

Dharma Notes/References  
TIMC Wednesday Evening Talks  
January, 2022

**January 05: Ron Vereen**

Link to Guided Meditation: [Add Nothing to the Moment](#)

Link to Talk: [Liberation through Discernment](#)

Metta Chant, Forest Refuge

Dhammapada, v. 188-192

Thanissaro Bhikkhu, [Discernment: The Buddha's Strategies for Happiness](#)

**January 12: Scott Bryce**

Link to Guided Meditation: [Unentangled Knowing](#)

Link to Talk: [Unentangled Knowing](#)

Goldstein, Joseph, Questions & Responses, 11/10/2021, <https://dharma-seed.org/talks/67901/>

Goldstein, Joseph, "Cutting through identification with consciousness/the knowing mind" (talk), 2/10/2018, <https://dharma-seed.org/talks/48725/>

Goldstein, Joseph, "Reflections on Nibbana," Insight Journal 2021

Goldstein, Joseph, "Exploring Nibbana" " (interview), <https://www.buddhistinquiry.org/resources/freely-offered-dharma/events/>

Harrington, Susie, ["Untangled Knowing"](#) (guided meditation), 11/13/2021

**January 19: Sarah Bryce (Guest Teacher)**

Link to talk: [The Seven Factors of Awakening](#)

Link to Closing Heart Practice: [Leaves of One Tree, Rick Ferris](#)

Kornfield, Jack: *After the Ecstasy, the Laundry*

Shorter Heartwood Simile Discourse (MN.30)

Fire Discourse (SN.46.53)