



Living Koans A four class series with Rev. Keiryu Liên Shutt

Open to all

Four Tuesdays

Jan. 10, 17, 24, & 31, 2012

6:30 – 8:30 pm

East Bay Meditation Center

www.eastbaymeditation.org

2147 Broadway at 22nd Street, Oakland
(near 19th Street BART)

Have you always been intimidated by koans....yet at the same time fascinated? This class series will share how koans can be used as a means to inform our every day awakened lives. Meditation/zazen, Dharma talks, small group discussions, and creative exercises will be used to give us a sense of how the wisdom in koans can illuminate our work, effort, expectations, perception of self or other, and the great matters of birth and death.

We will explore one koan each week, in order to get a taste of traditional koan practice. For the first class, please bring with you the koan, *“What is the sound of one hand clapping?”*



Rev. Keiryu Liên Shutt: Born into a Buddhist family in Vietnam, Rev. Keiryu Liên Shutt, began group sitting in 1996 in the Spirit Rock tradition of Insight Meditation. She is a founding member of the Buddhists of Color. Her Soto Zen training began in 2002 at San Francisco Zen Center’s monastery at Tassajara. Ordained in 2005 with Zenkei Blanche Hartman Roshi, Liên has practiced in Japan, Thailand, and Vietnam. As a social worker working with formerly chronically homeless seniors, Liên’s intention these days is sharing ways in which the deep settledness of traditional practices can be brought into everyday life.



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