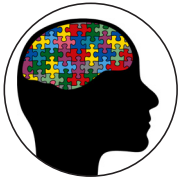


# EBMC Events: October 2014



4 WEDNESDAYS,  
OCTOBER 1, 8, 15, 22  
7:00PM–9:00PM

## CLEARING YOUR MIND: TOOLS & TECHNIQUES FOR INCREASING CONCENTRATION

WITH JOHN MIFSUD

Clearing Your Mind is for experienced and new meditators, and will explore practical applications and techniques to deepen concentration. “How-to” tools will be coupled with Buddhist teachings to strengthen meditation practice. Teachings include The Five Hindrances, Single Pointed Concentration, Choiceless Awareness and Luminous Mind, Body Scans, Mantras and Creative Visualizations and Divine Abodes.



SATURDAY  
OCTOBER 4  
10:00AM–4:30PM

## TOUGH LOVE & FIERCE METTA WITH MUSHIM

The healing benefits of Loving Kindness (metta) Meditation are well-known. But what happens when soft, soothing words, and gentle loving kindness just don't cut it? Do we always have to be “nice” when we're extending compassionate love to others? How can we be loving as we take action against injustice, war, oppression, in service of creating a more peaceful society and world? What is the relationship of anger and fierceness to true (spiritual) love? Join us for a daylong retreat of silent meditation, interactive exercises and discussion, and Dharma talks. Beginners in meditation are welcome and instruction is provided.

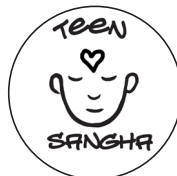


SUNDAY  
OCTOBER 5  
10:00AM–5:00PM

## BEING PRESENT IN THE BODY: USING MINDFULNESS TO WORK WITH PERSONAL TRAUMA

WITH PAWAN BAREJA

This daylong will empower us to work with our wounds using the wisdom of Vipassana mindfulness practices and skills of Somatic Experiencing®, a trauma healing modality created by Dr. Peter Levine to work with personal trauma. The day will include instructions on how to recognize traumatic responses in our bodies, which can inhibit our daily lives through stress and anxiety. Using somatic (body-based) skills, we can begin to free up our energy so we feel more settled, grounded, and calm in our lives. Applying the tools offered in this daylong, our nervous system can begin to regain its innate capacity to self-regulate.



SATURDAY  
OCTOBER 11  
11:00AM–4:00PM

## TEEN SANGHA DIVING DEEPER: ONE DAY RETREAT

TEACHING 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. For this daylong retreat, we will meditate, explore the Dharma, and connect through relational mindfulness games, building loving awareness for ourselves and our community

No experience necessary. We are committed to maintaining a Sangha (community) that is welcoming to people of all identities.

# EBMC Events: October 2014



SUNDAY  
OCTOBER 12  
10:00AM-11:30AM  
FOR CHILDREN AGES 0-12 & FAMILY/CAREGIVERS

## **FAMILY PRACTICE: OPENING THE HEART THROUGH THE BUDDHA'S TEACHINGS**

WITH MICHELE KU AND BARUCH GOLDEN

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.



3 MONDAYS  
OCTOBER 13, 20, 27  
7:00PM-9:00PM

## **HONORING THE PAST; EMBRACING THE PRESENT; SERVING THE FUTURE: OUR ANCESTRAL LINEAGES**

WITH ARISIKA RAZAK

This embodied class series invites us to cultivate an awareness of, and appreciation for, our diverse human and non-human ancestral lineages. The classes will include movement, music, sitting meditation, Metta, guided imagery/visualization, small group sharing, and walking. These modalities will support an investigation of the biologic human diversity which we embody, the cultural and spiritual lineages that have supported us, and the planetary web of life in which we are embedded.



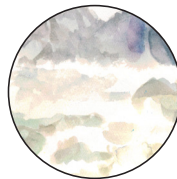
SATURDAY  
OCTOBER 5  
10:00AM-4:30PM

## **THE POWER OF GENEROSITY: FROM THE PERSONAL TO THE GLOBAL**

WITH DAVID FOCKE AND BRENDA SALGADO

The practice of "gift economies" is both ancient and enjoying resurgence, as communities seek to share resources and experiment with more interconnected ways of living together. Cultivating generosity at an individual level creates opportunities for spiritual awakening, while cultivating generosity at collective levels builds social foundations for radical inclusivity.

We will begin the day focusing on cultivating generosity in our lives, based in Buddhist and other wisdom traditions. The second part of the day will focus on generosity at community and systems levels. We will explore generosity as a revolutionary practice pointed toward cultivating a sense of "enoughness" in ourselves and in the world.



SUNDAY  
OCTOBER 26  
10:00AM-4:30PM  
2 WEDNESDAYS  
OCTOBER 29,  
NOVEMBER 5  
7:00PM-9:00PM

## **FACING DEATH COMPASSIONATELY**

DAYLONG WITH MUSHIM & REV. TOVA GREEN

Based in Buddhist teachings and practices, this class series is for people facing their own death and/or the death of loved ones, including both sudden and gradual deaths. How to be present and more comfortable with death and dying; understanding the difference between grief and depression; acknowledging different cultural attitudes toward death and terminal illness; and other topics will be covered in a gentle, interactive, and exploratory way. A resource list will be provided. Open to beginners in meditation.

# EBMC Teachers



**PAWAN  
BAREJA**

Pawan Bareja, Ph.D., has practiced Vipassana meditation for over 10 years. She is a Somatic Experiencing (SE) Trauma Resolution Practitioner, a Buddhist Ritual Minister and has assisted several daylongs at Spirit Rock, including the annual "Care Providers" daylong. She is a graduate from Spirit Rock's Community Dharma Leadership Program. In her private practice, she works with symptoms of stress, anxiety and trauma in a diverse population of clients. She uses trauma resolution techniques and mindfulness meditation to help her clients find ease in their daily lives. She teaches classes on mindfulness and trauma in the Castro district in San Francisco.



**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.



**DAVID  
FOECKE**

David Foecke first encountered meditation in 1982 at a 10-day retreat. Since then, he has sat some fifty-plus retreats, adding up to more than two years of his life. He completed the Community Dharma Leader Program (where he co-chaired the Diversity Committee), and served on the Board of Directors, at Spirit Rock. He co-founded a popular restaurant, has been a community organizer, and was Director of a two social change non-profit organizations. He functioned in a volunteer Executive-Director-equivalent role on the Leadership Sangha during the seven years (2005-2012) of EBMC's "start-up" phase, where he helped design our generosity-based operating systems.



**REV.  
JISAN TOVA  
GREEN**

Rev. Jisan Tova Green is a resident of San Francisco Zen Center, where she is a practice leader and works as SFZC's Vice President. She was ordained in 2003 by Eijun Linda Cutts in the lineage of Shunryu Suzuki Roshi. Tova co-founded and leads the Queer Dharma group at SFZC. She has sat with people who are dying and their families and friends as a hospice social worker.

# EBMC Teachers



**JOHN  
MIFSUD**

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 across the county and traveled throughout Asia on four major Buddhist pilgrimages. He 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 teaches internationally with a special interest in delivering mindfulness tools to marginalized communities.



**MUSHIM  
(PATRICIA Y.  
IKEDA)**

Mushim (Patricia Y. Ikeda) is an EBMC core teacher. She teaches 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.



**BRENDA  
SALGADO**

Brenda Salgado has been practicing Buddhist meditation for 14 years, and has participated in residential retreats and classes at Spirit Rock, Deer Park Monastery, Land of Medicine Buddha and Nyingma Institute. Her prior work at Movement Strategy Center focused on integrating spiritual and contemplative practices into social justice movement building. Brenda is first generation Nicaraguan-American, born and raised in the San Francisco Bay Area. She is grateful to her elders, teachers, parents, ancestors, and the natural world for instilling the cultural and spiritual values that have led her to social justice, indigenous healing and ceremony, and spiritual work.



**ARISIKA  
RAZAK**

Arisika Razak, RN, NM, MPH is the former Chair of the Women's Spirituality Program at the California Institute of Integral Studies (CIIS). Her teachings incorporate diverse spiritual traditions, women's health and healing, multicultural feminisms, queer theory, and contemporary diversity theory. Arisika has led national and international spiritual and healing workshops and ritual celebrations for women for over three decades, as well as embodied spiritual workshops for women and men, including several daylong workshops at EBMC. She has co-facilitated workshops with Marlene Jones at Spirit Rock Meditation Center.

**COST:** 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.

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.