

# Uncovering Our Hearts:

## Working with Our White Skin Privilege & Inner Diversity

A two-day retreat for self-identified white people, with Arinna Weisman & Rhea Shapiro, integrating the Buddha's teachings and Process Work (aka process-oriented psychology)

Buddhism has as its refuge and vision a heart that is unrestricted, luminous and free. As we practice the Eightfold Path our hearts call us to explore how we build identities of whiteness and the negative impact of this on others, and on ourselves. As we bring awareness and loving kindness to rank and power we are moved to use it for the benefit of the whole to build multicultural sanghas. Process Work teaches that wholeness includes our identity and what disturbs us. This deeply democratic attitude means that each of us is a needed and valued part of the whole, including all of our experiences and feelings, both everyday, and more dream-like. (More about Process Work: [www.processworkinstitute.org](http://www.processworkinstitute.org), [www.worldwork.org](http://www.worldwork.org) )

Saturday & Sunday, October 24 - 25th, 2009,

9:30 AM to 5:30 PM

East Bay Meditation Center

2147 Broadway, Oakland (near 19th St. BART)

**Registration** is required and space is limited. E-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 and specify "Uncovering Our Hearts."

**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



**Arinna Weisman**

Arinna Weisman has studied insight meditation since 1979 and has been teaching since 1989. Her lineage is Ruth Denison and U Bha Khin. She is coauthor of the book, *A Beginner's Guide to Insight Meditation*. She is passionate about building multicultural sanghas.



**Rhea Shapiro**

Rhea Shapiro, MA is a certified process-oriented diplomate in private practice; teaching at the Process Work Institute, Portland, OR in Conflict Facilitation and Organizational Change. She works with small groups to build sustainable communication. Rhea has practiced Vipassana meditation since 1979.

Out of respect for those with environmental illnesses, please do not wear fragranced products or clothes laundered with fragranced products to EBMC.



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[www.eastbaymeditation.org](http://www.eastbaymeditation.org)