



## The 24<sup>th</sup> Street Sangha

2401 Pennsylvania Av

Philadelphia, Pa 19130

& by Skype/Facetime

215.219.5296

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- **Mission:** To provide group and private meditation classes to foster contentment & decrease suffering
- **Some of the meditations we do:**
  - Mindfulness/ *Vipassana*: A wisdom practice to build an accurate & content-making perception of reality
  - The *Brahma Viharas* (*Metta*, Compassion, Equanimity, Empathetic Joy): To lift and stabilize the heart and mind
  - The *Paramitas* (Generosity, Energy, Diligence): The qualities that underlie a contented heart and mind
  - *Jhana/Shamatha*: Absorption practice to stabilize the heart and mind
  - *Pranayamas*: Breath practices to balance heart, body & mind and open to the above meditations
- **Some of the questions we address:**
  - Well-being in everyday life
  - Interpersonal Relationships
  - Action in society
  - Chronic pain/illness
  - Personal loss
  - Healthy Eating
  - Decision-making around illness & loss
- **Our point of view** is based on some of the following notions:
  - **Buddhist teachings and practices:**
    - Are concerned with building contentment by identifying & dispelling suffering
    - They do not admonish the natural working of our minds;

- Rather, they help to uncover it in order to ease suffering.
  - They do not admonish, they do however promote a changed view and way of being in the world:
    - “How can I make use of whatever happens to build contentment of heart and mind”
      - Not to put on happiness but to do the practice and see what arises
      - Not to become passive, but to be comforted and therefore become both patient and diligent
  - This exploration of feeling and delay of action of takes courage; here is what supports it:
    - The graduated structure of the practices
    - The centrality of compassion for all
    - Confidence in oneself and the teachings resulting from positive practice experience
- **Class levels:**
  - From new beginners to long-term seasoned practitioners
- **Teaching is available in person and via Skype/Facetime**
  - Sliding scale rates, no one is turned away
- **Founding Teacher: Beth Adelson**
  - Some relevant credentials:
    - Taught meditation at Rutgers for 12 years; now teaching at the Philadelphia Meditation Center, Springboard Sangha, Philadelphia City Libraries.
    - Spent seven years in Theravadan Buddhist retreat.
      - Trained by: Boorstein, Salzberg, Au Clair, Goldstein, Brian Arnell, Suzuki Roshi, & Tsultrim Allione.
    - Certified Yin Yoga & Pranayama teacher; Alvin Ailey & Martha Graham trained retired professional dancer
  - Additional credentials:
    - PhD Harvard University; Past Program Director at the National Science Foundation; Professor Emeritus, Rutgers.
- **Some useful links:**
  - **Recordings of some class meetings on YouTube:**
    - **For talks in addition to the ones below search on “Beth Adelson” on YouTube & the Insight Timer**

- **Unshakeable contentment:** <https://www.youtube.com/watch?v=n7-u4iKrS6U&feature=youtu.be>
- Here we practice the Metta (Good Will) & Upekkha (Heart's Ease) meditations. We work with them in a way that helps us to stay content in response to an increasing number of everyday situations.
- **Dispelling pain:**  
[https://www.youtube.com/watch?v=NJfj5\\_o39DI&feature=youtu.be](https://www.youtube.com/watch?v=NJfj5_o39DI&feature=youtu.be)
- Here we use the Metta (Good will) & Upekkha (Heart's ease) meditations to ease physical and emotional pain. We also practice putting contentment and ease in the foreground in situations that, in spite of our best efforts, we can't control.
- **Pranayama, Vipassana/Mindfulness with Metta**  
<https://youtu.be/A6QY973DxL4>
- A session of breathing followed by Vipassana/Mindfulness with Metta (Good will)
- **Yoga Nidra, Metta & Jhana Meditations:**  
<https://www.youtube.com/watch?v=uc51DqBGAXQ&feature=youtu.be>
- Here we do a relaxing body scan followed by Goodwill and Absorption meditations.
- **Podcasts:** <http://dharmaseed.org/>
- **Interesting Readings:**
  - <http://www.accesstoinsight.org/>
  - Sylvia Boorstein's books
- **Contact:**
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    - For times and locations