

A letter from James Baraz:

To Whom It May Concern-

I had the great joy of helping sponsor the play Present Moment for a fourteen performance U.S. tour Sept.-Oct. 2002. There were nine performances in the Bay Area, and one each in Washington DC, Boulder CO, Portland OR, Northampton MA and New York. I was personally at four of the Bay Area performances (two at Spirit Rock, one in San Francisco and one at my sitting group in Berkeley). Audiences were deeply appreciative at each performance.

The play gives a wonderful insight into the meditative process. It combines a beautiful balance of humor into the predicament of having a mind that continually creates its own stories with a moving poignancy that comes with a genuine opening to suffering in one's heart.

The response by those who saw it was tremendous. People often said that it was like watching their minds on stage and showered the performers with thanks and gratitude.

I highly recommend anyone who is thinking of sponsoring a performance to do so. It's a unique and powerful way to share the lessons one learns through meditation practice that is both entertaining and thought-provoking. It stays with you for long after the performance ends.

In addition to the performance, audiences loved meeting the playwright, Limor Ginzburg, and the actress, Michal Rubin, after the play for a chance to chat both about the play and also about life in Israel at this time. People were deeply thankful for the chance to see for themselves such a beautiful consciousness coming out of that troubled land, feel a kinship with these generous visitors, and hear about the strong spiritual community in Israel and the peace work that is happening there.

If you would like to discuss a possible performance in your area, feel free to contact me by email or phone (510-525-7546).

**Sincerely,
James Baraz
Spirit Rock Meditation Center
Co-founder and Teacher**