

Space is limited & registration is required. Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto: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.

## Working with Judgments

a one-day retreat with Donald Rothberg assisted by Shahara Godfrey



Open to all  
Sunday, January 15, 2012  
9:30 am - 5 pm

East Bay Meditation Center Upstairs  
[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

2141 Broadway, Oakland  
(enter off 22<sup>nd</sup> Street)



Judgments of a reactive and compulsive nature are very strong in most of our lives. They can distort our perceptions, make relationships with others difficult, and undermine our work in the world. We may also internalize the prevailing judgments of our society related to race, gender, sexual orientation, employment status, etc. We will explore the nature of judgments and how to transform them, using mindfulness and lovingkindness practices, inquiry, and role-play. These will help us to transform the energy of judgments — preserving the intelligence often found in judgments, while working through the destructive aspects of judgments. Optional monthly follow-up sessions.



**Donald Rothberg, Ph.D.**, a member of the Spirit Rock Teachers Council, has practiced insight and lovingkindness meditation since 1976 and has also received training in Tibetan Dzogchen practice and the Hakomi approach to body-based psychotherapy. He has helped to guide three six-month to two-year training programs in socially engaged spirituality—for the Buddhist Peace Fellowship, Saybrook Graduate School, and Spirit Rock. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*, and is presently working on *Transforming the Judgmental Mind*.



**Shahara Godfrey, Ph.D.**, has trained in the Theravada Buddhist tradition for over 20 years. Other influences have been spiritual teachers from various cultures and traditions as well as the creative arts. She is a graduate of the Community Dharma Leaders and Path of Engagement programs at Spirit Rock. Shahara currently works as an Educator.