

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 human values. Mary often sends along a quote and some thought provoking questions for the group to ponder before the meeting. The quotes are drawn from dharma sources, including literature and current events. We ask ourselves: “What does it mean to be authentic, an authentic and useful human being? A zealous advocate can also be a decent and authentic human being. If not, what the hell are we doing?”

Mary Mocine is a Zen Buddhist priest. She was ordained in 1994 and received dharma transmission from Sojun Mel Weitsman in 2005. Mary also practiced law for 18 years.

She is currently the abbess at the Vallejo Zen Center in Vallejo, 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 IDEO design on the Embarcadero 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 vegetarian potluck brunch. Coffee and tea are provided.

Meditation instruction will be offered.

A teaching donation will be requested.

For information, please contact Mary Mocine at mmocine@sbcglobal.net or (707) 649-1972.

See also law dharma at www.vallejozencenter.org.

See over for schedule for 2019

Schedule 2019

Meetings will be held at Rochael Soper’s office at Ideo, 501 The

Embarcadero in San Francisco. Metered and lot parking in the area and near BART and other public transportation

January: 27

February: 24

March: 17

April: 21

May: Tassajara 2-6

June: 9

July: 14

August: 11

September: 22

October: 20

November: 10

**Holiday Brunch
December 8**

2019 Tassajara Retreat (4 hours MCLE)

May 2-6

Finding Stillness Amid the Storm of Legal Practice

**When we can find our still point in the middle
of what feels chaotic, we can enjoy our work.**

Often, law practice does feel stormy, given the many demands from clients, judges, opposing counsel, colleagues, and particularly from ourselves. Where is the ground? What is truly important here? We ignore emotions or attachments at our peril. Mindful awareness of our inner experience is key to being useful to the clients we serve and finding true balance in our practice lives. From that clarity, joy can arise and simple enjoyment from our work.

Lawyers are healers, at base, after all.

In this workshop we will meditate and talk together. There will be time to meet individually with the teacher and plenty of time to enjoy the grounds and surroundings of Tassajara.