



The Nature of Feeling Different

with Larry Yang at East Bay Meditation Center

May 16th, Saturday, 9:30 am to 4:30 pm

How many times in your life have you felt different from others around you? We know from our experience that each precious human life unfolds in its own unique way. The conditions creating each of our journeys—spiritual and otherwise—produce very different results in our different and unique personalities, behaviors, appearances, opinions, and emotions. There are also the times when feeling different can seem alienating, divisive, unpleasant, and painful—part of the suffering in our lives. Yet, we also have in common the reality that we share the preciousness of all being human. How do we understand the Experience of Difference in the context of the Teachings that we are all interconnected? During this daylong we will explore these questions with the support of our contemplative investigation, our Mindfulness of what is True for our own Experience, and our Intention to hold all our experiences with Kindness.



There will be instructions and guidance given in sitting meditation and walking meditation as well as group exercises and sharing using our mindfulness practice. Both beginning and experienced meditators from all communities are invited and welcomed to this event.

Larry Yang teaches meditation retreats nationally, including Spirit Rock, IMS, Seattle, and Washington DC. He has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Myanmar and Thailand, with a 6 month ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. He is one of the core teachers and leaders of EBMC. Larry is one of the coordinating teachers of the next Spirit Rock Community Dharma Leader Training Program beginning in 2010 and he is the teacher of EBMC's *Commit2Dharma* Program. His webpage is at: www.larryyang.org

To register: Space is limited. Please e-mail admin@eastbaymeditation.org or call 510-268-0696 with your full name, phone, and specify “Feeling Different retreat.”

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. EBMC is wheelchair accessible.



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