

# StirFry Seminars & Consulting

September 2010

## *If These Halls Could Talk – An Unfinished Conversation*



On a warm August summer weekend in Ukiah, California, a group of eleven students gathered together from all over the country to share their stories about the state of diversity on their college campuses. What emerged changed everyone in the room – not only the cast themselves, but the crew and the support staff, as well. As the students, one by one, shared what they have gone through on their campuses, they came to realize that the stories and the histories of their cultural experiences were glaringly painful and profoundly separating and different. Each day brought with it yet another layer of frustration and struggle in order to better understand and trust one another; staying in the room, despite the tears and anguish, when fleeing to someplace more familiar would be so much easier.

In my twenty years as a diversity trainer, filmmaker and educator, I have never witnessed such honesty and depth of feeling, such courage and fear, such truths, so raw and undeniable. Each person was shaken and forced to look at themselves and to question their realities and personal perceptions of those who were different from them. Whatever picture of ourselves we had walked in with was quickly shattered and replaced with a perpetual mirror that kept forcing us again and again to look at all that we had feared to fully see and to be truly be touched by. Those who were silenced, finally spoke. Those who were in denial, saw themselves for who they really were and were not. Those who couldn't feel the pain, screamed and agonized over what they had lost. There were no spectators in this journey. We were all affected and changed by what we had heard and what we did not want to hear.

In the coming months, we will be showing clips of, "If These Halls Could Talk—An Unfinished Conversation" on our website ([www.stirfryseminars.com](http://www.stirfryseminars.com)). Here you will also be able to find more information about this extraordinary new documentary film, directed and facilitated by Lee Mun Wah and Julie Garza-Withers. We are hoping for a Fall 2011 World Premiere in San Francisco, California, followed by a National Film Tour. If you would like to reserve a date for us to premiere the film at your campus or site, please call Melissa Sweeney at: 510.204.8840 ext. 101

**Find Lee Mun Wah on Facebook!**

Join our Facebook community of world citizens who care about diversity

# StirFry Calendar

September 9, 2010 San Francisco, CA	An Unfinished Conversation Not Open to the Public
September 13, 2010 Berkeley, CA **	The Art of Embracing Change Open to the Public
September 21, 2010 Dallas, PA	Mindfully Resolving Conflicts for Cross-Cultural Issues Not Open to the Public
September 22, 2010 Philadelphia, PA	An Unfinished Conversation Community Film Showing / Open to the Public.
September 24-26, 2010 Berkeley, CA**	Let's Get Real: Unlearning Racism Retreat Open to the Public
September 30, 2010 Irvine, CA	Let's Get Real About Racism Pre-Conference Workshop CAADAC Conference / Open to the Public
October 1, 2010 Fullerton, CA	An Unfinished Conversation Community Film Showing / Open to the Public.
October 4, 2010 Berkeley, CA **	The Art of Embracing Change Open to the Public

\*\* Held at the Quan Yin Training Center, 2311 8<sup>th</sup> Street, Berkeley, CA

For more information, registration and links to conference workshops, visit <http://www.stirfryseminars.com/events>

## ! SPECIAL PRODUCTS SALE !

30% off all regular priced diversity films/products now through October 31, 2010.

Enter Coupon Code **FALL30** upon online checkout at [www.stirfryseminars.com/store](http://www.stirfryseminars.com/store).

## StirFry Seminars 2010 Networking Summit

Facilitated by Lee Mun Wah

October 15-17, 2010

Friday 2-9 pm, Saturday 8am-6 pm,

Sunday 8am-2 pm

Quan Yin Training Center  
2311 8th Street, Berkeley, CA

Due to popular demand, we will be hosting our first Stir Fry Seminars Networking Summit which will bring together some of the most outstanding diversity specialists in the fields of business, education, government, human resources and the therapeutic fields. Each participant will have an opportunity to share some of their latest and most innovative techniques, exercises, books and films.

The goal of this Summit is to bring together diversity specialists from all over the country in a collaborative effort to support and learn from each other. Too often diversity specialists work in isolation from their colleagues, when so much can be gained by working creatively together and as a community.

## Buddhist Meditation

Facilitated by Genny Lim

November 6 & 7, 2010

Saturday & Sunday 9:30 am-5:30 pm

Quan Yin Training Center • 2311 8th Street, Berkeley

### Objectives:

- To train in Shamatha, calm-abiding practice, for greater clarity, self-awareness and equanimity.
- To train in object meditation practice, utilizing the breath and elements, to stabilize mental anxiety, stress and doubt in order to develop mindfulness and discriminatory awareness.
- To develop and integrate meditation into post-meditation practice, whereby the principles of practice become part of your every day life.
- To gain an understanding of Buddhism to purposefully use its techniques to transform negative thoughts, emotions, speech and actions into altruistic conduct to build community and create positive social change.