

Desire as Obsession

Desire for Freedom

a day of meditative practice for the LGBTQI Community

led by **Arinna Weisman**; assisted by **John Mifsud**

Saturday, December 4, 2010 9:30 ~ 4:30

An opportunity to gather in shared identity, to handle ourselves tenderly and without judgment, and explore powerful energies alive inside each of us.

Let's increase our capacity to see when our desires lead us into suffering and when our desires lead us home, to our true nature of clarity and compassion.



Arinna Weisman has studied insight meditation since 1979 and has been teaching since 1989. Her root teacher is Ruth Denison who was empowered by the great teacher U Bha Khin. She has also studied with Thich Nhat Hanh in the Zen tradition, Punjabi in the Advaita tradition and Tsokney Rinpoche in the Dzogchen tradition. She is the founding teacher of the Insight Meditation Center of the Pioneer Valley/Dhamma Dena. She is also co-author of the book, *A Beginner's Guide to Insight Meditation* and her passion is to build multi-cultural sanghas.
www.arinnaweisman.org

John Mifsud has studied insight meditation for ten years and recently completed EBMC's Commit to Dharma Program led by Larry Yang. He is currently in the Community Dharma Leaders Training Program at Spirit Rock. He is a lead facilitator of the EBMC Deep Refuge Affinity Group for Men of Color and their Euro-descent allies. He also studied with Rodney Smith at Seattle Insight Meditation for eight years. John spent many years on the Leadership Team of Seattle Dharma Buddies, a meditation group for GBT men and also coordinated the Seattle Multicultural Sangha.



EAST BAY MEDITATION CENTER

2147 Broadway Street, Oakland, CA 94612

(near the 19th Street BART in downtown Oakland)



To protect the health of members with environmental illness, please do not wear fragranced products or "natural" fragrances or clothes laundered in fragranced products to EBMC.

COST: The teachings are regarded as priceless so they are offered without a fee. You are invited to support the teachings and our efforts with voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

Registration is required. Space is limited. Email your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "December Daylong on Desire."