

## ***Meditative Touch led by Edward Espe Brown***

*To cultivate mindfulness is to be aware without judgment or directive. To touch with mindfulness is to share this practice with others. We will discuss and practice mindfulness in conjunction with touch and discover experientially how judgment, helping, fixing, diagnosing, and correcting all get in the way. We'll see if we can step (touch) into the boundless realm of non-duality: not good, not bad; no right, no wrong.*



Edward Espe Brown began practicing Zen in 1965 and was ordained as a priest in 1971 by Shunryu Suzuki Roshi, founder of San Francisco Zen Center. Edward has done extensive Vipassana practice since 1985, written four cook books and co-authored Greens Cookbook. He also edited *Not Always So*, a collection of Suzuki Roshi's lectures. Edward has studied hands-on healing , hand writing change, yoga and Chi Gung and their relation to Zen. He leads meditation retreats and classes on these topics throughout the United States and Europe. Edward was featured in the 2007 film *How to Cook Your Life*, a

critically acclaimed documentary directed by Doris Dörrie.

**Date: *Thursday, February 18, 2010***

**Time: *1 pm to 4 pm***

**Place: *Coalesce Bookstore Chapel*  
*845 Main Street, Morro Bay***

**Cost: *\$35***

**Space is very limited. Please send check to reserve a place to:**

**Peaceful Sea Sangha  
c/o Margaret Bertrand  
260 San Jacinto Drive  
Los Osos, CA 93402**

**Contact Margaret Bertrand at (805) 528-0704 with questions.**