

Mountain Stream Meditation Center

Dharma Stream

March 2006 through August 2006

Poetry by John M. Travis

Homecoming

As I was pushing on,
The Wall appeared.
Falling to my knees,
I cursed it.
One time
Closing down,
Silent,
Withdrawn,
Letting go of the longing
(wanting) to arrive.
Out of some deep passage-way
My hands begin to move across
the cold smooth stones.
Fingers already knowing
where to go,
Finally coming around the corner
Opening not only the eyes but
everything.
Slowly getting up walking on,
No questions, no hesitation,
Opened to a breath,
A step,
A breath,
A step,
A Breath,
A step.



Green Tara Thangka
Photo by Steve Solinsky

Medicine Pouch

Hesitantly, standing between
worlds:
The gate is open, Dear heart.
What kind of medicine are you
carrying in your pouch, Pilgrim?
Turkey feathers, lizard's tails, a
worm's body,
a small brush of deer hair,
a ray from the full Moon
a tattered picture of Shangri-La.
Is it enough these few things,
To stand by the high tide
Without being swept by the
tsunami of your life?
Buddha whispered from that deep
place within.
"Medicine pouch full,
You're enough;
These few things enough."
Opening your whole body/heart
to the deep water
Pulling you out into the world
Everything held in the original
ordinariness,
A picture frame bigger than the
cosmos.

Purification

Deep below the ledge
Another mask is revealed
Is that you original face,
heart leaping?
But who is that child in the corner
Eyes sparkling,
who knows love so well!





is the newsletter of
Mountain Stream Meditation Center,
a nonprofit corporation.

We invite you to send a \$10 or \$25
donation to help defer some of the
costs of production and mailing. If
you send us your email address we
can email your newsletter instead of
mailing it. Saving on the rising costs of
printing and postage is gratefully
appreciated.

Please send generosity checks and
mailing list additions/deletions to:

Mt. Stream Meditation Center
P.O. Box 4362
Auburn, CA 95604-4362
or
email: info@mtstream.org
Visit us at
www.mtstream.org

We appreciate and consider all
contributions to the newsletter. Please
send articles, commentaries, book
reviews, photos, art and poetry to the
above address or email articles to
newsletter@mtstream.org.

Other contributions to Mountain
Stream are gratefully appreciated. We
can exist and continue to work on
community due to your generosity.
Our teachers and staff at retreats also
are dependent on your dana as well.

Dana is a Pali word meaning
GENEROSITY. Dana is traditionally offered
at sitting groups, classes, and retreats
to support the teachers and retreat
staff to continue their Dharma work.
Registration charges do not cover the
teachings which are freely given
because they are considered priceless.
Nor does registration cover the retreat
cook or manager. Donations to
Mountain Stream may be tax deduct-
ible in accordance with the law.

Hospitality House

Mt. Stream has joined with another local meditation group, Shambhala
Meditation to help serve the homeless in Nevada County. Twice a month
we gather at a local church with prepared meals and participate in a
shared dinner with 15 to 30 guests, plus a dozen or so helpers.

Hospitality House was formed after Nevada County intake worker, Cindy
Maples saw the tremendous need in our county. She saw that Nevada
County was the only county in California not to have a program in place
for the homeless. Then local activists Joanna Robinson and Utah Phillips
took on the task of how to make it happen.

It began in November, 2005 with the original idea to house people and
provide meals through the winter months. Now plans are underway for a
summer program also. Many church groups and individual volunteers
became involved in this cooperative effort after several lively planning
meetings in late fall, 2005.

A hearty dinner, light breakfast and overnight facilities are now offered
seven days a week at various churches. This is the first inter-faith project
that Mt. Stream has been actively involved with and it's wonderful.
Everyone feels such gratitude.

If you wish to help with meals or serving, you can contact
Margo at (530) 470-0609
or
Juli at (530) 477-5743
For contributions contact Hospitality House at
(530) 272-0919



Photo by Stu Clancy

The wise man should put a stop to the thought "I am."

The Buddha

Breathing Dukkha

by Amy J. Boyer

Breathing in desire, breathing out aversion: that's what I was doing one day on a recent retreat in Bodega Bay, CA. I tend to carry a lot of physical tension, and I was noticing a tight band that lives in my chest, along the ribs just under the heart. I'd been observing the unpleasant sensation in terms of the five hindrances, which are just varieties of suffering: desire, aversion, restlessness, torpor, doubt. As I breathed in I hoped that the tension would loosen up: desire. As I breathed out I was disappointed because the tension was still there: aversion. In, desire; out, aversion. In, desire; out, aversion. In, desire; out, aversion. The only way not to have this experience was not to breathe. Dukkha in every breath.

I went in to a group interview with John Travis, and he said, "Well, when meditation is like that, it's working." I knew he was right, but I complained about it a little more and then went back to sit. In, desire; out, aversion. There wasn't anything to do but watch it, the karma of this particular consciousness revealing itself in every breath. Thinking of it like that, I let go of my frustration and bemusement. Might as well love it, I thought, as if Byron Katie had breezed in to say "Love what is." I might as well be compassionate. At that moment the suffering and tension changed. More accurately, my perception changed. All the tightness became a kind of buzzing in my chest; it no longer felt so solid, or even really unpleasant. Desire and aversion became just energy, passing through.

I got pretty giddy at that point. If I can love this I can love everything! So I thought. I went off to walking meditation, lost in elation, knowing I was lost but so high on the feeling that I just kept feeding it. I went down to the beach, took off my shoes, and walked barefoot by the thundering waves, in the cutting wind that sent sand skirling against my feet, hardly noticing anything but my own super-pleasant thoughts. Then I stepped on a tiny jellyfish and the wet pop against my sole brought me right back to earth. It's hard to love what's in front of you if you don't even see it. I apologized to the jellyfish and wished it a better life next time. Maybe it was a bodhisattva, lying in wait to bring a wayward meditator back to her senses.

I hardly remembered anything I thought while I was walking along so ecstatically. The point of insight

wasn't those thoughts I had but the experience of dukkha shifting. As I processed the whole experience, I think that had I been willing to *explore* the experience, to see what it really felt like, it would have been much more powerful than all the thinking about it I ended up doing. But since I've come home I've noticed a change. I still have the same physical tensions and the aversion and the desire, but I'm a little more friendly with them. I'm not at the point Milarepa was, asking the demons in for tea, but I'm starting to see that their terrifying appearance is just the fascinating costume that I put on them: the thoughts I think about them, not the experience of them.



Photo by Mary Helen Fein.

Grass Valley and Auburn Beginning Meditation Classes

Auburn

March 28-April 25

5 consecutive Tuesdays

6:00 to 7:30 PM, \$30

Sunset Center/Rocklin

2650 Sunset Blvd

Mary Helen

530-887-9400

Grass Valley

February 26-April 2

6 consecutive Sundays

6:30 - 8:00 PM, \$30

Still Point Studios

300 Sierra College Dr. Ste 155

Margo

530-470-0609

India

You can run, but you can't hide

by William T. Moody



My recent tour of India to the Sacred Places of the Buddha with Dharma Zephyr Travels turned out to be more than I expected. Even though our intrepid band of sixteen visited all the highlight spots of the Buddha's life (enlightenment, first dharma teaching, death and birth places), all of it seemed to take a back seat to the enveloping and very demanding culture of India.

The incessant beggars, the grinding poverty, the dangerous food and water, the kamikaze-like presence of death-dealing insects, the poor facilities (I'm supposed to use my left hand to do what?!) were mere window-dressing when stacked up against my apparently strong need for some semblance of privacy. Although I knew I was afflicted with more than my share of the Westerner's penchant for seclusion and "space," I was totally unprepared for your average Indian's commitment to sharing all of his or her bodily functions with you and anyone else who ambles by. And they are very anxious to have you share your bodily functions with them as well; in fact it's a requirement! When nature calls, rest assured that there is an Indian family stationed behind every tree. They are all watching your every move from the moment you tentatively venture out of your hotel room to the moment you scuttle back inside.

In short, there is no privacy to be found anywhere in the confines of the Indian sub-continent, and this includes the mental aspects as well as the physical. Mentally, the culture has this Gaia, one-mind thing going on that allows them to keep tabs on you. A little "friend" is assigned to you when you arrive who seems to know where you are at all times and his/her personality even matches your own to a very disturbing degree. Even the act of purchasing a simple trinket at a local stall becomes an exercise in mind-control. "Oh here, this is what you want," says the shop-keeper with one of those intent stares that says there is no escaping this. "No, I would like to browse around a bit before I decide on anything," you say, wistfully. "Oh no sir, I can assure you that this is what you really want," repeats the now ardent shopkeeper. And you know down deep in your heart-of-hearts that he is right, but you resist..."No, I don't want anything right now thank you!" And finally, the knowing smile appears as you hand over the rupees like a man possessed.

So, although I wanted desperately to run from all this, it was a wondrous thing to experience because, mixed in with the horrible, was always the excellent: the beggars engendered compassion, the poverty elicited a strong sense of how fortunate you are, the food was fabulous, the bugs were no worse than Minnesota in the summer-time, the facilities...well, I never did have the moxie to master that one!



PILGRIMAGE TO INDIA

Dharma students can visit the Buddhist sites in India on a group pilgrimage November 9-30, 2006. Teaching leader is Art Hansen, a long-time student of Bhante Gunaratana at Bhavana Society in West Virginia. Art has lived and worked around the world and traveled on the 2002 pilgrimage to India with John Travis. Art will recount the life and activities of Siddhartha Gautama and his awakening to Buddhahood as we visit the sites where Gautama led his life. The teachings will include the Ariyapariyesana (The Noble Search), Mahasatipatthana (Four Foundations of Mindfulness), and Mahaparinibbana (The Great Passing, The Buddha's Last Days) Suttas.

Christy Tews will again travel with the group to coordinate logistics. Land cost in India for the pilgrimage is \$1895 for 8 - 10 participants, \$2095 for 6 - 7 participants. Maximum group size is 12 people including Art and Christy. For further information and to reserve your space email Christy at StrawGold@att.net or call her at (775) 882-1662.



Mountain Stream Meditation Center

Retreats & Events

March 2006 to July 2007

Mar 25 - Apr 1, Sat-Sat
Visiting Teacher in Residence
Bante Rahula
Nevada City
Susan (530) 885-9495
See article on page 9

Apr 22-23, Sat-Sun
2 Daylongs (9-5)
Donald Rothberg
Nevada City
Susan (530) 885-9495
See article on page 9

May 13, Sat
Nevada City
Vesak Celebration
Margo (530) 470-0609

June 19-Jul 1, Mon-Sat
Visiting Teacher in Residence
Daylong June 25, Sun
Taraniya
Nevada City
Susan (530) 885-9495
See article on page 9

Sept 10, Sun
Daylong
Andrea Fella
Nevada City
Susan (530) 885-9495

Sept 11, Mon
Sitting Group with Guest Teacher
Andrea Fella
Nevada City
Susan (530) 885-9495

Sept 25 - Oct 1, Mon-Sun
6-Night Retreat
John Travis and Dennis Warren
Angela Center, Santa Rosa
Sacramento Insight Center
(916) 447-9999

Oct 6-15, Fri-Sun
9-Night Retreat
John Travis
Jackson Hole, WY
Marcia (307) 733-1889

Oct 21-27, Sat-Fri
6-Night Retreat
John Travis
Northern California
Catrinka (530) 265-0199

Nov 3-10, Fri-Fri
7-Night Retreat
John Travis
Selma, Indiana
Pat Dolan (513) 921-5377

Nov 19-26, Sun-Sun
7-Night Retreat
John Travis, Robert Hall,
Anna Douglas, Teja Bell for QiGong
Spirit Rock, Woodacre
(415) 488-0164

Dec 27, 2006 - Jan 6, 2007 - Wed-Sat
10-Night New Years Retreat
John Travis, Gil Fronsodal,
Adrienne Ross, Sharda Rogell
Spirit Rock, Woodacre
(415) 488-0164

2007

Feb 9-18, Fri-Sun
9-Night Retreat
John Travis
Northern California
Catrinka (530) 265-0199

March
Month Long Retreat
John Travis and other teachers
Spirit Rock, Woodacre
(415) 488-0164

April 13-22, Fri-Sun
9-Night Retreat
John Travis
Jackson Hole, WY
Marcia (307) 733-1889

May 4-13, Fri-Sun
9-Night Retreat
John Travis
Sierra Retreats
Loveland, Colorado
Lois (303) 439-0407

May
10-Night Retreat
John Travis
Northern California
Catrinka (530) 265-0199

July 24-29, Tue-Sun
5-Night Retreat
John Travis
Origin, CA
Osha (530) 862-1225

See our website at
www.mtstream.org
for updates and
other upcoming
retreats.

The Rim of Time



Sitting on the rim of time
Waiting for the breath

Some foothold on the
mountainside

Some place to take a stand

Over and over again
disappointed

Until that "that grasps"

Floats on the eddy of time,

Saying, this is body found,

A river carrying everything
and nothing.



by John Travis

Nevada City Group Topics

- Wild Mountain Yoga Center. Monday 7:30 - 9:00 pm.
- Mar 13 Maeve Hassett
 - Mar 20 "The Nature of All Things" Audio Talk by Gil Fronsodal (Don Frazer presenting)
 - Mar 27 Bhante Rahula
 - April 3 "Obstacles to Concentration II" Video Tape Talk by Joseph Goldstein (Don Frazer presenting)
 - April 10 TBA
 - April 17 Mary Helen Fein
 - April 24 TBA
 - May 1 "The Force of Metta" Video Tape Talk by Sharon Salzberg (Don Frazer presenting)
 - May 8 TBA
 - May 15 Maeve Hassett
 - May 22 TBA
 - May 29 TBA
 - June 19 Taraniya
 - June 26 Taraniya

Auburn Sitting Group Topics

Canyon Spirit Yoga Center - Tues 7:30 - 9:00 pm.

- Mar 14 Susan Sugarman
- Mar 21 Gale Martinez
- Mar 28 Banthe Rahula
- April 4 Anita Hansen
- April 11 TBA
- April 18 Susan Ford
- April 25 TBA
- May 2 Mary Helen Fein
- May 9 Maeve Hassett
- May 16 Connie Alward-Mayer
- May 23 Anita Hansen
- May 30 Maeve Hassett
- Jun 6 Mary Helen Fein
- Jun 13 TBA
- Jun 20 Taraniya
- Jun 27 Taraniya

Board Meetings

Board meetings are open to all. Please be sure to call as the locations listed are tentative. Potluck at 6pm, meet at 7pm.

- | | | |
|----------|---------------------------------|----------------|
| March 12 | D'Arcy Reynolds | (530) 478-0572 |
| April 9 | John Mowen | (530) 265-8467 |
| May 21 | Barbara Tandy | (530) 272-6425 |
| June 11 | Mary Helen Fein & Stuart Clancy | (530) 878-9485 |
| July 9 | Catrinka Holland | (530) 265-0199 |

Area Sitting Groups

Auburn

Canyon Spirit Yoga Ctr
538 Auburn Ravine
Tues—7:30–9:00 PM
Mary Helen 530-878-9400
maryhelen@mtstream.org

Carson City, NV

Dharma Zephyr Sangha
Mon—7:00–9:00 PM
Christy 775-882-1662
christy@mtstream.org

West Wind Sangha
Thurs—6:30–8:30 PM
Nevan 775-841-1695
nevank@powernet.net

Chico

Thurs—7:00–8:30 PM
Dharma Study Group
Nancie 530-898-9139

Tues—7:00–9:00 PM
Tracy 530-893-3438

Davis

Thurs—7:00–9:00 PM
Chuck 530-750-3132

Mon—7:00–9:00 PM
and 2nd Saturdays
9:00 am–12:30 PM
Tony & Toni 530-758-2904

Gardnerville, NV

Carson Vly Meditation Grp
Tues—7:00–9:00 PM
Constance 775-267-2850
calexa61@hotmail.com

Nevada City/Grass Valley

Wild Mountain Yoga Ctr
574 Searls Avenue
Mon—7:30–9:00 PM
Barbara 530-272-6425
barbara@mtstream.org

Paradise, CA

Ctr for Spiritual Awareness
789 Billie Road
Thurs—6:30–8:00 PM
Eileen 530-872-3916

Placerville, CA

Placerville Sangha
Tuesday 7:00-8:30
Chris 530-644-6189
chris@basiletti.com

Reno, NV

Wed—7:00–9:00 PM
Jennifer 775-323-5741

Tues—6:00-7:30 p.m.

One River Sangha
Rainbow Place
Frank@drbombay.reno.nv.us
or 775-813-7155

Sacramento

Sun—7:00–8:45 PM
Sacramento Buddhist
Meditation Group
Voice Mail 916-491-4788

2nd & 4th Thurs
7:00–9:15 PM

Sacramento Insight Meditation
Dennis 916-447-9999

Truckee

Thurs—6:45–9:00 PM
Cathy 530-587-0948

South Lake Tahoe

Sun—7:00–9:00 PM
Steve 530-541-4956



Dharma Talks by John Travis

Mountain Stream is producing audio CD's and mp3's of John Travis's Dharma talks. These are available without charge. You can email audio@mtstream.org to get copies sent to you. Please indicate which format you prefer.

Complete sets are available from some of John's recent retreats. Please visit our website, www.mtstream.org for more information. On the website, you can download and listen to all of our talks. Enjoy!

In Buddha's Footsteps

by Tina Welling

This is how it begins: November 18, 2005 sixteen of us meet in the Bangkok airport. Thirteen pilgrims, Christy Tews our guide, John Travis our teacher, Debra Travis our source for personal processing during our pilgrimage. For me, it really began a year earlier during a retreat in Jackson Hole when John announced the trip to India and Nepal. My body thrummed, and I knew immediately that I was going along.

I armed myself with travel guides, looking up "toilets" in each one. I hoped to see a picture of an Asian toilet, but only found descriptions of "a hole in the floor." I wondered if there were no photographs because no one had been willing to stay in the vicinity of an Asian toilet long enough to focus and click. I worried. Yet I adopted the idea of taking no photographs myself. Instead, I jotted images in my journal. Flipping through them recalls my trip.

We meditate before sunrise beneath the Bodhi tree where the Buddha became enlightened, while the moon glows between the heart-shaped leaves overhead. We meditate in Ananda's cave, where pilgrims before us have smoothed gold flake on the entrance and arranged flowers. We meditate at the site of Buddha's *kuti* where he spent many rainy seasons. Beside us, monks also meditate, their orange robes matching the masses of marigold blossoms that grace the brick ledges surrounding us.

We listen to chanting by the Sri Lankan monks before daybreak sitting outside of the Mahabodhi Temple. More chanting during an evening in the Thai temple, where we sit before gold statues of Buddha and fairy lights. Chanting in the temple at Kushinagar from a lone monk who enters while we are meditating and begins to sing in a plaintive and lovely voice at the feet of the immense Buddha statue that lies prone on its marble bed.

We receive teachings from John on the steps of the Swayambhunath Temple in Kathmandu. He tells us the story of meeting the 16th Karmapa in the room directly above us. Teachings from John on the grass beneath a shade tree at Nalanda. Teachings from John in a courtyard beside the temple that houses the spot where the Buddha was born. Teachings from

John in Sujata's Grove, Deer park, Vulture Peak. We share *pujas* in Varanasi, sailing leaf cups that hold marigolds surrounding a tiny candle on the Ganges River in the dark of pre-dawn. We wear Buddha amulets that John presents to us as we bless ourselves with red powder on our foreheads. We circumambulate temples in Kushinagar, Bodh Gaya, Sarnath. We spin prayer wheels in Kathmandu.

We travel on airplanes, buses, rickshaws, wooden boats and trains collecting images of India and Nepal. A white cow smeared with shades of pink stain wears a red flower behind one ear. Villagers watch us pass while brushing their teeth with sticks from a neem tree. Children with thick green mucus streaming from their noses hawk postcards. Garlands of marigolds adorn carts that display pyramids of oranges.

Beggars reach out fingers twisted with leprosy, others try to follow us with legs useless from birth or accident. School girls dance in navy skirts, white blouses and bare feet, supple as young trees. Their smiles flash in the sunlight.

A black goat walks the dirt road beside three women wearing bright saris, one blue, one red, another purple. Homeless dogs with mange roam the villages and look for food. Lotus blossoms bloom out of water holes black with filth.

A young woman holds her baby and motions with fingertips together toward her child's mouth, asking for milk. A mound of honey cakes for sale in a street stall is covered thickly with bees and looks like a hive. Asian toilets. They make perfect sense, organically designed they are hygienic and ecological and my choice each time I have a choice.



Photo by Christy Tews

Board of Directors News

The current Mountain Stream Board of Directors consists of Mary Helen Fein, co-chair, Catrinka Holland, co-chair, and Barbara Tandy, treasurer. Other members are Stu Clancy, Kathleen Hare, John Mowen, Steve Solinsky, and Susan Solinsky. We happily welcome Susan Solinsky back to the board. Susan is joining the Outreach Committee and will be coordinating Outreach and Promotion for Nevada City area events. We will miss Francesca Alexander and Linda Farley who have recently resigned from the board. We thank them both for all their good work on behalf of Mountain Stream. Beginning in April, Catrinka Holland will shift from Co-Chair to Secretary of the board. This will leave open the position of Vice or Co-Chair.

Anybody interested?

Volunteers Needed!

- To help open and close the room on Monday nights in Nevada City
- To join the Outreach Committee and help with outreach and promotion tasks, including working on the the newsletter and creating cd's of dharma talks for distribution
- To join the Retreats Committee and help with local retreats
- To coordinate the Dharma Friends program
- To be Co or Vice Chair on the Board of Directors
- To be Chairman of the Programs Committee on the Board of Directors

It takes work to support the sangha,
your contributions are appreciated!

Anyone interested in helping, please
contact
Mary Helen at 530-887-9400
or email her at
maryhelen@mtstream.org.

Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.

The Buddha

Poetry by Anne Macquarie



And Yet

Somewhere, as we speak, are soft forests
in the darkness, stars, a quarter moon,
the immense sound of wind through all
the neighborly trees.

We could be sitting there, you and I,
not talking about anything
anymore, in the cool forest:
red fir, let's say – dignified strong trunks –
or bendy mountain hemlock,
or dark spruce in Colorado

all, like us, with nothing
left to say, except
hello to the nighttime wind.



Stumbling

Stumbling into the sacred
into this quiet place
as still as a Sunday morning –
I've been here before but

where did I find it?
Where did I lose it?
How did I get here?
How can I stay?

And so in a thought it's gone.
An insolent tail twitches
round a corner and vanishes.
Ha, laughs monkey mind,
caught you again!

Banthe Rahula

During the last week in March, Mountain Stream sangha will be treated to a visit by Bhante Rahula who has been a Theravadan monk since 1975. He is vice-abbot at the Bhavana Society in West Virginia, where Bhante Gunaratana is the abbot. While he is here he will be conducting two daylongs in Nevada City on March 25 and 26. (see schedule on page 5) He will be speaking at the Monday night sitting in Nevada City and the Tuesday night sitting in Auburn. He will give a talk Wednesday evening in Reno and Thursday evening in Truckee. He will also conduct a daylong on Saturday April 1st in Chico. His daylongs will integrate basic yoga exercises with vipassana/mindfulness meditation. Mindfulness of body posture is emphasized as the platform for observing sensations, thoughts and insights. Bhante has written two books, *The Way to Peace and Happiness*, and his autobiography, *One Night's Shelter*. During his stay the sangha will have the opportunity to provide meals in accordance with the monastic tradition. Anyone wishing to participate can contact Don at 530 478 1918. If you wish to register for the daylongs in Nevada City contact Susan at 530 885 9495. In Chico contact Tracy at 893-3438.



There are only two mistakes one can make along the road to truth; not going all the way, and not starting.

The Buddha

Donald Rothberg



Visiting teacher Donald Rothberg, (see schedule on page 5, April 22-23) a member of the Spirit Rock Teachers Council, writes and conducts classes, groups and retreats. He teaches meditation, daily life practice, and socially engaged spirituality in the San Francisco Bay Area and nationally. He has been an organizer, teacher, and board member for the Buddhist Peace Fellowship. His book, *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*, will appear in September, 2006, with Beacon Press. For descriptions of the daylongs, visit our website at www.mtstream.org/rothberg.

Taraniya (Gloria Ambrosia)

Taraniya (Gloria Ambrosia) will be visiting the Mountain Stream sangha from June 19-July 1. (see schedule on page 5) She has been offering instruction in Theravada Buddhist teachings and practices since 1990. Her teaching began in Winston-Salem, North Carolina, where she offered classes and retreats at a local spiritual center. From July 1996 through October 1999, she served as resident teacher at Insight Meditation Society (IMS) in Barre, Massachusetts. She is currently teaching classes and retreats in Philadelphia, New York, North Carolina, and Vermont as well as at the Barre Center for Buddhist Studies in Barre, Massachusetts. She is also working on a book of stories about practice and is editing talks by several monastic disciples of Ajahn Sumedho. Prior to teaching, Taraniya spent the better part of two years in silent contemplation at IMS followed by a six-month stay at Amaravati Buddhist Monastery in England. Over the past twelve years she has spent an additional fifteen months living and practicing with the disciples of Ajahn Sumedho at the various monasteries which he established in England and the United States. She has been greatly inspired by the example and teachings of the monks and nuns from these monasteries — the first western monasteries established in the Thai forest tradition. Gloria Taraniya Ambrosia is a student of the western forest sangha, the disciples of Ajahn Sumedho, and is currently training to be a Buddhist Minister in association with Abhayagiri Buddhist Monastery in California. Taraniya will be available for personal interviews during her visit. If interested, call Susan at (530) 470-8902. To read a recent article by Taraniya, visit our website at www.mtstream.org/taraniya



Mountain Stream
Meditation Center

P.O. Box 4362
Auburn, CA 95604-4362

www.mtstream.org

email: mountainstream@mtstream.org

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Return Service Requested



Mountain Stream Meditation Center

is a nonprofit organization, a vipassana community of Buddhist meditation groups dedicated to open heart, open mind. Retreats are held in various locations from the Sacramento Valley to the Eastern Sierras. Local meditation retreats are small and intimate. They feature vipassana instruction, sitting/walking meditation, group or individual meetings with the teacher, opening and closing circles, vegetarian fare, and dharma talks.

John M. Travis

has been teaching meditation since 1986. He studied in Asia with senior teachers of both Theravada and Tibetan traditions and completed a four-year teacher training with Jack Kornfield. He is the founding teacher of Mountain Stream Meditation Center in Nevada City, California, and a teacher for Spirit Rock Center, a Buddhist retreat and training center in Marin County. John has a private practice as a meditation counselor, and a Hakomi body-centered therapist.

Insight Meditation

is a simple and accessible vehicle for opening the heart, clearing the mind, and living in a peaceful and free way. It is based on a 2,500 year old Buddhist practice which trains a clear awareness of breath and body, heart and mind, and the universal laws which govern our lives.