

About James Baraz

Born 1947, New York City.

Education & Training:

Queens College, BA, 1967

Fairleigh Dickinson University, MA in Psychology, 1969



I've also studied with many meditation masters, including Ram Dass, Joseph Goldstein, Jack Kornfield, Anagarika Munindra, H.W.L. Poonja, Chogyam Trungpa Rinpoche, Kalu Rinpoche, Tulku Urgyen Rinpoche, Tsoknyi Rinpoche, Mahasi Sayadaw, Ajahn Chah, and U Pandita Sayadaw.

Professional Experience

Elementary school teacher 1968-1977 New York City

Schoolteacher, K-12, 1977-1979 California

Mindfulness Meditation Teacher

I have been teaching retreats and classes in the Bay Area and abroad since 1978.

I am a co-founding teacher at Spirit Rock Meditation Center in Woodacre, CA, an internationally recognized Buddhist Meditation Center. At Spirit Rock, I've started the following programs and networks:

- Spirit Rock Family Program
- Community Dharma Leader (CDL) Program, a 2-year training with over 200 leaders from around the US and abroad. I led CDL1, CDL2, and CDL3.
- Kalyana Mitta Network, supporting hundreds of small support groups

I've taught mindfulness classes, retreats and workshops at the Esalen Institute in Big Sur, CA since 1983. I have also taught mindfulness classes, retreats, and workshops at Kripalu, the Omega Institute, Hollyhock, and other centers throughout the United States, Europe, Australia, and New Zealand.

I am a Guiding Teacher at the Insight Meditation Community of Berkeley.

I am the creator of Awakening Joy, a live and online course taken by over 14,000 people from the United States and abroad. Since its inception in 2003, the course has grown over the years. Enrollment now averages between 1,000 – 1,500 participants each year. It's been written up in O magazine. I am also the creator of Awakening Joy 2.0, a deeper dive into the concepts of the Awakening Joy course.

Publications

Co-author with Shoshana Alexander of Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness (Bantam, 2010). Reviewed and recommended by Bill Gates.