

Meditation

Sunday March 4th

Shamatha sitting meditation or 'peaceful abiding' is a simple and profound practice. It has been handed down from generation to generation since the time of the Buddha, over 2500 years ago. Based on the premise that, although we may experience our mind as confused and disjointed, speedy or aggressive, human nature and our natural state of the mind is actually calm, clear and stable, even brilliant. The practice of shamatha helps us coordinate, posture, breath and working with our thinking process. Slowing our mind down, we begin to discover an inherent freshness in resting in the aliveness of the present moment.

This meditation has nothing to do with religion or even spirituality. It has everything to do with a gentle approach to cultivating fundamental empathy and sanity in our life.

Stuart Friedman was first introduced to this practice almost 40 years ago. Living in Boulder, Co. for 21 of those years, he currently lives in Westchester County. He has a diverse background, which includes being a psychotherapist, professional mime, communication facilitator and public speaker.

Please join us for this FREE 1 hour meditation @ 12:30pm

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