

PROGRAM 2026



ETHICS

January Right Livelihood

Tuesday 6 Jan Overview

TALK: Gil Fronsdal

<https://www.audiodharma.org/talks/3764>

GM: -

Tuesday 13 Jan Right Livelihood

TALK: Ajahn Nissarano

<https://www.podbean.com/ep/pb-jbdz3-8ebe4f>

GM: Matthew Brensilver

<https://www.audiodharma.org/talks/24450>

Tuesday 20 Right Livelihood

TALK: Ayya Anandabodhi

<https://dharmaseed.org/talks/49510/>

GM: Ajahn (Ven.) Canda Bhikkhuni

<https://dharmaseed.org/talks/85482/>

Tuesday 27 Jan Right Livelihood

TALK: Jill Shepherd

<https://dharmaseed.org/talks/62512/>

GM: Jill Shepherd

<https://dharmaseed.org/talks/93132/>

[RIGHT LIVELIHOOD STUDY GUIDE \(IMC\)](#)

February Right Action

Thursday 5 Feb Overview

TALK: Gil Fronsdal

<https://www.audiodharma.org/talks/3742>

GM: Gil Fronsdal

<https://www.audiodharma.org/talks/24288>

Tuesday 10 Feb Right Action

TALK: Jack Kornfield

<https://dharmaseed.org/talks/11078/>

GM: Jack Kornfield

<https://dharmaseed.org/talks/71185/>

Thursday 19 Feb Right Action

TALK: Mark Nunberg

Sila: Moral Integrity Non-Harming and the Bliss of Blamelessness

<https://dharmaseed.org/talks/71496/>

GM: Mark Nunberg

<https://dharmaseed.org/talks/71495/>

Tuesday 24 Feb Right Action

TALK: Jill Shepherd

Part 1 <https://www.dharmaseed.org/talks/65822/>

Part 2 <https://www.dharmaseed.org/talks/65861/>

GM: Jill Shepherd

<https://www.dharmaseed.org/talks/79427/>

[RIGHT ACTION STUDY GUIDE \(IMC\)](#)

March Right Effort

Thursday 5 Mar Overview

TALK: Gil Fronsdal

<https://www.audiodharma.org/talks/3770>

GM: <https://www.audiodharma.org/talks/24501>

Tuesday 10 Mar Right Effort

TALK: Andrea Fella

<https://www.audiodharma.org/talks/5566>

GM: <https://www.audiodharma.org/talks/24264>

Thursday 19 Mar Right Effort

TALK: Ajahn Sona

<https://youtu.be/IrpQ9pkMi3s?si=CZGKY6tNAPjyxh4g>

GM: <https://youtu.be/YflpH2Ccjuk?si=vX3SXsBzakOQuVau>

Tuesday 24 Mar Right Effort

TALK: Marjolein Janssen

<https://dharmaseed.org/talks/92839/>

GM: <https://dharmaseed.org/talks/81573/>

Tuesday 31 Mar Right Effort

TALK: Jill Shepherd

<https://dharmaseed.org/talks/90192/>

GM: Victor von der Heyde

<https://dharmaseed.org/talks/79101/>

[RIGHT EFFORT STUDY GUIDE \(IMC\)](#)