



THE FOUR NOBLE TRUTHS:

THE JOURNEY FROM DISSATISFACTION TO FREEDOM FROM SUFFERING

A class series with **Mushim**
open to all

4 Mondays: Feb. 28 – March 21, 2011
7 – 9 pm

East Bay Meditation Center www.eastbaymeditation.org
2147 Broadway Street, Oakland, CA 94612
(near the 19th Street BART station in downtown Oakland)

What is true happiness and freedom and how can we attain it? When we think about our loved ones, jobs, bodies, and personal property we may feel a deep, inner sense of underlying dissatisfaction – “If only I had more of this and less of that, then I could be truly happy!” Is our human potential for lasting happiness doomed to always be limited by the anxiety of losing that which is dear to us? The Buddha’s first teachings are the Four Noble Truths in which he broke down human suffering, its causes, and the path to liberation from suffering. We’ll investigate what these teachings mean to us through Dharma talks, interactive exercises, reflective journaling, meditation and optional readings. Beginners in meditation are welcome.

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 & space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify “register for 4 Noble Truths.”



Mushim (Patricia Y. Ikeda) is a core teacher and Leadership Sangha member of EBMC. She teaches meditation retreats for people of color, social justice activists, and women nationally. Her Buddhist training has included both monastic and lay experience in North America and Asia since 1982, and she is also an author, mother, and diversity consultant. See www.mushim.wordpress.com

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.

