

While each of us cares deeply about the suffering in our families, relationships, communities, the environment, and the world, sometimes the medicine we need is an understanding of our own lives. In this daylong, we engage our sangha as we reflect on our

EAST BAY MEDITATION CENTER

FOR PEOPLE OF COLOR

SATURDAY, MARCH 12, 2011

10 AM-5 PM



THE EMOTIONAL WISDOM OF SANGHA

lives honorably and gather the wisdom that is unique to our experience and universal to all. Utilizing The Emotional Wisdom Cards™ for inquiry and guided meditations, we deepen our understanding of what it means to be human, and how to move through the world with more humility, kindness, and grace.



RUTH KING, MA, has been practicing vipassana since 1992. A life coach, retreat leader, and consultant to organizations, her work focuses on transforming negative emotions into positive fuel. She is the author of *Healing Rage*, *Soothing the Inner Flames of Rage*, and *The Emotional Wisdom Cards*. For more information about Ruth, visit www.RuthKing.net.

EAST BAY MEDITATION CENTER | www.eastbaymeditation.org | 2147 Broadway, Oakland, CA 94612 (near the 19th Street BART station in downtown Oakland)

REGISTRATION is required & space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Emotional Wisdom of Sangha."

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.



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