

## CDs of Dharma Talks by David Chernikoff

**Wholeheartedness in Spiritual Practice**  
10/7/03

**Groundlessness**  
5/25/04

**Learning to Embrace Change**  
2/21/05

**Becoming Your Own Guide**  
4/19/05

**Buddhist Practice and Western Psychology**  
(3-part series: 11/1, 11/8, 11/15/05)

**Money and Awakening**  
11/4/05

**Commitment to Awakening**  
4/18/06

**Passion, Money and Meaningful Work**  
10/17/06

**Spiritual Wealth**  
2/13/07

**Suffering as a Gateway to Compassion**  
4/3/07

**Insight Meditation and Inner Healer**  
4/13/07

**Working with a Spiritual Teacher**  
5/15/07

**Sexuality and Spirituality**  
9/18/07

**The Practice of Skillful Means**  
10/2/07

**Mindfulness and the Holiday Season**  
11/20/07

**Rhythms of Spiritual Journey**  
12/4/07

**Good in Beginning, Middle & End**  
12/18/07

**The Vulnerable Heart and the Awakened Mind**  
2/19/08

**Effective Suffering**  
3/4/08

**Reflections on Non-Duality**  
5/27/08

**Questions and Answers**  
6/17/08

**Unity and Diversity**  
7/1/08

**Mindfulness and Inner Guidance**  
7/8/08

**Effort and Awakening**  
8/12/08

**A Fresh Look at Beginner's Mind**  
8/19/08

**Politics and the Dharma**  
9/16/08

**Taking Refuge During Troubled Times**  
10/14/08

**Family Karma and the Holiday Season**  
11/25/08

**Freedom and Forgiveness**  
12/12/08

**Awakening Intuition**  
2/10/09

**Compassion in Action**  
2/3/09

**Uncertainty as a Spiritual Teacher**  
3/3/09

**Beyond Security and Insecurity**  
3/17/09

**Turning Poison into Medicine Part I**  
4/7/09

**Turning Poison into Medicine Part II**  
4/14/09

**Turning Poison into Medicine RETREAT**  
10/2/09

**Good, Bad and Real**

5/5/09

**Paradox and Presence**

5/19/09

**Deepening Practice**

6/16/09

**Living Dharma**

7/7/09

**Healing Power of Forgiveness**

7/14/09

**Laughter at the Heart of Things**

8/4/09

**Crazy Wisdom**

8/11/09

**Making Mindful Transitions**

9/1/09

**A Vision of Awakening**

9/29/09

**The Power of Paradox**

10/20/09

**Loss, Love and Liberation**

11/3/09

**Death as a Spiritual Teacher**

11/10/09

**Radical Optimism**

1/26/10

**Learning to Love**

2/10/10

**Dance of Desire**

3/16/10

**Change, Resistance and Freedom**

3/30/10

**Living Fully, Dying Well**

5/25/10

**Radical Contentment**

6/29/10

**Meditation and the Mortgage:  
the way of the householder**

7/20/10

**Beyond Views and Opinions**

8/3/10

**The I'm Too Busy Sutra**

9/7/10

**Learning to Let Go**

9/14/10

**Conflict as a Spiritual Teacher**

10/12/10

**The Power of Words: Reflections on Right Speech**

10/9/10

**The Time of Our Lives**

12/21/10

**Forgiveness and Awakening**

12/28/10

**Conscious Living: The Heart of the Matter**

1/11/11

**Dying into Life**

1/25/11

**Transformation**

2/1/11

**Weapons of Mass Distraction**

2/22/11

**(For more information and / or to order CDs  
please contact Myrna Castaline at  
303-444-4423 or myrnac@earthlink.net)**

The Insight Meditation Community of Colorado  
Tuesday Night Sangha

**Dharma Talks by Guest Teachers**

**CDs of Dharma Talks by Frank Berliner**

(teachings on Tibetan and Shambhala Buddhism based on the book Journey Without Goal and other sources)

- |  |   |
|--|---|
| 1 <b>Introduction and Overview</b> - 3/10/09 & 4/14/09   | 11 <b>Warrior Dharma</b> - #1 Motivation 10/26/10                     |
| 2 <b>Non-Theistic Energy</b> - 5/12/09                   | 12 <b>Warrior Dharma</b> - #2 Mindfulness 11/23/10                    |
| 3 <b>Transmission</b> - 6/20/09                          | 13. <b>Warrior Dharma</b> - #3 Anxiety and Bravery 1/18/10            |
| 4 <b>Vajra Master</b> - 7/7/09                           | 14. <b>Warrior Dharma</b> - #4 Transforming the<br>Psychosomatic Body |
| 5 <b>Visualizations &amp; Body/Speech/Mind</b> - 8/18/09 | 15. <b>Warrior Dharma</b> - #5 Making Friends with Space              |
| 6 <b>The 5 Buddha Families</b> - 9/15/09                 | 16. <b>Warrior Dharma</b> - #6 One Shot Deal of Nowness               |
| 7 <b>Abhisheka</b> - 10/27/09                            |   |
| 8 <b>Being and Manifesting</b> - 11/24/09                |   |
| 9 <b>Anuttara Yoga</b> - 1/19/10                         |   |
| 10 <b>Maha Ati</b> – 2/9/10                              |   |

**CD of Dharma Talk by James Baraz - Awakening Joy - 4/13/10**

**CD of Dharma Talk by Elizabeth Mattis-Namgyel – The Practice of Bearing Witness 3/15/11**

**CDs of Dharma Talks by Ajahn Thanasanti**

- 1 **Embracing Fear, Aggression, and Sexuality on the Path to Awakening** - 3/2/10
- 2 **Wesak and Parinibban** - 6/1/10
3. **Community as Path** - 9/21/10

**For more information and / or to order CDs please contact Myrna Castaline at 303-444-4423 or [myrnac@earthlink.net](mailto:myrnac@earthlink.net)**