



Pacing Yourself through the Global Crisis

A special evening with
guest monastic teacher
Bhante Buddharakkhita

East Bay Meditation Center
2147 Broadway at 22nd Street,
Oakland (near 19th Street BART)

www.eastbaymeditation.org

**Monday,
July 6, 2009**
7:00-9:00 pm



The Venerable
Buddharakkhita
was born and

raised in Uganda. Meditating since 1993, he was ordained as a Theravada Buddhist monk in 2002 by the late Sayadaw U Silananda. He teaches worldwide and in April 2005 founded the Uganda Buddhist Centre. It is the first Buddhist Center in Uganda. Bhante is the author of *Planting Dhamma Seeds: The Emerging Buddhism in Africa*. He is also a resident monk at the Bhavana Society Forest Monastery in West Virginia, USA.

Bhante will discuss some of the beautiful and skillful qualities of the heart and mind like Patience, Attitude, Compassion and Equanimity (PACE) that can help you to center and pace yourself through difficult times with great awareness and balance. The evening will include meditation, a talk, and Q&A.

Open to All
Instruction provided for
those new to meditation

Registration is required. Space is limited. E-mail your full name to admin@eastbaymeditation.org and note "registration Bhante B" in the subject line, or leave a voicemail with the same information at (510) 268-0696.

Cost: The teachings are considered priceless and therefore are given freely. Please consider making voluntary donations (the practice of generous giving, or "dana") to East Bay Meditation Center and to the teacher.

Out of respect for those with environmental illnesses, please do not wear fragranced products or clothes laundered in fragranced products to EBMC. EBMC is wheelchair accessible.

