

Dharma Notes/References
TIMC Wednesday Evening Talks
December, 2021

December 01: Ron Vereen

Link to Guided Meditation, [*Breath Relaxation*](#)

Link to Talk, [*The Power of Concentration*](#)

[*The Wings to Awakening*](#): Thanissaro Bhikkhu

[*The Real Practice of Mindfulness*](#): Andrew Olendzki

[*Mindfulness vs. Concentration*](#): Bhante Gunarantana, from
[*Mindfulness in Plain English*](#)

[*Depth & Breadth of Concentration*](#) & [*Benefits of Mindfulness*](#): Shinzen Young

December 08: Scott Bryce

Link to Talk: [*Making the Mind Your Friend*](#)

Suttas:

"Wisdom," AN 8.2

"With Meghiya," AN 9.3; see also Ud. 4.1

"Half the Spiritual Life," SN 45.2

Other references:

Goldstein, Joseph, Q&A, 11/10/2021, <https://dharmafeed.org/talks/67901/>

"Mission: Wisdom" [film], 2021

Weingast, Matty, *The First Free Women*, 2nd ed., 2021

December 15: Ron Vereen

Link to Guided Meditation: [*Abiding in Stillness*](#)

Link to talk: [*Journey into Stillness*](#)

[*The Conversational Nature of Reality*](#): David Whyte, "On Being"

[*Spiritual Inquiry*](#): Adyashanti

Awakening: A Paradigm Shift of the Heart, Chapter 9, "The Discerning Power of Awareness" (2014): Rodney Smith