

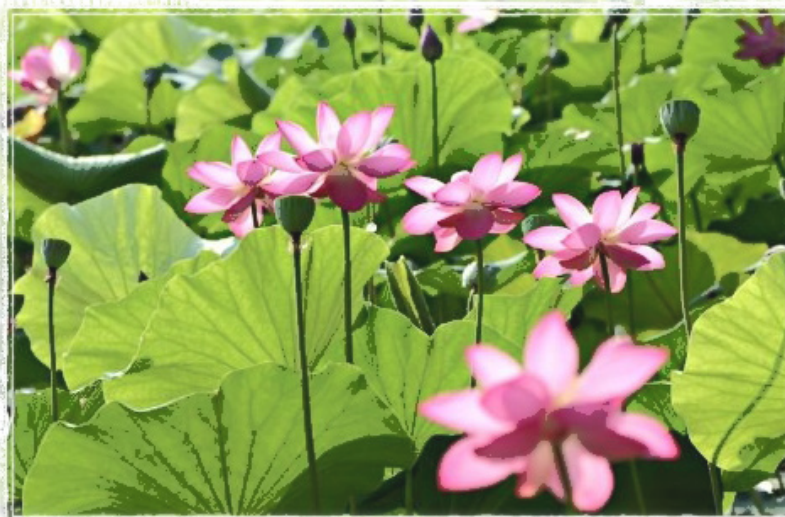
# Compassion – the ecology of our inner and outer life

with Kamala Masters  
Open to all

**T**here will be time for guided compassion meditation practice, a dharma talk on “Compassion – The Ecology of Our Inner and Outer Life”, and conversation with Q&A on deeply integrating compassion in our hearts and in our lives.



**Kamala Masters** is one of the founders and teachers of the Vipassana Metta Foundation on Maui. She teaches retreats in the Theravada tradition at venues worldwide, including being a Core Teacher at the Insight Meditation Society at Barre, Massachusetts. Practicing since 1975, her teachers have been the late Anagarika Munindra of India and Sayadaw U Pandita of Burma with whom she continues to practice. Kamala has a commitment to carrying and offering the purity of the teachings of the Buddha in a way that touches our common sense and compassion as human beings, and allows the natural inner growth of wisdom.



**East Bay Meditation Center**  
2147 Broadway in Oakland

**Sunday, July 22, 2012**  
**2:00 PM – 4:30 PM**

**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.

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.

