

EBMC Events: April 2015



4 MONDAYS
APRIL 6, 13, 20, 27
7:00 PM–9:00 PM

UNFOLDING OF THE HEART THROUGH THE DIVINE ABODES

LOVING-KINDNESS, COMPASSION, EMPATHIC JOY AND EQUANIMITY

WITH NOLIWE ALEXANDER AND CAROL CANO

The four Divine Abodes are known as the Brahma Viharas: Loving-Kindness, Compassion, Empathic Joy and Equanimity. How do we deepen sitting meditation with the cultivation of these heart qualities? How might we transform our daily lives if we practice mindfulness of the Divine Abodes?

This series of four Monday evening classes will focus on the cultivation of these heart qualities through guided meditation, sharing of experiences, and question and answer periods. As we awaken to the four Brahma Viharas, we may begin to experience more peace and self-acceptance.



4 WEDNESDAYS
APRIL 8, 15, 22, 29,
7:00 PM–9:00 PM

FOR PEOPLE OF COLOR: BEGINNING A MEDITATION PRACTICE

PART OF EBMC'S CORE BUDDHIST TEACHINGS: 6-MONTH CURRICULUM

A CLASS SERIES FOR POC LED BY MUSHIM

Are you looking for a way to start a mindfulness meditation practice, but don't quite know how? These classes will give you the basics of sitting and walking/movement meditation in the vipassana (insight) style, and metta (goodwill) meditation. Don't worry about "getting it right" – if you can sit – on a folding chair, on floor cushions, in a wheelchair – or lie down – and breathe, you're off to a good start! For those seeking stress reduction as part of 6 months of suggested curriculum for those new to Buddhism. As self-identified people of color, we will practice creating beloved community to support each other's physical, mental, emotional and spiritual well-being.



SATURDAY
APRIL 11
10:00 AM–4:00 PM

OPENING THE HEART THROUGH DEVOTIONAL MUSIC

RETREAT LED BY JAY NAIR

Join us for a day of heart-opening kirtan music, chanting and meditation, with traditional Indian raga-based melodies, and Bhakti poetry. No previous experience is necessary, and you don't have to be a "good" singer to enjoy this retreat. Sing along or listen to kirtans and chants rendered in devotional and call-response style that will lead to meditation. Explore how the sounds of Tibetan singing bowls, Indian tanpura, tabla, and harmonium carry us into silence. Devotional songs and chants will be rendered in traditional Indian ragas and slow-paced rhythms, to awaken joy and invite healing and tranquility (shamatha).



SUNDAY
APRIL 12
10:00 AM–12:30 PM

FAMILY PRACTICE CLASS

OPENING THE HEART THROUGH THE BUDDHA'S TEACHINGS:

APRIL CLASS LED BY BARUCH GOLDEN AND MICHELE KU

We invite you to come and help create the diverse family sangha at EBMC. We welcome families with babies, toddlers and children up to age 12. The teachers will offer the Buddha's teachings and mindful practices that can be practiced at home. Parents/caregivers and young people will meet together and separately during the class. Children under 5 will need to have a parent/caregiver stay with them. We will explore bringing the Dharma to our daily lives through song, story, sharing, art and mindfulness practices. We are committed to creating a diverse family sangha. No prior experience is necessary.



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WEDNESDAYS
APRIL 15–JUNE 10
7:00 PM–8:30 PM

EBMC TEEN SANGHA

OPEN TO TEENS AGES 14-19

LED BY THE EBMC TEEN SANGHA TEAM:
DEVIN BERRY, SYRA SMITH, EVAN WONG,
KAT ROUBOS, ANTHONY "T" MAES, LOUIJE
KIM, HANNAH EL-SILIMY AND FRESH WHITE

EBMC Teen Sangha is a weekly meditation group for teens, ages 14-19. Our focus will be on creating deeper relationships with ourselves and each other, having fun, getting real and supporting each other. Learn mindfulness meditation and explore the dharma (Buddhist teachings) in creative experiential ways. No experience necessary. We are committed to maintaining a Sangha (community) that is welcoming to people of all identities.



SUNDAY
APRIL 19, 2015
9:30 AM–1:00 PM

GOING DEEPER IN THE DHARMA

A GROUP FOR COMMITTED PRACTITIONERS

APRIL 2015 SESSION LED BY MUSHIM

The third of the Five Hindrances that may supposedly mess up our meditation is sloth and torpor (*thīna-middha* or *styāna-middha*) or “heaviness of body and dullness of mind which drag one down into disabling inertia and thick depression.” (Other hindrances are sensual desire; ill will; restlessness and worry; and skeptical doubt.) By playfully making friends with our hindrances, quietly watching as they arise and dissolve, and by practicing their “antidotes,” our minds become more alert, generous and non-reactive, and we become more deeply acquainted with the causes of true happiness and stability.

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.



SATURDAY
APRIL 25, 2015
9:00 AM–1:00 PM

EXPERIENCE THE JOY OF MINDFUL LIVING

AN INTEGRAL “ONE DHARMA” HOLISTIC RETREAT WITH BROTHER CHISING

Rescheduled from November 2014

Please join us for this day of guided and silent sitting meditations, walking meditation, and mindful movement. The day will include Buddhist kirtan chanting, ritual, and writing. The Dharma teachings will focus on the topic of *Energizing, Enlightening & Empowering Your Love Life* with “love” that encompasses families, friends, partners, spiritual communities, Earth, and the universe.



EBMC Teachers



NOLIWE ALEXANDER

Noliwe Alexander has been a student of Vipassana meditation for over 15 years.

She became a dedicated practitioner after attending the 2nd POC Vipassana retreat at Spirit Rock in 2000 and the African American Retreat in 2002. She is a graduate of Community Dharma Leaders 4 program through Spirit Rock Meditation Center, completed the Commit2Dharma (C2D) program through EBMC and delivers Dharma talks at the Alphabet and POC Sanghas at EBMC and throughout the SF Bay Area. Noliwe is a Life & Business Coach, empowerment workshop facilitator, dedicating her coaching & Dharma practice to the LGBT, At Risk and Elder communities.



CAROL CANO

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 (SRMC) 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-cultural braiding of Native American and Basque Spirituality that complements her Dharma practice.



JAY NAIR

Jay Nair trained in Indian devotional music, performing from the early age of ten.

He teaches music, leads kirtans, and uses raga-based Indian devotional music and stories from the Bhakti tradition for meditations. Jay is a dedicated Bhakti practitioner, known for his ability to lovingly guide students beyond their own perceived limitations to find their own voice and inspiration. Jay composed and sang the complete "Heart Sutra" Sanskrit text for the movie "Journey of the Heart" (2013). He also arranged many Sanskrit, Pali and Tibetan chants into traditional Indian ragas. Audio of Jay's kirtans are available at <http://jaynairkirtan.weebly.com/>.



BARUCH GOLDEN

Baruch Golden is a long-time practitioner, hospice RN and mindfulness teacher. He

teaches mindfulness practices to children in elementary, middle and high school for the non-profit Mindful Schools, leads meditation groups in San Francisco jails and offers dharma talks at many Bay Area sanghas. He is a graduate of Community Dharma Leaders' Program in 2012 at Spirit Rock and the Buddhist Chaplaincy Training Program at the Sati Center of Buddhist Studies in Redwood City.



MICHELE KU

Michele Ku is a long-term Vipassana practitioner and a parent. She teaches

Mindfulness Based Stress Reduction to adults at Kaiser Oakland. She also has taught mindfulness to children in elementary schools through Mindful Schools. She is co-founder and peer leader of a small family sangha for families of color and multi-racial families in the east bay facilitated by parents. She is a graduate of Spirit Rock Meditation Center's Community Dharma Leaders Program in 2012. Her main spiritual practice is bringing mindfulness to everyday life and within the family.



MUSHIM

Mushim (Patricia Y. Ikeda) is an EBMC core teacher. She has taught meditation

retreats for people of color, social justice activists, and women nationally. Her Buddhist training has included both monastic and lay experience in North America and Asia since 1982, and she is also an author, mother, and diversity consultant. See www.mushim.wordpress.com



BROTHER CHISING

Brother ChiSing, M.A., M.Div., is the Spiritual Director of Awakening Heart Dallas

Meditation Center, one of the largest lay-led Interfaith Buddhist meditation centers in North Texas. He is the founder of several practice communities including New Generation Sangha, Gay Young Spirit, Q-Sangha, and Young Enlightened Souls (YES). He is a popular public speaker and retreat facilitator. Though his primary teacher is Thich Nhat Hanh (Order of Interbeing), he has also trained in many weeklong intensive meditation retreats in other traditions, including Soto Zen, Rinzaï Zen, Sanbokyodan Zen, Chinese Ch'an, Vipassana, Dhammakaya, Chinese Pure Land, and Christian Meditation. Please see: www.awakeningheart.org
