

Basic Meditation Format

GENERAL EVENING SCHEDULE

1. Ringing of the bowl gong.
2. Guided relaxation meditation focusing on centering and letting go. (20 min.)
3. Shamatha Yoga stretches for meditators (demonstrated; do what you feel comfortable with.) (15 min.)
4. Mindfulness silent meditation with basic starting guidance. (20 min.)
5. Individual response and giving thanks (optional, 10 min.)
6. Release with loving kindness

Meta Prayer

May I (you, the world) be filled with loving kindness.

May I (you, the world) be well.

May I (you, the world) be peaceful and at ease.

May I (you, the world) be happy.



Converging Paths
Sandusky Bay Meditation Center

<http://smithdocs.net/ConvergingPaths.html>
Or contact Jan & Lou Young at
Jccyoung@aol.com
or Larry and Ann Smith at
smithcours@smithdocs.net
419-684-5128

We ask a donation of \$2 per session, if possible.



**A peaceful and open space
for meditation in a group.
Every Tuesday evening 7-8:30 pm
Room 405 Feick Building
158 East Market Street
Downtown Sandusky, Ohio**

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Mindfulness



Honoring all wisdom traditions, we seek to establish a better understanding of self and others through clearing the mind, lowering anxiety, and deepening our meditation experience with the help of others.



We are a lay group with many teachers.

Ancient:

Lao Tzu, Confucius, the Buddha, Dogen, Jesus Christ, Mary, Hildegard Henry David Thoreau,...

Modern:

Shunryu Suzuki, Alan Watts, the Dali Lama, Thich Nhat Hahn, Charlotte Joko Beck, Ezra Bayda, Jack Kornfield, Pema Chodron, Daido John Looi, Sharon Salzberg... many others, including each other.

Some Background

We have been operating for two years now with many activities besides our weekly group meditations: talks at Firelands College, Christie Lane and Betty Rinderle Schools, workshops with Firelands College students at the center, a peace day meditation, a film on mountain monks, a visit to Art Seen gallery, film showing on the Dali Lama at Firelands College, labyrinth walks. In 2009 we conducted a 2-day Spring Retreat with workshops on art, writing, yoga, and meditation. We have our own "Just Sit" t-shirts, keep an active web page, and have a library of donated books and tapes for all to use.



Group from Annual Weekend Retreat

Join Us When You Can



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