

Seeing the World with Quiet Eyes:

Equanimity

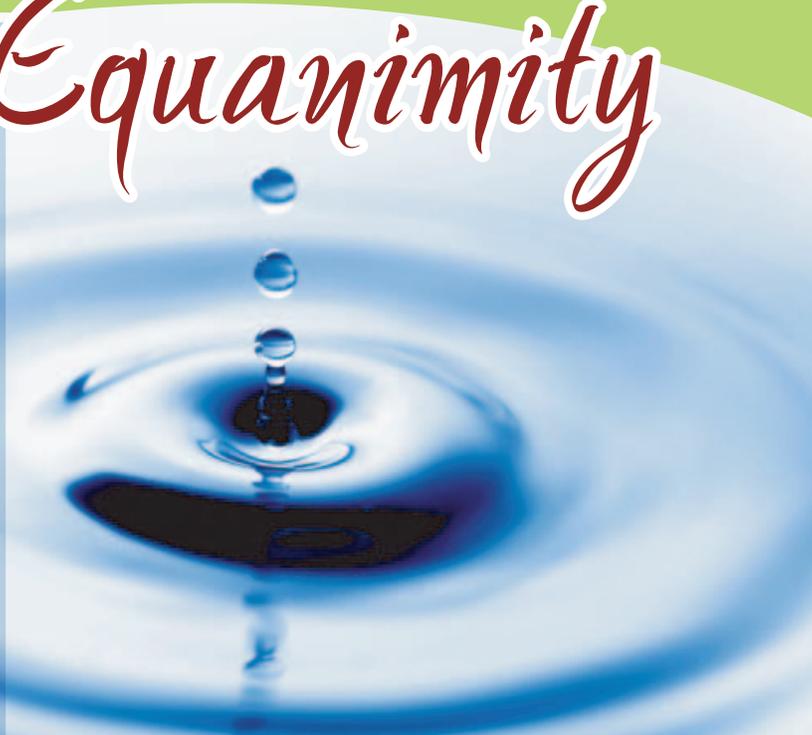
An evening with senior
Vipassana teacher
Kamala Masters

Tuesday, April 21, 2009
7:00 to 9:00 pm

Open to all
Instruction provided for
those new to meditation

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

www.eastbaymeditation.org



In the inner terrain of equanimity, when we open to what is going on, we notice whatever reactivity or apathy that is present. When we give ourselves permission to be real and accept ourselves in our reality and our humanness, we touch equanimity. The evening will include meditation, a talk, and Q&A.



Kamala Masters

is one of the founders and teachers of the Vipassana Metta Foundation on Maui,

where she is currently developing Ho'omalalama, a sanctuary-hermitage for long-term meditation practice. She teaches retreats in the Theravada tradition at venues worldwide, including being a Core Teacher at the Insight Meditation Society at Barre, Massachusetts. Practicing since 1975, her teachers have been the late Anagarika Munindra of India and Sayadaw U Pandita of Burma with whom she continues to practice. Kamala is Asian American. She has a commitment to carrying and offering the purity of the teachings of the Buddha in a way

that touches our common sense and compassion as human beings, and allows the natural inner growth of wisdom. She has experienced the emotional and financial hardships of raising a family. She lives on Maui where she raised 4 children, and is now blessed with 5 grandchildren.

www.vipassanametta.org

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.

