



**E B M C**

meditation center

285 17th Street, Oakland, CA

**EVENTS**

**MAY** 2014  
eastbaymeditation.org

## Making Right Speech Possible

4-Week Class Series

Led by Marlena Willis &  
Kamala Itzel Berrio

4 Mondays May 5, 12, 19, 26, 2014  
7:00 pm – 9:00 pm



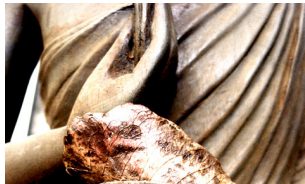
Many find right speech the hardest of the precepts to practice. Nonviolent Communication, as taught by Marshall Rosenberg, Ph.D., offers a way to address difficult issues, either in our personal life or in our work for social change, in a way that is kind and compassionate and keeps the door open for connection. Using it increases the possibility that we will actually get what we want rather than create more conflict. In this class series, we will explore the components of Nonviolent Communication in light of the Buddha's teachings.

## Going Deeper in the Dharma: A Group for Committed Practitioners

The Mystery of Nonsself

Led by Mushim

Sunday, May 25, 2014  
9:30 am – 1:00 pm



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.

## Write Action: Meditation & Writing for People of Color

A one-day retreat

Led by Mushim

Saturday, May 10, 2014  
10:00 am – 5:00 pm



This daylong retreat is for any Person of Color who desires to write – whether you are an experienced writer or a novice attempting to put together your first poem or story. The day will include basic meditation instruction and writing periods with suggested exercises and time for free-writing, and will include an open-mic sign-up for those who wish to share brief samples of their work.

Please bring a bag lunch, and feel free to bring unfinished projects (short excerpts of poetry, memoirs, fiction, etc.) for small group input during the lunch period.

## Making Life Count

A one-day retreat

Led by Venerable  
Pannavati

Saturday, May 31, 2014  
10:00 am – 4:00 pm



Rarely is Buddhism understood as a way of training that produces and celebrates genuine saints in the world. Yet this is essentially what Buddhism does if one engages it. It enables us to transform from being unhappy, individualistic, ordinary, run-of-the-mill, self-seeking and narrow-minded persons - suffering and causing suffering - to liberated, compassionate wisdom beings. This will be a combination of discourse, Q&A, meditation and feedback on experience. Appropriate for all practitioners.

## TEACHER BIOS



**Kamala Itzel**, after experiencing the loss of a relationship, job, and beloved family member within a two-month period, turned to meditation and yoga to address questions she had begun asking herself about the nature of life and loss. She has practiced Buddhist meditation since 2001 and has been sharing nonviolent communication with others since

2010. In 2010, she left her successful career as an attorney to follow her bliss and to embolden others to do the same. She is now a certified yoga teacher (RYT500) and certified life and career coach at [www.attunedliving.com](http://www.attunedliving.com). Contact her at [info@attunedliving.com](mailto:info@attunedliving.com).



**Marlena Willis** has practiced Buddhist meditation for many years, including intensive retreats. She was involved in early diversity work in the Buddhist communities in northern California, organizing five people of color meditation daylongs from 1992-1994, as well as diversity trainings for the community as a whole. She has completed the BayNVC

Leadership Program and has taught NVC at her church (the First Unitarian Church of Oakland) and for people with chronic illness and disability.



**Mushim** has published poetry, Buddhist essays, and autobiographical fiction widely under the names "Patricia Y. Ikeda" and "Mushim Ikeda-Nash." A core teacher at EBMC, she teaches meditation retreats for people of color and social justice activists nationally. Mushim is the first recipient of the Ragdale Foundation's Alice Hayes Writing Fellowship

supporting work on a book-length manuscript, *Elegy with Blue Shirt, Tie & Gun*. See <http://mushim.wordpress.com/>



**Ven. Dr. Pannavati** is Co-Abbot of Embracing Simplicity Hermitage in the US and a founding circle director of Women of Compassionate Wisdom. Ordained in both Theravada and Mahayana traditions with Vajrayana empowerments and dharma transmission from Roshi Bernie Glassman of Zen Peacemakers, she is a teacher and contemplative engaged in

compassionate action globally; advocating an egalitarian way of life for all. A recipient of numerous international humanitarian awards for working with homeless youth in rural America, the Untouchables in India and ordaining nuns in Thailand and Cambodia, Pannavati is known for her wit, humor and clarity.

## IMPORTANT INFORMATION

### 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.