



March 2011 through August 2011

Coming Home: A Village Temple for Mountain Stream

by John Travis & Heather Sundberg

In the late 1980's, Mountain Stream Meditation Center began as a vision of John Travis and a number of people who wanted to create a home in the West for the practice of insight meditation. It began with a small group of committed practitioners, first in Nevada City, and expanding to include Auburn, Sacramento, Reno/Carson City, Chico, Davis, Rocklin and Placerville.

By the mid-1990's when Mountain Stream became an official non-profit organization, John's home had become the hub of Dharma events, from community gatherings to grass-root retreats. From there, Mountain Stream expanded to a national level, with John traveling to Jackson Hole, Wyoming, Indiana, Kentucky, Ohio and Colorado, among other places to teach retreats.

As students became inspired through the practice, the local vision to create a more permanent home for Mountain Stream grew in strength. Through this vision, open-handed generosity and hard work, the "center" of Mountain

Stream Meditation Center is about to be born at 710 Zion Street in Nevada City. By the time this newsletter is published, we will be moving through the use permit process with the city, and if all goes well, we hope to be open to the public the summer of 2011. Please visit our website www.mtstream.org for updates as summer approaches.

During 2010, we spent seven months traveling, studying, and sitting retreat in Asia, in Thailand, India and Nepal. Enroute from Thailand, we stopped in Narita, Japan and visited one of the hundreds of local temples. As John gazed at the small simple village temple, he said, "This is what Mountain Stream needs: A village temple where people can come anytime to meditate, share community and daily life practice together." Six months later, due largely to the generosity of a wonderful donor who was inspired by John's vision, 710 Zion Street was purchased by Mountain Stream. The fundamentals of insight meditation practice are

coming home to a stabilized self-center which is increasingly unshakable in the winds of life. As American Dharma begins to take root in the wider culture, we have the opportunity to express this understanding in a physical way. Our wider vision is that centers such as Mountain Stream Meditation Center will become models for similar centers all over the country. In the same way that the Nevada City sitting group expanded into sitting groups all over the Sierra Nevada, so too may simple village temples provide spiritual homes for thousands in the coming decades, creating grounded homes for future generations.

We welcome you to join us in person at the new center, at one of the widespread Mountain Stream affiliated sitting groups or retreats, or online on our website to share in our growth and feel connected with the national community with Mountain Stream.





DHARMA STREAM

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 1644
Grass Valley, CA 95945-1644
email: newsletter@mtstream.org
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. Submissions may be edited to fit the format of the newsletter.

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 deductible in accordance with the law.



A New Teacher for Mountain Stream

Since our beginning, Mountain Stream has had only one full-fledged teacher, our founder and guiding teacher John Travis. During the last several years we have enjoyed the presence of our two Community Dharma Leaders, Maeve Hassett and May Helen Fein. In addition, many community members are very advanced practitioners who often and generously share their experience at Dharma talks, beginning classes and in many other ways.

Due to the anticipated opening of our new center in Nevada City, the board decided to invite a second teacher to join Mountain Stream. Heather Sundberg recently moved to Nevada City and has been a visiting teacher in our community since 2007. Trained through the Spirit Rock/Insight Meditation Society Teacher Training program, under Jack Kornfield and Joseph Goldstein, Heather brings to Mountain Stream twenty years of her own practice and long retreat experience, over a decade of teaching experience, as well as a decade of experience working on staff at Spirit Rock Meditation Center as the Family Program Teacher & Manager.

In the coming year, Heather will be teaching extensively in the wider Mountain Stream community, leading residential retreats, daylongs, and classes in Nevada City, Auburn, Rocklin, Sacramento, Chico, and Carson City. Heather's role as Mountain Stream Teacher will be to teach, advise, counsel, assist and support the spiritual practices of the community. We are very excited about Heather's new role in our community.

To learn more about Heather, please visit our new "Teacher bio" page at www.mtstream.org or visit her website at www.heathersundberg.com.



Apsara Dancer/Cambodia
Photo by Susan Solinsky



Coming Home to the Heart: Travels in Asia 2010
by Heather Sundberg

At the end of a monthlong retreat in Ladakh, India, we went on a walk to the local village of refugee Tibetans. We were drawn by a temple being constructed on the top of a small hill within sight of our retreat cabin. Climbing the hill, we are drawn by the temple craftsmen, who painstakingly carve the wood for the rafters, doorways, and pillars. The whole family is engaged in the work, surrounded by their children climbing the scaffolding, playing and laughing. We take photos, marveling at the workmanship, and imagining the lively community activities and ceremonies in years to come.

Next, we walk down the hill into the community. Women tend their goats as men work on repairing homes damaged in recent floods. Children's singing streams out of open windows at the local school. Everywhere people are carrying out their business, malas in hand, marking prayers throughout the activity.

Entering the largest local temple complex, we step into a connected yet parallel world. Alongside temple construction (which seems to be ongoing) dozens of men and women turn the large prayer wheels, chanting their mantras, fingering their malas, and touching the thousands of hand-painted *mani* stones with genuine devotion. They prostrate at the temple doors and show their children how to slide the rupee notes into the bowl below the statues of the Buddha or photos of

His Holiness the Dalai Lama. They come and go at various times of day, the temple and the simple practices of mindfulness, faith and generosity interwoven into their day.

These two temples look nothing like the new village temple for Mountain Stream, and the forms of Buddhist practice are different. Yet in experiencing them I feel the thread of connection between

east and west, their roots and our new shoots of growth. Here, as there, we learn to find authentic expression of a spiritual path woven into our very lives. Here, as there, we need places of refuge to visit throughout the day; places in our hearts, and places in the physical world. We are creating those practices and those places of refuge. We are doing this as a global community walking the Dharma path.



Photo by
Heather Sundberg



Silent Meditation

by Mary Helen Fein

This last year I went on a month-long silent meditation retreat. I teach meditation but I am not the world's greatest meditator. It seemed important to go deep if I was going to stand up in front of a group and have anything real to say. I had lots of trepidation about this retreat. You want ambivalence? I got lots of that. OH MY. Part of me felt like I was going to prison for a month. The other part of me longed to get away from the busyness of daily life and just be quiet. I have a very healthy rebel inside, who saved me plenty of times in my past. But she also rejects almost anything that is "good for me." She and I have to work hard to come to any consensus about things.

So there I was. Day 1. 29 days to go. I have to eat what I am given, I have to show up where I am supposed to be on schedule, I have to keep silence (I, who love language and talking and chatter and gossip!), I am to meditate for the foreseeable future and I am supposed to stay awake and aware of absolutely everything from the moment I wake up to my last breath of the day. Good luck! I have interviews with senior teachers every other day to keep in touch with what's up.

I immediately make a calendar

and hang it on the inside of my door so I can X off the days as they go by. I keep a journal and make another calendar in the journal so I can have TWO X's a day. Yeah for X's! X's are candy bars! The food is actually heavenly and I am happy with the vegetarian food prepared by complete geniuses in the kitchen. Nothing to rebel against there. And the silence is for some reason wonderful. What was all that talking about anyway? It all seems unnecessary, extra.

There are 100 of us here, and we are trying to leave one another alone as people get into deep inner spaces and you don't want to intrude. But there is lots of communication going on without talking. I see myself judging and taking offense at nothing, and I watch the amazing show in my head. We aren't supposed to read anything, but I change the rules to allow myself to read books about meditation at least a little tiny bit each day. I simply cannot live much less go to sleep without reading something, not yet anyway.

Meditation. Many hours of meditation. Every day. from 6:45 am to 9:00 at night. Sit 45 minutes, then walking meditation for 45 minutes. A question and answer session

in the morning. A CHANCE TO TALK! And a talk in the evening. Inspiration, reminders of what we are doing here. My room is a narrow monk's cell. I try to stay out of it, not to hide out. The meditations— at first I am restless. Days go by. I get some really nice times during the sittings. Again I am restless. I talk with my teacher John, so easy going, whatever is ok, he's the best. He helps me stay with it. Restlessness is!!! Every day I do Qigong to keep my body from shriveling up. About the 3rd week I think I am going to die. I am sick, I am weak, I am a mess, everything is a mess, nothing but rebellion inside and this place is driving me nuts. Meditation is a long series of body aches and agonies, my mind constantly aggrandizing itself with so many thoughts running all over the place. What possessed me to get on this roller coaster? I consider getting into my car and driving to Subway and getting a big Tuna Fish submarine sandwich, a Diet Coke and a big bag of chips. But I don't. About then they give me a new teacher I am to interview with. She is from Germany. She tells me to just keep going even though I am sick and angry and feeling pure rebellion and wanting to bolt. Just feel the rebellion. I am Jewish and how am I supposed

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Mountain Stream Meditation Center

Retreats & Events

March 2011 through August 2011

March 6 – April 2, Sun–Sat

27-Night Residential Retreat
John Travis, Jack Kornfield, Mark Coleman,
Trudy Goodman, Marie Mannschatz, Teja
Bell (Qigong)
Spirit Rock, Woodacre, CA
415-488-0164

April 8 – 17, Fri-Sun

9-Night Residential Retreat
Jackson, Wyoming
www.tetonsangha.com

April 9, Sat

Writing Workshop , 9:30-4:30pm
Patricia Dove Miller
Nevada City
Linda 530-878-2138
linda@mtstream.org

April 25 - May 1, Mon-Sun

6-Night Residential Retreat
John Travis & Heather Sundberg
Four Springs
Middleton, CA (Near Napa)
Jenna: 530-756-4494
Jenna@mtstream.org

May 5 - 8, Thurs-Sun

3-Night Residential Retreat
John Travis
Bodega Bay, CA
Amy: 530-795-2408
ajboyer@gmail.com

May 14, Sat

Daylong, 9:30-5pm
John Travis
GV/Auburn area
Joyce@mtstream.org

May 15 – 22, Sun-Sun

7-Night Residential Retreat
John Travis, Gil Fronsdal, Mary Orr,
Sharda Rogell
Spirit Rock, Woodacre, CA
415-488-0164

Jun 14 - 19, Tues-Sun

5-Night Residential Retreat
John Travis
Sattley, CA (Near Truckee)
Osha Reader: origin@highsierra.org

June 24 - July 3, Fri-Sun

9-Night Residential Retreat
Boulder, Colorado
Lois: drloisvk@gmail.com

June 26, Sun

Daylong, 9:30-5pm
Heather Sundberg
Nevada City
Kathleen@mtstream.org

July 18- 23, Mon-Sat

Householder Retreat
5 evening meetings Mon-Fri
Daylong Sat, July 23 open to
Household Retreat only
John Travis
Zion Center (if open)
Nevada City, CA
maryhelen@mtstream.org

Aug 21 - 25, Sun thru Thurs

4-Night Residential Retreat
Camp Galilee at Lake Tahoe, NV
John Travis
Renate: 775 233 5878
Renate@dharmazephyr.org

Sept 11 - 17, Sun - Sat

Householder Sandwich Retreat
5 evening meetings Mon-Fri
Daylong Sun, Sept 11 open to all
Daylong Sat, Sept 17 open to
Household Retreat only
Heather Sundberg
Zion Center (if open)
Nevada City, CA
maryhelen@mtstream.org

Sept 12 - 18, Mon - Sun

6-Night Residential Retreat
Sacramento Insight Meditation
John Travis, Dennis Warren
Angela Center, Santa Rosa, CA
<http://www.sactoinsight.org/>

Sept 23 - Oct 2, Fri - Sun

9-Night Residential Retreat
John Travis & Heather Sundberg
Black Mountain Center (Peace Center)
Cazadero, CA
Jenna: 530-756-4494
Jenna@mtstream.org

Oct 7 - 16, Fri - Sun

9-Night Residential Retreat
Jackson, Wyoming
www.tetonsangha.com

Oct. 14 - 16, Fri - Sun

Fri 7pm -9pm
Sat/Sun 9:30-5pm
Marv Treiger
Nevada City, CA
SusanS@mtstream.org

Oct 21 - 30, Fri - Sun

9-Night Residential Retreat
John Travis
Selma, Indiana
Pat Dolan 513-921-5377

Dec 4 - 11, Sun - Sun

7-Night Residential Retreat
John Travis & Heather Sundberg
Kailua Kona Big Island, Hawaii
Catrinka: 808-885-3855
catrinka@mtstream.org

Dec 19 - 24, Mon - Sat (5 nights)

Insight Meditation - At the Solstice
Embracing the Dark, Inviting the Light
John Travis, Donald Rothberg, Heather
Sundberg
Spirit Rock, Woodacre, CA
415-488-0164

For the most up to date
retreat information, please
visit our website at:
www.mtstream.org



*Contributions of any amount
are always welcome. We
especially appreciate dana
earmarked for our Residential
Retreat Fund.*

Nevada City Sitting Group Topics

Wild Mountain Yoga Center - Monday 7:30 - 9:00 pm.

Feb 28 John Travis
Mar 7 Otis Wollan
Mar 14 Paul Steege
Mar 21 Maeve Hassett
Mar 28 Mary Helen Fein
Apr 4 Heather Sundberg
Apr 11 Heather Sundberg
Apr 18 John Travis
Apr 25 Maeve Hassett
May 2 John Travis
May 9 John Travis
May 16 Heather Sundberg
May 23 John Travis
May 30 John Travis
Jun 6 John Travis
Jun 13 Heather Sundberg
Jun 20 John Travis
Jun 27 Heather Sundberg

Auburn Sitting Group Topics

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

Mar 1 Mary Helen Fein - The 4th Foundation of Mindfulness
Mar 8 Dave Judd
Mar 15 Linda Franklin (Book - "The Art of Power")
Mar 22 Anita Hansen
Mar 29 Tony Bernard
Apr 5 Heather Sundberg
Apr 12 Heather Sundberg
Apr 19 TBA
Apr 26 TBA
May 3 Heather Sundberg
May 10 Heather Sundberg
May 17 Heather Sundberg
May 24 Heather Sundberg

Board Meetings

Board meetings are open to all. Please be sure to call as the locations listed are tentative. Meetings begins with potluck dinner. at 5:30 pm

Mar 5 Zion Center, Nevada City
Apr 3 Maeve Hassett (530) 877-1573
May 22 Barbara Tandy (530) 272-6425
Jun 12 Otis Wollan (530) 320-6841
Jul 10 Kathleen Hare (530) 265-5758
Aug 14 MH Fein /Stu Clancy (530) 887-9400

Dharma Talks by John Travis

John Travis's Dharma talks are available on our website. Please visit our website, www.mt.stream.org for more information. You can download and listen to over 80 of our talks. Enjoy!

Area Sitting Groups

Auburn

Canyon Spirit Yoga Ctr
538 Auburn Ravine
Tues—7:30–9:00 PM
Mary Helen 530-887-9400
maryhelen@mtstream.org

Carson City, NV

Dharma Zephyr Sangha
Methodist Church
213 N. Minnesota
Mon—7:00–8:30 PM
info@dharmazephyr.org

West Wind Sangha
Methodist Church
213 N. Minnesota
Wed—6:30–8:30 PM
Terrah 775-841-3921
terrah@netzero.net

Chico

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

Heart of the Lotus Sangha
Tues—6:30–8:15 PM
Joanne 530-895-1579
juanarojas@aol.com

Davis

Thurs—7:00–8:30 PM
Jenna 530-756-4494
www.davisinsightgroup.org

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

Minden/Gardnerville, NV

Minden Meditation Group
Johnson Lane Area
Tues—6:30–8:00 PM
Lorelle 775-267-1193
lorelle@dharmazephyr.org

Nevada City/Grass Valley

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

Placerville

Placerville Sangha
Monday 7:00-8:30
Will 530-626-6579
mettaphoto@mac.com

Reno, NV

St. John's Church
1070 West Plumb Lane
Mon—6:30–8:15 PM
Janet 775-690-0752

One River Sangha
Northern Nevada HOPES
467 Ralson Street
Tues—6:30-8:15 PM
Frank 775-813-7155
oneriversangha@gmail.com

Rocklin/Roseville

Rocklin Montessori School
5250 Fifth Street
Mon—6:30–8:00 pm
Maeve 530-878-1332
Mary Helen 530-887-9400
maryhelen@mtstream.org

Sacramento

Sun—7:00–8:45 PM
Sacramento Buddhist
Meditation Group
www.smbg.org
info@smbg.org

2nd & 4th Thurs
7:00–9:15 PM
Sacramento Insight Meditation
www.sactoinstight.org
info@sactoinstight.org


Truckee

Thurs—6:45–9:00 PM
cathynason@sbcglobal.net

South Lake Tahoe

Penny 530 541-1610
pennyfairfield@
bmwmotorcycletech.info



 Silent Meditation - continued from page 4
by Mary Helen Fein

to talk to her with her cruel accent, and what does she know? This is the worst; the bottom. I am just enduring. Feeling the rebellion.

But then one day something happens in the meditation hall. I start to go out to a new place. How can I describe this without sounding like an idiot? My body disappears, it has no messages, no complaints, it's just transparent. The world is clear and calm and my mind is empty. No thoughts. I mean NO thoughts. Such an oasis. I spend hours there. It is like floating, weightless. It's blissful, and I feel so good. Soon I'm not sick anymore. Soon I am feeling really great. I realize the German teacher I am interviewing with is wonderful and helping me! Something has passed through me and been healed. I think I'm really changed by this. The last day comes, and they want us to talk to one another, get ready to re-enter the world. Talking still seems needless, but I visit with friends and compare experiences and states of mind. Finally I get in my car to drive away. I get out on the highway, and I'm not in the world for more than a minute, probably driving a little slower than normal in my sweet state of mind, when someone passes me angrily and gives me the finger. I can smile at it. Ah the world. I'm back.



Walking the Dog



Painting by
Linda Farley

“Walking the Dog” is painted with Acrylics on handmade moonrock paper. When I paint, I am never sure what will transpire, but after I'm finished I seem to make up stories about the painting. This one is a combination of Mexican, Tibetan and American Indian themes.

The being walking the dog is moving from the sunny day into night, kicking a little sun forward as he plays with the moon. The Tibetan dog is protecting his back. The sun on his back is like an Indian head dress. He will kick the little sun back into the sky when he is tired of playing with the moon. So this being is the keeper of night and day.

The Empty Heart - by Patrick Daniel

It was the tradition of the monastery that at the beginning of the New Year the monks would come before the abbot for an evaluation of their spiritual progress.

One such monk, a novice, came for his first evaluation. The novice and the abbot sat facing each other on their wooden benches in silence for a few moments and then the abbot looked into the eyes of the novice and inquired, "What is in your heart?" The novice wasn't sure

how to answer such a penetrating question but knowing that he had chosen a contemplative path took time to search deep within for his answer. Finally he answered, "Pain." The abbot replied, "Very well, continue with your practice," and that was the end of their session.

The following year when the two met a similar scene ensued, the question and the answer were the same. And again the following year and a number of years after that, each time the monk looked

deep within his heart he felt the pain and regret of his past.

But then one year when the abbot asked the now somewhat seasoned monk, "What is in your heart," the monk answered, "Nothing." The abbot asked him to explain and he said again, "Nothing, the pain has gone." The abbot asked him what had replaced the pain and the monk answered, "Nothing, just no pain." The abbot again looked deep within the eyes of the monk and then struck him a hard slap across the face, followed by the blessing, and as always, "Very well, continue with your practice," and that was the end of their session.

The following year the two met again and as per his custom the abbot inquired, "What is in your heart?" The monk looked away for a moment in deep contemplation of his answer. When he turned his face to meet the gaze of the abbot a tear could be seen in his eye as he answered, "Forgiveness." "Please explain," the abbot said to the monk. The monk replied, "I forgive you for striking me; I forgive myself for the deep anger and harsh emotions it stirred in my heart. But most of all I forgive all who have ever caused me pain and myself for causing pain to others. I forgive my foolishness for thinking that an empty heart was an acceptable offering." As the monk finished speaking a light filled his eyes, and he smiled for the first time in many years. The abbot bowed his head ever so slightly, returned the smile and said, "Very well, continue with your practice," and that was the end of their session.



Apsara Dancers
Photo by Susan Solinsky

 Welcome

The Mt. Stream Board of Directors welcomes its newest member Otis Wollan. Otis brings his extensive experience with non-profits and a wealth of experience as a mediator and as a facilitator for group process.

 With Gratitude

Thanks to David Blatte for all the wonderful work he has done for Mt. Stream. We have all benefitted from his legal knowledge and from his friendly personality. He has been spearheading the effort to get our use permit for the new Zion Center, he did a huge amount of work on our bylaws and in other areas, and he is great at leading board meetings.

Thanks to Steve and Susan Solinsky
Steve and Susan Solinsky have been working very hard on all aspects of the new Zion Street center. They have done drawings and photos and worked on the use permit process.

We wish the best to David Judd who is resigning from the board to pursue other interests such as teaching meditation and working in hospice. David's legal knowledge has been invaluable to the board. He did a lot of work on our bylaws and in other areas. And we greatly enjoyed his personality and keen mind. We will miss David, but hopefully not too much, as he has promised to stay around in an unofficial capacity.



Ankor Thom
Photo by Susan Solinsky



Grounding in Retreat

by Maeve Hassett

Retreat journeys are like little lifetimes I think. They take us on a journey and when we return as T. S. Eliot said:

“We shall not cease from exploration. And the end of all our exploring, will be to arrive where we started. And know the place for the first time.”

What I find so interesting every time I go on retreat is how I rediscover my nature and it is always as if for the first time.

The journey starts as John Travis explores at the beginning of the retreat with the process of arriving. Arriving tends to be a messy business for me. All the threads of connection with people, places, expectations, fears and unfinished business come bubbling up demanding attention. The pace, habits and perceived demands of my day to day life come smack up against the opening to stillness. I experience edginess, sleepiness and physical discomfort. Why did I think it was so important to go on retreat for 10 days?

Second day there are more moments of connection. The inside is starting to slow down and the fog lifts for a few moments every now and then. It occurs to me that perhaps I have everything I need and I

can begin to relax into what is. On the morning of the third day the early morning meditation is crystal clear and beautiful. I walk in the forest and open my senses to it all. The food is wonderful. I keep getting lost and distracted. Through the next couple of days I find myself feeling stronger and clearer each day.

Sixth day I think I'm beginning to connect with my essence and with the essence of others on this particular retreat journey. I've felt this connection before and I wonder how and when I lost track of it. What is essence? I take a walk and for a few minutes I am perceiving things without labels or solidity just color and shape and texture. I'm making peace with myself, my essence, my karma.

Seventh day, John talked about being able to sit in the middle of the house of our senses with the five windows and door open watching the various creatures come and go without having to leave our seat. Another analogy come up for me experiencing being in in the center of a cross. The vertical representing the clear, eternal present, the unconditioned connecting ground and sky. The horizontal is conditioned reality, the karmic stream of past and future and the pulls and pushes of attachment. I take my seat

and watch myself at times feeling the luminous quiet of the vertical eternal now that opens up and becomes vast space or other times is very small and fragile. John talked about equanimity being the foundation of the Brahma Viharas. Equanimity, an even mind, allows us to open to compassion and then to loving kindness which he described as “just being love” and to open to joy in everything that presents itself. Last full day, John talks about transcendental dependent arising, the stages of letting go of our attachment to this conditioned reality. It begins with faith in the practice, in the Dharma, Buddha and Sangha.

We must wake up and become disenchanted from the dream. I ask myself where I am in this continuum, my struggle between leaving/letting go of the allure and perceived obligations of the conditioned and the great relief, peace and vitality of the absolute. The retreat comes to an end with a sense of strong connection to this community of yogis who have traveled an interconnected journey together these last ten days, a sense of deep peace and faith in the practice and gratitude for whatever got me here as well as for those who gave of themselves to nurture us through teaching and feeding and caring for us.



Look at Your Hand

by Mary Helen Fein

Look at your hand, turn it over, look closely.
See everything you can about it:
Veins, knuckles, fingers
Nails, freckles, skin, wrinkles, dirt, trembles.
Go ahead. Do that now.
It will be different from what happens
If you close your eyes and
FEEL
your hand. Try it.
Turn it over and feel closely.
Feel the dark shape from inside.
Move it around and feel what it can do.
Flutter, wave, tense, relax, stretch, rest.
It's alive in there.
Our hand when seen from the outside is
Different when felt from the inside.
This is the essence of meditation.



"Temple - Ladakh, India"

Photo by
Heather Sundberg

Now go bigger.
Close your eyes and see what the world is like to you from inside.
No distractions. Don't even move. Just breathe.
Just be with what is, really be with what is.
Chatter of birds, brush of a breeze, a stabbed pain in the knee,
Breathe in, breathe out, space inside to be.
That whole body, close in on it, attention unadorned
by that endless discourse monkey swinging through
The branches of hyperlinked associations we call ME.

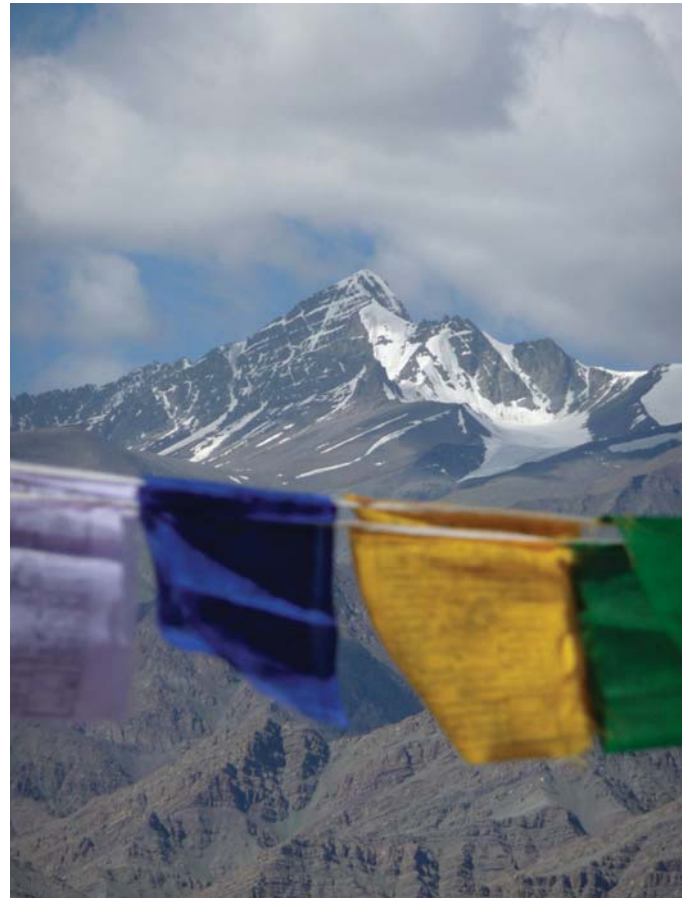
It is hard, the body cries out,
the mind wants distractions.
Gimme gimme gimme food, drink, Tums, I must have one NOW or I might actually die.
Video games, phone calls to make, what's for dinner, how could they say that to me?
This thing I just remembered is so important! I must get up and write it down NOW so I don't forget.
I am just squirming around here, what good can this possibly be doing.
Let's quit!! Yes!! Here are 50 billion reasons why we should
NOT
Meditate
right
NOW!

Stick. Stay. Stay with the Now. Laugh gently at the sweet trickster mind. She just wants to have fun.
Nothing wrong with fun. What's better than fun?
Reality.
Look at your hand. Look at your mind. Look at your life.
Know what's real. I'm not taking any second rate realities that are made up
No matter how much easier they may be.
I'm alive in here. Don't try to buy me off with a monkey mind fake reality. I want the real deal.

With thanks to Phillip Moffitt for this original teaching.

 **Two Views**
by John Travis

Looking down again at the dusty road.
Why is it when one longs for home—
the backpack and the seedy foreign rooms appear
so limited?
Yet at home the closets, boxes, possessions,
seem so entangling.
Is it possible to look beyond this self – obsession?
A spinning dervish obsessed with tell-tale signs of
thinking /planning.
Remembering the place in the high mountains—
with the heart, unbounded and untroubled.
Where nobody knows who you are, or cares, not
even yourself.
True! A home awaits.
Unfettered by some possessive grasping,
allowing circling of the wagons to reflect
community vision.
A small Village Temple—intwined in the complexity
of details.
Calling again and again for simplicity,
pure heart – clear minds.
Actions chewed on - lasting for many generations.
Patiently waiting so the doors can open;
giving back to the thousands of years of
awakening.
Knowing somehow this will go on and on,
beyond you- beyond me...



“Prayers in the wind - Ladakh, India”

Photo by
Heather Sundberg

 **Beginning Meditation** 

Rocklin/Roseville

April 5 through May 3
5 consecutive Tuesdays
5:30 to 7:00 PM
Maeve/Mary Helen/Dave
530-877-1573 or 530 887-9400
Maidu Library Activities Room
1530 Maidu Drive
Roseville

Nevada City/Grass Valley

March 13 through April 17
6 consecutive Sundays
4:30 to 6:00 PM
Margo Cooper / Paul Steege
530-274-1295
Wild Mountain Yoga Center
574 Searls Avenue
Nevada City



Mountain Stream
Meditation Center

P.O. Box 1644
Grass Valley, CA 95945-1644

www.mtstream.org
email: info@mtstream.org

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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 has trained in Hakomi body-centered therapy. For appointments call (530) 263-4096.

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.