March 10 | 12:00 PM
Bodman Lounge, Helen Hills Hills Chapel

“My experience continues to show, and research is finding, that an unexpected outcome of sitting still in silence is the arising of trauma in the body.”

This Buddhist lunch talk will explore how to move beyond trauma and address issues of power, rank and privilege in our attempts as social activists to change the world.

Dr. Catherine Anraku Sensei is a Zen teacher, a Network Chiropractor and a Somatic Experiencing Practitioner. She co-founded Two Streams Zen, a multicultural Dharma movement dedicated to transforming people and communities through fearless intimacy and living compassion.