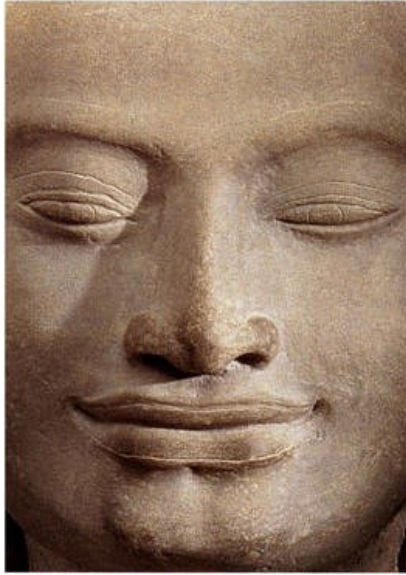


**WISE SPEECH:**  
*Communicating with wisdom, kindness & truth*  
*with Anushka Fernandopulle*

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Speech has the power to heal or to hurt deeply. It is often the aspect of behavior off the cushion where people feel they need the most attention. How can we communicate clearly and honestly? How can we avoid saying things that we later regret? How can we speak to others with integrity in the complexity of life? What do the Buddhist teachings have to say about speech (hint: it's more than just "Don't Lie"!)? Join us for this exploration of wise speech through meditation, reflection, discussion and practice of speaking and listening.

**Open to all levels of experience in meditation,  
including beginners.**

**4 Tuesdays April 6, 13, 20 & 27, 2010 7 – 9 pm**  
**East Bay Meditation Center [www.eastbaymeditation.org](http://www.eastbaymeditation.org)**  
**2147 Broadway @ 22<sup>nd</sup> St., Oakland**  
**Located near the 19th St. BART station**

Registration is required and space is limited. E-mail [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 with your full name and request a registration form for "Wise Speech."

**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.



**Anushka Fernandopulle** has trained in meditation in the Theravada Buddhist tradition for over 20 years in the US and Asia. Other influences have been mystics from various cultures and traditions, creative arts, nature, service work, progressive social change movements, and modern urban life. Anushka teaches retreats at Spirit Rock Meditation Center, Insight Meditation Society, and around the country. She has an MBA and also works as an executive/life coach, facilitator, and organizational development consultant. More on her teaching can be found at [www.anushkaf.org](http://www.anushkaf.org)

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.

EBMC is wheelchair accessible.

