



To Settle the Self on the Self

A class series with Rev. Keiryu Liên Shutt

Open to all

4 Tuesdays: July 17 – August 7, 2012

7:00 PM – 8:30 PM

“We sit to settle the self on the self and let the flower of our life force bloom,” said Katagiri Roshi.

However, at times our practice can seem more about discomfort than ease. In this 4-class series, we’ll learn how to build capacity and work with the difficulties that can arise. Specific meditative techniques, Dharma teachings, reflections, and experiential exercises will be used to work with difficulties arising in three areas: body, heart and mind. Come learn how “blooming” can be possible.

May be especially useful to beginners and those with chronic challenges such as tight shoulders, sleepiness, etc.

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.



Rev. Keiryu Liên Shutt, LCSW was ordained in 2005 with Zenkei Blanche Hartman. After extensive monastic practices in the U.S. and overseas, she endeavors to share ways in which the deep settledness of traditional

practices can be brought into everyday life. To access talks and other retreat information, please go to www.sfzc.org or contact her at joyinzen@att.net.

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