

Soothing Warmth & Liquid Love

Fire-element Meditation for People with Physical Pain with Leo Lok

Four Mondays: July 1, 8, 15, and 22

7 PM – 9 PM

Mindfulness of Fire-element has been an important strategy for pain relief in Asia for thousands of years. Drawing from the wisdom of Buddhist teachings and Chinese Medicine, this four-week series will introduce a step-by-step strategy for relief from physical pain. Guided meditations, pragmatic tips, healing stories and group discussions will all be part of the workshop.

Open to anyone living with any degree of physical pain.



Zen Teachings on the Practice of Lojong

Half-day retreat with Zoketsu Norman Fischer and Rev. Keiryu Lien Shutt

Saturday, July 6, 9 AM – 1 PM

In this workshop we will practice guided meditation, journaling, and focused small group and large group discussion to help us digest a much loved and well-used traditional Indo-Tibetan Buddhist text. Usually referred to as Lojong (mind training), the text is a handbook for opening the heart to compassion. Its 59 slogans go from the profound (“rest in the openness of mind”) to the bluntly comic (“don’t expect applause”) and constitute a user-friendly course in seeing through your smallness and opening up your mind.

This workshop is based on Norman Fischer’s new book *Training in Compassion: Zen Teachings on the Practice of Lojong*.

Going Deeper in the Dharma: A Group for Experienced Practitioners

July 2013 session led by Mushim

Sunday, July 7, 9 AM – 12:30 PM

Are you an experienced meditation practitioner looking to deepen and broaden your Dharma? Do you feel a need to connect with spiritual friends who have been on the Dharma path for awhile?

Bring your practice and your love for the Buddhadharma to a monthly group for experienced practitioners. We will do silent meditation together, in stillness (sitting) and in motion (walking, or gentle movement for folks with mobility limitations),



without explicit guidance. You are assumed to have a meditation practice. And, together, we will explore teachings, readings, and topics to continue our spiritual journey in the teachings of the Buddha.

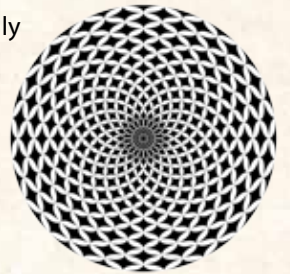
Deeper Still Teen Sangha

Led by Devin Berry and Devon Rath

First and third Sundays, July 7 and 21

1 PM – 2:30 PM

Deeper Still Teen Sangha is a bi-monthly meditation group for teens age 14 to 18. Our focus will be on creating deeper relationship with ourselves and each other through having fun, getting real and supporting each other’s practice. Learn meditation and explore the dharma in creative experiential ways. No experience necessary. We are committed to maintaining a diverse sangha that is welcoming to all.



Be the Mystery! Living the Present Moment Without Definition

With Noliwe Alexander and John Mifsud

Saturday, July 13, 10 AM – 4 PM

As mindfulness deepens, we explore uncharted territory. New ideas, emotions and physical sensations arise. With practice, we may find bliss as well as rough patches that are sometimes frightening. We take refuge in sensual pleasures we know to be safe and comfortable. Sometimes, we just turn away because we cannot hold the associated uncertainty.

The Buddha taught liberation comes from releasing what we know and surrendering to that same mystery we often dread. Can we fully experience the present moment without definition? As long as we are sure, we cut ourselves off from endless possibilities. There is freedom in not knowing. Let’s find it together.



Awakening Community

A daylong for people of color with Spring Washam

Sunday, July 21, 9:30 AM – 5 PM

This daylong will be a soulful celebration of our awakening community! We will gather together in meditation, prayer and song to support our inner flowering and connection with one another on the path. All self-identified people of color are welcome to attend and are encouraged to bring family and friends for this beautiful day of connection and inspiration. In addition to meditations and teachings, we will also have live music provided by talented musicians.

What to bring:

- A sacred item for the community altar
- A vegetarian dish to share for our potluck lunch
- A drum or percussion instruments for our musical celebration





Working with Judgments

A one-day retreat with Donald Rothberg assisted by Shahara Godfrey

Sunday, July 28, 9:30 AM – 5 PM

Judgments of a reactive and compulsive nature are very strong in most of our lives. They can distort our perceptions, make relationships with others difficult, and undermine our work in the world. We may also internalize the prevailing judgments of our society related to race, gender, sexual orientation, employment status, etc.

We will explore the nature of judgments and how to transform them, using mindfulness and lovingkindness practices, inquiry, and role-play. These will help us to transform the energy of judgments — preserving the intelligence often found in judgments, while working through the destructive aspects of judgments. Optional monthly follow-up sessions.



TEACHER BIOS

Noliwe Alexander



Noliwe has been a student of Vipassana meditation for over 15 years. She became a dedicated practitioner after attending the 2nd POC Vipassana retreat at Spirit Rock in 2000 and the African American Retreat in 2002. She is a graduate of Community Dharma Leaders 4 program through Spirit

Rock Meditation Center, completed the Commit2Dharma (C2D) program through EBMC and delivers Dharma talks at the Alphabet and POC Sanghas at EBMC and throughout the SF Bay Area. Noliwe is a Life & Business Coach, empowerment workshop facilitator, dedicating her coaching & Dharma practice to the LGBT, At Risk and Elder communities.

Devin Berry



Devin is a co-founder of Deeper Still, the teen sangha at EBMC. He has been practicing meditation since 1999, both in the Plum Village tradition of Thich Nhat Hanh and in the Vipassana practice of Spirit Rock and IMS. Devin completed the first Commit2Dharma program at EBMC and is a graduate of

Mindfulness Based Stress Reduction teacher training practicum.

Zoketsu Norman Fischer



Zoketsu is a poet, priest, and a former abbot of San Francisco Zen Center. He is founder and teacher of the Everyday Zen Foundation (www.everydayzen.org) dedicated to sharing Zen teaching and practice widely with the world. His latest book is *Sailing Home: Using the Wisdom of Homer's Odyssey to Navigate*

Life's Perils and Pitfalls. He has also written *Taking Our Places: The Buddhist Path to Growing Up* and his latest volume of poetry is *I Was Blown Back*. Norman's new book, *conflict*, was published in September 2011 by Chax Press.

Shahara Godfrey, Ph.D.



Shahara has trained in the Theravada Buddhist tradition for over 20 years. Other influences have been spiritual teachers from various cultures and traditions as well as the creative arts. She is a graduate of the Community Dharma Leaders and Path of Engagement programs at Spirit Rock.

Shahara currently works as an Educator.

Leo Lok, L.Ac



Leo is a licensed acupuncturist and specializes in pain management. Leo has been practicing Daoist qigong and Buddhist meditations since 1985. His current dharma interests include detailed comparative study of Buddhist teachings as recorded in Pali and Sanskrit, and their corresponding translations into Classical Chinese and Modern English. He can be reached at heartspringcenter.com.

John Mifsud



John Mifsud has practiced Insight Meditation for 12 years and graduated from the Community Dharma Leaders Training Program at Spirit Rock Meditation Center. He is a Community Teacher at the East Bay Meditation Center in Oakland and a leader of EBMC's Deep Refuge Group for Alphabet Brothers of Color. He has taught at the San Francisco (SF) Gay Buddhist Sangha, the SF Gay Buddhist Fellowship, the Vajrapani Institute, Seattle Dharma Buddies, the Seattle People of Color and Allies Sangha, San Quentin Prison, Insight Meditation in Modesto, the Sacramento Buddhist Meditation Group and the Insight Meditation Community of Washington DC.

Mushim (Patricia Y. Ikeda)



Mushim is a core teacher and Leadership Sangha member of EBMC. She teaches meditation retreats for people of color, social justice activists, and women nationally. Her Buddhist training has included both monastic and lay experience in North America and Asia since 1982, and she is also an author, mother, and diversity consultant. See www.mushim.wordpress.com

Devon Rath



Devon has been studying dharma and practicing Vipassana meditation since 1997. She graduated with her MSW from the University of Pennsylvania in 2002. Since that time she has worked with teens in many different capacities. Currently she works in a public school in San Francisco, teaching mindfulness, facilitating therapeutic groups and doing emotional triage. Since she was young, dharma practice has been a refuge in hard times, and she is passionate about offering the practice to young people in hopes they may find greater freedom.



TEACHER BIOS continued

Donald Rothberg, Ph.D.



Donald is a member of the Spirit Rock Teachers Council, has practiced insight and lovingkindness meditation since 1976 and has also received training in Tibetan Dzogchen practice and the Hakomi approach to body-based psychotherapy. He has helped to guide three six-month to two-year training programs in socially engaged spirituality — for the Buddhist Peace Fellowship, Saybrook Graduate School, and Spirit Rock. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*, and is presently working on *Transforming the Judgmental Mind*.

Rev. Keiryu Liên Shutt



Rev. Shutt was ordained in 2005 in the Shunryu Suzuki Roshi lineage. After extensive monastic practices in the U.S. and overseas, she endeavors to share ways in which the deep settledness of traditional practices can be brought into everyday life. To access talks, practice discussions and other retreat

information, please go to www.sfzc.org or contact her at joyinzen@att.net.

Spring Washam



Spring is a meditation and dharma teacher based in Oakland, California. She was trained by Jack Kornfield and now leads Vipassana and Metta retreats throughout the country. Spring is one of the founders of the East Bay Meditation Center in Oakland where she teaches daylong retreats and weekly classes.

She is also a member of the Spirit Rock Teachers Council. Spring is considered a pioneer in bringing mindfulness based healing practices to inner city communities. In addition she has extensive training in indigenous healing practices and works with students individually from around the world. Visit her website at www.springwasham.com.

IMPORTANT INFORMATION

Registration

Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

Dana

The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) for the expenses of the meditation center and the support of the teachers.

Fragrance-Free Policy

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including “natural” fragrances) or clothes laundered in fragranced products to EBMC.



EBMC is wheelchair accessible.

