

**Finding Stillness Amid the Storm  
Of Legal Practice  
Tassajara Zen Mountain Center  
May 10-14 2017**

**4 Hours MCLE**

(2 hours ethics, 1 hour Competence Issues and  
1 hour Recognition and Elimination of Bias)

**Tassajara Creek**

The practice of law is intense and intimate, often evoking strong emotion and attachment to opinions. It can be stormy indeed. Lawyers are told as students that they should detach from opinions so as to be able to represent anyone. Emotions are frowned upon. But, lawyers do experience attachment to clients and to views and “sides.” Intimacy is inherent in much of law practice. Clients tell their counsel their secrets and show them their vulnerability. The attachment that they feel to their story tends to influence their lawyer. This is simple humanity in operation. The stillness that is useful does not arise out of denial and detachment.



We ignore emotions or attachments at our peril. Law practice can bring satisfaction, even joy, and be of great use, when we practice with awareness. Mindful awareness of our inner experience is key to being useful to the clients we serve and finding true balance in our practice lives. True stillness arises from paying attention. In this workshop we explore this approach, look at our judging mind, and work with the issue of substance abuse.

We will explore these themes in the setting of Tassajara, the summer retreat center of the San Francisco Zen Center. We will meditate, practice mindful movement, walk, and talk about law practice in a quiet and lovely setting. There will be ample time to explore the hot mineral baths, swimming pool, creek, and mountains there. The food at Tassajara is simple and delicious and simply delicious.

The workshop is led by Mary Mocine, a Zen priest and former lawyer. She practiced law for 18 years and now leads a dharma group for lawyers. Mary is the abbess of the Vallejo Zen Center. She trained at the San Francisco Zen Center. The mindful movement is taught by Laine Harrington, a longtime yoga student.

For more information:

See the website of the San Francisco Zen Center, [www.sfzc.org/tassajara](http://www.sfzc.org/tassajara).  
Or the website of the Vallejo Zen Center, [www.vallejozencenter.org/law-dharma](http://www.vallejozencenter.org/law-dharma).