



## Going Deeper in the Dharma: A Group for Committed Practitioners The Mystery of Nonself

May 2014 Session led by Mushim

Sunday, May 25, 2014

9:30 AM – 1:00 PM

### Registration

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.

### 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

A Buddhist teaching must contain 3 “seals” to be in alignment with the Dharma: impermanence, nonsself, and nirvana. At this half-day retreat we’ll contemplate “The Mystery of Nonsself” – or why the Buddha taught that “I, me, mine” are all illusory although we still have to eat, pay taxes, and if we stub our toe, “someone” says “OUCH!”

A “committed practitioner” is one who does not need instructions in sitting or walking/movement meditation, but who already has an established practice of any kind of meditation that can be done in silence and, during the sitting meditation periods, in stillness.



**Mushim (Patricia Y. Ikeda)** is an EBMC core teacher. She teaches meditation retreats for people of color, social justice activists, and women nationally. Her Buddhist training has included both monastic and lay experience in North America and Asia since 1982, and she is also an author, mother, and diversity consultant.

See [www.mushim.wordpress.com](http://www.mushim.wordpress.com).

**EAST BAY**  
meditation center

285 17th Street  
Oakland, CA  
[eastbaymeditation.org](http://eastbaymeditation.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.