

# Dharma Stream



MOUNTAIN STREAM MEDITATION CENTER

March 2013 through August 2013

## The Center is Open! A Dream is Manifesting.

Interview with John Travis and Heather Sundberg

*Tell us about the dream for Mountain Stream to own a community meditation center in Nevada City.*

**John:** I first had the idea of serving a retreat center in the early 1970s, I had been doing intensive practice in India for some years. The dharma had inspired me to completely re-envision my life. I wanted to see it manifest and grow in the West.

In 1994, soon after Mountain Stream was born as a non-profit, a collective understanding arose among several committed community members that this practice is not just a one-generation process. We had a dream of having a home for community meditation practice; a place of refuge for our cultural sanity. At that time we looked for land for a retreat center, and actually bought some land, but were unable to bring a retreat center to fruition.

**Heather:** When I arrived at Mountain Stream as a 'visiting teacher' in 2007, the vision for

a community meditation center had already gathered momentum. I remember sitting in board meetings filled with enthusiasm and discussion where we poured over advertisements of property for sale. We were still dreaming in those days though.

**John:** In 2010, the remarkable happened. A donor offered us a generous donation covering most of the cost of the beautiful 1.25-acre, single-family home at 710 Zion Street, Nevada City. The sale of the Robinson Road property, originally offered by another generous donor, and intended for a retreat center, covered the cost of buying the rest of the property and helped us with the massive remodel project to transform the home into a meditation center. Along with the hearts, talents, and time of so many friends, of course!

**Heather:** We opened the Center to the public on January 7, 2013, and we are making our home

*continued online page 3*

## In This Issue

This issue has a number of exciting articles relating to our theme, the opening of our new retreat Center in Nevada City, CA.

Read the interview with John and Heather and how they see our new Center. Steve Solinsky writes with enthusiasm about his experience of the renovation process. Lorelle Zenko Chorkey writes an article on Ego and Suffering, and Christy Tews, founder of the Dharma Zephyr Sangha in Carson City, NV, and long-time practitioner, wrote a great article about her own history with Mountain Stream. The entire issue is filled with full-color photos of the renovation of the new center, photographed by Susan Solinsky. Our retreat and sitting group schedules for the spring and summer are in this issue. Poetry by Mary Helen Fein and Guiding Teacher John Travis appears as well. Enjoy our newsletter!

Be sure to see our full-color complete newsletter online at [www.mtstream.org](http://www.mtstream.org), then click on "E-Newsletter."



**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  
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email: [newsletter@mtstream.org](mailto:newsletter@mtstream.org)  
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We appreciate and consider all contributions to the newsletter. Please send articles, book reviews, photos, art and poetry to the above address or email to: [newsletter@mtstream.org](mailto:newsletter@mtstream.org). by February 15<sup>th</sup> for the Spring edition and by August 15<sup>th</sup> for the Fall edition. Submissions may be edited.

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.



Zion Center Renovations

by Steve Solinsky, Nevada City Sangha

As a member of the local Mountain Stream community, I can attest that when we found out the finances to purchase a Center property had manifested, a whirlwind began. This vortex of creative energy was the confluence and balancing of many people's talents and desires. But I always felt throughout the whole process there was more pushing this effort than a handful of volunteers' dreams. Certainly, my passion was high.

When the soul is fed meaningful work, enthusiasm grows (literally the god inside comes alive.) But, this project was carried along by a bold wind.

Both our teachers, John and Heather, have recently acknowledged an enlivened presence at the Center, call it the "unseen". Throughout the design process of the project, I felt I was carried along in the draft of a huge current which flowed our way. I think many of us found ourselves in its whirl. It carried us through a tangle of challenges with the city's planning process, but things ultimately had a way of falling into place.

My part began as soon as we acquired the property. To engage the architectural design process is to set the imagination free—to work with the many interlocking design

parameters of space and its intended activities. Many possible combinations of layout and form must be envisioned.

There is a glue that locks this all together and makes it work. It's called "a feel". This is where spirit gets a vote. In order to engage this elusive element of "feel," the project must be imagined three-dimensionally in detail. As a result, I spent many hours exploring this new Ephemeral Center, walking through it, many months before the volunteer work crew pulled it into manifest reality. For me this space has a very profound sense of harmony and balance—a wonderful feel. From this seminal stage, I very much wanted others to experience it, too.

My enthusiasm for the project never waned, even through some difficult times in the process. It was almost like a pregnancy. Something wonderful was cooking on the unseen, non-material level—and my passion for it was unrelenting because I had already met this child and beheld its brilliance. I could hardly wait for delivery. And what a delivery crew we had. They couldn't have performed better as the pride and energy in the construction and landscaping shows.

*continued on page 4*





### The Center is Open!

*continued from front page*

there, for practice to flourish into future generations. I am so happy and honored to be a part of this. Please come visit us!

*The Center is filled with 40 years of collected Buddhist art. Is there any particular story about the art you would like to share?*

**John:** We received word of the purchase of 710 Zion Street while we were studying and retreating in India for a six-month period. As a patron of Buddhist art for the last 40 years, I was excited to envision what statues might be appropriate for the new meditation hall. I discovered that one of my familiar traders in Dharmshala, India had in his collection two exquisite statues: a Buddha and a Tara, both 3 feet tall. I could almost see them in the new meditation hall.

**Heather:** We had some discussion about whether to make the investment in both statues. After all, it was quite a risk to John's credit card, not knowing whether the statues would ever arrive on US soil from India or not. However, we both agreed it was imperative that the meditation hall embody representations of both the enlightened masculine (Buddha) and enlightened feminine (Tara).

**John:** The statues made a long journey to be with us at the new Center. They traveled by truck to New Delhi and then on to Mumbai. They were loaded onto a ship to make the long journey across the Pacific Ocean to Los Angeles. Finally the statues were shipped from LA to San Francisco,

where they were "liberated from customs" by Mary Helen Fein and Stu Clancy who drove them to the center, where they have lived since the beginning of the remodel.

**Heather:** The beautiful meditation bell in the Hall was shipped from India at the same time, expressly to "sing to us at the end of each meditation period."

**John:** The two thangkas (Tibetan wall hangings) of Buddha and Tara in the meditation hall were painted near Swinbunoth, Katmandu, Nepal, specifically for the meditation hall at the Center. My long-time friend Shiva Adhikari, who is the liaison to the artist that I have been using for the last 15 years, helped me with this special gift to the Center. Back in Katmandu, Shiva is enjoying the photos of the Center and the art on our Mountain Stream website ([www.mtstream.org](http://www.mtstream.org)).

*What has been done to bless the Center so far?*

**John:** Since the time of the Buddha's death there is a tradition of placing relics in the infrastructure of new temples, as well as conducting blessing ceremonies to protect the space and empower the practice. Often the relics are the ashes of enlightened masters, sometimes made into amulets. At Mountain Stream Meditation Center, our amazing construction team planted relics in the floor and walls given to me from His Holiness the Dalai Lama, as well as amulets from Thailand.

We were blessed by having Ayya Santacitta visit the Center in July of 2012 to offer a traditional blessing from the Thai forest tradition. She chanted "Highest Blessings" to bless the Center and sprinkled the space with blessing water. The Buddha spoke of the highest blessings as "associating with the wise; residency in a suitable locality; graciously wise speech; supporting ones family; and business pursuits free from conflict" to name just a few.

**Heather:** The day before the Center opened, we invited a few of the community members who had contributed an exemplary amount of time, heart, and financial resource to building both the Center and the organizational structures which will serve the Center, to a simple blessing ceremony led by John and myself. That first sit in the Hall was so quiet, due to the double paned windows someone generously offered, and everyone shared their intentions for practice at the Center. Gifts were given, and refuges (awakening, truth, community) and the precepts of non-harming were taken; and John made everyone laugh by prancing around the meditation hall sprinkling us with blessed water. Then we circumambulated through and around the entire building chanting lovingkindness phrases, and wrapping the building in its very own protection cord. These cords are a reminder of our basic integrity and capacity to awaken. They protect us from habitual unhelpful mind-states.

Of course there have been many other informal and impromptu community blessings as well....





## Ego and Suffering

from *Tibetan Ayurveda* by Robert Sachs

shared by Lorelle Zenko Chorkey, Minden/Garderville Sangha

### A Buddhist view

Because our ignorance obscures our ability to understand ourselves or the world, we develop erroneous views, and confusion begins to build. We become this way or that way, thinking that by doing this or that, by eating this or that, by being with this person rather than that person, everything will be perfect. Although none of us really wants to suffer, regardless of how suitable circumstances are, because of our limited view, it is likely that we will experience disappointment as things do not work out as planned or hoped. The result is frustration or anger. Then we become more zealous, refusing to acknowledge our errors of judgment or action. We push away what we perceive as standing in the way of our perfect little universe. We hold on even tighter to what we think we've accomplished, becoming more and more aggressive. By description, we have defined what in the medical tantras and in Buddhist teaching is called

the Three Poisons: attachment, aggression, and ignorance. These three are the binding forces of the ego and cause all our physical, emotional, and spiritual suffering. They are the basis of self-limited reality that needs to be transcended.

Although they are called poisons, they are like unripe fruits. Attachment, aggression, and ignorance, while being the source of all our suffering, represent an immature picture of reality according to the Buddhist tantric view; they contain enlightened potential, like unripe fruits that become ripe, juicy, and edible. Cutting through attachment, aggression, and ignorance is a matter of not buying into the self-limited reality they portray. When we do not get stuck in self-importance, we open up more. According to some teachings, attachment becomes transformed into wisdom, aggression into useful clarity and compassion, ignorance into skillful activity. Because of the belief that such

potentials are always within us, though veiled, Buddhism adheres to the notion that we are inherently good. What we need are the means to relate to the poisons properly in order to transform them into positive ways of being. A lama once likened this transformation to tempered steel. When you heat up steel, it goes through a stage of oxidizing and getting blackened. If you take the metal out at that stage, you would end up with a mess. But if you leave it in the heat longer, the black falls away and the steel is transformed, becoming bright, shining, and virtually indestructible.

*Lorelle writes, "Or you can think of the discarded toxic chemicals in the process of extracting gold...a softer bright and shiny element of an enlightened soul."*

*The Editor adds, "The idea of the three poisons being like unripe fruits is wonderful. When we operate from greed, hatred or delusion we are working with an immature picture of reality. But this picture still has enlightened potential."*



## Zion Center Renovations

*continued from page 2*

There is something in this cosmos that wants to see human beings awaken.

A wind at our backs has brought us to the place where this may happen. We have much to be grateful for.

We are blessed to exist in a caring universe (the insight of a long

practice and a growing faith). We are blessed to live within a beautiful and very caring community of souls who are ready to offer their talent and energy for the benefit of us all.

Our project is blessed to have found an unpolished jewel in 710 Zion, whose layout and composition provided the perfect

form from which to fashion a sturdy, noble environment for tranquil reflection and training. We are all of us blessed to have somehow in our own way stumbled upon the Dharma.

May all beings be as blessed as we.







## Things Have Changed

by Christy Tews, Dharma Zephyr Sangha (Carson City)

Things have changed. For John, for Mountain Stream, for the Sanghas he visits and teaches and for Dharma Zephyr here in northern Nevada.

I met John more than 22 years ago in Joshua Tree, California, at the annual spring retreat then held at the Mental Physics Center. While my practice had been bumping along in a solitary fashion for about five years by then, I had never talked to a “real” Dharma teacher. An interview seemed like a fine idea. John was available. I have no recollection of what my questions were. I do have a recollection of John. Sitting in his presence felt like dropping a pebble into a deep still pool. The ripples moved away from the center but there was no other disturbance. He was totally there with me. No drama.

At that time, John was beginning his Dharma teaching career. Soon our fledgling Sangha invited him

to come and do one-day non-residential retreats. For several years he was our only teacher. His life was leisurely enough then that he could come and teach then stay overnight with us. He became well acquainted with our small Sangha and we with him. He has been our mentor ever since.

The first big change that affected us was when John began teaching and training at Spirit Rock. We no longer had easy access to him. However, our Sangha was growing and as members went on longer retreats, we met teachers we liked and asked them to teach. We have been extremely fortunate. Great teachers have enjoyed their time here and committed to coming back again and again.

John still visits, of course. Because we now do two-day, non-residential weekends, we again have the pleasure of his company overnight. What a boon to practice for the lucky souls who host him!

We have become a larger Sangha, as has Mountain Stream. Though we haven’t a center, (so long in coming for Mountain Stream,) we do have a newly minted corporation, Dharma Zephyr Insight Meditation Community ([www.DharmaZephyr.org](http://www.DharmaZephyr.org)) and a board. While some of us hanker for a permanent place to hang our Dharma hats, we have watched the birthing process of the Zion Street center. A large number of people made a massive commitments to produce the end product—an independent Buddhist Insight Meditation Center. We don’t have the critical mass to make that happen yet.

But everything changes. Strive on with diligence.



“Sound Meditation”  
John Travis and  
Eddie Donoghue  
Photo by  
Jenna McAsey





**Mountain Stream  
Meditation Center**  
Retreats & Events  
Mar 2013 through Aug 2013

**April 17-21, Wed - Sun**

5-Night Residential Retreat  
John Travis  
Sun Valley, Idaho  
Kristen: 208-721-2583  
naturewalker7@gmail.com

**April 21, Sun - Daylong**

"Awakening the Heart of Compassion"  
Heather Sundberg  
Lotus, CA  
Mike Burgess: 530-626-1640  
meburgess.lotus@gmail.com

**April 27, Sat - Daylong**

"Relaxation & Joy: Two Factors of  
Awakening"  
Heather Sundberg  
Chico, CA  
530-893-8088

**April 28, Sun - Daylong**

John Travis  
Mountain Stream Meditation Center  
Nevada City, CA  
Mary Helen: 530-887-9400  
maryhelen@mtstream.org.

**May 4 - 11, Sat - Sat**

7-Night Residential Retreat  
John Travis, Heather Sundberg,  
Gil Fronsdal, Mary Orr  
Spirit Rock Meditation Center  
Woodacre, CA  
415-488-0164  
www.spiritrock.org

**May 16 - 19, Thur - Sun**

3-Night Residential Retreat  
John Travis  
Bodega Bay, CA  
Amanda Kimball  
bodega.bay.retreat@gmail.com

**May 18, Sat - Daylong**

"Who Am I Taking Myself to Be Right  
Now: The World of Self & Not Self"  
Heather Sundberg  
Reno, NV  
Blair: 775-786-7842  
jbogorman@gmail.com

**May 19, Sun - Daylong**

"Four Ways to Relate to Who We Are &  
Who We Are Not"  
Minden, NV  
Heather Sundberg  
Karen: 775-267-2424  
karen@dharmazephyr.org

**May 18 & 19, Sat - Sun**

Two Daylongs  
Teja Bell & Anne Cushman  
"Cultivating the Breath of Life"  
Mountain Stream Meditation  
Nevada City, CA  
530-885-9495  
susan@mtstream.org

**7-Night Residential Retreat  
(Hawaii)**

June 1: Deadline for signup and  
payment  
Retreat Dates: Nov 8 - 15, Fri - Fri  
John Travis, Heather Sundberg  
Kailua Kona Big Island, Hawaii  
Amanda: 530-400-0737  
mtstream.hawaii.retreat@gmail.com

Please Note: We need to know that  
we have enough people to hold  
this retreat by June 1, 2013. Early  
registration will ensure this retreat will  
take place.

**June 15, Sat - Daylong**

"Developing Wisdom, Focus & Trust:  
The Five Spiritual Faculties"  
Heather Sundberg  
Nevada City, CA

**June 29, Sat - Daylong**

"Four Ways to Relate to Who We Are,  
& Who We Are Not"  
Heather Sundberg  
Sacramento Insight Meditation  
Sacramento, CA  
916-471-6499  
info@sactolnsight.org

**July 13 - 20, Sat - Sat**

7-Night Residential Retreat  
Heather Sundberg  
Origin, CA  
Osha: origin@highsierra.org

**Aug 2 - 11, Fri- Sun**

9-Night Residential Retreat  
John Travis  
Jamestown, CO (Near Boulder)  
Lois: drLoisVk@gmail.com  
www.sierraretreats.org

**Aug 18 - 23, Sun - Fri**

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

**Aug 24, Sat - Daylong**

John Travis  
Nevada City, CA  
registrar@mtstream.org

**Sept 14 - 21, Sat - Sat**

7-Night Residential Retreat  
Transforming The Judgemental Mind  
Heather Sundberg, Donald Rothberg  
Spirit Rock Meditation Center  
Woodacre, CA  
www.spiritrock.org  
415-488-0164

**Sept 16 - 22, Mon - Sun**

6-Night Residential Retreat  
John Travis, Dennis Warren  
Sacramento Insight Meditation  
Angela Center, Santa Rosa, CA  
www.sactolnsight.org

**Sept 14, Sat - Daylong**

John Travis  
Reno, NV  
www.dharmaZephyr.org

**Sept 15, Sun - Daylong**

John Travis  
Minden, NV  
www.dharmaZephyr.org

**Sept 28, Sat - Daylong**

John Travis  
Sacramento Buddhist Meditation  
Center  
www.sbm.org

**Sept 29, Sun - Daylong**

Heather Sundberg  
Nevada City, CA  
registrar@mtstream.org

**Oct 4 - 13, Fri - Sun**

9-Night Residential Retreat  
John Travis  
Jackson, WY

**Oct 12 & 13, Sat - Sun**

Two Daylongs with Marv Treiger  
Mountain Stream Meditation Center  
registrar@mtstream.org

**Oct 18 - 27, Fri - Sun**

9-Night Residential Retreat  
John Travis  
Oakwood Retreat Center at Rainbow  
Farm Selma, IN  
Barb: 513-542-5258

*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  
new Nevada City Center.*

Nevada City Sitting Group Teacher Schedule

Mountain Stream Meditation Center - Monday 7:00 - 9:00 pm.

- Mar 4 Mary Helen Fein
- Mar 11 Maeve Hassett
- Mar 18 Mary Helen Fein
- Mar 25 Maeve Hassett
- Apr 1 John Travis
- Apr 8 John Travis
- Apr 15 John Travis
- Apr 22 John Travis
- Apr 29 John Travis
- May 6 Mary Helen Fein
- May 13 John Travis
- May 20 John Travis

Auburn Sitting Group Teacher Schedule

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

- Mar 5 Maeve Hassett
- Mar 12 Mary Helen Fein
- Mar 19 Book Night
- Mar 26 Tony Bernhard
- Apr 2 Heather Sundberg
- Apr 9 Maeve Hassett
- Apr 16 Book Night
- Apr 23 TBA
- Apr 30 Maeve Hassett
- May 7 Tony Bernhard
- May 14 Maeve Hassett
- May 21 Book Night
- May 28 Mary Helen Fein

Board Meetings

Board meetings are open to all. Meetings held at Mountain Stream Meditation Center in Nevada City.

Meeting at 4:00 pm. Potluck begins at 5:00 pm.

- Mar 17 Zion Street Center
- Apr 14 Zion Street Center
- May 12 Zion Street Center
- June 16 Zion Street Center
- July 21 Zion Street Center
- Aug 18 Zion Street Center

Dharma Talks by John Travis

John Travis's Dharma talks are available on our website. Please visit [www.mtstream.org](http://www.mtstream.org) for more information. You can download and listen to over 80 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  
Kathy 775-882-4980  
info@dharmazephyr.org  
www.dharmazephyr.org

Dharma Zephyr Beginner's

Mon—5:30–6:30 PM  
Jeff 775-884-3676  
www.dharmazephyr.org

West Wind Sangha  
Methodist Church

213 N. Minnesota  
Wed—6:30–8:30 PM  
Terrah 775-841-3921  
www.dharmazephyr.org

**Chico**

Heart of the Lotus Sangha  
Tues—6:30–8:15 PM  
Joanne 530-895-1579

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

**Davis**

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

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

**Minden/Gardnerville, NV**

O2 Yoga and Wellnes  
1557 Zerolene Place  
Thurs—6:00-7:00 pm  
Karen 775-267-2424

**Nevada City/Grass Valley**

Mountain Stream  
Meditation Center  
710 Zion Street  
Mon—7:00–8:30 PM  
www.mtstream.org  
530-265-6111

2nd and 4th Weds  
7:30-9:00PM

First Sunday  
10:00 AM-12:00 PM

**North San Juan Ridge**

Your Place Too  
Private home off Oak Tree  
(Call for Directions)  
Tues—7:30-9:00 PM  
Bruce 530-277-3470  
bruce\_pardoe@yahoo.com

**Placerville**

Sierra Insight Sangha  
Wed—6:30-8:00 PM  
Gale 530-621-3089  
galerespect@gmail.com  
sue@boegerwinery.com  
www.sierrainsightsangha.com

**Reno, NV**

St. John's Church  
1070 West Plumb Lane  
Mon—6:30–8:15 PM  
Dionne 775-771-3435  
www.dharmazephyr.org

One River Sangha  
Reno Buddhist Center

820 Plumas Street  
Tues—6:30-8:15 PM  
Frank 775-813-7159  
oneriversangha@gmail.com  
www.oneriversangha.org

**Sacramento**

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

Thurs—7:00–9:15 PM  
Sacramento Insight Meditation  
www.sactoinsight.org  
info@sactoinsight.org

**South Lake Tahoe**

Penny 530-541-1610  
pennyfairfield@  
bmwmotorcyclotech.info

**Truckee**

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





## How Did We Get There?

by Susan Solinsky, Nevada City Sangha

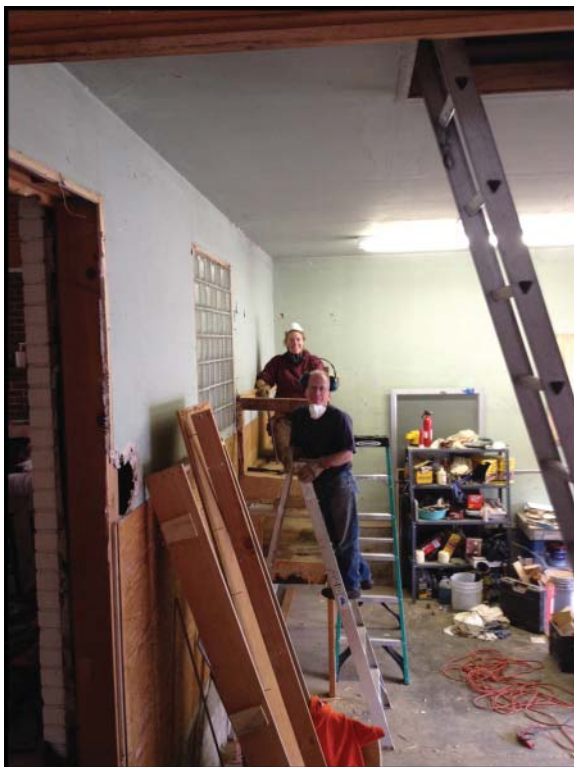
The coveted building permit arrived last year on March 1st and the walls started to come down. The old oak floors were protected with thick coverings as dust swirled and doorways disappeared. Energy was good; the project had finally begun.

An entirely new beam was built in the attic to support the roof before the old ceiling could be removed. But several days of crawling around under the floors had to be done first to put new supports in place.

*continued on page 9*



"Some of The Crew"  
Otis, Dan, Rick and Faith  
Zion Center,  
Nevada City  
Photo by Susan Solinsky



"Eddie and Helen"  
Zion Center,  
Nevada City  
Photo by Susan Solinsky



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 Zion Center Progress  
*continued from page 8*

Suddenly the shape of the new meditation ceiling emerged: peaked instead of flat. By May 1st, the new spaces were clear and open. Every morning the work crew meditated before picking up their tools to work. And several times a week, people brought lunches to support this incredible effort in transformation.

In late May after the rains, earth moving equipment changed the front entrance and the backyard. It was noisy and raw looking outside for quite awhile, but thanks to a generous volunteer, the back area went from dull clay to good top soil sprouting fresh green grass. Plus gravel pathways and rock edges defined the new areas.

*continued on page 10*



“Front Window Upgrade”  
Zion Center,  
Nevada City  
Photo by Susan Solinsky



“Landscape Architect  
Rebecca Coffman, and Crew”  
Zion Center,  
Nevada City  
Photo by Susan Solinsky

 Zion Center Progress  
*continued from page 9*

June arrived and the new ADA bathrooms were framed in while the old front window was torn out and replaced with double pane glass. Donations for both these needed upgrades made the work possible. Electrical and plumbing were contributed by gifted sangha members, one local and one from Reno.

The large Buddha and Tara statues had their own niches in the new meditation hall, a vision of John's while on his travels. A new front door was installed into a welcoming reception area.

*continued on page 11*



"John Travis and Ayya Santacitta"  
Nevada City  
Photo by  
Susan Solinsky



"Sheetrocking"  
Nevada City  
Photo by  
Susan Solinsky



"All Taped, Textured and Ready to Paint!"  
Nevada City  
Photo by  
Susan Solinsky

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 Zion Center Progress  
*continued from page 10*

Summer brought a visit and blessing from Ayya Santacitta from the Aloka Vihara in San Francisco.

By fall, the backyard was completely green and the front had a new pedestrian walkway and clearly marked parking spaces. Beautiful tiling was done in the new bathrooms by two inspired women in one long session. All the sheetrock plus texturing was now complete. Time to paint!

By October, the hardwood floors were ready to seal with a fresh coating after patching and matching. It was so close now. The final test was whether the lights and plumbing would work as planned. It did and people celebrated by flushing and turning on lights.

*continued on page 12*



"Zion Center Planting"  
Zion Center  
Nevada City  
Photo by Susan Solinsky



"Front Bench"  
Zion Center,  
Nevada City  
Photo by Susan Solinsky



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 Zion Center Progress  
*continued from page 11*

The front entry was beautifully finished with a curved, poured bench and thick bluestone tiles done by one of the talented crew members. Several small trees were planted and by December it was mild enough to keep planting and have the final inspections.

Everything passed inspection easily before the holidays and suddenly, we were ready to occupy.



"Zion Center Design"  
Photo by  
Susan Solinsky

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 **Beginning Meditation** 

**Roseville**

**March 5 - through April 2, 2013**  
5 consecutive Tuesdays  
5:30 to 7:00 PM  
Maeve Hassett/Mary Helen Fein  
Maidu Library  
1530 Maidu Drive  
Contact 530-887-1573  
or 530-887-9400  
maeve@mtstream.org  
maryhelen@mtstream.org

**Nevada City/Grass Valley**

**April 18 - May 16, 2013**  
5 consecutive Thursdays  
7:30 to 9:00 PM  
Heather Sundberg and  
Bruce Pardoe  
Mt. Stream Meditation Center  
710 Zion Street  
Nevada City  
bruce@mtstream.org





5 O'clock

by Mary Helen Fein

The minute I closed my eyes  
I knew this was someplace  
Altogether wholly new.

The small strands of my breath  
Were singing to me,  
Singing me  
A song so lovely  
Careful  
And kind.

Everything but that loveliness  
Had melted away.

Mr. Sciatica sounded a few bass notes,  
But then decided the song was too high  
And that he'd sit this one out.

I felt my own brevity.  
It felt just perfect.  
All the best things are brief.  
Yellow clouds of Mexican butterflies,  
Fields of Dutch irises,  
Bubbles atop a wave breaking on the sand.  
I broke on the wet sand.

Inside my body it was a sainted chapel.  
Dim and candle lit, glowing, and the very air  
Suffused with that loveliness  
As the song of my breath soared.

When the person in front of me moved,  
The sound was a miracle of fabric scraping on fabric.  
I felt the delight of every rubbing thread.

Finally you rang the bell.  
I saw the concentric circles of the bell sound.  
And Again.  
And Again.

The minute I opened my eyes  
I knew this was someplace  
Altogether wholly new.



Frog Clarity

by John Travis

Was it the concert given by the frogs?  
the Dharma talk that was louder,  
than the chatter of my own mind.  
Until the wild roar stopped.

A silence descended through the hall.  
Stillness untroubled by breath of that  
forgotten place.  
Your own voice refused to move your  
delinquent thought words.  
Adjusting without movement the quiet fury  
of the stillness, almost forgotten.

Like the great Hunter you track that breath,  
enlivened and focused.  
Respectfully balancing a bedazzled heart  
and this well-crafted discernment.  
You who came to this place longing for  
child's eyes that had grown accustomed to  
loss.  
This river of aliveness floating on the minds  
inward attention.

Frogs came alive again but this time  
breathing life.  
Some great stillness untouched by the  
sounds.  
Breath, body, mind/heart placed on the pin  
point in time.  
Everything lined up for a fraction of a  
moment.

Your mind knowing this emptiness;  
Heart knowing this fullness.  
All bargaining over; you have arrived.



Mountain Stream  
Meditation Center

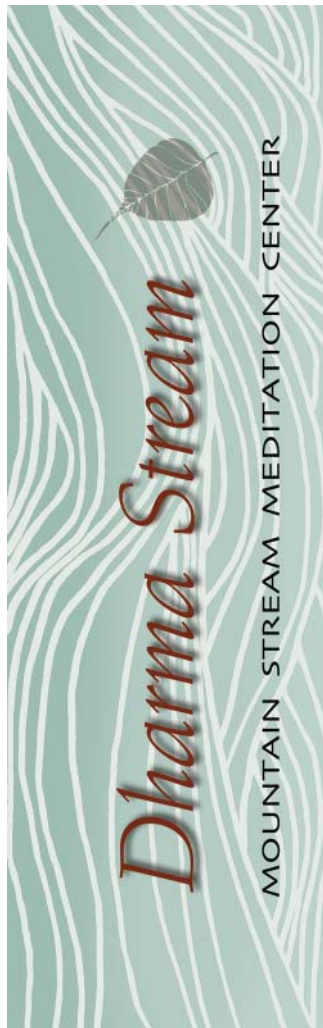
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### **Mountain Stream Meditation Center**

is a nonprofit organization, an insight meditation community of Buddhist 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 insight meditation 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.

### **Donation and Fees**

are given freely, because the Buddhist teachings are priceless. There is never any charge for teachings. Registration fees for Mountain Stream events cover space rentals, transportation, food and other Mountain Stream expenses. None of this money goes directly to the teachers or staff. Classes and daylongs are also held on a donation basis. To allow teachers and staff to continue their Dharma work, support from the students is needed. There will be an opportunity to contribute at the end of each retreat, class, daylong and event. Mountain Stream requests your generous donation to support our endeavors. We wish to make clear that no one is ever turned away for inability to pay our fees. Please speak to the contact person if you cannot pay for all or part of an event and arrangements will be made.