



# Santa Fe Vipassana Sangha Welcomes DaeJa Napier Zoom Residency: June 16-30, 2020 Equanimity

*The Buddha described a mind filled with equanimity as “abundant, exalted, immeasurable, without hostility and without ill-will.”*

Along with patience, equanimity is a thread that weaves harmony and balance into our lives while instilling a growing sense of wisdom and compassion in the way we respond to life’s “ten thousand joys and sorrows.”

The practice of equanimity is likened to the eye of a storm, offering refuge from fear and reactivity while maintaining a calm, engaged presence.

## Evening Dharma Talks

Zoom Link:

[Click HERE](#)

### 6/16 Tuesday

6:15-7:00 Sit

7:00-8:00 Dharma Talk

### 6/23 Tuesday

6:15-7:00 Sit

7:00-8:00 Dharma Talk

### 6/30 Tuesday

Closing Dharma Talk

6:15-7:00 Sit

7:00-8:00 Dharma Talk

\*Join the Zoom session by 6:10, five minutes before entering into Noble Silence at 6:15.

## Daylong Retreat

### Cultivating Equanimity

6/20 Saturday (limit 25 people)

#### Schedule

**10-11:30** Opening talk, Instructions, and practice

**11:30-1:00** In-home practice time: grounding our practice at home

**1-2:30** Practice in Noble Silence followed by discussion about grounding our practice at home

**2:30-4:00** In-home practice time

**4-5:00** Closing reflections and discussion.

**To Register:** Email Gayle Price at [gdawnprice@gmail.com](mailto:g dawnprice@gmail.com). Leave your name and email. You will receive the Zoom link for the daylong retreat.

## Individual Practice

### Discussions (by telephone)

(1/2 hour sessions)

### 6/25 Thursday

### 6/28 Sunday

**12:00, 12:30, 1:00, 1:30**

To reserve a time slot, email Barbara Schroder at [barb1@bway.net](mailto:barb1@bway.net). Leave your name and phone #. You will receive a confirmation and DaeJa’s phone # to call her at your scheduled time.

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## Review of Residency

### Dharma Discussion

Zoom Link:

[Click Here](#)

### 6/25 Thursday 6:00-7:30

DaeJa invites us to gather with questions and discussion about the experience of the Equanimity Residency, including the daylong retreat.

**Offering teacher dana:** Your offerings of dana provide our teacher, DaeJa, with her sole source of income. Please be generous. Also, please be aware that offering dana, to one who upholds the ethic associated with non-greed, is playing an important part in keeping the 2,700 year-old tradition of Buddhism and its ethics alive. To give dana to the teacher, go to PayPal account: [daejanapier@gmail.com](mailto:daejanapier@gmail.com) or send a check to DaeJa Napier PO Box 924, Ashland, OR 97520

**Sangha contributions:** Please be generous in offering financial support for our sangha expenses. Go to the SFVS website <https://santafevipassana.org> and click on the **Giving** tab at the top.