

# Zen Mind, Your Mind



"Zen...is the art of seeing into the nature of one's own being, and it points the way from bondage to freedom." – D.T. Suzuki

## a three-class series with Mushim

ZEN... is definitely not what you think it is. In this class series we'll do a flyover of the fascinating history of Zen Buddhism in Asia and its journey to California. We'll begin to explore the potential of Zen to radically and sometimes humorously help us attain freedom in our everyday lives. This is an introductory class. No previous meditation experience is required.

**Open to all**

Tuesdays, June 22, 29 & July 6  
7 – 9 pm

**East Bay Meditation Center** [www.eastbaymeditation.org](http://www.eastbaymeditation.org)

2147 Broadway Street, Oakland, CA 94612  
(near the 19th Street BART station in downtown Oakland)



Mushim (Patricia Ikeda-Nash) began practicing Zen in 1982 and helped to found the Zen Buddhist Temple-Ann Arbor. She has studied under Zen teachers in the United States, Canada, and S. Korea, both as a renunciant monastic and as a mother and layperson. A core teacher at EBMC, Mushim also teaches retreats for people of color and social justice activists nationally. Her name is a Zen term meaning "no mind."



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.



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 "register for Zen Mind, Your Mind."



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.