

# KEEPING COOL IN THE FIRE: BECOMING MORE SKILLFUL WITH INNER OR OUTER CONFLICT

—A Two-Day Training

LAWRENCE ELLIS & DONALD ROTHBERG

SATURDAY, MARCH 14, 9.30 TO 5

SUNDAY, MARCH 15, 9.30 TO 4

EAST BAY MEDITATION CENTER

2147 Broadway @ 22nd Street, Oakland

(near 19th Street BART)

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

Open to all. Beginning meditators welcome.

For many of us, conflicts are difficult. Should I stay in this job or relationship? How can I bring my spiritual practice to this major organizational conflict? How can I bring my spiritual practice to a situation of hostility or even violence? In this two-day workshop, we will offer perspectives, tools and practices for transforming conflict – drawn from traditional Buddhist teachings, and from leading-edge work of mediators and peacemakers. We'll look deeply at the nature of conflict; see conflicts as opportunities for reconciliation, learning, and deepening relationships; become more skillful when there are difficult emotions and polarizing thoughts; and cultivate mindfulness and skillful speech in the midst of conflict. We will explore all of this through meditation, short talks, discussion, interactive exercises, and practice with conflict scenarios drawn from our own life experiences and from simulations.



LAWRENCE ELLIS is a Buddhist Teacher, organizational consultant & activist. A meditator since 1975, he is authorized to teach by Jack Kornfield, and is mentored by Jack and Joanna Macy. He did his master's thesis on Gandhian Satyagraha while on a Rhodes Scholarship at Oxford University, and was invited by Gandhi's grandson to represent the US on a pilgrimage in India commemorating Gandhi & ML King. He received extensive professional training in conflict management as a Director at Interaction Associates, one of the world's oldest firm's focusing on managing change; and as an activist on numerous campaigns.



DONALD ROTHBERG, a member of the Spirit Rock Teachers Council and the Executive Faculty at Saybrook Graduate School in San Francisco, writes and teaches classes, groups, and retreats on meditation, daily life practice, and socially engaged Buddhism. He has guided several training programs--both interfaith and Buddhist-based--in engaged spirituality for the Buddhist Peace Fellowship, Saybrook, and Spirit Rock. At Spirit Rock, he directs a two-year program called "The Path of Engagement." He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.

**REGISTRATION** is required. Send an e-mail with your full name and "Keeping Cool in the Fire" in the subject line to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696.

**COST:** The teachings are regarded as priceless and are offered without charge. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the space and the support of the Teachings.

Out of respect to those with environmental illnesses, please do not wear fragranced products or clothing laundered with fragranced products to EBMC.

EBMC is wheelchair accessible.

