

A PATH TO LIBERATION

The Four Noble Truths

Fear, pain, and loss are all part of human life, as are moments of joy and contentment. What are we to do? In these classes we'll explore the basic teachings of Buddhism on why we suffer and experience dissatisfaction and the teachings and practices that point the way toward healing, wholeness, and interdependence. Anyone can learn this stuff in theory – we'll concentrate on how we can apply it using our everyday lives, our cultural backgrounds and life experiences! Come and see why these were the very first teachings the Buddha offered right after his great enlightenment. Classes will include meditation with instruction, Dharma talks, discussion, interactive exercises and community building.

OPEN TO ALL

Four Tuesdays ~ October 7, 14, 21 & 28, 2008 ~ 7 - 9 pm

East Bay Meditation Center ~ 2147 Broadway downtown Oakland near 19th Street BART

Registration is required. So is attending all four sessions. Please keep EBMC fragrance free.

Please email your full name to admin@eastbaymeditation.org or call 510.268.0696.

MUSHIM IKEDA-NASH is a Buddhist meditation teacher, writer, and diversity facilitator who teaches meditation retreats for People of Color at Vallecitos Mountain Refuge, Manzanita Village/Ordinary Dharma, and Spirit Rock Meditation Center. A longtime practitioner of Buddhism, she has both monastic and lay experience. Her writing has been published in the magazines *Tricycle*, *Shambhala Sun*, *Turning Wheel*, and *Inquiring Mind* as well as in anthologies on women and Buddhism, parenting and Buddhism, and Dharma and diversity.

