

# EBMC Events: February 2015



4 MONDAYS  
FEB 2, 9, 16, 23  
7:00PM–9:00PM

## ORIGINAL MEDICINE BRAIDING BUDDHIST PRACTICE WITH INDIGENOUS WISDOM WITH CAROL CANO

Indigenous societies recognize individuals holding their personal power as original medicine. In this series, we will explore ways to come into our original medicine from a cross-cultural braiding of Buddhist practice with indigenous wisdom. Through this practice, we enhance our personal growth and build deeper relationships with self and each other, and a long-term commitment to the intentional community of EBMC.

We will begin by expanding our relationship with mother earth as she goes through her cycles of change. Our hope is to build a community of shared spiritual belonging and liberation.



4 WEDNESDAYS  
FEB 4, 11, 18, 25  
7:00 PM–9:00PM

## BUDDHA'S 4 BIG TRUTHS LIBERATION FROM SUFFERING WITH MUSHIM

Why do we suffer? How can we be released from suffering? The Buddha's first teaching after his Enlightenment is called the Four Noble Truths, which form the foundation of Buddhist life and understanding. These four "big" truths address human suffering and oppression, analyze their root causes, and describe a path of liberation from human suffering that is both profound and practical. Dharma talks, interactive exercises, journaling, meditation and optional readings. Beginners in meditation are welcome. a sense of increased physical well-being, mental clarity, compassionate connection, and spiritual growth.



SATURDAY  
FEBRUARY 7  
9:30AM–4:30PM

## SPIRITUAL INTEGRITY AN INVITATION INTO WHOLENESS WITH LARRY YANG

As we continue on our spiritual path, wherever we have come from and to wherever we may go, our faith, strength, and sustenance can arise through the bringing all of who we are into our journey. This is the experience of Integrity or creating Wholeness from the different pieces of our lives. And we know intuitively, experientially, and empirically that the Whole is so much greater than the sum of the parts. Join us to explore cultivating Integrity and Wholeness in our spiritual practice. Open to all levels of meditation—beginners to experienced practitioners. Please bring your lunch and all of who you are into our experience together.



SUNDAY  
FEBRUARY 8  
10:00AM–12:30PM

## FAMILY PRACTICE LED BY EVE DECKER, SHAHARA GODFREY, 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.





# EBMC Teachers



## CAROL CANO

Carol Cano is the Co-Founder and Guiding Teacher for Philippine Insight Meditation Community and Co-Founder of Tempa 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.



## EVE DECKER

Eve Decker is a meditation teacher and dharma musician. She has been practicing Vipassana meditation since 1991 and received training as a Community Dharma Leader through Spirit Rock Meditation Center. For more about Eve, see [www.evedecker.com](http://www.evedecker.com)



## REV. DAIGAN GAITHER

Rev. Daigan Gaither began Buddhist practice in 1995. He received Priest Ordination in 2011 from Ryushin Paul Haller Roshi at San Francisco Zen Center. In 2009 he co-founded Queer Dharma at SFZC with Tova Green. His work and practice include many hours devoted to community service and volunteerism as one of the Sisters of Perpetual Indulgence. Daigan has been a speaker at Gay Buddhist Fellowship, Gay Buddhist Sangha, and the LGBT Sangha at the Lesbian and Gay Community Center in San Francisco. Daigan speaks nationwide on a variety of topics including sex, sexuality, politics and activism in relation to Dharma.



## 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.



## SHAHARA GODFREY

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.



## DONALD ROTHBERG

Donald Rothberg, Ph.D., a member of the Teachers Council at Spirit Rock, has practiced Insight Meditation since 1976, and has also received training in Tibetan Dzogchen and Mahamudra practice and the Hakomi approach to body-based psychotherapy. Formerly on the faculties of the University of Kentucky, Kenyon College, and Saybrook Graduate School, he currently writes and teaches classes, groups, and retreats on meditation, transforming the judgmental mind, mindful communication and wise speech, working skillfully with conflict, and socially engaged Buddhism. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.



## MUSHIM (PATRICIA Y. IKEDA)

Mushim 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. See [www.mushim.wordpress.com](http://www.mushim.wordpress.com).



## KEIRYU LIEN SHUTT

Keiryu Lien Shutt is Dharma transmitted by Zenkei Blanche Hartman. Drawing from her monastic practices in the U.S. and overseas, she endeavors to share ways in which the deep settledness of traditional practices can be brought into everyday life. She's based at San Francisco Zen Center but also teaches at other Bay Area groups. To access talks, schedule a practice discussion (PD), and info on other retreat and sitting group information, please go to [AccessToZen.org](http://AccessToZen.org)

## MEN OF COLOR DEEP REFUGE GROUP

DeNNiSOmeRa seeks intersections of scholarly creative w/spiritual ancestral practices to visibilize & intervene in Western Eurocentric colonial imperial assimilationist supremacist normativity.

**Devin Berry:** I am rooted in ancestral healing practices and have been a dharma practitioner since 1999. I am committed to deep-time liberation in my practice.

**Jonathan "Bong" Lau:** I am Queer and a Chinese man, that is dedicated to the spiritual empowerment of self and all men

**Kevin R. Martin:** I am committed to Intercultural dialogue in Buddhist Communities of Color and empowering practitioners toward seeking their higher selves.

**Robert White:** I am a thinker, counselor and seeker of truth on a spiritual path

**Sarwang Parikh:** I am a radical South Asian healer, dedicated to the Dharma and men's work.

**Thomas Davis IV:** I am a Dharma teacher in-training that explores Ethics and the intersecting parallels within Spiritual Philosophies.



## LARRY YANG

Larry Yang teaches meditation nationally, and has spent much energy to deepen Dharma teachings within multicultural communities. Larry is a core teacher of EBMC and Insight Community of the Desert in Palm Springs, CA. He is on the Teachers' Council and the Board at Spirit Rock Meditation Center. 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 household practice all integral to a spiritual path towards Freedom. He is one of the teachers who coordinate the Community Dharma Leadership training program cultivating future leadership in the Dharma.