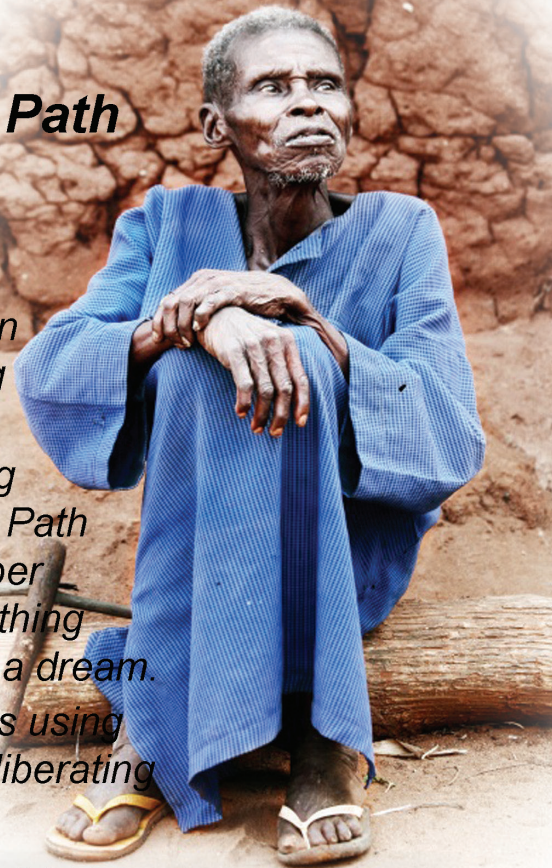


What Our Bones Know: The Ancient Way of the Eightfold Path

A class series with Rev. Zenju Earthlyn Manuel

In a world filled with loss and grief there is a strong need for compassion and good will. Often we do not know what we can do to help change things. One reason for this sense of feeling helpless is our not remembering that liberation comes from connectedness.

Through meditation and a creative process of storytelling (designed by the facilitator) we will explore the Eightfold Path or path to the cessation of suffering as a way to remember what we know in our bones. Buddha was emaciated, nothing but skin and bones when this path came to him through a dream. We can reestablish our connectedness as human beings using this ancient, non-linear path to develop the capacity for liberating wisdom, action, and insight.



Four Mondays, May 24, 31 & June 7, 14 2010

6:30 – 8:30 pm

East Bay Meditation Center www.eastbaymeditation.org

2147 Broadway Street, Oakland, CA 94612

(near the 19th Street BART station in downtown Oakland)



Rev. Zenju Earthlyn Manuel is a Zen priest in the Soto Zen Buddhist tradition in which she includes African and Native American indigenous healing practices. She holds a M.A. from U.C.L.A. and a Ph.D. in Transformation and Consciousness from the California Institute of Integral Studies. She is currently working on a third unfolding of her divination deck the Black Angel Cards as well as a novel based on the water goddess Erzulie. www.zenjuearthlynmanuel.com .

Registration is required and space is limited.

E-mail your full name to admin@eastbaymeditation.org

or call (510) 268-0696 and specify "register for Eightfold Path."

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.

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.



Designed by Jorge Midence