

Healing the Sacred Feminine

A daylong for Women of African Ancestry



In the beginning the Divine Feminine and the Divine Masculine resided together in a concept we call the Universal One, or, simply, harmony. The wounding began with division, and the healing is just beginning. In this daylong we will explore a time when all things feminine were recognized as a powerful part of creation. We will honor our African ancestry and unite as sisters doing our work together. Healing of the Sacred Feminine and taking her into the everyday is the only answer. We can begin the healing process through forgiveness, compassion and connection with our female ancestors.

All self identified African American women are welcome to join us in this special daylong which will include meditation, group work, talks on themes of the day and sacred music. Please bring food to share and item to share on the communal altar.

Date: July 30, 2011

Time: Saturday 10:00 am - 5:00 pm

East Bay Meditation Center- www.eastbaymeditation.org

2147 Broadway, Oakland, CA 94612

(near the 19th Street BART station in downtown Oakland)



Spring Washam has practiced meditation in various traditions since 1997. She is a founding teacher of the East Bay Meditation Center and leads the weekly People of color sitting group there. She is considered a pioneer in bringing mindfulness based healing practices to diverse communities. Spring has extensively studied indigenous healing practices and leads meditation and healing retreats throughout the US.

Registration is required and space is limited. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name to request a registration form for "Recovering the Sacred Feminine."

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. ~ EBMC is wheelchair accessible.