

# EBMC Events: May 2015



4 MONDAYS  
MAY 4, 11, 18, 25  
7:00 PM–9:00 PM

## TO CHERISH ALL LIFE

### BUDDHA'S 5 PRECEPTS

LED BY MUSHIM

Together we'll safely take a deep dive into how to hold the questions and ethical complexities that arise when we grapple with trying to live in accordance with the Precepts. The Buddha's 5 basic guidelines for peace and happiness are: Not to kill but to cherish all life; not to lie but to tell the truth; not to steal, but to respect the things of others; not to commit sexual misconduct but to respect the wholeness of relationship; not to misuse intoxicants but to practice clarity of mind. Dharma talks, contemplative journaling, discussion, interactive exercises. Meditation instruction provided for beginners.



SATURDAY, MAY 9  
9:00 AM–3:00 PM

## PRACTICING WITH SEXUAL ENERGY

### PRESENCE, PRECEPTS AND POWER

A WORKSHOP OPEN TO ALL LED BY REV. KEIRYU LIËN SHUTT AND REV. DAIGAN GAITHER

What is it to stay upright in the midst of sexual energy? How do we not turn away from our experience or ourselves in the present moment? We will explore our intention to "not misuse sexuality" and how it both informs our practice and sexual choices within the context of our diverse lived experiences. How do we relate to desire in healthy and respectful ways, both for ourselves and with others? Are we using our energies or are they using us?

Join us as we explore what it means to practice while maintaining a healthy relationship to our sexual lives.

**Please bring your lunch to eat during our mid-day break.**



SUNDAY, MAY 10  
10:00 AM–12:30 PM

## FAMILY PRACTICE CLASS

### OPENING THE HEART THROUGH THE BUDDHA'S TEACHINGS

MAY CLASS LED BY EVE DECKER AND SHAHARA GODFREY

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 WEDNESDAYS  
MAY 13, 20, 27  
7:00 PM–9:00 PM

## HEALING THE SACRED SELF

WITH CAROL CANO

The journey towards a spiritual practice awakens parts of us that may need healing. Indigenous cultures look upon these unclaimed wounds as part of soul loss. In this class, we will explore different ways of healing ourselves through the path of the Buddha in combination with indigenous healing work. This series will enhance our personal growth, promote deeper relationships with others, and build a commitment to the intentional community of the East Bay Meditation Center.



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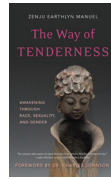
SATURDAY, MAY 16  
10:00 AM–5:00 PM

## MOMENT TO MOMENT LIBERATION IN RECOVERY AND THE DHARMA

### DAYLONG FOR PEOPLE IN RECOVERY

LED BY ENRIQUE COLLAZO AND  
SHAHARA GODFREY

Open to anyone interested in Recovery and Buddhism. This daylong will focus on Buddhist teachings, traditions and practices that can be helpful to people recovering from all addictions. There will be an emphasis on meditation practice and waking up to the habitual patterns that drive us and our unskillful behaviors. This daylong is appropriate for anyone in recovery, or interested in recovery. No meditation experience is necessary.



SUNDAY, MAY 17  
2:00 PM – 4:00 PM

## BOOK SIGNING & TALK WITH ZENJU EARTHLYN MANUEL

Speaking from her book, *The Way of Tenderness* (Wisdom Publications), Zenju Earthlyn Manuel will share her teachings on an embodied dharma that admits the ways that appearance and sexual orientation shapes one's spiritual questions and therefore one's path. In a movement between her teachings and biography she holds up the light to Buddhist rhetoric of transcendence often used as a form of spiritual bypass, a sidestepping of the difficult questions of identity that when left unmasked inevitably fracture a sangha. She acknowledges the tenderness that comes from not only compassion and love but also from pain and suffering that the body becomes "the location of awakened experience."



SATURDAY, MAY 23  
9:30 AM–1:00 PM

## GOING DEEPER IN THE DHARMA

### A GROUP FOR COMMITTED PRACTITIONERS

LED BY MUSHIM

The fourth of the Five Hindrances that may supposedly mess up our meditation is restlessness and remorse (*uddhatya-kaukrtya* or *uddhacca-kukkucca*) or "worry or unhappiness about past deeds" (including deeds done or left undone). (Other hindrances are sensual desire; ill will; sloth and torpor; 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.



SATURDAY, MAY 30  
10 AM–4:30 PM

## THE FOUR IMMEASURABLES: LOVE, COMPASSION, JOY & EQUANIMITY

### DAYLONG FOR PEOPLE OF COLOR

WITH MUSHIM

Structural violence and micro-aggressions profoundly stress People of Color in the U.S. on a daily basis. The Brahmaviharas (Divine Abodes), also called the Four Immeasurables, are Buddhist teachings and practices that help us to access dynamic calming, stilling, and healing mindbody states. As we cultivate the limitless qualities of loving goodwill, compassion, joy, and equanimity, in time we harvest true happiness, spiritual strength, and awakening insight. Dharma talks, discussion, interactive exercises. Instruction provided for beginners in meditation.



# EBMC Teachers



## MUSHIM

Mushim (Patricia) Ikeda is a nationally known Buddhist teacher, writer, and multicultural community activist. She has taught residential mindfulness meditation retreats for people of color, social justice activists, and women and she is guiding teacher of EBMC's Practice in Transformative Action yearlong program. See [www.mushim.wordpress.com](http://www.mushim.wordpress.com)



## 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 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)



## 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.



## 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)



## 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.



## 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.



## ENRIQUE COLLAZO

Enrique Collazo has been practicing in the Vipassana tradition since 2005. Since 2009, he has offered daylongs, workshops, and classes as a facilitator and meditation instructor for youth and adults in Los Angeles and the Bay Area. He's currently in the teacher training with Against the Stream. Enrique shares Dharma in a straightforward and practical manner and loves working with youth and supporting their transformation.



## ZENJU EARTHLYN MANUEL

Rev. Zenju Earthlyn Manuel, Ph.D., born in Los Angeles, California to parents who migrated from Creole Louisiana, is a gifted author and ordained Zen priest who combines Zen practice, social-spiritual justice, intuitive development, and indigenous ritual in a path of liberation. Her core teachings invite us to explore the nature of embodiment within a boundless life. She is also the author of *Tell me Something About Buddhism* (Hampton Road) and *The Black Angel Cards: 36 Oracles and Messages for Divining Your Life*. Visit her website for more: [www.zenju.org](http://www.zenju.org).

## EBMC REGULAR GROUPS

All regular groups except for the Teen Sangha are drop-in groups. No registration is required. Beginners are always welcome and meditation instruction is provided.

### ALPHABET SANGHA SITTING GROUP

For LGBTQI/SGL practitioners. Tuesdays, 7:00pm-8:30pm

### ABC (ALL BODIES CENTERING) YOGA

A mindful movement class. Wednesdays, 5:15pm-6:30pm.

### PEOPLE OF COLOR (POC) YOGA GROUP

Build strength and flexibility while cultivating mindfulness. Thursdays, 6:00pm-7:00pm

### PEOPLE OF COLOR (POC) SITTING GROUP

For practitioners of color. Thursdays, 7:00pm-9:00pm

### OPEN SITTING GROUP

Open to all. Fridays, 6:30pm-8:30pm

### RECOVERY AND THE DHARMA

For those in recovery from addiction of all kinds. 3<sup>rd</sup> Saturdays, 1:30pm-5:00pm.

### EVERY BODY EVERY MIND SANGHA

For people living with disabilities, limitations, differences and chronic illnesses. Sundays, 6:00pm-7:30pm

### EBMC TEEN SANGHA

Open to teens ages 14-19. Wednesdays, 7-8:30pm. Registration required.