



# Tucson Community MEDITATION CENTER

## Newsletter

### INSIDE THIS ISSUE:

- [Sits](#) 5
- [Classes](#) 3

**Yard Work Day**  
**Saturday, Sept. 16**  
**7:30 – 9:30 a.m.**

*The yard at TCMC needs some clean-up.*

You will earn volunteer vouchers that can be used to pay for any TCMC event. [More info.](#)

[Click Here for TCMC Calendar](#)

### Adopt a Spot

 In a continuing effort to maintain the landscape at TCMC we are implementing a new program.

Please consider adopting a spot in the yard. You will pick an area in either the front or back yard, and commit to maintaining it. The spot can be small, medium or large depending on the time that you are willing to put into it.

You will commit to weeding, raking and trimming the area. Most spots should take less than an hour to maintain, and you can receive volunteer vouchers for your efforts.

If you are interested please contact Blake B at [tcmcregister@live.com](mailto:tcmcregister@live.com)



## Preparing for Chaotic Times Stilling the Chaotic Mind

with **Sanjay Manchanda** Ph.D.

September 23, 2017

*"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."*

—Rumi

There is a clear trend of increasing environmental and political upheaval in our present times. There is so much beyond our control. It is reasonable to ask: Is there a right way to prepare for these chaotic times? In what way can we as individuals make a positive contribution toward our future?

According to Dharma, the best preparation is becoming aware that stillness is ever present in each moment and is vaster than the chaos of the mind. As we learn to abide in this stillness, we are able to experience freedom from our limited and grasping idea of self...

The sixth step in the Eightfold Path in Buddhism is Right Effort, which is summarized as the effort to cultivate wholesome states of mind and to abandon unwholesome states of mind. In this workshop, we will exercise the use of Right Effort by learning tools that help us connect to the ever-present stillness and love that resides within us...

**Saturday, Sept 23, 2017**

**9 a.m. – 1 p.m.**

**TCMC, 1231 E. Edison**

[Complete Retreat information](#)

## Moving Into Stillness: A Day of Sitting & Walking Meditation

**Monthly at TCMC**

**Daylong Retreat Practice**

*beginning* September 9, 2017

9:30am- 4:30pm

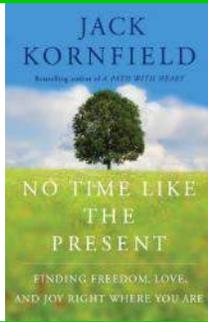
*"When you plant seeds in the garden, you don't dig them up every day to see if they have sprouted yet. You simply water them and clear away the weeds; you know that the seeds will grow in time. Similarly, just do your daily practice and cultivate a kind heart. Abandon impatience and instead be content creating the causes for goodness; the results will come when they're ready." - Bhikshuni Thubten Chodron, "Meditator's Toolbox"*



Please join us, once a month, beginning on Saturday, 9/9/2017 for a nourishing day of sitting and walking meditation in noble silence. Ideal for all levels; for beginners this is a wonderful opportunity to taste the benefits of retreat-style practice, and for more experienced practitioners a way to enhance, broaden, and deepen their practice.

The day will begin with offering the precepts, meditation instructions followed by alternating periods of sitting and walking meditation, a quiet lunch (brown bag), a Dharma talk, continued meditation and time for Q&A and sharing.

Facilitated by **Lhasha Tizer**, Community Dharma Leader  
[Information & Registration](#) (walk-in registration available)



## *No Time Like The Present*

by Jack Kornfield

Book Discussion Group Facilitated By **Lhasha Tizer**

Begins Tuesday, September 26

6:30-8:30 p.m.



Renowned for his story telling, humor, mindfulness and meditation practices, Jack Kornfield offers the keys for opening gateways to shifts in perspective, clarity of vision, and allowing you to take a new course of action and to simply relax.

Drawing from his own life experience, he presents different paths to different types of wisdom — freedom from fear, to start over again, to love, to be yourself with happiness — he guides us into an active process that engages your mind, heart, spirit and which opens to real joy.

TO REGISTER: DIM Book Study Group is a commitment to participate in weekly meetings and readings until the book is completed. You can call or email Lhasha, [Lhasha9@gmail.com](mailto:Lhasha9@gmail.com), to let her know you will be joining. 520-321-3670

[Complete class information](#)

Classes continue on a weekly basis. Tuesdays, 6:30-8:30 p.m. Tucson Community Meditation Center, 1231 E. Edison

### *Rita Rosenberg is Retiring*

Rita was one of the co-founders of TCMC, and she has been leading the Sunday morning sits for many years. Due to health issues, she has decided to retire from this role. We greatly appreciate her years of selfless service, and she will be missed very much. ***Within the next two weeks we will leave a thank you note for Rita at the center, and we ask you to sign it and thank her.*** If her health permits, we will also schedule a potluck to honor her.

Kaishin (Blake) Ashley has graciously volunteered to lead the Sunday sits. The format will remain the same, and Kaishin will answer questions after the 9:30 a.m. sit. It will also be possible to schedule meditation interviews with him.

*We wander from room to room hunting for the jeweled necklace that already encircles our throat ...* Rumi

## *Meditative Awareness: Becoming Flow*

7 weeks      Thursdays      Sept 28 - Nov 9      6:15 - 7:30 p.m.

With meditative awareness, “ordinary” experiences of seeing, hearing, moving & breathing become gateways to extraordinary depth and connection. We participate in the flow of “all that is”, that which courses in our veins and which turns the galaxies. Our meditations give us energy and inspiration to navigate challenges, thrive, explore and serve. Cultivate your meditative awareness in this experiential class series.

*Guided meditation and silent sitting, valuable for beginning & experienced meditators.*

Taught by Bonnie Colby, PhD, meditation teacher, UA professor, active in TCMC since early 1990s.

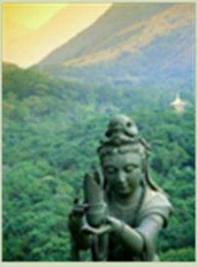
***No fee. Donations to TCMC gratefully accepted.***

Bonnie is grateful for 4 decades of training in both western and eastern meditative practice through: the Sufi path of Hazrat Inayat Khan with Susanna and Puran Bair; Rinzai Zen and flow of expansion-contraction with Shinzen Young and Joshu Sasaki Roshi; the East-West mystical tradition of Thomas Merton.

[Class Information](#)

Questions? Contact Bonnie at [heartprof@gmail.com](mailto:heartprof@gmail.com) or 520-730-5889





## ***Real Kindness: Love and Compassion***

With Community Dharma Leader **Lhasha Tizer**

**8 Week Class Series – Wednesdays      August 23-October 11      6:30-8:30 pm**

*The Thought manifests as the word; /The word manifest as the deed:  
The deed develops into habit;/And habit hardens into character.  
So watch the thought and its ways with care,/And let it spring from love  
Born out of concern from all beings.  
- The Buddha*

Loving friendliness and compassion are beautiful qualities of heart and mind, for dwelling in the world and cultivating happiness. They can be developed through daily meditation and continual life practice. We practice by sending these qualities to ourselves and others.      Contact: **Lhasha Tizer**      Contact email: [lhasha9@gmail.com](mailto:lhasha9@gmail.com)

[Complete class information](#)



## ***Freedom through Seeing the Selfless Nature of Experience***

A Silent Non-Residential Retreat with

**Brian Lesage**

**October 13-15, 2017**

The Buddha's teachings on Selflessness (Anatta) are some of the most profound and essential aspects of this path toward our freedom and awakening. This retreat is designed to explore the many aspects of this teaching through the practice of continuous mindfulness meditation in silence throughout the day – in sitting and walking meditation. In the silence, we can begin to move toward unpacking the delusion of a separate self which allows compassion and wisdom to arise in our lives.

This retreat is designed for beginners and experienced practitioners. 20-25% of the time will be teaching/discussion, the remainder will be in silence.

**Friday, Oct 13, 6:30-8:30 p.m.      Saturday, Oct. 14, 9 am-5 pm      Sunday, Oct. 15, 9 am-4 pm**

At TCMC, 1231 E. Edison, Tucson, Ariz.      [Complete Information](#)

*Save the Date*, Nov. 10-12.

**Stephanie Nash** who teaches in the style of **Shinzen Young** will be leading a weekend workshop at TCMC Nov. 10-12. The topic will be rewiring the body and mind.

## ***TCMC Volunteer Needs***

Volunteers keep TCMC running effectively, and allow us to provide meditation, classes, retreats, and the library. Our current volunteer needs are listed [here](#). You can earn volunteer vouchers for volunteer service that can be used to pay for any TCMC sponsored event.

## Learn to Meditate: Find More Peace and Happiness in Your Life



A Four Week Class  
 Thursdays, Oct. 5-26th  
 With **Nick** and **Blake B.**



This class will teach you to meditate from the ground up incorporating the latest research in cognitive psychology and neuroscience. It is suitable for beginners and intermediates. You will learn the following.

- 1. How to establish a regular meditation practice
- 2. Techniques to collect and unify the mind
- 3. Ways to improve your awareness, and mindfulness
- 4. How to find more joy in meditation and in daily life
- 5. Techniques for working with difficult emotions in meditation and life

This class will consist of hands on guided meditation sessions, reflections, discussions, teachings, and homework assignments.

Upasaka Culadasa's book "The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom, and Brain Science" is recommended reading for the course, but it is not required.

Thursday Evenings: 6:30 – 8:15 from Oct. 5 - 26.

Students are encouraged to join the class in the 1<sup>st</sup> or 2<sup>nd</sup> week, but drop-ins are accepted.

PLEASE REGISTER in ADVANCE [Register Here](#)

Questions: **Blake B.** [tcmcregister@live.com](mailto:tcmcregister@live.com)

or 520-514-2262 [Complete information](#)

**--Classes--**

### Under 30(ish) Meditation

This weekly meditation group is for younger people, under, or kinda close to, 30 years old. We'll meditate and there will be an opportunity for questions and discussion with

**Upasaka Tucker Peck, Ph.D.**

Mondays, 7:30 – 8:45 p.m.



[Complete Information](#)

## Developing Tranquility, Insight and Happiness

taught by  
 Dharma Treasure Teacher

**Nick**



**Thursdays, Sept. 7, 14, 21 & 28**

**6:30 pm – 7:30 pm**

In this class you will learn meditation techniques to unify the mind and improve your mindfulness. You will also learn a great deal about the mental patterns that cause you dissatisfaction and distress and strategies to increase mindfulness in your daily life. This leads to more ease and happiness and ultimately creates insights into the true nature of reality.

Each class will consist of a 30 to 40 minute guided meditation, a short talk about meditation or mindfulness, and an opportunity for questions and discussion.

**Drop -ins welcome**

[Complete class information](#)

**--More Classes --**

## Meditative Yoga

With **Rebecca**

Wednesdays 5:15 pm – 6:10 pm

ADVANCED REGISTRATION NOT REQUIRED

This [class](#) provides the space to come deeply into our bodies and center in ourselves, while exploring our individual present experience. With the aim of relaxed effort, we strengthen, stretch, investigate, and nurture by remaining in both active and passive postures for longer periods of time.

\*Please bring your own mat\*

FEE: \$6 – 10 sliding scale

No one will be turned away due to inability to pay

CONTACT: [yoga.thespace@gmail.com](mailto:yoga.thespace@gmail.com)

## Monday Night Mindfulness

The Monday Night Mindfulness class consists of about 40 minutes of guided mindfulness practice followed by a period of Q&A about the practice. *The class is intended to be accessible to beginners but also useful to more advanced practitioners. It is a good place to start for those just beginning the practice.*

The benefits of mindfulness practice are many. Mindfulness can be useful for managing stress at its root. It can improve physical health by boosting immune function, reducing chronic inflammation, lowering excess cortisol levels, lowering high blood pressure, etc.

Guidance is provided by **Kaishin Ashley**.

**Kaishin** has been a student of Shinzen Young since 2001.



No registration is required.

Beginners who need help with sitting posture options should arrive a few minutes early.

6:30 – 7:30 p.m.

[Complete information](#)

## Now every Wednesday

### Mindfulness and Loving Kindness with Chuong Tran

Each month, we will work with a different sense gate or a combination of sense gates, in motion or stillness with variety of techniques to enrich our daily life practice.

6:35 - 7:35 or 8 p.m. on

Wednesdays



**Chuong Tran,**

**Wednesday sit leader.**

[Class information](#)



### Non-TCMC sponsored event

Poetry Reading and Talk: "Zen and Poetry" with Award-Winning Poet and Zen Teacher  
**Henry Shukman**

September 8<sup>th</sup>, Tucson, Arizona

For complete information:

<http://upayatucson.org/community/>

**TCMC**

1231 E. Edison Street  
PO Box 40007  
Tucson, AZ 85717

Phone 520 622-0089

E-mail

[info@tucsonmeditation.org](mailto:info@tucsonmeditation.org)

Directions to 1231 E Edison:  
One block S of Grant,  
2 houses W of Mountain,  
on the N side of Edison

**It is important to the  
future of TCMC to observe  
[mindful parking...](#)**



**We're on the Web!**  
[TucsonMeditation.org](http://TucsonMeditation.org)

*If the doors of  
perception were  
cleansed, everything  
would appear to us as it  
is, infinite.*

... William Blake

Stay in touch by checking  
the Tucson Community  
Meditation Center Calendar  
online.

[Calendar](#)

## Weekly Schedule

**MONDAY EVENINGS: 6:30-7:30 p.m.** [Mindfulness Meditation Practice](#): A guided meditation suitable for beginners, followed by a brief, optional discussion. All levels.

**TUESDAY EVENINGS: 6:30-8:30 p.m.** [Buddhist Book Group](#) This group consists of students who commit to participating in the book group for the entire length of the book. Each class begins with 30 minutes of partially guided and silent meditation. Talks are offered by the teacher, group discussion, and mindful inquiry. This group opens to new participants whenever a new book is begun. (Next class starts Sept. 26)

**WEDNESDAY EVENINGS: 5:15-6:10 p.m.** [Meditative Yoga](#): This class provides the space to come deeply into our bodies and center in ourselves, while exploring our individual present experience. **Rebecca**, teacher.

**6:30-8:30 p.m.** [Insight Meditation](#) class with Community Dharma leader **Lhasha Tizer**. Some classes are a series, each class building upon the previous class; other times they are designed as drop-in classes. The classes consist of meditation instruction, a dharma talk, Q&A and personal inquiry.

**6:30-7:35 or 8 p.m.** [Mindfulness and Loving Kindness](#) with **Chuong Tran**. Each month, we will work with a different sense gate or a combination of sense gates, in motion or stillness with variety of techniques to enrich our daily life practice. The [class](#) consists of guided meditations, and discussion.

**THURSDAY EVENINGS: 6:30-7:30 p.m.** [Developing Tranquility, Insight and Happiness](#) with **Nick**

Please see the rest of the newsletter or the [TCMC schedule](#) for more information.

**FRIDAY MORNINGS: 6:45-7:30 a.m.** Silent Sit. 45-minutes of silent meditation led by **Nick Van Kleeck**.

**SUNDAY MORNINGS: 8:30, 9:00 & 9:30 a.m.** Silent Sits. You may join at the beginning of any half hour -- led by **Kaishin Ashley**.

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∞Please send submissions for this Enewsletter to Dan ([danbrocious@earthlink.net](mailto:danbrocious@earthlink.net)) by the 23rd of the month.∞

