

# **Dharma Group for Lawyers**

**One Sunday per month, 9:30-11:30 a.m.**

**Led by Mary Mocine**

We meditate for a half hour, then discuss an aspect of law practice as it relates to meditation and our deeper values. Mary often sends along a quote and some suggestive questions for the group to ponder before the meeting. The quotes are drawn from dharma sources, including literature and current events. The basic question is what does it mean to be a bodhisattva lawyer? A bodhisattva is an enlightening being who sees the world as it truly is/is not and is committed to the welfare of all beings. Is it possible to practice both zealous advocacy and being a bodhisattva? Yes!

Mary Mocine is a Zen Buddhist priest. She was ordained in 1994 and received dharma transmission from Sojun Mel Weitsman. Mary also practiced law for 18 years. She is currently the abbess at the Vallejo Zen Center in California and leads meditation retreats for lawyers at Tassajara Zen Mountain Center. She has been one of the teachers at the Spirit Rock lawyers' retreats.

The meetings are usually held in the conference room of a law firm in San Francisco. Folks are asked to bring their own cushions or benches if they do not want to sit in a chair. After the discussion, we have a potluck brunch. Coffee and tea are provided.

A teaching donation will be requested.

Meditation instruction will be offered.

For information, please contact Mary Mocine at [mmocine@sbcglobal.net](mailto:mmocine@sbcglobal.net) or (707) 649-2480.

See over for schedule for 2011

# Schedule 2011

All meetings in 2011 will be held at 201 Spear Street,  
(near Howard) 10<sup>th</sup> Floor.

This is near the Embarcadero BART and there should  
be plenty of parking as it is on  
Sunday.

Jan 9;  
Feb 13;  
Mar 13;  
April 10;  
June 12;  
July 10;  
Aug 14;  
Sept 18;  
Oct 16; and  
Nov 13

## Other Events

**Tassajara Retreat (4 hours MCLE)  
May 15-20**

**Finding Equanimity in a Difficult Profession**

See [www.sfzc.org](http://www.sfzc.org) for details.

We forget that we practice law in the middle of a swirl of emotions, emotions belonging to our clients, opposing counsel or parties and to ourselves. In this workshop we will use silence, mindfulness, deep listening and discussion to work with the strong emotion that can arise. How do we meet it? Sometimes we get pulled off our seat. We lose our equanimity and are reactive rather than responsive. So, let us work together to settle into our seats, to find our ground. And from that ground, a more useful response is possible; ease and joy can arise.

**Holiday Brunch  
December 11 most likely  
at the Berkeley Zen Center**