

# Many Communities, One Sangha: Exploring the Reality of Equity & Inclusion

A guided, digital course for Buddhist communities with instruction by Mushim Ikeda, Rhonda Magee, and Crystal Johnson

*Many Communities, One Sangha* is a five-part, online self-facilitated community inquiry to support and energize sanghas and dharma practitioners seeking to create more equitable, inclusive communities. It is designed to be used by groups of five or more people, and guides participants through five sessions of inquiry and practice:

- Session One: Introduction and Values
- Session Two: Safety, Dignity and Belonging
- Session Three: Right Relationship to Authority and Power
- Session Four: Visioning
- Session Five: Moving Forward Together

## **When you register, you will receive:**

- Access to more than 6 hours of video instruction and talks by Mushim Ikea, Rhonda Magee, and Crystal Johnson.
- A guide for course facilitators and participants that includes facilitation instructions, supplemental materials, resources, and a recommended schedule.
- Online support from SZBA staff if questions arise as you implement the course in your sangha
- [Click here to contact SZBA](#) with questions or to purchase this course. Proceeds from this course will support the East Bay Meditation Center and the Soto Zen Buddhist Association BIPOC Scholarship Fund.

## **About the instructors:**

**Mushim Patricia Ikeda** is a socially-engaged Buddhist teacher, community activist, diversity, equity and inclusion consultant, parent and author based in

Oakland, California. She has a background in both monastic and lay Buddhist practice and is a Core Teacher at the East Bay Meditation Center.

Mushim is well known for her down-to-earth, humorous, and penetrating approach to Dharma and social transformation. She has taught residential meditation retreats for people of color, social justice activists, and women nationally, and her work is based in values of cultural humility, acknowledging the wisdom that is ever-present in individuals and collectives, and the need for expression, empowerment, and co-creative self-determination in marginalized communities. She has been featured in the award-winning documentary film *Between the Lines: Asian American Women's Poetry* and as one of three subjects in the documentary *Acting on Faith: Women's New Religious Activism in America*, distributed by the Pluralism Project at Harvard University.

As a writer, Mushim is the recipient of multiple awards, including the 2014 Gil A. Lopez Peacemaker Award from the Association for Dispute Resolution of Northern California, recognizing her innovative one-year program, Practice in Transformative Action (PiTA), mindfulness training for social justice activists, at East Bay Meditation Center. In September 2015 she received an honorary Doctor of Sacred Theology (*sacrae theologiae*) degree from the Starr King School for the Ministry.

**Rhonda Myozen V. Magee, M.A., J.D.**, is Professor of Law at the University of San Francisco and a leading innovator in the integration of mindfulness practices, multicultural education and social justice advocacy. She has spent more than twenty years exploring the intersections of anti-racist education, social justice, and contemplative practices. She is an internationally sought-after public speaker, mindfulness teacher, practice innovator, storyteller, and thought leader on integrating Mindfulness into Higher Education, Law and Social Justice. A practitioner and lay teacher of Zen Buddhism, she is a student of Buddhist teachers Roshi Joan Halifax, Norman Fischer and Venerable Bhikkhu Analayo, and of a range of traditions.

Rhonda is a Fellow of the Mind and Life Institute, where she has served as an advisor, and has likewise advised a range of leading mindfulness-based professional development organizations, including the University of Massachusetts Center for Mindfulness, and the Center for Contemplative Mind in

Society. Rhonda's award-winning book, *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness* (Penguin RandomHouse TarcherPerigee: 2019), was named one of the top ten books released for the year by the Greater Good Science Center, and received similar recognition by *Psychology Today* and the editors of *Mindful.org*.

Rhonda's teaching and writing support compassionate conflict engagement and management; holistic problem-solving to alleviate the suffering of the vulnerable and injured; presence-based leadership in a diverse world, and humanizing approaches to education. She sees embodied mindfulness meditation and the allied disciplines of study and community engagement as keys to personal, interpersonal, and collective transformation in the face of the challenges and opportunities of our time.

Rhonda has served as a guest teacher in a broad range and variety of mindfulness teacher training programs -- from the UCLA Mindfulness Awareness and Research Center to Spirit Rock -- and is the author of numerous articles on Buddhism as a support for the problems of our time.

**Crystal A. Johnson, Ph.D.** is a retired clinical psychologist and a Community Teacher at the East Bay Meditation Center (EBMC) in Oakland, CA, where she also serves on the Leadership Sangha (Board) and as a member of the Radical Inclusivity Committee. She completed the year long Commit2Dharma training at EBMC, as well as the 2-year Dedicated Practitioner Program and the 2-year Community Dharma Leader Program at Spirit Rock Meditation Center. In her teaching, she focuses on creating/co-creating programs for white dharma practitioners seeking to build awareness, knowledge and skills to challenge the dynamics of white privilege and race-based oppression, and create truly inclusive sangha. Her courses include *White and Awakening in Sangha* at EBMC, *Unpacking Whiteness: Reflection and Action* at the San Francisco Zen Center, *White and Awakening Together* at Spirit Rock Meditation Center, *Unpacking Whiteness* for the Soto Zen Buddhist Association and *Unpacking the Whiteness of Leadership for Branching Streams*. She offers consultation to individuals and organizations seeking to disrupt the practices of white supremacy culture and support change toward racial equity.