

# *Liberation through Handwriting*

With Edward Espe Brown

Our strategies for advancing and protecting the self are expressed in our handwriting, as well as everywhere else. If you work on your handwriting, you will not be able to stick to your stuck ways of doing things. Guaranteed! A few minutes a day of handwriting practice incorporating specific changes can redo one's mental circuitry. Bring one or more pens, Edward will supply the paper.



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 hand writing change, hands-on healing , 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: SUNDAY, FEBRUARY 21**

**TIME: 1 PM TO 4 PM**

**PLACE: LOS OSOS**

**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**

**Be sure to include your email address or phone number so we can contact you with event location.**

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