

The Journey to Awakening

A one-day retreat dedicated to exploring the eightfold path

with Spring Washam
Open to all

In this special daylong we will explore the great path of awakening and the profound journey that a spiritual practitioner must traverse. The Noble Eightfold Path describes the way to the end of stress, loneliness and pain. It is a practical guideline to compassion, ethics and mental development with the goal of freeing ourselves from all attachments and delusions; and it finally leads to understanding the truth about all things. Together with the Four Noble Truths it constitutes the gist of the Buddha's teachings on liberation. Great emphasis is put on the practical steps, because it is only through practice that one can attain a higher level of consciousness and finally reach full awakening. This daylong will include periods of silence, group work, music and talks on the theme of the day



Spring has studied meditation and Buddhist philosophy since 1997 in various traditions with well known teachers. Trained for 5 years by Jack Kornfield she is also a dharma teacher at Spirit Rock Meditation Center. Spring is also one of the founding members and core teachers at the East Bay Meditation Center and leads the weekly sitting group for people of color. Spring is considered a pioneer in bringing mindfulness based healing practices into diverse communities. She currently leads healing and meditation retreats throughout the United States. Visit her website at www.springwasham.com.



East Bay Meditation Center
2147 Broadway in Oakland
(near 19th St. BART)

Saturday, August 4, 2012
9:30 AM – 4:00 PM

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.

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

