Dream, Believe, and Soar!
A daylong on discovering your life's purpose

Finding your life purpose and your deepest life intentions can help you to move with greater focus and clarity every day of your life. You can start to find and develop your own purpose and intentions by stopping for a moment and asking yourself two questions: **"What is most important to me in my life? What are my deepest values and beliefs?"** In this daylong we will explore these questions and then notice what comes up that touches and inspires us most deeply. This workshop will include periods of silent meditation, group discussions, writing and talks on the theme of the day.

Led by Spring Washam *Feel Joy * Bloom with Fresh Understanding * Be All You Can Be * Live Your Best Life * Laugh, Dance, Skip

---

**Open to All. Date: Saturday, June 13, 2009
Time: 9:30 am – 5:00 pm
East Bay Meditation Center
2147 Broadway Street, Oakland, CA 94612
(Near the 19th Street BART station in downtown Oakland)**

Pre-registration is required. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name and specify "Dream, Believe, June 13."

About the teacher: Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced and studied meditation since 1997 with many renowned teachers and is known for her joyful heart and loving spirit. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She currently teaches classes, workshops, and retreats throughout the U.S.

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 East Bay Meditation Center and the support of the teachers.

www.eastbaymeditation.org ~ EBMC is wheelchair accessible