



Tucson Community MEDITATION CENTER

Newsletter

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New class

Meditation, Health and Wellness

October topics address meditation.

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Art of Thriving: Infusing Our Lives with Vitality & Peace

Oct. 12-Nov. 9*, Tuesdays 6 - 7 pm US PDT/MST. MEETING ONLINE
A five-part series. Class size limited. [Click here to register.](#)

Daylight Saving Time ends so Nov. 9 class time is 6 pm MST (Arizona) or 5pm PST



*Understanding life is second prize. Experiencing life – now **that's** first prize ... Joseph Campbell, *The Hero's Journey**

Taught by **Bonnie Colby, PhD.** Drawing upon world traditions of sensory-based meditation, we cultivate our aliveness through “ordinary” seeing, hearing, breathing, moving and connecting to pulse & heartbeat. Deepening ease within ourselves, we craft an internal home base from which to navigate challenges, thrive & explore. Practicing together, we expand our capacity for meeting what life brings.

Class includes guided *Heart Rhythm Meditation* and other meditative sensory awareness practices, for beginning & experienced meditators.

Questions? Contact Bonnie C. at heartprof@gmail.com

Class meets via Zoom. **Pre-registration for class series required. Class size limited.**
Register at tucsonmeditation.org [Complete class information](#)



Moving Into Stillness: A Day of Sitting & Walking Meditation

[An Online Zoom Virtual Meditation Practice](#)

Sunday, Oct. 17 9:30 a.m. - 2 p.m. PDT/MST
Dharma talk on ***Seasonal Wabi-Sabi***

“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"

Desert Insight Meditation invites you to join us, once a month, for a nourishing day of sitting and walking meditation in noble silence. Ideal for all levels.

The day will begin with a short talk and meditation instructions followed by alternating periods of sitting and walking meditation, a Dharma talk, continued meditation and time for Q&A and sharing.

Facilitated by **Lhasha Tizer, Community Dharma Leader**

[Information & Registration](#)

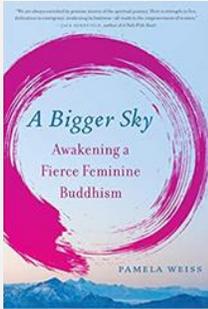
Desert Insight Meditation Book Group *Mondays, 10–11:30 a.m.*

A Bigger Sky: Awakening a Fierce Feminine Buddhism

by **Pamela Weiss**



Available [online](#) with Community Dharma Leader **Lhasha Tizer**



*Written by the first and only layperson to receive full dharma transmission in the Suzuki Roshi Soto Zen lineage, **A Bigger Sky** explores what it means to traverse the gaps of a Buddhism created by and for men, navigate the seemingly contradictory domains of secular and spiritual life, and walk a path through the heart of the world. Blending memoir, Buddhist practice, and cultural observation, Weiss reorients Buddhism through a wider and more inclusive feminine lens.*

[Complete class information](#)

[Online](#) only

Began **Monday, Sept. 20, 2021**. From 10–11:30 a.m. PDT/MST; classes are ongoing /weekly.

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

Wednesdays

Online only

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.

Contact Chuong Tran for **online instructions**, tamkhai17@gmail.com

6:35 - 7:35 or 8 p.m. PDT/MST on **Wednesdays**



Chuong Tran

Wednesday sit leader

[Class information](#)

Unused computer? **Chuong Tran** is looking for an older iMac with Intel processors to provide Zoom

Announcement

Rita Rosenberg, our TCMC co-founder, is in rehab after falling. Please send her your best wishes and Love for her recovery.

If you wish to visit her, please contact Chuong at tamkhai17@gmail.com.

metta, Chuong



Meditation, Health and Wellness

taught online by **Blake Barton**

Monday Evenings from 6:30 - 7:45 p.m. PDT/MST



Each class will consist of a 30-40 minute guided meditation exploring a variety of mindfulness meditation techniques. The meditation will be followed by a short talk on a meditation, mindfulness, health or a wellness related topic. There will also be an opportunity for Q&A and discussions.

The topics will include the following: benefits of meditation, stress reduction, choosing a meditation technique, breathing techniques for calm, exercise, nutrition, longevity, intermittent fasting, aging well, positive psychology, increasing happiness, financial wellness, and mindfulness in daily life.

October topics will address Meditation.

Due to COVID-19, this class will be meeting online using Zoom conferencing software. Please register [HERE](#) to receive the Zoom link and phone numbers. You must register monthly to receive the Zoom link for that month.

[Class Information](#)

Blake Barton - has been regularly practicing meditation for 18 years, and has been teaching meditation since 2012. He completed the 3 year Dharma Treasure, in-depth, meditation teacher training program. He is also in the process of completing the level one unified mindfulness teacher training program created by Shinzen Young. Blake has a BS in exercise science, and a MS in Biomechanics. He has a lifelong interest in fitness, nutrition, simple living, wellness, and health.

Support Groups

TCMC now sponsors two practitioner-oriented interactive support groups: "Santikara," for cancer support, and "Sarana," for grief & loss support. **First Sunday of the month Online.** [Zoom invitation for both groups.](#)

Contact [facilitator](#) for instructions on how to join the online group.

- **SARANA**, the Cancer Support Group, is open to anyone dealing with, or affected by, cancer, at any time, for any reason. Dealing with a life-threatening illness, especially cancer, is a physically, emotionally, psychologically, and spiritually complex, traumatic situation. Everyone involved needs support, but it's not always easy to find, especially in a spiritually supportive environment. It can be helpful being with people who "get it," people with whom no one needs to explain anything. And hearing the differing perspectives of those in the room can be eye-opening. *Sarana* will meet on the first Sunday of each month, from **12:30pm – 1:30pm PDT/MST**, starting and ending with a few minutes of silent meditation. *Sarana* is a Pali word for "refuge" or "shelter."
- **SANTIKARA**, the Grief Support Group, is open to anyone dealing with grief and loss of any kind, whether current or from time past. *Santikara* will meet every first Sunday of the month for 90 minutes, from **2:30pm – 3:30pm PDT/MST**. Each meeting will start and end with a few minutes of silent meditation. "*Santikara*" means "soothing" in Pali.

Neither of these groups will have an agenda, except what each person brings to the group. We'll have basic guidelines, which we'll review at the beginning of each meeting, and a facilitator to keep things on track, but that is the extent of any formal structure.

[Group information](#)

Befriending Oneself through Mindfulness and Meditation – A Compassionate, Body-Centered Approach to Happiness

taught by Dharma Treasure Teacher **Nick**



Thursdays in October **Online only** **6:30 p.m. – 7:30 p.m. PDT/MST**

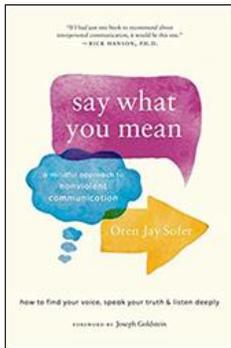
In this class, you will learn to relax your body, settle your mind and trust the inherent wisdom within you through meditation and other mindfulness techniques. By bringing a gentle awareness to your experience, you can discover your innate capacity for freedom and awaken a natural openness and generosity of spirit.

Online only [Online instructions.](#)

The class consists of a 30-45 minute guided meditation followed by teaching and/or discussion. About half the time we will break into smaller groups to give everyone a chance to participate in discussion. Participation in the discussion section is always optional; you are welcome to leave after the meditation if you prefer.

Drop -ins welcome [Complete class information](#)

Nick Van Kleeck has been meditating for over 30 years. His teachers include Gil Fronsdal, Upasaka Culadasa, Steve Hoskinson (*Somatic Experiencing*), Deane Shank (the *Diamond Approach*) and Robert Aitken.



Desert Insight Meditation

with Community Dharma Leader

Lhasha Tizer

Wednesday evenings 6 -7:30 p.m.

Began August 25, 2021.



Say What You Mean: A Mindful Approach To Nonviolent Communication

We spend so much of our lives talking to each other, but how often are we simply running on automatic – relying on old habits and hoping for the best? Are we able to truly hear others and speak our mind in a clear and calm way, without needing to get defensive or go on the attack?

In this synthesis of mindfulness, somatics, and Nonviolent Communication, **Oren Jay Sofer** offers simple yet powerful practices to develop healthy, effective and satisfying ways of relating.

[Complete book study group information](#)

TO REGISTER: Call or email Lhasha to let her know you will be joining.

LOCATION: Your own home (Zoom virtual session). **CONTACT:** lhasha9@gmail.com, 520-321-3670

Quick Look Calendar

October	November
Oct. 3 Online only Sitting Together half-day	Nov. 7 Online only Sitting Together half-day
Oct. 3 Online only Cancer and Grief & Loss Support Groups	Nov. 7 Online only Cancer and Grief & Loss Support Groups
Oct. 17 Online only Moving Into Stillness day-long	Nov. 21 Online only Moving Into Stillness day-long

Sitting Together

A Morning of Shared Practice

A Peer-Led Half-Day of Retreat-Like Practice

Online only **Oct. 3** 8:30am-12:15pm PDT/MST

Would you enjoy some serious practice in a group setting, without going away on retreat? That is the purpose of today's program, a peer-led half-day of silent practice. We'll alternate 45 minutes of sitting with other activity, followed at the end by a short, pre-recorded dharma talk and some time to discuss it.

[Program information and Zoom instructions.](#)

If you have any questions, please contact peer-facilitator **Steve Ross**, 520-825-2009, steve.ross@breathingcoachtucson.com

TCMC class changes and plans

Because of the coronavirus, no classes are being held at the TCMC site. TCMC sponsored classes have been **moved online** and do not meet in person. **The TCMC Board and teachers are working to develop a plan to resume in-person classes, likely in the fall.** Please check the [TCMC website](#) for news as it develops.

Please see individual listings in the newsletter and on the TCMC website for details. The following classes have been **cancelled** until further notice. **Yoga for Meditation** with **Dan Sweet** on Wednesday at 5:15 p.m.

Silent Sit led by **Nick Van Kleeck**. Fridays at 6:45 a.m.

Non-TCMC-sponsored announcements

Leaving the Near Shore: Entrusting Yourself to the Stream of the Dharma

A residential Vipassana retreat in Cochise Stronghold, Arizona November 11-18, 2021

Led by **Nick Van Kleeck** with assistance from **Henrik Norberg**

When we commit ourselves fully to the practice, even for a short time, something shifts: long-held unconscious patterns surface and can be transformed, new vistas open up, hidden aspirations make themselves known.

This retreat will offer an opportunity for both new and experienced meditators to experience the unique benefits of silent, extended practice. We will practice sitting and walking meditation, and the teachers will offer daily guidance and reflection morning and evening. The retreat begins Thursday evening. Practitioners may attend for 3 days (Friday/Saturday/Sunday) or for the full 7 days. Attendees will be expected to help with meal prep and cleanup. Please note that due to COVID precautions, meals, most teachings and interviews will be outdoors, and many meditators will choose to practice in their lodging spaces.

Cost: Teachings are offered on a dana basis. Two nutritious vegetarian meals and a light evening snack will be provided for \$30/day. To reserve lodging and for questions about COVID protocols, please contact Cindy Bangs at retreats@dharmatransure.org, (Cell: 520 507-8638 Land: 520 826-4141).

Look for complete retreat information to be posted soon at <https://dharmatransure.org/#>

Photobiomodulation and Meditation Study

You are invited to participate in a study on meditation outcomes that uses pulsed infrared light to help entrain the brain to various frequencies while you meditate.

The meditation study is open to long term meditators and will involve three visits to the lab of about 1.5 to 2 hours each. The inclusion criteria for the study include:

- A minimum of 5 years of meditation experience
- A minimum of attendance to 5 meditation retreats
- A minimum of 20 hours of meditation in the last month
- No current major psychiatric or neurologic disease

We would love to have you involved. If you are interested in participating, please contact research assistant Lisannette at lisannette.ruiz@gmail.com. The study is collaboration between Vielight Inc, Dr. Jay Sanguinetti at SEMA Lab, U of A, and Dr. Sanjay Manchanda at Integrative Counseling Services.

Weekly Schedule (all times are PDT/MST)

TCMC

1147 N. Howard Blvd.

Mail address:1147 N. Howard Blvd.
Tucson, AZ 85716**Phone** (520) 775-1625**E-mail**execdirector@tucsonmeditation.org**Directions to
1147 N. Howard Blvd.--****Two blocks east of Country
Club, about one block north of
Speedway on west side of
Howard. (Near Loft Cinema.)****No events onsite this month****We're on the Web!**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](#)

MONDAY: 10-11:30 a.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. **New class began Sept. 20.** [Online only.](#)

6:30-7:45 p.m. All levels. [Meditation, Health and Wellness](#) with [Blake Barton](#). A 30-40 minute guided meditation exploring a variety of mindfulness meditation techniques followed by a short talk on a meditation, mindfulness, health or a wellness related topic.

TUESDAY EVENINGS: 6-7 p.m. [The Art of Thriving](#) with [Bonnie Colby](#).

WEDNESDAY EVENINGS: 5:15-6:10 p.m. [Meditative Yoga](#): Accessible to all levels of yoga experience, this class offers practices in body awareness, gentle yoga postures, whole body stretching, skillful relaxation, natural breathing, therapeutic movement, and entering healing states. [Dan Sweet](#), teacher. **Cancelled.**

6-7:30 p.m. [Insight Meditation](#) book study group with Community Dharma leader [Lhasha Tizer](#). **A new book, [Say What You Mean](#), began Aug. 25.**

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. [Online only.](#)

THURSDAY EVENINGS: 6:30-7:30 p.m. [Befriending Oneself through Mindfulness and Meditation](#) with [Nick Van Kleeck](#). Please see the rest of the newsletter or the [TCMC schedule](#) for more information. [Online only.](#)

FRIDAY MORNINGS: 6:45-7:30 a.m. Silent Sit. 45-minutes of silent meditation led by [Nick Van Kleeck](#). **Cancelled.**

∞Please send submissions for this E-newsletter to Dan (danbrocious@earthlink.net) by the 23rd of the month.∞

