**Follow-up Letter to Zoom Call 10**

Dear Friends,

This will be the last letter to you all as a group. I've very much enjoyed the sessions that we've shared and hope you've felt supported as you've gone through the training and led your groups. Here is the recording of our final session:

[Gallery view](https://us02web.zoom.us/rec/play/ld9TOUd-AY-sDlG3MrtFMFKDsS0tMiPV_ojjZKYEGugnItRVREpP8YSHufXCw2hQmGqaQSauXeSWWQqz.Ul9jdb1ojQLlQKWB?autoplay=true)

[Audio only](https://us02web.zoom.us/rec/play/IyKc_7hdXUIFZw71rS56eTEkxYVkNddJo91bKsMG5SBFPuEPa04OKNhhQlmwTyBYofVuvo-ZrUyUsQNs.iqg9w0YvBEURnk-y?autoplay=true)

It was a particularly rich call. The feeling of community and mutual support was palpable. We discussed the power of creating community as part of our time together. Please watch or listen to it if you were not present. I'm assuming you're been doing that with any sessions that you've not been able to attend. That's part of the training. I hope that you found the mentor pods with the mentor leaders to be supportive and connecting as well.

I mentioned that, if you've been leading a group, when you are ready to be certified, here is a link to the Certification requirements: <https://www.awakeningjoy.info/documentsTrainees/certificateOfCompletionRequirements.pdf>. It includes the Guidelines for your "final paper" or "self-evaluation."

You will also need to have your group members fill out a Trainee Evaluation. I've attached it as a document in this email. If you would like to read them too, please ask your group members to send their responses to you. They will also need to enter their responses in Survey Monkey. For convenience sake here is that link: <https://www.surveymonkey.com/r/9TYFQFN>. I read their evaluations as part of the certification. This document can also be found on the website under forms and requirements in your training materials section:

<https://www.awakeningjoy.info/documentsTrainees/TraineeEvaluationQuestionnaire.docx>

I would like to read at least three evaluations and your self-evaluation before sending you the Teacher Certificate. I've attached a sample of the certificate. I look forward to reading those and sending you your certification.

I will be out of the country, teaching and traveling in Europe from June 20-August 23. So I will likely be sending the certificates when I return unless I receive the member evaluations and self-evaluation within the next week. As mentioned previously, if you have not completed leading a group during the current course, you are welcome to lead a group through the material at your own pace after the course ends. Just have them submit their evaluations and your self-evaluation when the group finishes. You're also welcome to join me in next year's course and lead a group through the material then.

You are all also invited to join the AJ Teacher Support Call that I host every 3 or 4 months. The next call will be Wednesday, September 14th 1-2:30pm Pacific Time. We will meet on my Zoom link: <https://zoom.us/j/2843289946>. I'll be sending out a reminder closer to that time.

Let me know if you have any questions about any of this. Also, if there are people in your group who you think would be good candidates for next year's AJ Teacher Training, please encourage them to apply. I want to share this material and have it reach as many people as will benefit from it.

Lastly, I want to invite you to some upcoming teachings. I'll be including these in the Booster and Closing letters that all course participants will receive. But I thought I'd mention it here. I'd love to have you join me. I've pasted them below.

Wishing you all a safe, healthy and enjoyable summer. Thank you for being part of this year's training.

With metta,

James

**Sunday, June 19, 8-10am Pacific
The Power of Joyful and Loving Engagement**
An EcoDharma Exploration (online; dana-based)
In the midst of large-scale ecological harm and injustice, how might we cultivate resilience and an open heart? And how might connecting to unconditional joy strengthen our engaged practice?
<https://oneearthsangha.org/articles/pgm-post/ecodharma-explorations/22-06/>
Sponsored by One Earth Sangha

**Intro to Insight Meditation: A 6-Week Live Online Course
Sept.13-Oct.18, 2022
Tuesdays, 6:30-8:30pm PT**
If you’re looking to establish or deepen your meditation practice, join me in this 6-week live online course to learn or relearn the basics of Insight (mindfulness) meditation practice. We will cover the essential Buddhist teachings upon which mindfulness meditation is based. (RECORDINGS AVAILABLE)
<https://www.eventbrite.com/e/intro-to-insight-meditation-tickets-310763741717>

T**he Four Buddhist Heart Practices (Brahma Viharas)
4-week Live Online Course
Nov.1-Nov. 22, 2022,
Tuesdays, 6:30-8:30pm PT**
This 4-week live online course focuses on four classical Buddhist heart practices, or the Brahma Viharas: Loving-kindness, Compassion, Joy, and Equanimity. These powerful practices open the heart and are a complement to Insight (mindfulness) meditation practice. (RECORDINGS AVAILABLE)
<https://www.eventbrite.com/e/the-four-buddhist-heart-practices-brahma-viharas-tickets-310766409697>

**Weekly Meditation Group
Thursdays, 7:30-9pm PT**
Meditation, Dharma talk and discussion
With James, Eve Decker and other guest speakers
[www.insightberkeley.org](http://www.insightberkeley.org/)