

Freedom To Be: A Daylong for Women

Saturday May 31, 2008
9:30am-4:30pm

led by: Anushka Fernandopulle &
Martina Schneider

EAST BAY MEDITATION CENTER
2147 Broadway at 22nd St. in downtown Oakland
www.eastbaymeditation.org



Anushka



Martina

Anushka has been engaged in social justice work throughout her life in such areas as youth development, HIV prevention, LGBT organizing, immigrant/refugee rights and grassroots community development. She has spent time practicing intensively in the Theravada tradition over the past 18 years. Anushka is currently in teacher training at Spirit Rock Meditation Center.

Originally from Germany, **Martina** has been a student of the Dharma since 1996. She has done long-term intensive meditation practice and was ordained as a nun in Burma. Martina has worked in a soup kitchen and served as part of the Zen Hospice Project. At the present time, she is studying psychology and teaches mindfulness to children in elementary schools. She is currently in teacher training at Spirit Rock Meditation Center.

What is the way to happiness?

Buddhist teachings identify our biggest obstacle as “tanha” or thirst, one form of which is our thirst for “becoming”. Becoming this, becoming that, becoming someone different.

As women, we often base our sense of self around others, so this “becoming” arises particularly strongly in relationships (of all kinds). Join us to explore how we strive to be someone else and what we miss in the process.

In our day together, we hope to explore habits of becoming that may come from a desire for connection, but actually lead to disconnection.

Let’s learn to see through these patterns more often and be present to what is really true...and try to have a good sense of humor in the process! Such non-judgmental exploration leads to greater freedom and happiness in our lives.

We will be practicing meditation (seated and movement), engage in discussion in small groups and the larger group, hear some dharma reflections, and have time for personal contemplation.

Who should attend:

Anyone who identifies as a woman, from all backgrounds, sexual orientations, ethnicities, ages and levels of experience are welcomed.

Register:

Registration is limited to 65 people. To request a registration form please send an email with your full name, indicating your interest, to: admin@eastbaymeditation.org

Please bring your own lunch.

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 for people with environmental illnesses, please do not wear fragrance or scented products to the event.

EBMC is wheelchair accessible.