

INDIGENOUS PRESENCE: DECOLONIZING THE MIND AND CULTIVATING THE CAUSES OF HAPPINESS

Presented by
Karen Waconda, Jeff Houser and Bonnie Duran



cosponsored by EBMC and the Wicahpi Koyaka Tiospaye (WKT) <http://wica hpikoyaka.org>

a one-day retreat open to all

Sunday Oct. 9, 2011

10 am – 4:30 pm

East Bay Meditation Center

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

Space is limited & registration is required.
Register at www.eastbaymeditation.org or
email admin@eastbaymeditation.org for
registration information.

This day-long retreat will provide a conceptual framework and practice guidelines for “Indigenous Presence” meditation. This practice maps the fundamental mental health optimizing characteristics of Indigenous ceremony onto the methods and outcomes of another ancient traditional expression of sacred presence, that of mindfulness and loving-kindness meditation. Indigenous Presence is a way of coming into harmony with the present moment and our world; and provides space for acceptance, and the cultivation of clarity, confidence, resilience and strength. This retreat is instructional, experiential and interactive. After this event, participants will:

1. Understand the mental health optimizing characteristics of Indigenous Ceremony, loving-kindness and mindfulness meditation
2. Recognize the techniques of Indigenous Presence meditation

Karen, Jeff and Bonnie are all graduates of the Community Dharma Leader Program at the Spirit Rock Meditation Center in Woodacre, California. Karen is director of Traditional Medicine at First Nations Community HealthSource in Albuquerque, New Mexico. Jeff is tribal Chairman of the Fort Sill Chiricahua Apache Tribe in Oklahoma, and Bonnie is an Associate professor at the University of Washington Indigenous Wellness Research Institute.

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.

designed by www.shelleyfirth.com

