

## INSIGHT MEDITATION (cont.)

What we do is this: In chairs arranged in a circle, we sit (more or less still) with our eyes closed, and meditate for 30 minutes -- at intervals I offer brief instructions, in the form of suggestions, encouragements. At the end of half an hour, I ring a bell, and we stand and practice walking meditation for 10 or 15 minutes -- in the Commons, in the Sanctuary, in the parish hall, or outside. Again in silence, with occasional instruction. After walking, we reconvene to talk about our experience of sitting and walking and then to discuss whatever book we have been reading. Over the years, we have read books about meditation, about the teachings of the Buddha - mostly by Westerners/ Americans who have studied with Buddhist teachers in Southeast Asia in the Theravadin tradition, or in Tibet in various traditions. We are learning to cultivate patience, kindness, compassion, joy and equanimity. We are learning what it means to live with ease in the midst of things as they are. We speak from our own experiences of confronting difficult times, and how the practice of meditation has affected our abilities to respond with more thought and care, more grace and calm than we once might have. We speak about times when we have not been at all calm or mindful, and how we have reacted to ourselves, to others, to situations. We listen and learn from each other.

Please join us any Thursday from 1:00 pm - 2:30 pm.

And feel free to email me, or others\* who come, with any questions you might have. Laine Gifford - [lainegifford@verizon.net](mailto:lainegifford@verizon.net). \*Fran Sharp, Susan Stocker, Bridget Hanson, Susan McKain, Peg Espinola