installment will introduce the practice of recollecting Buddha and using meditation to enhance joy, inspiration, and confidence in the possibility of liberation (*Buddhanusati*).

Wednesday, Oct 6—Discussion of Recollection of the Buddha

Tuesday, Nov 9—Recollection of the Dhamma: The Liberating Teachings.

This second installment will introduce the practice of recollecting dhamma and using the meditation to enhance joy, delight and faith in the path (*dhammanusati*).

Wednesday, Nov 10—Discussion of Recollection of the Dhamma

Tuesday, Dec 14—Recollection of the Sangha: Community Refuge.

This third installment will introduce the practice of recollecting the virtues of the Sangha and using meditation to support inspiration, trust, and community (*sanghanusati*).

Wednesday, Dec 15—Discussion of Recollection of the Sangha

Tuesday, Jan 4—The Refuge Ceremony

The Refuge Series will culminate with a Refuge Ceremony. We will incorporate the traditional Refuge Ceremony into the evening celebrations of the New Year and the anniversary of our formation as an organization.

DANA: Donations are gratefully accepted to support the teachers and for organizational expenses.

Presented by Insight Meditation South Bay
www.imsb.org