

SOUTH COUNTY MEDITATION GROUP



White Heron
Sangha

“Compassion is not religious business, it is human business, it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival.”

www.whiteheronsangha.org

SOUTH COUNTY MEDITATION GROUP

The purpose of the South County Meditation Group is to meditate, study, and integrate the teachings found in the various traditions and lineages of Buddhism into our formal and informal meditation practice.

We do this through creating a space for silence in support of formal practice and through the discussion of books and articles we find helpful with our practice as well as in our daily lives. At times the morning meditation may begin with a guided meditation derived from the book or text the class is reading.

Discussions during the Sunday meetings are a place of practice also. Using the Eightfold Path teaching on wise speech, we work toward:

- Being generous to others in the circle by being aware of how long we talk.
- Listening with an open heart to others without giving advice.
- Briefly using our own experience to illustrate the dharma teaching being discussed.
- Helping each other by gently orienting to the subject at hand.
- Being present: being aware of inner sensations of closing down, opening, heat, increasing speed of talking, anger, etc.
- Practicing forgiveness and compassion toward oneself and others.
- Practicing confidentiality to create safety in the sharing.

South County Meditation Group

www.WhiteHeronSangha.org/page-648562

Tierra Nueva Cohousing Community
1725 Tierra Nueva Lane
Gudrun Hus Studio Building
Oceano CA 93445

Every Sunday morning, 9:00 a.m. to 10:15 a.m.