

# **LOVE AND JOY:**

*The practice of taking joy & pleasure in the happiness of others*  
*A half-day retreat for women of color with Dr. Marlene Jones*



Love and Joy, also known as Metta and Mudita in Pali and Sanskrit are both beautiful and satisfying practices that have been given to us by the Buddha in the Sacred Abodes. The practice of love comes from the heart as we wish for the health and well-being of loved ones, friends, strangers and all beings. The practice of sympathetic or altruistic joy allows us to take pleasure that gives us the opportunity of rejoicing in the delight of others' well-being rather than begrudging it.

**Open to all women of color with all levels of meditation experience, including beginners.**

**Saturday, September 18, 2010 1:00 to 5:00 pm**  
**East Bay Meditation Center [www.eastbaymeditation.org](http://www.eastbaymeditation.org)**  
**2147 Broadway @ 22<sup>nd</sup> St., Oakland**  
**Located near the 19th St. BART station**

**Registration is required and space is limited. E-mail [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 with your full name and request a registration form for "Love and Joy with Marlene Jones."**

**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.



**Dr. Marlene Jones** holds professorial appointments in the Social and Cultural Studies Program in the Humanities Department at Dominican University. Her doctorate is in International Multicultural Education. A social and community activist, she has worked in multicultural education and cultural inclusion efforts in communities and at Spirit Rock Meditation Center as one of the pioneers dating back to the early 1990s, which includes starting the People of Color Residential Retreats and teaching the POC Daylongs. She was the Co-Founder of the Spirit Rock Diversity Council where she served as chair. She

has also served on the Spirit Rock Board of Directors. Dr. Jones was introduced to meditation in 1970.

**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.**

