

## **EBMC's Vision of a Culture of Social Change Work and Implicit Theory of Social Change**

### **Transformative Social Action**

East Bay Meditation Center ([www.eastbaymeditation.org](http://www.eastbaymeditation.org)) holds a vision of a culture of social change work that is kind, non-blaming, non-harming, strategically effective in reaching activist goals, compassionate, and skillful in communication and in action. Much of our programming is designed to support the efforts of individuals to bring these skills to their social justice work.

Because EBMC prioritizes serving People of Color, members of the LGBTQI community, and/or low-income people, as well as people with disabilities and chronic illness, we've been called the most diverse meditation center in the country. Our work rests on the three pillars of: Training in Inner Awareness Practices; Transformative Social Action; and Diversity. Because our mission specifically focuses on Transformative Social Action, and we emphasize the connection between inner transformation and progressive social change, we draw a large number of social justice activists.

### **EBMC's Implicit Theory of Social Change**

EBMC's mission states that we were intentionally founded in a celebration of diversity. We serve communities that are low-income, People of Color, LGBTQI, people with disabilities and chronic illness, and more. We support building up "critical mass," or greater numbers of people from groups historically targeted for oppression. We believe that if we begin by intentionally building a diverse spiritually-based organization that teaches inner awareness practices, leadership development, and community empowerment practices that are easily transmitted in a non-hierarchical fashion, this spirit of communities "celebrating" their own capacity for well-being and achievement powerfully cultivates a model of social change, creating the community in which we want to live. We foster transformative social change by first "being the change" we want to see in the world, and then taking that change into our communities.