

# The Courage to Live: the Practice of Forgiveness



**Sunday, Oct. 26, 2008**  
**9:30 am to 4:30 pm**

**East Bay Meditation Center**  
2147 Broadway, Oakland  
(2 blocks from the 19<sup>th</sup> St. BART station)



Larry Yang teaches meditation retreats nationally and has a deep interest in creating access to teachings of spiritual liberation for multicultural communities. Larry has practiced extensively in the USA, Burma and Thailand. He ordained as a Buddhist monk for six months under the guidance of meditation Master Ajahn Tong. Larry is also a core teacher on the Leadership Sangha of EBMC.

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**Wow... Forgiveness is a huge topic.** It can bring up so much around injury, pain, and trauma that we have experienced in the Past – as individuals and as communities. Our inability to let go sometimes numbs our lives in the Present, and it can limit how we live into the Future. Can we even address this in a daylong event? And if we don't start somewhere, does that mean we will never have the opportunity to try and live into all the possibilities of our fullest potential? We are invited to bring our courage to explore and cultivate the continuing opening of our hearts and minds. The intention is to explore – even in small ways – a most difficult practice, not to achieve perfection in Forgiveness, but to live the life that we vision for ourselves – a life which is more and more free from suffering. That would be enough.

There will be guided meditations, individual contemplative reflection, discussions in small and large groups, and journaling exercises. Open to both beginning and experienced meditation practitioners.

6 CEUs for social workers and psychologists pending approval.

**Cost:** The teachings are regarded as priceless and offered without a fee. You are encouraged to support the expenses of both the Center and our Teachers with voluntary donations (dana). To register, please e-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call 510-268-0696. For more information, visit [www.eastbaymeditation.org](http://www.eastbaymeditation.org)



We kindly request you do not wear fragrances or scented products.