

Who are we and what's our mission?

The Chinese Medicine & Magic group is a gathering of people in the SF Bay Area connecting with the medicine, magic and earth based ways of knowing of our Chinese cultural heritage. Medicine is defined broadly and can include community, stories, plant medicine, activism and solidarity, qi gong, astrology, movement practices, feng shui, daoism, cooking, gardening and farming, arts/art making, and much more.

Our goal is to create inclusive spaces of inquiry, healing, and connection for people of Chinese ancestry. We want to honor and center voices that have been marginalized in our communities including (but not limited to) women, trans and nonbinary people, and queer folks.

The group is for people who identify as being a part of the Chinese diaspora. Multiracial/multiple lineage holders welcome. While we may share some common ground with each other, we acknowledge that we are made up of many identities that can include gender, sexual orientation, national origin, age, immigrant experiences, abilities, race, ethnicity, citizenship, languages spoken, class and more. We acknowledge that there are differences among us including different access to power and privilege. As a multicultural group, we strive to create a safer space where we can build community. As part of our group norms, we uphold values of multicultural interactions as laid out by the East Bay Meditation Center, which can be found [here](#).

Group Member Agreements

We would love to have you join our group! For the safety of all members and to live out the spirit of our group's mission, we ask that all current and prospective members understand and agree to the following:

- This group is for people who identify in some way as being a part of the Chinese diaspora, including Taiwanese community and ethnic minorities outside of the Chinese Han diaspora. Multiracial/multiethnic folks are welcome.
- Group members are willing to commit to [multicultural agreements](#).
- For the safety and inclusion of all group members, all group members agree to come to events scent-free. ([Learn more](#) about the importance of being fragrance-free and practical tips on how to do so effectively.)

Practical Logistics of Group

We strive to be a collaborative and peer led group, each of us bringing our presence and skill as teachers, listeners, hosts, and co-creators as we feel called to.

We meet semi-regularly in person in the Bay Area. We have gatherings at houses and community centers. We have different kinds of events - some may be limited in number and require registration so we can plan for and hold space accordingly. Our events are often free; event planners may ask for donations to cover event materials, space rentals, and donations for teachers. If there is a donation ask, it will be included in the event invitation.

****COVID UPDATE:** Our events are primarily online now.

We have a google email list serve (chinese-medicine-magic@googlegroups.com) which is how we let the group know about events. To join the google listserve, please [read and sign our community agreement form](#).

We have a coordinator group that helps plan, facilitate events, and collaborate with facilitators from within the group. The current coordinators are Bekah Olstad, David Pon, Indigo Som, and Sasanna Yee.

People are welcome to guest teach or hold space in various ways - through hosting, teaching, leading meditations, etc. Please contact the coordinators at chinesemedicinemagic@gmail.com below if you have ideas for an event or anything else you want to offer!

You are welcome to email the list with related topics or to plan casual hangouts - for instance inviting people to come to a play or movie. When organizing casual hangouts, please invite people to contact you directly to minimize "reply all" responses.

Our Origins

This group started as a dream in many of our hearts. Bekah Olstad sent out an email and then called together a group of people in the Fall of 2018 to see who was interested in exploring these topics more. A small group of us met and exchanged stories about how we related to our Chinese identity. A series of events followed over the next few months including a moxa workshop led by acupuncturist Rona Luo, a dumpling making party, a Chinese New Year celebration for year of the Pig with an ever growing dinner table as more and more friends and guests joined, a Qing Ming ceremony at Scott Chang-Fleeman's Shao Shan Farm, a mini-conference through the framework of Open Space Technology, and a Summer Solstice gathering and seed sovereignty workshop held at Shao Shan. We are looking forward to creating history and community with you in future events!

This is a living document and if you have questions, edits, or additions, please contact the coordinators at chinesemedicinemagic@gmail.com.