

A Beautiful Mind

A four part class series on: Joy, Loving kindness, Equanimity, Compassion

The four *brahma-viharas* represent the most beautiful and hopeful aspects of our human nature. They are mindfulness practices that protect the mind from falling into habitual patterns of reactivity which belie our best intentions.

Also referred to as mind liberating practices, they awaken powerful healing energies which brighten and lift the mind to increasing levels of clarity. As a result, the boundless states of loving-kindness, compassion, appreciative joy and equanimity manifest as forces of purification transforming the turbulent heart into a refuge of calm, focused awareness.



Dates: Nov. 28, Dec. 5, 12, 19, 2011

Time: Mondays 7:00 pm – 9:00 pm

East Bay Meditation Center- www.eastbaymeditation.org

2141 Broadway, Oakland, CA 94612

(enter off of 22nd Street)

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



Spring Washam has practiced meditation in various traditions since 1997. She is a founding teacher and core leader at the East Bay Meditation Center. She is a new Teacher at Spirit Rock Meditation Center where she has been training for many years under the guidance of Jack Kornfield. In addition, Spring has extensively studied indigenous healing practices and works with students individually from around the world. She currently leads meditation & healing retreats.

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.

www.eastbaymeditation.org ~ EBMC is wheelchair accessible