



## THE SOUND OF SILENCE

by Heather Sundberg

*“Is the sound coming in and bothering you, or are you going out and bothering the sound? Who’s bothering who?”*

– Ajahn Chah

Some people have a sense door that is stronger and/or more sensitive than the others. For me, it’s always been the ear. I am blessed with incredible hearing. I was the teenager who could not listen to music or TV while doing homework. Perhaps that had something to do with why I was drawn to meditation in my late teens, at a time when mindfulness was not mainstream, and teens were not meditating. I loved the silence. It called to me like a siren. In the silence, I could dive into direct experience, and deeply connect with others meditating around me.

After meditating for some years, I discovered that the experience of silence is not dependent on a “noise-free” environment.

A wonderful story from Thai forest master Ajahn Chah illustrates this well. Ajahn Chah was approached by a western monastic who was

disturbed in his meditation by all the noise at the monastery. Ajahn Chah listened to the monk’s complaints, then began to laugh. “When you become disturbed by noise in your meditation, ask yourself this,” Ajahn Chah said. “Is the sound coming in and bothering you, or are you going out and bothering the sound? Who’s bothering who?”

As a young meditator, my attitude towards sound as noise, whether in meditation or in daily life, was significantly transformed by the sense of humor, benevolence, and skillful means Ajahn Chah offered. Try it out the next time a noise is “bothering” you. At the very least, even if you have to take action to decrease or stop the noise, you will do it with less reactivity, and perhaps even with a smile of benevolence towards the whole situation.

At subtler levels, there is also what Ajahn Sumedho, in the Thai forest tradition, calls “the Sound of Silence.” This “sound” is literally not dependent on whether there is physical sound in the environment or not. It is a sound some people hear more easily than others. Some experience the Sound of Silence as an inner ringing or hum (which is

SEP 2016 – FEB 2017

*This edition of Dharma Stream is devoted to the theme of “Silence.”*

*Access the complete newsletter online at [www.mtstream.org](http://www.mtstream.org).*

a different thing than tinnitus). Or they experience it as a visceral tone felt more somatically. Or they might experience it less as a sound, but more as a sense of space around the head area and outwards.

Sometimes the connection to the Sound of Silence becomes more intense. Sometimes it is the background tone to a whole life of experiences and activities. The Sound of Silence is an access doorway to both the experience of deepening concentration, and especially the maturing of the connection with awareness, which is available to know all things without preference.

I find the Sound of Silence to be a beautiful “background soundtrack” to a whole life lived through the lens of spiritual practice. Mindfulness invites us to remember often—the Sound of Silence is an ever-present reminder—we can tap in anytime. If you are interested in learning more, try reading Ajahn Sumedho’s book, *The Sound of Silence*.

In a world of lots of noise of every kind, enjoy the silence.





# DAYLONGS AND RESIDENTIAL RETREATS

*September 2016 through February 2017*

For the most up-to-date information, visit [www.mtstream.org](http://www.mtstream.org)

**SEPTEMBER 17 & 18  
SATURDAY & SUNDAY**

Heather Sundberg  
Non-residential Women's Retreat  
Spirit Rock Meditation Center  
Woodacre, CA

**INFO:** [www.spiritrock.org](http://www.spiritrock.org)

**SEPTEMBER 30 – OCTOBER 9  
FRIDAY – SUNDAY**

John Travis  
Teton Sangha, Jackson Hole, WY

**INFO:** [www.tetonsangha.com](http://www.tetonsangha.com)

**OCTOBER 1, SATURDAY**

Heather Sundberg  
Chico, CA

**INFO:** [daylongwithheather@gmail.com](mailto:daylongwithheather@gmail.com)

**OCTOBER 2, SUNDAY**

Heather Sundberg  
Nevada City Insight Center

**INFO:** [jeannie@mtstream.org](mailto:jeannie@mtstream.org)

**OCTOBER 14 – OCTOBER 23  
FRIDAY – SUNDAY**

John Travis  
Oakwood Retreat Center  
near Muncie, IN

**INFO:** [www.tristatedharma.org](http://www.tristatedharma.org)

**OCTOBER 15 & 16  
SATURDAY & SUNDAY**

Heather Sundberg  
Non-residential Retreat  
Calgary, Canada

**INFO:** [www.calgaryinsight.org](http://www.calgaryinsight.org)

**OCTOBER 29, SATURDAY**

Heather Sundberg  
Sacramento, CA

**INFO:** [www.sactoinisght.com](http://www.sactoinisght.com)

**NOVEMBER 4 – 13,  
FRIDAY – SUNDAY**

John Travis and Heather Sundberg  
Angela Center, Santa Rosa

**INFO:** [Carol@mtstream.org](mailto:Carol@mtstream.org)

**NOVEMBER 12, SATURDAY**

Dennis Warren  
Nevada City Insight Center

**INFO:** [SusanS@mtstream.org](mailto:SusanS@mtstream.org)

**NOVEMBER 19, SATURDAY**

Heather Sundberg  
Sacramento Buddhist Meditation  
Group

**INFO:** [www.sbm.org](http://www.sbm.org)

**NOVEMBER 29–DECEMBER 2  
TUESDAY – FRIDAY**

John Travis  
*Householder Retreat (4 evenings)*  
Nevada City Insight Center

**INFO:** [www.mtstream.org](http://www.mtstream.org)

**DECEMBER 3, SATURDAY**

John Travis  
Nevada City Insight Center

**INFO:** [barbara@mtstream.org](mailto:barbara@mtstream.org)

**DECEMBER 4, SUNDAY**

John Travis  
Carson City, NV

**INFO:** [www.dharmazephyr.org](http://www.dharmazephyr.org)

**DECEMBER 10, SATURDAY**

John Travis  
Davis, CA

**INFO:** [davis.daylong@gmail.com](mailto:davis.daylong@gmail.com)

**DECEMBER 17 – 23  
SATURDAY – FRIDAY**

John Travis, Heather Sundberg, and  
Donald Rothberg  
Spirit Rock Meditation Center  
Woodacre, CA

**INFO:** [www.spiritrock.org](http://www.spiritrock.org)

**DECEMBER 28 – JANUARY 3  
WEDNESDAY – TUESDAY**

Heather Sundberg, Donald Rothberg  
Cloud Mountain, Washington

**INFO:** [www.cloudmountain.org](http://www.cloudmountain.org)

**JANUARY 12 – 19**

**THURSDAY – THURSDAY**

Heather Sundberg, Sylvia Boorstein,  
Donald Rothberg, and Larry Yang  
*Metta Retreat (Loving Kindness)*  
Spirit Rock Meditation Center

**INFO:** [www.spiritrock.org](http://www.spiritrock.org)

**JANUARY 22, SUNDAY**

Heather Sundberg  
Nevada City Insight Center

**INFO:** [www.mtstream.org](http://www.mtstream.org)

**FEBRUARY 11, SATURDAY**

Maeve Hassett & Mary Helen Fein  
Mercy Center  
Auburn, CA

**INFO:** [maryhelen@mtstream.org](mailto:maryhelen@mtstream.org)



*Dharma talks by John Travis and  
Heather Sundberg can be found at  
[www.mtstream.org](http://www.mtstream.org) and  
[www.dharmaseed.org](http://www.dharmaseed.org)*

## WHAT'S HAPPENING AT THE CENTER

*Ongoing sessions at 710 Zion Street, Nevada City*

### MONDAY NIGHT SITTING GROUP

7:00pm to 8:30pm

Silent meditation and Dharma talk

### 1ST WEDNESDAY VIDEO NIGHT

6:30pm to 8:30pm

Watch and discuss a movie together

### OTHER WEDNESDAYS

*Kalyana Mitta Group*

(Spiritual Friends)

6:30pm to 7:45pm

A peer-led, interactive Dharma community gathering

### OPEN TEMPLE FRIDAYS

10:00am to 2:00pm

Enjoy: walking the labyrinth, spiritual library, 20-minute group sit from 11:30am to 11:50am

### INSIGHT MEDITATION CLASSES

Thursdays, October 5 – November 10

7:00pm to 8:30pm

Led by Bruce Pardoe

Sliding scale: \$35 to \$50

Info: bruce\_pardoe@yahoo.com

### BOARD OF DIRECTORS MEETINGS

5:00pm to 7:00pm

Sep 18, Oct 16, Nov 20, Dec 18,

Jan 15, Feb 12, Mar 12, Apr 23

## ADD YOUR VOICE

The online *Dharma Stream* newsletter is published twice a year by a volunteer staff. Your contributions are warmly welcomed. For consideration, please submit articles, poems, photos, and artwork by:

- Jan 30, 2017 for Spring edition
- July 31, 2017 for Fall edition

Articles should be no more than 400 words, and may be edited by the newsletter team.



## SIT WITH OUR EXTENDED SANGHA

*Connect with community in your local area*

### AUBURN

*Canyon Spirit Yoga Center*  
Mary Helen 530-887-9400  
maryhelen@mtstream.org

### CARSON CITY, NV

*Dharma Zephyr Sangha*  
www.dharmazephyr.org

### CHICO

*Heart of the Lotus Sangha*  
www.skycreekdharmacenter.org

*Chico Insight Sangha*

Chico.insight@gmail.com

### DAVIS

*Davis Insight Group*  
www.davisinsightgroup.org

### DIAMOND SPRINGS

*Metta Meditation Group*  
Will Lister 530-306-7264  
mettaphoto@mac.com

### MINDEN/GARDNERVILLE, NV

*O2 Yoga and Wellness*  
Karen 775-267-2424

### NORTH SAN JUAN RIDGE

*Your Place Too*  
Bruce 530-277-3470  
bruce\_pardoe@yahoo.com

### PLACERVILLE

*Sierra Insight Sangha*  
sue@boegerwinery.com

### RENO, NV

*Dharma Zephyr Sangha*  
www.dharmazephyr.org

*One River Sangha*

(LGBT and Allies)  
www.oneriversangha.org

### ROCKLIN/ROSEVILLE

Donna 916-532-6955  
Elke 916-632-8766  
donna@mtstream.org  
elke@mtstream.org

### SACRAMENTO

*Sacramento Buddhist Meditation Group*  
www.sbm.org

*Sacramento Insight Meditation*  
www.sactoinsight.org

### INSIGHT MEDITATION CLASSES

*Unity Church of Auburn*  
Auburn, CA  
Tuesdays, October 4 – November 1  
6:00pm to 7:30pm  
Mary Helen Fein and Maeve Hassett  
Sliding scale: \$35 to \$50  
Info: Maryhelen@mtstream.org

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## HEAD OF A DEITY

by Juli Marks



*About the piece*

**MEDIUM:** Watercolor on paper

“While living in San Francisco years ago, one of my favorite places to go was the Asian Art Museum, which at that time was housed in the DeYoung Museum in Golden Gate Park. I loved escaping the noise of the city to sit in the quiet, softly lit rooms by myself. I would meditate and sketch the beautiful sculptures and dream of traveling to exotic places.”

This watercolor is inspired by a fragment of a wall sculpture from a temple in Central Java.

## SILENCE?

by Jennifer India Scott

What does silence sound like?  
Thich Nhat Hanh writes about the  
“spirit of silence.”

I think I have heard the contours  
of it:

In the quiet, cheerful humming of  
the willowy woman  
scrubbing the kitchen sink  
at the Nevada City Insight Center.

From the tentative-then-exuberant  
bell ringing of my 3rd-grade friend  
who skips through our Center—  
ding ding ding—  
as she offers a gentle reminder  
during Temple Care:

Be Here  
Now.

With the soft flop of apricot rose  
petals as they flutter and drop  
off the well-endowed bouquet  
when I bump their vase while  
dusting.

Not silence exactly.  
But noble intentional sound  
or skillful unintentional sounds  
allowing or cajoling me to cultivate  
a welcoming attitude.  
And not a “Shhhh!” reaction.  
Reminding us: No separation!  
And make friends with Judgments!

Birdsong, loud motorcycles, small  
children, wind whispers,  
scrubbing sounds, a cell phone  
jingle...  
Aural embroidery at the edges of  
quiet practice  
anchoring us right here, right  
now—as it is.

While we smile, breathe and find  
silence within.



## FALL POEM QUIET DAY MEDITATION

by Cassandra Wahlstrom

First Storm  
Fourth Day  
Fall Season

Bright Flashing Lights  
Rolling Sound in Heaven  
Falling Water from Sky  
Moistened Earth  
Scents Waft Up  
Air Circulating

Grass Scent Released  
Herbs Pungent  
Earth Scent on Air

Cold like Fire  
Crackling Sounds!  
Water Striking Dry Porch Wood.



## BORN BETWEEN

by Barbara Tandy

Born into form  
Into touch, into sound  
Into light  
Into thoughts, into hopes  
Into complicated plans  
Into complicated loves.  
Into shouting.

Then stopping  
Breathing  
Waiting.  
Looking for space between  
Any space between anything  
Thoughts drifting away  
Hopes drifting away  
Complications drifting away.  
No shouting.

Then watching  
Breathing  
Listening.

What is between?

As born into form  
So born into silence  
Dissolved into silence. ❁

## POEM

by Linda Farley

Waking in the night  
I sense the silence.  
Then in the distance I hear the  
thunder  
And lightning wakes the sky.  
I lay and listen  
Slowly it moves on.  
Silence returns.  
I slumber once more. ❁

## MAGICAL PROPERTIES OF SILENCE

by Corey Hitchcock

I find silence now mostly in wild places. But when I examine what I label and enjoy as silence, it has nothing to do with a lack of sound. Silence is malleable; it stretches and contracts. Silence has great power for such an aspect of no-thingness. It can open within a vast moment of lively communication, or flow over and through me like a friendly river of perfect temperature and pace. It is full, but can subsume anything, even sounds I would normally label as noise.

When I open the lid on my favorite box of silence there are crickets in there, and wind in the branches of the live oaks, gravel crunching on the distant road, the thud of deer jumping unseen as they run, birds of many stripes are in the silence box, tough little song sparrows who sing above traffic noise and canyon larks who bounce their song off sandstone walls. The buzz of insects, mosquitos, paper wasps, horse flies, dragon flies and bees are there, too. Sometimes the sound of silence is my heart beating or my teeth chattering.

SILENCE! Once a command from a harried teacher, now it reveals itself as related to the stars, how they sing in the night sky but don't make a sound. It is part of me, too, but where exactly is it located? Silence knows a hidden portal in me with a swinging door that can open even beside a thunderous waterfall or in a room full of chattering people.

As a child I sought the quiet corners of the house and backyard of my busy, boisterous family home. I wanted to listen to something there, something ethereal, but always present: a silent channel I could tune in, but only when not trying hard to do so. Sitting very still and watching animals, birds or pets go about their own business made that new sound unfold in me. I could sing inside with it and it would still be there.

Quietly losing myself in creating with color and shape on a surface, I come back and realize I have been away. My eternal, often unreliable narrator has been escorted out and is occupied elsewhere. Silence has wielded its special powers again, and stood in for me. ❁

## SILENCE IN THE STILLNESS

by Steve Solinsky

Reflecting on silence  
I am transported to the vast auditorium  
from which it's held - stillness.  
If silence is a flux state of our material duality,  
then stillness is our true authenticity in unity with Source.

Silence may be fleeting,  
but stillness is ever-present to the awakened mind.  
As an artist, I know my own inspiration,  
fascination and creative work arise from a still place of abiding within the feeling domain of that clear crystal crucible of perception.

The mind may have difficulty holding the unknown,  
but for intuition, it's no problem.  
Expand the universe of your knowing,  
by letting loose of what you *think* you know,

and come to your senses. ❁





## SILENCE IS ...

### *Group Poem*

These words were written by the participants of the Daylong Retreat “Joyous Expression” on February 28, 2016, led by Patricia Dove Miller.

Contributors: Constance Alexander, Perissa Busick, Mary Helen Fein, Carol Fernandes, Maeve Hassett, Rowena Lindamood, Jan Lord, Pat Miller, Jennifer Scott, Susan Solinsky.

This “group poem” was compiled and edited by Patricia Miller, with assistance from Judy Crowe and Ingrid Keriotis. Patricia Dove Miller is the author of *Bamboo Secrets: One Woman’s Quest through the Shadows of Japan*. Judy Crowe lives and writes in Nevada City, CA. Ingrid Keriotis is a Northern California poet.

Silence is the morning, barely  
lifting its skirt of night for the dawn.

A black diamond destination  
dropping me off where I must befriend  
shadows once again.

Silence of the birds, of the Lake, of the earth,  
my father lies unbreathing  
by the side of the country road, flat on his back.

Silence is my first silent retreat  
when I learned we rarely need to talk.

Thought waves undulating from me to you  
like invisible smoke rings  
in the air between us, like breath  
whispering through the heart gate.

Silence is white, wide open, empty  
and full of itself. The vastness  
spreads wide across the roaring ocean  
under myriad stars.

I want to find the key  
to open the door out into the spacious,  
undemanding, mysterious silence.

In between the cry of the morning dove, the raucous call  
of the crow,  
the howl of the coyote,  
silence reigns.

A bell tone, a wave of diminishing  
sound slipping away  
returning to its own quiet. ❁



## AWAKENING TO THE DAWN, INLE LAKE, BURMA

*photo and poem by Steve Solinsky*



I arose early that misty Burmese daybreak to the catwalk  
over Inle Lake, glistening in the morning dew.  
Footsteps of an unknown stroller echoed in the light.  
In such a perfect still moment, all I could feel was  
a certain gratitude, or grace. ❁





# SILENCE

by Susan Marcus

You know the feeling: coming in from the scorching heat to an air-conditioned building, or a particularly refreshing spot of shade. You feel the relief, that temporary respite from the stifling discomfort. No wonder the Buddha so often used “coolness” to express liberation from Dukkha. Heat was probably the most persistent environmental irritant of his day.

Now India has megaphones. I’ve heard countless dharma talks that humorously recount the incessant garbled announcements from outside shops, moving vehicles, or rooftops, so loud that they penetrate the sanctuary of monastery walls. No wonder I like the cushy, cloistered retreats of the West. And living in the woods.

My little forested cabin is shady, green, peaceful. Most of the time. Early this morning (so early to be criminal, in my opinion) I was sleeping rather soundly in the

comfort of my cool and luxurious bed when the drone of a chainsaw worked its way through my open windows into my dreams. And then well into my day. A familiar, if minor, nuisance here.

I don’t notice the way I brace against it until it stops and the “coolness” of silence returns again. For those precious few moments until the din resumes, my whole being melts into the hush. But this short-lived repose merely teases with the unfulfilled promise of silence, which is all too elusive for my liking.

I see this most clearly when I am on retreat, when the silence I seek is in my mind, the outer quiet highlighting the inner noise. I yearn for the relief, the “coolness,” of Samadhi. And of course that wanting, that aversion to the inner chainsaw, is the very hindrance that keeps peace at bay, until I finally tire of the striving and just watch the thoughts come and go,

without resistance. Again and again I learn this lesson, feel the suffering of craving, and yet that preference for silence is still so strong.

Today, at least, I close my windows, softening the blow. I close my eyes and sit with the sounds, remembering Ajahn Sumedho’s words, “It’s like this.” And verses on the Faith Mind:

The Great Way is not difficult for those who have no preferences.  
When love and hate are both absent  
everything becomes clear and undisguised.  
Make the smallest distinction, however,  
and heaven and earth are set infinitely apart.

There is still noise, but the aversion has been silenced. For now. ❀

# PRAYER

by Susan Solinsky

It begins by saying *silentium*,  
 silence in Latin.  
 Then it becomes a rhythm, a  
 breath -  
 an easy wave cresting and ebbing.  
 Slowly, inner movement starts  
 while I repeat it 'til finally it echoes  
 inside my chest as a short prayer,  
 a quiet opening.  
 My eyes close gently. *Silentium*.  
 Oh to say it in other languages,  
 to at least try. I find words and  
 symbols.  
 It has it's own life now full of new  
 sounds,  
 in characters impossible to under-  
 stand,  
 but elegant, some mysterious and  
 lavish.  
 A list evolves to see and hear  
 one word: Silence.  
 It becomes a mantra. ✨

Albanian: heshtje

French: silence  
German: Schweigen

Basque: isiltasun

Hawaiian: mumule

Bengali: নীরবতা

Hindi: शांति

Chinese : 安靜

Bulgarian: мълчание

Catalan: silence

Czech: umlčet

Dutch: stilte

Danish: stilhed

Arabic: الصمت

Filipino: katahimikan

Belarusian: цішыня

Finnish: hiljaisuus

Bosnian/Croatian: tišina

Greek: σιωπή

Spanish: silencio

Swedish: tystnad

Hebrew: שתיקה

Turkish: sessizlik

Vietnamese: khoảng lặng

Welsh: tawelwch

Zulu: silence

Hungarian: csend  
Icelandic: þögn

Polish: cisza

Norwegian: stillhet

Italian: silenzio  
Indonesian: Diam

Latin: silentium

Romanian: tăcere

Persian: سکوت

Luxembourgian: Hammers

Irish: silence  
Japanese: 沈黙

Scots Gaelic: tost

Russian: тишина

Maltese: silenzju

Latvian: klusums  
Mongolian: нам гүм

Slovak: ticho

Somali: aamusa

Burmese: တိတိဆိတိခဝ်း

# BAMBOO SECRETS: ONE WOMAN'S QUEST THROUGH THE SHADOWS OF JAPAN

A MEMOIR BY PATRICIA DOVE MILLER

*Book review by Mary Helen Fein*

Pat was my writing teacher for many years. She taught me much about good writing, and she was a great help to me as I completed my first book, *Loss of Deliverance*. After reading her book, I am even more inspired!

Dear Pat,

I finished your book in the middle of the night at 35,000 feet over the North Atlantic. I love traveling on a plane or a train, especially long distances which remind me that I am a Person on a Planet who is trying to pay attention to things. Anyway, it was an ideal setting for completing your book.

I didn't start to cry until you got the phone call from the prosecutor. It had been very suspenseful. And then I cried the rest of the way through that last five percent of the work. I was so filled with feelings for you.

And I loved the way you wove your story around the fabric of Japanese culture, especially the arts, ikebana, the shakuhachi, ceramics, and above all, meditation and the meditation inherent in all these

practices. I loved the little details: how the Japanese women held their hands over their mouths when they laughed; the fresh smell of clean tatami mats; the proper way to sit for a woman, with her legs and feet tucked under.

It was a gift to see all the things you taught me working in action: scenes, narratives, reflection. And above all, honesty. How you showed your own mistakes, by writing sentences that started, "I wish I could have been more..." and ended, "but I didn't know enough then."

Being good to yourself about your regrets, being honest about your shortcomings, revealing yourself, not just your BEST self, being vulnerable to your reader. I appreciated that so much.

Thank you, Pat, for this enlightening book,

Mary Helen Fein

*Bamboo Secrets* is available at local bookstores, on amazon.com, and on barnesandnoble.com. ❁

## ONCE IN A WHILE

*by Arlene Douglass*

Here the wind does not ruffle a water's surface.  
It should! Ruffling is natural in 25 knots. But try!  
Stop the movement. Try!  
Oh, such aggression!

Here the water's surface is calm even in 70 knots  
the oil slick of self expression  
Weighs down the path!  
Oh, such running away!

Here the wind is quiet, the water's surface  
Settles down, slipping, sinking.  
The depths rise to the surface:  
water on water.  
Oh, such a leap, a diving, a rising!

Here, no omission,  
only transmission  
Silence on silence  
Spacious abiding. ❁





**MOUNTAIN STREAM  
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**MOUNTAIN STREAM MEDITATION** offers the heart and depth of the Buddha's teaching for all beings, to ease suffering and to awaken to compassion and joy. As an Insight Meditation community, Mountain Stream serves as a resource for Buddhism in the Sierra Foothills of Northern California.

**NEVADA CITY INSIGHT CENTER**, located at 710 Zion St., is part of the Insight Meditation community from coast to coast. We invite you to explore spiritual practice in a peaceful environment that supports various kinds of mindful practice. This is a place to connect, reflect, and study.

**FOUNDER AND GUIDING TEACHER** John Travis is dedicated to teaching the Dharma so it remains accessible to all. He began teaching in 1986 after studying in Asia with teachers in both the Theravadan and Tibetan traditions. John is a senior teacher at Spirit Rock Meditation Center, has a private practice as a meditation counselor, and was trained in Hakomi body-centered psychotherapy.

**RETREAT TEACHER** Heather Sundberg began teaching in 1999 after completing a four-year teacher training at Spirit Rock Meditation Center under the guidance of Jack Kornfield and Joseph Goldstein. Heather teaches at the Nevada City Insight Center and nationally in association with several other meditation centers.

**GENEROSITY** is foundational to meditation practice and sustaining the Buddhadharm. Together we invest in future generations by sharing the gift of a generous heart. Buddhist teachings are offered freely and are available to all levels of practitioners. Opportunities to contribute include financial gifts, service, time, and energy.

**FOR INFORMATION**

about Mountain Stream as a 501(c)3 nonprofit organization, residential retreats, classes, daylong retreats, and ways to contribute, please visit [www.mtstream.org](http://www.mtstream.org).

