

The SnowFlower Sun

July / August 2016

Metta and Equanimity: A guided meditation adapted from Kamala Masters by Mary Michal

Praise and blame, happiness and suffering can all arise and pass away in the spaciousness of metta and equanimity.

Tune into your breath. Start with yourself: This is how it is for me right now. May I accept how it is with balance and spaciousness. May I relax my heart and my body.

In each of our lives, there may be health conditions, career issues, financial issues, relationship issues. There may be pain or joy, and often both.

May I open fully to the conditions of my life, with all of the joy as well as all of the sorrow.

When you are distracted, notice that this is happening. Bring spaciousness there, bring loving kindness there.

Bring compassion there. Bring equanimity there. When you feel that sense of spaciousness, let the mind rest.

Allow everything else to move to the background.

Just the bare experience. Do not add any layers of reactivity. Come back to your heart center.

May I be undisturbed by the comings and goings of events. May this body be healthy and strong, as much as possible. May my heart be at ease with the changing inner and outer conditions of my life.

When you are ready, choose someone you love very much. This could be a dear friend, a teacher, an animal companion, the Earth herself: May you be peaceful amidst changing conditions. May you be peaceful and happy, no matter what is happening. May you be healthy and strong, as much as possible. May your heart be at ease with the inner and outer conditions of your life. May you live your life with equanimity and an open heart.

When you feel ready to move on, draw your attention to someone more neutral, someone you see at the bus stop or the office or the store.

May your mind and heart be in balance. May you bring compassion and equanimity to the events of your life and to the events of the world. May you be peaceful and at ease. May you live your life with equanimity and an open heart.

Now, only if you are ready, extend loving kindness and a spacious heart to those with whom you experience some difficulty. It could be a family member or friend, a political figure, or even some part of ourselves that we have left out of our hearts. Just as I wish to be at peace, I know that you also wish to be at peace. May you be peaceful and at ease, may you be safe and free from harm. May you feel spacious and compassionate with yourself.

Gradually, as you are ready, extend peace to all beings everywhere.

Just as I wish to be at peace, may all beings everywhere feel spaciousness and balance. May all beings everywhere bring compassion and equanimity to the events of life, and the events of the world. May all beings hold joy and suffering, gain and loss, praise and blame, tragedy and miracle, in an open and spacious balance. May all beings, near and far, old and young, born and yet to be born, live with equanimity and an open heart. May all beings be free. **Svaha.**



July/ August Calendar During the July/August cycle of Tuesday/Friday SnowFlower, our general topic will be: "Touchstones that Support Us in the Practice." We'll share about what we truly rely on and/or are now learning from in our practice. How do we transform our suffering with insights from the teachings? Hope you can join us for dharma talks and discussions.

July 2016

Sundays	Tuesdays	Wednesdays	Fridays
			7/1 Aimlessness (Apranihita) --Amy Krohn
7/3 Host & Lead - Tod Highsmith & Joan Braune	7/5 6:15pm Intro to Sangha - Diane Lauver Sharing the Essence of Thay's Teachings - Amy Krohn	7/6 Transmission Ceremony - 5 Mindfulness Trainings	7/8 Mindfulness of the Body - David Haskin
7/10 Host & Lead - Gerri Gurman	7/12 Learning to Pause and Refrain - Mary Michal	7/13 Principles for the Practice of Mindfulness	7/15 Not Always So - Jim Roseberry
7/17 Host & Lead - Gerri Gurman	7/19 Emptiness Means Everything is Possible - Don Katz	7/20 Principles for the Practice of Mindfulness	7/22 Exploring the Breath Body - Steven Spiro
7/24 Host & Lead - Tod Highsmith & Joan Braune	7/26 Sharing from My Experience at Deer Park - Joe Fishback	7/27 Invoking the Bodhisattvas' Names	7/29 You Are Not Alone - Lisa Glueck
7/31 Host & Lead - Tod Highsmith & Joan Braune			

SnowFlower Sangha Cancellation Policy

In case of inclement weather, an email will be sent to the listserv by 3:00 pm the day of sangha and a notice will be posted on the door of the Friends Meetinghouse.

Join the SnowFlower email list by emailing Ann Varda at annvarda@gmail.com.

Layout Editor Needed - SnowFlower Sun Newsletter SnowFlower is looking for a volunteer to assemble prepared notices, calendar information, and articles for the bi-monthly newsletter and then prepare the layout for review by the editorial editor, then distribution via the listserv. For details, please contact Crystal Martin: yukon1965@gmail.com or 608-358-0770.

A joyous person is such a treasure. They can re-define the world.

Dharma teacher Jack Lawlor



SnowFlower Sangha invites you to the **Annual Autumn Regional Retreat “Practicing Wholeheartedly: Experiencing the Miracle of Mindfulness.”** Bethel Horizons, Dodgeville, WI., October 14-16, 2016. A weekend of Mindfulness with Dharma Teachers Jack Lawlor & Cheri Maples, culinary delights prepared by Rajan. Registration information to follow.

August 2016

Sundays	Tuesdays	Wednesdays	Fridays
	8/2 Exploring the Breath Body - Steven Spiro	8/3 Breathe! You Are Alive	8/5 6:15 Intro to Sangha – Rosebud Sparer Deeply Listening – Bonnie TRudell
8/7 Host & Lead - Celeste Robins	8/9 Deeply Listening - Bonnie Trudell	8/10 Breathe! You Are Alive	8/12 Learning to Pause and Refrain - Mary Michal
8/14 Host & Lead – Don Katz & Rebecca Krantz	8/16 Suchness, or Just This - Susan O’Leary	8/17 Mindful Movements: Ten Exercises for Well-Being	8/19 Monkey Mind and Awareness - Don Katz
8/21 Hosts & Leads Molly Krochalk & Morris Young;	8/23 You are not Alone - Lisa Glueck	8/24 Breathe! You Are Alive	8/26 Suchness - Susan O’Leary
8/28 Host & Lead – Gerri Gurman	8/30 Not Always So - Jim Roseberry	8/31 Breathe! You Are Alive	

Tuesday and Friday Sangha Meetings are held at The Friends Meetinghouse, 1704 Roberts Court, Madison, WI. 7 – 8:30pm.

Wednesday Daytime Sangha Meetings are from 1:30-3 pm every Wednesday at 1834 S. Sharpe's Corner Road, Mt. Horeb. Information regarding location and topic will be sent to the listserve every Sunday. For info, contact Mary Gallagher (608) 274-2769 or Susan Pearsall (608) 238- 5929. Wednesday Sangha includes sitting and walking meditation followed by dharma sharing and discussion.

Sunday Morning Sangha Meetings are held at the homes of SnowFlower members from 10 – 11:30 am. Information regarding location and topic will be sent to the listserve every Wednesday. Join by emailing listserv@snowflower.org. Or, call: Tom Loomis (608) 334-4532, Finn Enke (608) 243-7971. Sunday Sangha includes sitting & walking meditation followed by dharma sharing and discussion.

Loving-Kindness Meditation Retreat with Sharon Salzberg, Lussier Family Heritage Center, Madison, WI, August 12-14, 2016. Sponsored by Madison Vipassana, Inc., Registration form available at <http://madisonmeditation.org/retreats/webreglussier-copy.pdf>

...my barn having burned to the ground, I can now see the moon.

Zen saying



A. The Four Noble Truths

1. Life is hard.
2. Life is hard because we continually want things that aren't possible.
3. Life becomes easier when we stop wanting things that aren't possible.
4. We can stop wanting things that aren't possible by following....

B. The Eightfold Noble Path

1. See things the way they are.
2. Think in accordance with what is.
3. Speak accordingly.
4. Act in ways that reduce suffering rather than increase it.
5. Choose a livelihood that doesn't cause more problems than it solves.
6. Work diligently in your livelihood and in your life to follow this path.
7. Focus your mind to be aware of what *is*.
8. Notice that wisdom flowers as you begin to deeply understand....

C.The Three Marks of Existence

1. Nothing is completely satisfactory.
2. Everything changes.
3. Nothing has a permanent, independently existing "self" because of...

D.The Law of Effect and Conditionality (Karma):

1. Whatever arises, arises in dependence on conditions; whatever ceases, ceases because those conditions cease.
2. "This is like this because that is like that," AND, you begin to experience.....

E. The Four "Buddha Minds" or "Abodes of Enlightenment"

1. Loving-kindness--wanting happiness for all sentient beings.
2. Compassion-- wanting to relieve the suffering of all sentient beings.
3. Sympathetic joy--joy and delight in the happiness of other beings.
4. Equanimity—tranquility, accepting what comes to you without preferences, BECAUSE...

F. You are connected to all other beings [conditionality and "no-self"] and cannot be truly happy until all beings are happy [loving kindness, compassion, sympathetic joy]. You can understand why beings are not happy [three marks of existence, eightfold path, law of conditionality, four noble truths] and begin to work for the happiness and liberation from suffering of all beings [eightfold path, compassion, sympathetic joy] and therefore of yourself ["no-self", interdependence], realizing that suffering and enlightenment are really opposite sides of the same coin, that suffering arises from ignorance [conditionality, law of effect] but is transformed into enlightenment by following the path [eightfold path, equanimity, conditionality]. You become motivated to do this because...[repeat from the top]...

Notes:

A.1. Life is hard because we all are subject to old age, sickness and death.

A.2. Impossible things we want are: not to get old, sick, or die ourselves and not to have people and things we love get old, sick, or die.

B.1. The way things are = "the three marks of existence," "the four noble truths,"

B.2. You have to train yourself to think in accordance with these ideas because our minds by nature are unruly and want to experience only pleasure and avoid pain.

B.3. You speak in accordance with this by not saying things that lead others or yourself to into denial of the way things are or that cause pain and suffering because of

C2, everything is interconnected. B4. Ways that increase suffering come from acting out of ignorance of the

