

Urban Meditation Group

Each Monday evening 7-9, Urban Meditation Group is held at OpenEye, 875 4th St., San Rafael, CA.

The Urban Meditation Group is a place to learn and practice meditation in downtown San Rafael. Our purpose is to offer a safe non-denominational refuge in an urban environment, where anyone can find silence, inner peace, awareness, compassion and community. Meditation instruction is provided by experienced instructors. Our gathering is suitable for beginners as well as long-time practitioners. No religious belief or affiliation is required to participate and to benefit from the practice of meditation.

Our group is led by Hal Blacker, Jeff Bickner and Tarane Sayler, and occasional guest instructors. The format of our gathering will include meditation, instruction in meditation and an opportunity for questions and discussion. There is no charge for attendance but donations are graciously appreciated.

We meet at 875 4th Street—just 2 blocks from the San Rafael Public Transit Center, on the East end of 4th St., above the Sacred Tibet Shop.



Hal Blacker

Hal teaches natural mindfulness, an approach to meditation that emphasizes relaxation and effortless awareness and that is well-suited for busy people. Hal has been practicing meditation for over 40 years. He was ordained as a teacher and lineage holder in the Nyingma Dzogchen lineage by Tibetan Buddhist teacher Anam Thubten. He is also an authorized teacher of traditional Advaita Vedanta. Hal is the founder of Real Dharma, a non-sectarian group dedicated to helping people find natural inner freedom, fearlessness and authenticity.



Jeff Bickner

I began my dharma work at the Santa Cruz Zen Center studying under Kobun Chino Otagawa from 1973 through 1980. In mid 1980 I began practicing with the San Francisco Zen Center, living at Green Gulch Farm and Tassajara Zen Monastery until 1987. I began formal priest training with Zoketsu Norman Fisher in 1999 and received dharma transmission from him the lineage of Suzuki Roshi in 2013. I received “post-graduate” training for 3 years in the Shogaku Priests Ongoing Training at Rev Grace Sheirson’s zendo in the Sierra foothills. This training was under the tutelage of Lew Richmond, Alan Senauke, Myogen Steve Stucky, Darlene Cohen, Gary McNabb and Grace Sheirson. Currently I am a Senior Teacher at Everyday Zen.



Tarané Sayler

Tarané is a long-time dedicated Buddhist practitioner. Involved with several Buddhist groups in the area, she is on the board of directors for Dharma Eye Zen, does occasional quest teaching at Rick Hanson’s San Rafael Meditation Group and is a member of Anam Thubten Rinpoche’s vidyadhara group. Tarané’s practice includes the traditions of Zen, Theravada and Tibetan Buddhism and currently is particularly interested in the growing movement toward a secular Buddhism. She also offers art classes based on Buddhist teachings at the Open Eye Meditation Group location.