



Registration

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

Dana

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.

Fragrance-Free Policy

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.



EBMC is wheelchair accessible

EAST BAY
meditation center

285 17th Street
Oakland, CA
eastbaymeditation.org

An Appropriate Response

With Rev. Keiryu Liêm Shutt

Saturday, August 2, 2014

9:00 AM - 4:30 PM

Zen master Yunmen was once asked, "What is the teaching of the Buddha's entire lifetime?"

Yunmen answered, "An appropriate response."



Events of our lives and the world we live in can challenge us and we may wonder how best to respond. Dharma teachings can be helpful at such times, pointing towards ways to work with both internal and external circumstances. Join us in a daylong in which we explore Buddhist history, reflections, and practices, which help us build awareness, capacity, and wisdom to better arrive at appropriate responses for ourselves individually, our communities, and our world.



Keiryu Liêm Shutt is Dharma transmitted by Zenkei Blanche Hartman. Drawing from her 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. She teaches at San Francisco Zen Center, East Bay Meditation Center, and other Bay Area groups. To find out info about her sitting group, access talks, schedule a practice discussion (PD) and other retreat or workshop information, please go to www.AccessToZen.org

Founded to provide a welcoming environment for people of color, members of the LGBTQI community, people with disabilities, and other underrepresented communities, the East Bay Meditation Center welcomes everyone seeking to end suffering and cultivate happiness. Our mission is to foster liberation, personal and interpersonal healing, social action, and inclusive community building. We offer mindfulness practices and teachings on wisdom and compassion from Buddhist and other spiritual traditions. Rooted in our commitment to diversity, we operate with transparent democratic governance, generosity-based economics, and environmental sustainability.