

The Story in the Story, the Poem within the Poem: Meditation & Creative Writing

A one-day workshop open to all with Mushim

Sit down, open up, quiet your mind, start to write! Beginning and more experienced writers alike are invited into a quietly playful, non-judgmental and creative space for a day of writing exercises, mindfulness meditation, and sharing. Beginners in meditation are welcome.

Saturday, Nov. 12, 2011
10:00 am – 4:30 pm
East Bay Meditation Center
2141 Broadway, Oakland

(near the 19th Street BART station in downtown Oakland - Upstairs from the East Bay Meditation Center; enter from 22nd Street side of the building.)

www.eastbaymeditation.org

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.

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

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.

Photo by _sjg_ http://www.flickr.com/photos/_sjg_/5472660657/



Mushim

(Patricia Y. Ikeda) is a widely-published writer of poetry, essays on Buddhism and diversity, and creative non-fiction. She holds an MFA from the University of Iowa Graduate Writers Workshop, and has taught meditation and writing workshops in a variety of venues, including at EBMC, where she is a core teacher. Mushim is a board member of the Gardarev Center, supporting creatively engaged social justice artists and thinkers. See www.mushim.wordpress.com



I am an invisible man. (Ralph Ellison) 🍀 Ships at a distance have every man's wish on board. (Zora Neale Hurston) 🍀 It was the day my grandmother exploded. (Iain M. Banks)
🍀 Every summer Lin Kong returned to Goose Village to divorce his wife, Shuyu. (Ha Jin) 🍀 I dreamt—marvelous error!— / that it was God I had / here inside my heart. (Antonio Machado, trans. R. Bly)