



East Bay Meditation Center

JULY 2020 NEWSLETTER

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Applications open for EBMC's award-winning yearlong secular mindfulness training program for justice activists



Joyful graduates of the sixth cohort of
Practice in Transformative Action, July 2019

The application period is now (briefly) open for Practice in Transformative Action, cohort 8. The program, which goes by the acronym PiTA (pronounced as in "pita bread"), has graduated several hundred agents of change and social justice activists trained to share secular mindfulness meditation-based practices in culturally humble ways. Open to all to apply, with a special invitation to People of Color and Multiracial Persons. This is not a Buddhist program; it emphasizes applied mindfulness and community-building. For more information, see www.eastbaymeditation.org or email PiTA@eastbaymeditation.org



State of the Center Report

This report updates you, our community, on news from our board of directors, and development, finance, and programming departments.

Click [here](#) to access the full report pdf.



"A Collective Rest":

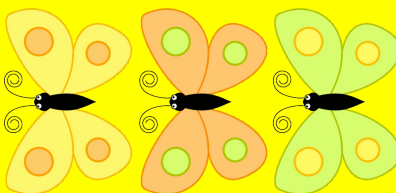
EBMC Staff report on their first ever seven-day Resilience Break from EBMC work

From June 16 through 22, the EBMC Staff took an unprecedented fully supported seven-day rest from

meditation center busyness. Having notified everyone, as of 12:01 am on June 16 we took a break from answering EBMC emails, phone calls, and anything EBMC-related. Why? Because we were tired! The massive push to temporarily close our physical space and to put all EBMC programs online when the COVID-19 Shelter in Place (SIP) order was instituted required a huge amount of fast, skillful and coordinated effort, and at the same time we were organizing our spring fundraising event, in addition to many other tasks. Fully supported by the EBMC Leadership Sangha (board of directors), Staff committed to increase our efforts to better model sustainability, commitment to self-care and not burn out. How did it go? [Here's the report](#):



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"We are seeing passionate examples of a new public health that blooms out of this time"

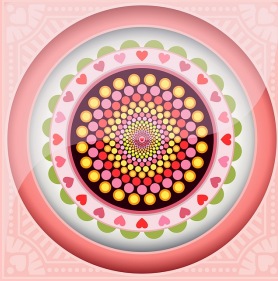
An interview with Lisa Moore and Nicamer Tolentino

In this expanded "People of EBMC" column, we hear what mindful support of community health looks like during the COVID-19 pandemic and the Black Lives Matter protests. For the complete interview, [click here](#).



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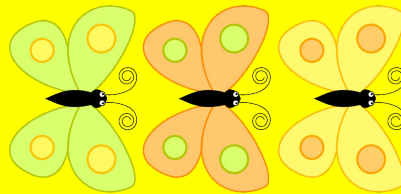
"This is likely one of the most diverse studies of the neuroscience of meditation ever conducted": EBMC makes news again in neuroscience + meditation +



diversity equity inclusion

The first paper from the community-engaged neuroscience study with UCSF and EBMC has been released: "Towards a compassionate intersectional neuroscience: Increasing diversity and equity in contemplative neuroscience." This project was led by Dr. Helen Weng, who recognized that psychological and neuroscience research on meditation was not diverse, and was also very hierarchical. By partnering with EBMC using deep listening, being responsive to feedback, and sharing resources, the team worked to transform the scientific process into a form of compassionate social action which they call "Intersectional Neuroscience." [[Read more here.](#)]

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EBMC's Mission Statement

Founded to provide a welcoming environment for people of color, members of the LGBTQI community, people with disabilities, and other underrepresented communities, the East Bay Meditation Center welcomes everyone seeking to end suffering and cultivate happiness. Our mission is to foster liberation, personal and interpersonal healing, social action, and inclusive community building. We offer mindfulness practices and teachings on wisdom and compassion from Buddhist and other spiritual traditions. Rooted in our commitment to diversity, we operate

with transparent democratic governance, generosity-based economics, and environmental sustainability.

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