

EBMC Events: January 2015



SATURDAY
JANUARY 3
9:30AM–3:30PM

EMBRACING CHANGE

WITH REV. KEIRYU LIËN SHUTT

Change can be hard. Especially if it's not one that we've chosen: a job or relationship loss, an illness, or other life-transition events. At such time, thinking about all the possible options can feel confusing: "Should I do what I've always wanted to do or stay with what I know? Go towards my 'heart's desire' or get more training?"

Join us as we explore how incorporating meditative practices and motivational tools can assist in meeting change with ease, grace and skill. Learn ways to be with, envision and then find the drive to go towards the life you can create!



4 WEDNESDAYS
JAN 7, 14, 21, 28
7:00 PM–9:00PM

BEGINNING A MEDITATION PRACTICE

WITH 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! This series is for those seeking stress reduction, or it can be the gateway to 6 months of suggested curriculum for those new to Buddhism. Meditation can help you, over time, to develop a sense of increased physical well-being, mental clarity, compassionate connection, and spiritual growth.



SATURDAY
JANUARY 10
9:30AM–5:00PM

DEEP TIME LIBERATION

**BEARING WITNESS; PATHWAY TO HEALING:
DAYLONG FOR PEOPLE OF COLOR**

WITH NOLIWE ALEXANDER &
DEVIN BERRY

Bearing witness to our intergenerational suffering opens the portal for deep present-moment healing. Some of the most difficult aspects of our lives are those that are entangled in our deep cultural conditioning. Cutting through the obstacles that bind us will lead to deep time liberation.

Join us for a day of experiential heart opening practices, mindful drumming, and integrated mind-body movement.

Bring an ancestral item for our collective altar.



SUNDAY
JANUARY 11
10:00AM–12:30PM

FAMILY PRACTICE

LED BY MUSHIM & MASTER JOHN W. ELLIS IV

A fun mindfulness class for children 6 years old and up and their parents or guardians. Families will spend time together in full group mindfulness activities and there will also be time for separate practice – children will do mindful movement with Master Ellis while Mushim leads a calming guided meditation for adults (no previous meditation experience is required). Adults are invited to bring a snack for their own family; suggestions for mindful eating will be provided by the teachers. No babies or children under 6, please.

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SATURDAY & SUNDAY
JAN 17 & 18
9:00AM–5:00PM

INTRODUCTION TO KINGIAN NONVIOLENCE CONFLICT RECONCILIATION

WITH KAZU HAGA, BILL BANK, STEPHANIE
CHIN AND THERESA PUALEI GUY

This two-day training will provide participants with a comprehensive introduction to the philosophy and strategy of Kingian Nonviolence. This training is useful for anyone who deals with conflict: interpersonal or larger social conflicts, whether in your personal life, in the workplace, or in your work for social change.

During this training, we will go over the types and levels of conflict, readings and analysis of Dr. King's thinking, the six principles of nonviolence and the six steps of nonviolence. The training will include lectures, role-plays, video presentations, and other interactive activities. More information available at www.eastpointpeace.org



SATURDAY
JANUARY 24
10:00AM–5:00PM

OPEN MIND, SPACIOUS HEART, JOYFUL BODY

AN EMBODIED WORKSHOP FOR WOMEN OF COLOR
WITH ARSIKA RAZAK

This one-day workshop for women of color will use Buddhist spiritual practices along with modalities drawn from a variety of spiritual traditions to compassionately explore the inevitability of change in our lives and bodies. We will use diversity exercises to verbally and non-verbally share the stories of our oppressions, drawing on movement and/or kinesthetic imagination to celebrate our sacred bodies.

The day will include movement, music, sitting meditation, Metta, guided imagery/visualization, and small group sharing.



SUNDAY
JANUARY 25
9:30AM–4:30PM

MEDITATION & SOCIAL JUSTICE CONTEMPLATIVE PRACTICES FROM 4 FAITH TRADITIONS

WITH BK BOSE (RAJA YOGA), RABBI DIANE
ELLIOT (JUDAISM), IMAM IBRAHIM FARAJAJE
(SUFU MUSLIM), AND MUSHIM (BUDDHISM)

What does a living practice of meditation or contemplation look and feel like in four different faith traditions? And how can these practices support collective movements of social change . . . or do they remain practices of individual quests for inner peace or union with the divine? This daylong will emphasize experiencing meditations from four faith traditions, led by activist spiritual teachers and clergy. No prior experience is needed. There will be opportunities for respectful interfaith community building and Q&A.



SATURDAY
JANUARY 31
9:30AM–1:00PM

BELOVED COMMUNITY AT THE EAST BAY MEDITATION CENTER

WITH MEMBERS OF EBMC'S PROGRAM
COMMITTEE

Would you like to know more about EBMC's unique mission and values? Would you like to be more engaged in our beloved community? If so, please join us for this half-day workshop for both new and existing sangha (community) members.

During this workshop, we'll explore practices that support beloved community, including generosity economics, multicultural communication guidelines, restorative justice, and practicing in alignment with the values of metta (loving-kindness), compassion, forgiveness, generosity, and awareness of self. We'll also answer questions about EBMC's programming and governance structure.

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.



BILL BANK

Bill Bank is a retired journalist, a Buddhist Vipassana meditator and a board member of Alternative Dispute Resolution of Northern California. He has worked in the past as an occasional trainer for the American Friends Service Committee in Washington DC, and is a longtime member of the racial healing group Welcome to the Table.



DEVIN BERRY

Devin Berry is a co-founder of Deeper Still, the teen sangha at EBMC. He has been practicing meditation since 1999, both in the Plum Village tradition of Thich Nhat Hanh and in the Vipassana practice of Spirit Rock and IMS. Devin completed the first Commit2Dharma program at EBMC and is a graduate of Mindfulness Based Stress Reduction teacher training practicum.



**STEPHANIE
CHIN**

A recent graduate of UCSC, Stephanie Chin has worked with Barrios Unidos' prison project in Santa Cruz to conduct programming in the jails concentrating on the power of culture to heal. Since then she has been interested in all ways of healing herself, the community, and our connection with the earth. She works to serve and heal the youth of North Richmond at Verde Elementary, as well as the women in the West County Detention Facility through the non-profit Reach Fellowship International. Her tools for healing so far are Nonviolence principles and training, music, yoga/sports, gardening and cooking sustainably, and DIY projects.



**RABBI DIANE
ELLIOT**

Rabbi Diane Elliot has been a modern dancer, choreographer, somatic therapist, and teacher of Body-Mind Centering®. A longtime meditator in the Theravada Buddhist tradition, she received rabbinic ordination in 2006, after six years of study at the trans-denominational Academy for Jewish Religion, California, in Los Angeles. She currently directs Wholly Present, an East Bay center for embodied Judaism, and Embodying Spirit, En-spiriting Body, a movement-based Jewish leadership training. Learn more about her work at www.whollypresent.org.



BIDYUT BOSE

Bidyut Bose is the Founder and Executive Director of Niroga Institute (www.niroga.org), which brings evidence-based Transformative Life/Leadership Skills (TLS: mindfulness practice including yoga, breath regulation and meditation) to educators and vulnerable students in schools, juvenile halls and jails throughout the Bay Area. Bidyut conducts TLS trainings for leaders in education, health care, violence prevention and more. Having learned yoga and meditation since he was a child, and with a PhD in Computer Science from UC Berkeley, his current research interests include strategies for positive child and youth development, and the development of cost-effective architectures for lasting social transformation.



**MASTER JOHN
W. ELLIS IV**

Master John W. Ellis IV is a martial artist with more than 25 years of experience in helping people strengthen the connections between the body, mind and spirit. He has taught toddlers, youth, adults, senior citizens, athletes, the physically challenged, and autistic children. He has more than 35 years of meditation practice among Christian, Zen, Vipassana and New Thought traditions; and as a journalist has written about martial arts, spirituality, and alternative health for major media. Master Ellis currently teaches at Ananda Martial Arts & Fitness Academy in Oakland. Visit www.FiveRealms.com.



EBMC Teachers



**IMAM
IBRAHIM
FARAJAJE**

A lover of the Oneness of all Being, Ajmeri Chishti Sufi Pîr (shaykh/spiritual elder) ibrahim baba is passionately committed to eco-halal living and spiritual practice, deep greening, counter-oppressive Earthkeeping, organic multireligiosity and organic earthodoxy. A self-described “queer/two-spirit pro-womanist/mujerista green anarchist muslim,” he serves as a midwife-doula for the dying, the dead, and those who accompany them and loves to share his Sufi meditation practice in that context and others. ibrahim baba lives in and between Deep East Oakland, Istanbul (Turkey) and Ajmer-i Sharif (India), and is Provost and Professor of Cultural Studies and Islamic Studies at Starr King University.



**THERESA
PUALEI GUY**

After spending much of her adult life enhancing her left-brain capabilities, Theresa Pualei Guy rather illogically leaned right into listening to her intuitive heart. Educated as an attorney, she is grateful for the opportunity to teach Kingian Nonviolence with East Point Peace Academy, to continue learning about community mediation practices and to share the gift of forgiveness in workshops. Often perceived by others as a “culturally ambiguous” person, Theresa has a lifelong interest in our multicultural reality and the resulting social justice imperative. Meditative movement is her preferred course of stillness where, inevitably, there is always more to be revealed.



KAZU HAGA

Kazu Haga is the founder and coordinator of the East Point Peace Academy and is a trainer in Kingian Nonviolence. He teaches in prisons and jails, high schools and youth groups, and with activist communities around the country. He has been active in social change movements since 1998, is the founding board chair of Communities United for Restorative Youth Justice (CURYJ), sits on the Board of the OneLife Institute and PeaceWorkers, and is a member of the Metta Center for Nonviolence’s Strategic Advisory Council. He is also a proud member of the EBMC Sangha .www.eastpointpeace.org.



**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.



**ARISIKA
RAZAK, RN,
NM, MPH**

Arisika Razak 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.



**KEIRYU LIÊN
SHUTT**

Keiryu Liên 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 East Bay Meditation Center, and other Bay Area groups. To access talks, schedule a practice discussion (PD) and other retreat or workshop information, please go to AccessToZen.org

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.

EAST BAY MEDITATION CENTER / 285 17TH STREET, OAKLAND, CA 94612

