



A year-long spiritual practice program

Commit2Dharma 3.0 (C2D) is the third generation of a year-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 15 days of 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 3.0 will involve face-to-face meetings every month. Each meeting will be about 4 hours long. There will be only 18 participants selected for the C2D program. Everyone will be asked to commit to one 45-minute meditation period every day. Participants will keep in contact by being assigned to a small group of three fellow program practitioners. The intention is to support mutual commitment towards practice, at least once every two weeks, if not weekly. In addition, participants will have scheduled interviews, either in-person or on the phone (for about 30 min every other month), 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 will do a daylong of practice together in Dec 2012.

This is not intended to be a beginner's program. The pre-requisite of the C2D 3.0 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 daylong retreats. If you are accepted into the program, you will be asked to commit to all of the C2D 3.0 Program components (below) in writing. Preference in program admission will be given to people living in the Bay Area. 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 3.0 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. Please know that it is expected that the number of applications to C2D will be very high. There is no guarantee for acceptance into the program, even if you meet the program criteria.

(see other side)

C2D 3.0 Program Components

1. Face to face meetings with peer-facilitated and organized group
2. Committing to develop a relationship with an assigned dharma partner
3. Meetings with your dharma group (groups of three) at least once every 2 weeks
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 other month.
7. Completing all readings, exercises and research
8. Willingness to do and experience all practices which are offered
9. Practice Dana/Generosity to support the program

Program Schedule:

- Oct 1, 2011: Application submission process opens.
Please watch for updates on EBMC website: www.eastbaymeditation.org
- Nov 15, 2011: Application deadline
Review and Interview process
- Early Dec, 2011: Initial acceptances go out
- Jan 22, 2012: C2D 3.0 Program begins

Practice Topics:

- Jan 22, Sun, 1-4pm Beginner's Mind into a New Life: Program Introduction
- Feb 19, Sun, 1-4pm Refuges of the Practice: Spiritual Friendship and Our Lineage
- Mar 18, Sun, 1-4pm The Beautiful Community: Building of Sangha through the Practices of Intention and the Precepts
- Apr 22, Sun, 1-4pm The First Teaching: The Four Noble Truths
- May 12, Sat, 1-4pm Freedom in Our Everyday Lives: The Eightfold Path
- Jun 10, Sun, 1-4pm Anytime is a Good Time for Practice:
The Four Foundations of Mindfulness
- Jul 15, Sun, 1-4pm Transformation of the Heart:
Lovingkindness, Compassion, Joy, Equanimity, Gratitude
- Aug 19, Sun, 1-4pm Ripening the Fruit: The 10 Perfections of Virtue and Goodness—
Generosity, Ethical Behavior, Renunciation, Wisdom, Energy,
Patience, Truthfulness, Determination, Lovingkindness, Equanimity
- Sept 9, Sun, 1-4pm Allowing Awareness to Flow: The 7 Factors of Awakening—
Mindfulness, Investigation, Energy, Rapture, Tranquility,
Concentration, Equanimity
- Oct 14, Sun, 1-4pm The Difficult Teachings: The Three Characteristics of Existence—
Dukkha, Anicca, Anatta (Suffering, Impermanence, Non-Self)
- Nov 18, Sun, 1-4pm The Constant Inspiration: The Life of the Buddha
- Dec 9, Sun, 9:30-4:30 Daylong retreat to close the C2D Program

Guiding Teacher

Larry Yang, MFA, MSW, LCSW, teaches in meditation and mindfulness nationally, and has provided support for deepening Dharma teachings within multicultural communities. Larry is a Leadership Sangha member and core teacher at EBMC, and is the teacher of EBMC's Commit2Dharma Study Program. He is also on the Teachers' Council at Spirit Rock Meditation Center, and is part of the lead teaching team of the Spirit Rock Community Dharma Leader Training Program. Larry is trained as a psychotherapist and has spent six months as a monastic in Thailand. He considers retreat practice, family practice, livelihood practice, and householder practice all integral to a spiritual path towards Freedom. His website is: www.larryyang.org