

PT Sangha 2016 Monthly Dharma Themes

NOTE: 1st and 3rd Wednesday evening sangha meetings are designated for listening to/discussing talks and other dharma teachings. Facilitators are welcome to substitute another talk or resource, providing it fits with the monthly theme.

Month	Theme	Suggested talks
January	<i>The Four Noble Truths</i>	Steve Armstrong: The Four Noble Truths http://dharmaseed.org/talks/audio_player/venue/IMSRC/170/6816.html (Can be divided into two segments: the first part goes to 31:20 minutes.)
February & March	<i>The Eightfold Path: Right (wise) view</i> “ intention ” speech “ action “ livelihood “ effort “ mindfulness “ concentration	Stephen Batchelor: The Ethical Life http://dharmaseed.org/teacher/169/talk/31459/ Steve Armstrong & Kamala Masters Four Stages of the Eightfold Path http://dharmaseed.org/teacher/733/talk/30512/ Anushka Fernandopulle: Right Speech and Listening http://dharmaseed.org/talks/audio_player/222/16144.html OR Brian Lesage: Wise Speech http://www.dharmaseed.org/teacher/484/talk/31752/ Gil Fronsdal: Right Livelihood http://www.audiodharma.org/series/1/talk/3840/
April	<i>Practice: Caring for Earth</i>	David Loy: The Eco-Crisis as a Spiritual Crisis http://www.dharmaseed.org/teacher/271/talk/22994/ AyyaAnandabodhi: Right Action on Climate http://www.dharmaseed.org/teacher/379/talk/23258/
May	<i>Gratitude</i>	Tara Brach: Gratitude and Generosity http://dharmaseed.org/teacher/175/talk/5697/ Larry Yang: Gratitude Meditation http://dharmaseed.org/teacher/107/talk/15248/
June	<i>Aging, Illness, Death</i>	Greg Scharf: Greetings, Sisters and Brothers in Aging, Sickness and Death http://www.dharmaseed.org/talks/audio_player/229/31105.html Anna Douglas: “The Final Great Adventure.” http://www.dharmaseed.org/talks/audio_player/23/25561.html

July	<i>Heart Sutra, Emptiness</i>	<p>Carol Wilson: Unity of Emptiness and Compassion http://dharmafeed.org/teacher/39/talk/17465/</p> <p>Gil Fronsdal: Heart Sutra http://www.audiodharma.org/talks/audio_player/10.html</p>
August	<i>The Path of Meditation and Nature</i>	<p>Mark Coleman: Awake in Nature http://dharmafeed.org/teacher/115/talk/6121/</p> <p>Mark Coleman: The Path of Meditation and Nature http://dharmafeed.org/teacher/115/talk/3050/</p>
September	<i>Karma</i>	<p>David Loy: What about Karma? http://www.dharmafeed.org/teacher/271/talk/22996/</p> <p>Nikki Mirgafori: Karma as Empowerment http://www.dharmafeed.org/teacher/555/talk/27816/</p>
October	<i>Engaged Buddhism</i>	<p>Tara Brach: Reverence for Life—the Essence of Engaged Buddhism http://dharmafeed.org/teacher/175/talk/2016/</p> <p>Donald Rothberg: Engaged Buddhism—Vignettes, Challenges, Possibilities http://dharmafeed.org/teacher/55/talk/16126/</p>
November	<i>Brahmaviharas: Loving kindness, compassion</i>	<p>Tara Brach: Lovingkindness http://www.tarabrach.com/divine-abodes-lovingkindness-audio/</p> <p>Narayan Helen Liebenson: Compassion http://dharmafeed.org/talks/audio_player/venue/IMSRC/131/1685.html</p>
December	<i>Brahmaviharas: Sympathetic joy, equanimity</i>	<p>Myoshin Kelley: Mudita, the joy that multiplies http://www.dharmafeed.org/teacher/130/talk/3459/</p> <p>Kamala Masters: Understanding Equanimity http://www.dharmafeed.org/teacher/99/talk/26214/</p>