

## Welcome to the IMC Eightfold Path Program 2019-20

The Eightfold Path Program is an introduction to each of the Eightfold factors, one per month. In this program, participants can discover how to apply each path factor in ways that are personally impactful and meaningful.

**Please visit and bookmark these two websites for course materials:**

<https://www.audiodharma.org/series/1/talk/3840/> --the main readings and Gil's talks

<https://www.audiodharma.org/series/35/talk/10375/> --recordings of our monthly sessions

**Please also add the course email to your contacts so the weekly mailings get through to you:**

***eightfoldpath@insightmeditationcenter.org***

To start on this journey, please read Gil's essays: "[Introduction to the Eightfold Path Program](#)" and "[Introduction to the Eightfold Path.](#)" (on the class web page above). You could optionally also read the introductory chapter of either of the books mentioned below.

The program has the following elements:

- **Monthly group meetings to begin the study of each factor**
  - These include teachings, meditation, and small group discussions.
  - Held monthly at IMC on a Sunday afternoon from 1:00 to 3:30. See Schedule on page 2 below. A reminder email will be sent each month.
  - **Optional addition:** Daylong silent retreat at IMC on the factor of Wise Mindfulness April 25 9:30-4:00
  - **A one-day retreat at the Insight Retreat Center (in Scott's Valley) on Saturday, June 13, 2020** Everyone who is enrolled in this program is encouraged to attend this final daylong event. More details will be available as the date approaches.
- **Weekly reflections to work with each factor**
  - This is the heart of the program. Each week (starting after the Right View session), some recommended practices and reflections will be emailed weekly as a reminder and support for regular practice. These are also summarized as part of the study guides on the [class web page above](#).
- **Monthly readings and talk by Gil**
  - For each path factor, there is study guide written by Gil Fronsdal on the [class web page above](#). **Please at least read Gil's 1-2 page essay in those study guides.**
  - Recordings of Gil talks on each of the path factors, given in 2012-13 are also on that page.
  - As further support for the program, you may also wish to read the relevant chapters in one or both of these books:
    - Bhikkhu Bodhi's book: *The Noble Eightfold Path: The Way to the End of Suffering*. This is freely available online at: <https://www.accesstoinsight.org/lib/authors/bodhi/waytoend.html>.
    - Bhante Gunaratana's *Eight Mindful Steps to Happiness* is commercially available
    - Note: Gil's short essays (available free online as described above) are now also published as a book you may buy: *Steps to Liberation: The Buddha's Eightfold Path*.
- **For those who applied for this option: A monthly one-hour meeting with a mentor**
  - These meetings are to discuss the weekly practices and reflections for that month's path factor and any questions you may have about the Eightfold Path.

2019-20 Eightfold Path Schedule for IMC Redwood City

All events except (\* as noted) are Sundays 1:00-3:30 at IMC

\*Sept 8<sup>th</sup> Introduction 1:00-3:00 (end early)

Oct 6 View

Nov 3 Intention

Dec 1 Speech

Jan 12 Action

Feb 16 Livelihood

March 15 Effort

April 19 Mindfulness

\**April 25 ( Optional) Silent Daylong Retreat on Wise Mindfulness at IMC 9:30-4:00*

May 17 Concentration

\**June 13 – Daylong Retreat at Insight Retreat Center (Scott’s Valley) 9:30-4:00*