

Me, Myself and I

with Rev. Keiryu Liên Shutt



Saturday, March 24, 2012 | 9am–4pm

How does “me, myself and I” contribute to a sense of suffering? In this one-day workshop, we will look at when the concept of “I” arises and how our efforts to justify, verify, or solidify an idea of “me as X-person” is a point in which *dis-ease*/suffering can typically reside. Identifying this, we will then use Dharma teachings, meditation, creative exercises and group discussions to explore and learn how to bring compassion and lightness to these moments. When we are able to identify and then become flexible with our sense of “me, myself and I”, the possibility for non-suffering increases.



Rev. Keiryu Liên Shutt, LCSW was ordained in 2005 with Zenkei Blanche Hartman. She began meditation in the insight tradition of Spirit Rock and co-founded the Buddhists of Color, a San Francisco meditation group, in 1998. Her monastic practice began in 2002 at Tassajara, San Francisco Zen Center’s monastery. She has also practiced overseas in Japan, Thailand and Vietnam. Currently, as a social worker working with formerly chronically-homeless seniors, Liên’s intention is to share ways in which the deep settledness of traditional practices can be brought into everyday life. To access talks and other retreat information, please go to www.sfzc.org or contact her at joyinzen@att.net.

East Bay Meditation Center

www.eastbaymeditation.org

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Space is limited & registration is required.

Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration info.

Cost: 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.