

Practicing with Strong Emotions 5-Week Class Series

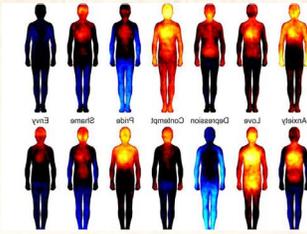
Led by John Mifsud

5 Wednesdays, April 2, 9, 16, 23, 30

7:00 PM – 9:00 PM

Sometimes, in meditation, we approach calmness and strong emotions arise suddenly. We cannot suppress them with busyness, denial or sensory over-stimulation so they often catch us off guard. Difficult emotions are unpleasant yet working with them undeniably leads to liberation.

In five sessions, we'll explore concrete tools directly from the Buddha's teachings to work with powerful emotions. Dharma talks will also explore challenging feelings including grief, anger, anxiety, lust and fear.



Our purification process must include working with human emotions. What choice do we have? What do we have to lose? A little suffering? A lot? Let's begin with courage...together.

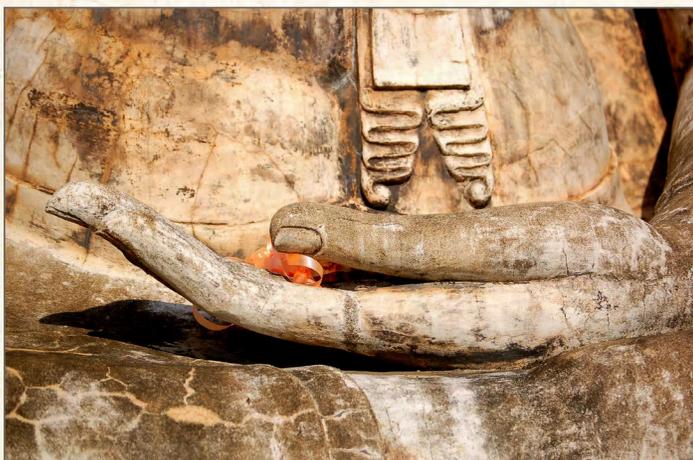
To Cherish All Life – The Buddha's 5 Precepts

Led by Mushim

3 Mondays – April 7, 14, 21

7:00 PM – 9:00 PM

Together we'll take a deep dive into how to hold and work with the questions and ethical complexities that arise when we grapple with trying to live in accordance with the Precepts. The Buddha's 5 basic guidelines for peace and happiness are: Not to kill but to cherish all life; not to lie but to tell the truth; not to steal, but to respect the things of others; not to commit sexual misconduct but to respect the wholeness of relationship; not to misuse intoxicants but to practice clarity of mind. Dharma talks, discussion, contemplative journaling, interactive exercises. Meditation instruction is provided for beginners.



Going Deeper in the Dharma: A Group for Committed Practitioners

April 2014 session – Led by Larry Yang

Saturday, April 5

9:30 AM – 1:00 PM

Sangha 3.0: The Practice of Collective Spiritual Leadership

As a community(ies) evolves and grows developmentally, so do the factors that create as healthy an experience as possible. A community does not develop randomly nor does it grow through wishful thinking.

There is a strategic and concerted effort that is made, which is often called Leadership. The conventional pattern of our dominant paradigm is that leadership is about efforts from individuals to lead. How do we recalibrate our experience with leadership so that it becomes a spiritual practice of all of us whether we are in the specific role of guiding others or not? How do we use the conventional components of Leadership (power, privilege, hierarchy, task focus, etc.) to manifest the unconventional purpose of the Dharma--to free our hearts and minds together?



Are you a committed practitioner looking to deepen and broaden your Dharma? Do you feel a need to connect with spiritual friends who have been on the path of the Dharma for awhile?

Bring your practice and your love for the Dharma to a regular group for committed practitioners. We will practice meditation together without explicit guidance (for this workshop it is assumed that you have a practice going already). There will be a Dharma talk and small group discussions about more in depth Dharma topics.



Acceptance and Serenity – Daylong for People in Recovery

Led by Shahara Godfrey & Walt Opie
Sunday, April 13

10:00 AM – 5:00 PM



One of the key prayers often recited in 12-step meetings is the Serenity Prayer which calls on us to, "... accept the things we cannot change (as well as

to change the things we can ..." in the hope of finding more serenity and peace. During this daylong for people in recovery, we will explore how our Buddhist practices of mindfulness meditation and the four Brahma Viharas (or Divine Abodes), especially Equanimity, can help us cultivate greater acceptance and serenity in our daily lives. No meditation experience is necessary. All are welcome.

Who Are We? A One-Day Retreat for People of Color

With Charlie Johnson & H. Margarita Loinaz
Sunday, April 27

10:00 AM – 4:00 PM

"Who are we?" This open-ended question has been the basis for deep spiritual inquiry since ancient times. It can reveal the thoughts, opinions, concepts, and sensations with which we often identify. More deeply, it can uncover the essence of what we are and the interrelationship of all things (animate, inanimate and energetic).



This inquiry can also help us understand the importance of our contribution to the state of the world of which we are a part. During our day together we will explore this question and share practices and teachings that help expand our understanding of ourselves and our relationships.

Grounding in Uncertainty

Led by Carol Cano & John Mifsud
Sunday, April 20

10:00 AM – 4:00 PM

The Buddha said, "Make your mind like the earth that receives all things steadily." Living in the present sounds easy enough. But what does that really mean?



What does it feel like to be fully awake in this present moment, to completely trust ourselves and our circumstances regardless of outcomes?

How do we meet this breath without being bound by our past nor distracted by our longings for the future? The Buddha trusted his birthright to be fully here and now. Enlightenment followed. This is also our very best next step in reaching liberation. Let's take it together.





TEACHER BIOS



Carol Cano is the Co-Founder and Guiding Teacher for Philippine Insight Meditation Community and Co-Founder of Templa Wellness in the Philippines. She started her practice 25 years ago at Wat Kow Tahm in Thailand. She moved to San Francisco in 1991, where she was introduced to Spirit Rock Meditation Center and the teachings of Jack Kornfield. Carol served on the Diversity Council with SRMC for several years, was mentored by Jack Kornfield the last four years, and completed the Community Dharma Leader program with SRMC. She has a unique cross-culturally braiding of Native American and Basque Spirituality that complements her Dharma practice.



Walt Opie leads the Berkeley Dharma & Recovery meditation group for people in recovery that meets weekly on Tuesday nights at Northbrae Community Church. He is a graduate of Spirit Rock's Community Dharma Leaders' (CDL4) training program and was mentored by Kevin Griffin (author of One Breath at a Time). In addition, he served in the Spirit Rock Communications Department for 7 years.



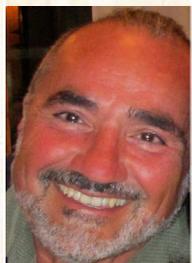
Shahara Godfrey, Ph.D., has trained in the Theravada Buddhist tradition for over 20 years. Other influences have been spiritual teachers from various cultures and traditions as well as the creative arts. She is a graduate of the Community Dharma Leaders and Path of Engagement programs at Spirit Rock.



Mushim (Patricia) Ikeda is a nationally known Buddhist teacher, writer, and multicultural community activist. She has taught residential mindfulness meditation retreats for people of color, social justice activists,

and women and she is guiding teacher of EBMC's Practice in Transformative Action yearlong program. See www.mushim.wordpress.com

John Mifsud was born on the Island of Malta. He has practiced Insight Meditation since 2001 and graduated from the Community Dharma Leaders Training Program at Spirit Rock Meditation Center in 2012. John has extensive retreat experience and traveled throughout Asia on four Buddhist pilgrimages. He teaches nationally with a special interest in delivering mindfulness tools to marginalized communities. John is a Community Teacher at the East Bay Meditation Center, and the founding leader of EBMC's Deep Refuge Sangha for Alphabet Brothers of Color. He is Executive Director of Next Step Housing and develops affordable housing for people living with special needs.



Charlie Johnson teaches Mindfulness Based Stress Reduction, yoga, qigong, meditation, and the Dharma in the greater San Francisco Bay Area. He has been practicing meditation and yoga since 1972 and teaching for over fifteen years. He has served on the EBMC Leadership Sangha and the Spirit Rock Meditation Center's Board of Directors.



Margarita Loinaz, M.D. has been a Buddhist practitioner since 1977 in the Tibetan and Theravada traditions with an emphasis on Dzogchen practice for the past 10 years. She contributed to the initiation of the diversity program at Spirit Rock Meditation Center and has taught intermittently since 1997. She is originally from Dominican Republic.



Jim Willems teaches vipassana and jhana meditations. He began practicing meditation in 1960 while he was bedridden with an autoimmune illness for six months. He was given permission to teach meditation by Anagarika Munindra and Joseph Goldstein in 1994. He believes the Dharma has made it possible for him to live with high levels of constant pain. Having had a prostatectomy for cancer, he understands the emotional impact of a significant change in sexual function.



Larry Yang teaches meditation nationally, and has spent much energy to deepen Dharma teachings within multicultural communities. Larry is a core teacher of EBMC. He is on the Teachers' Council and the Board at Spirit Rock Meditation Center, and is the Guiding Teacher of Insight Community of the Desert in Palm Springs, CA. Larry is trained as a psychotherapist and has spent six months as a Buddhist monk in Thailand. He considers retreat practice, family practice, livelihood practice, and householder practice all integral to a spiritual path towards Freedom. He is one of the teachers who coordinates the Community Dharma Leadership training program cultivating future leadership in the dharma.

IMPORTANT INFORMATION

• **Registration**

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

• **Dana (voluntary donation)**

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.

