

## Chanting the Essence of Buddha

Chanting and Meditation Open to All  
with Zenju Earthlyn Manuel  
Sunday, April 26, 2009  
9:00 am to 3:00 pm

East Bay Meditation Center  
2147 Broadway at 22<sup>nd</sup> in Downtown  
Oakland (near 19<sup>th</sup> St. BART station)  
[www.eastbaymeditation.org](http://www.eastbaymeditation.org)



Zenju Earthlyn Manuel, Ph.D., has been a student of Buddha's teachings for many years initially in Nichiren Buddhism and more recently in the Soto Zen tradition under the guidance of Zenkei Blanche Hartman. She is the author of "Bearing Up in the Wild Winds" in *Dharma, Color, and Culture: New Voices in Western Buddhism* and *What Unknowing Things Know: Zen Liberation in the Art of Romare Bearden* in the International Review of African American Art. She is Executive Director of the Buddhist Peace Fellowship. Photo: Judith Keenan

Enter into the ancient songs of devotion. Arouse deep compassion, love and wisdom during these difficult times on the planet today.

An environment will be created to chant sutras and mantras from Zen, Tibetan and Theravada traditions, accompanied by traditional temple bells, and other Buddhist and African percussion instruments. This is an opportunity to learn chants and to begin or further a dharma practice with the use of sound. We will sit in silence in-between each chanting session. All that is needed is an open heart.

### May be of interest to:

Yogis; Social Activists;  
Practitioners of dharma and compassion-based traditions;  
Families; Psychotherapists;  
Writers; Visual Artists

### Register:

Space is limited and registration is required. Please send an email with your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696.

### Cost:

The teachings are regarded as priceless and are therefore offered without charge. You are invited to support the teachings and the meditation center by contributing voluntary donations (*Dana*) at the end of each class. *Out of respect for people with environmental illnesses, please do not wear fragrance or clothes laundered in fragranced products to EBMC. EBMC is wheelchair accessible.*

