



An 10 month-long spiritual practice program

Commit2Dharma 2.0 (C2D) is the second generation of a 10 month-long program for individuals to deepen their spiritual practice within the Dharma. The intention of this program is about how to live your everyday householder life while having it continually inclined towards the Buddha's teachings. This program is designed for those who 1) have some previous retreat practice, 2) are interested in deepening their meditation practice, 3) feel drawn to exploring serious Dharma study, and 4) want to develop their spiritual practice to become one of the primary focal points of their day-to-day lives. C2D is not about changing your life; it is about allowing the teachings of the Dharma to transform your relationship to your Life. We will explore scriptures from the Theravadan lineage of Buddhist practice as well as different dharma topics and life experiences.

Once we enter into a Commitment to our Practice, we begin to become increasingly aware of how the Buddha's Teachings affect and influence our lives. We will explore how the Dharma shapes our life path towards less suffering and more happiness. In this way, the primary teachings of the Buddha will be explored through the lens of our different lived experiences—including our householder lives, our cultural identities, our personal histories, and our visions of whom we see ourselves to be.

The C2D 2.0 will involve face-to-face meetings approximately every month. Each meeting will be about 4 hours long. Everyone will be asked to commit to one 45-minute meditation period every day. Participants will keep in contact with an assigned "dharma buddy" to support their mutual commitment towards practice, at least once every two weeks, if not weekly. In addition, participants will have regularly scheduled interviews, either in-person or on the phone (for 30-40 min every 6-8 weeks), with the guiding teacher of the program, to explore and support each person's individual life situation and spiritual practice.

For the closing practice event of the program, all the participants—working together—will be expected to self-organize a 3-day weekend residential retreat. All participants will attend with the guiding teacher. All aspects of the residential retreat will be organized, managed and supported by the C2D 2.0 participants including: finding a facility, costs and fees, management and organization of food and cooking, transportation, and any other logistics.

This is not intended to be a beginner's program. The pre-requisite of the C2D 2.0 Program is that you have experienced at least **15 days** of silent Vipassana and/or Metta retreats previous to the beginning date of the program. Additional days of retreat practice are desirable. These retreat days can be in any configuration, including residential retreats and/or daylongs. If you are accepted into the program, you will be asked to commit to all of the C2D 2.0 Program components (below) in writing. Your agreement also will be asked for in 2 important areas:

1. You agree and understand that your participation in the Practice of Dana (or the Practice of Generosity and Giving) is integral to the support and sustenance of the program, the teacher, and EBMC.
2. You agree not to share any of the materials distributed within the C2D 2.0 Program to any other individual, and will respect the copyright intentions of this agreement.

For applications when they're available, join our email list at admin@eastbaymeditation.org

C2D 2.0 Program Components

1. Face to face meetings with peer-facilitated and organized group
2. Committing to develop a relationship with a dharma buddy
3. Meetings with your dharma buddy at least once every 2 weeks, if not weekly
4. Daily sitting meditation of 45 minutes
5. Keep a Journal of Dharma thoughts, reflections, questions, issues—at least weekly.
6. Interviews with the guiding teacher approximately once every 4-6 weeks.
7. Completing all readings, exercises and research
8. Willingness to do and experience all practices which are offered
9. Organizing and participating in 3-day residential meditation retreat with the group
10. Practice Dana/Generosity to support the program

Program Schedule and Practice Topics:

- Feb 15, 2010: Application submission process opens.
Please watch for updates on EBMC website: www.eastbaymeditation.org
- March 15, 2010: Application deadline
Review and Interview process
- April 15, 2010: Initial acceptances go out
- May 16, 2010: C2D 2.0 Program begins

Practice Topics

- May 16, Sun, 12-4pm Beginner's Mind into a New Life:
Program Introduction, a Cultural History of the Dharma, Refuges
- Jun 6, Sun, 12-4pm The Beautiful Community: Building of Sangha through the Practices of
Intention, Spiritual Friendship, and the Precepts
- Jul 18, Sun, 12-4pm The First Teaching: The Four Noble Truths
- Aug 29, Sun, 12-4pm Freedom in Our Everyday Lives: The Eightfold Path
- Sept 26, Sun, 2-6pm Anytime is a Good Time for Practice:
The Four Foundations of Mindfulness
- Oct 30, Sat, 12-4pm Transformation of the Heart:
Lovingkindness, Compassion, Joy, Equanimity, Gratitude
- Nov 21, Sun, 12-4pm Ripening the Fruit: The 10 Perfections of Virtue and Goodness—
Generosity, Ethical Behavior, Renunciation, Wisdom, Energy, Patience,
Truthfulness, Determination, Lovingkindness, Equanimity
- Dec 12, Sun, 12-4pm Allowing Awareness to Flow: The 7 Factors of Awakening—Mindfulness,
Investigation, Energy, Rapture, Tranquility, Concentration, Equanimity
- Jan 9, Sun, 12-4pm The Most Difficult Teachings: The Three Characteristics of Existence—
Dukkha, Anicca, Anatta (Suffering, Impermanence, Non-Self)
- Feb 6, Sun, 12-4pm The Constant Inspiration: The Life of the Buddha
- Feb 18-21, 2011 Diving into the Dharma: Bringing it all together in a 3-day residential
retreat to close the C2D Program

There are currently Commit2Dharma groups in Oakland, CA and Portland, OR, and Seattle, WA.

Guiding Teacher

Larry Yang, MFA, MSW, LCSW, teaches meditation retreats nationally and has a deep interest in creating access to teachings of spiritual liberation for diverse multicultural communities. Larry has practiced extensively in the US, Burma, and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. He is a core teacher of the East Bay Meditation Center in Oakland, CA. He provided the multicultural training component of the 3rd Community Dharma Leader training program (CDL) at Spirit Rock, and he will be one of the coordinating teachers of the 4th CDL program beginning in September, 2010. Larry is trained as a psychotherapist and has been a consultant in cultural competency, diversity, and multicultural issues. His website is: www.larryyang.org