



# Isn't it time for you to explore meditation, Buddhism, and yoga?

## Upcoming Dates of Dharma

08/16/18

09/20/18

10/18/18

11/15/18

12/20/18

**"IF WITH A PURE MIND A PERSON SPEAKS OR ACTS,  
HAPPINESS FOLLOWS THEM LIKE A NEVER-DEPARTING SHADOW."**

The Buddha

The Maridon Museum invites you to attend **learning opportunities** for these **three expressions of Eastern philosophy**.

- 1** The Maridon Museum is offering **every third Thursday at 6 p.m.** a short Dharma based on the teachings of Buddha and a contemplative period of meditation. These lessons are open to anyone. The Crystal Lotus meditation group will host and support beginning practitioners of meditation, which has proven to be beneficial for those suffering stress, anger, and general emotional strife. Donations welcome. All proceeds benefit The Maridon.
- 2** On **October 13 at 10 a.m.** there will be a morning session and lunch to study and practice yoga, a deep muscle practice that aids in self-knowledge. There is a fee of **\$30/person, \$25 Members**.
- 3** On **November 17 at 1 p.m.** The Maridon is hosting a seminar for those interested in studying Buddhist philosophy with an emphasis on Zen. The speaker will be Dr. Cynthia Marshall, an ordained Buddhist chaplain. This seminar, conducted in a beautiful museum setting, is intended for people of all religious backgrounds who are curious about Eastern thought. There is a fee of **\$15/person, \$10 Members**.

*Cynthia Marshall, PhD, is the director of Honors Studies at The Community College of Beaver County, where she teaches yoga for academic credit. She also teaches Zen philosophy, meditation, and yoga for conferences, colleges, and community groups.*

*In addition to her formal education, Dr. Marshall studied at the Upaya Zen Center in Santa Fe, N.M., leading to her certification as a hospice chaplain. She is an ordained Buddhist minister and performs marriages and funerals. Her published work includes articles, study guides, and three books in the field of education, Zen Buddhism, yoga, and poetry.*

# Frequently asked Questions

## 1. What is a Dharma talk?

A Dharma talk is a lesson which applies Buddhist philosophy to issues that arise from simply living the life of a human being. They are mostly contemplative, gentle reminders that we all have common fears, obstructions, anxieties, and dilemmas. The concept is that problems don't seem so large or insurmountable when we contemplate and meditate with others.

## 2. Should I take notes during Dharma talks?

Not unless you have decided to become a student of Zen philosophy and Buddhism. Simply, listen and reflect.

## 3. During meditation, my mind is a jumble. I feel uncomfortable in the silence. How can I learn to be as calm as some of the people around me?

Meditation is called a practice. Try not to judge or evaluate your experience. It is neither a good meditation or a bad meditation. If you decide to meditate, once a day, three times a week, and so forth, you will find that there will be a point where it takes much less time for your mind to settle during meditation. You will experience moments and minutes of full space and calmness. Everyone's meditation experience differs. There is no right or wrong. And please remember, some of the people you are seeing meditate have been meditating for years. They are completely compassionate towards you, and they are not judging you.

## 4. What should I be thinking about while meditating?

In Zen meditation, we sit in silence with straight backs, so we do not fall asleep or get lazy. Sometimes we say, "Strong backs, soft hearts." We use a phrase called "allowing things/ideas/emotions to arise." What this means is that when a thought comes into your head, you gently identify it, as "Oh, that's about that argument I had today." And then like clouds in the sky, you let the idea/thought move away. Gently let go. Also, you might begin identifying emotions you are feeling during meditation. You might think, "Oh, that's jealousy." And then, let the cloud move away. Continue to gently push ideas, emotions, thoughts, histories and past anger, away to clear your mind. After awhile, you will notice that you aren't really thinking, but have entered a brain wave zone in which you are comfortable just to "be."

## 5. I think I have felt this calmness or zoned brain wave when I am in the woods, when I am gardening, playing the piano and/or praying in church. Is this similar?

Yes

## 6. I think I would be more comfortable if music were playing during meditation or if we had a guided, talking meditation. Why don't we do that?

Because in Zen practice, meditation is somewhat uncomfortable intentionally. You are learning how to not talk, be still, accept your body, emotions, mind, and state of being. This is difficult. It is not uncommon during learning meditation to want to get up and leave the room. Meditating for one hour can seem an eternity. But as you become more settled in your practice, you will find that an hour passes very quickly, and you will yearn to meditate more often because it has many benefits. In Zen meditation, you are facing yourself, and you are alone and quiet. This is different from our constantly talking, connecting, gesturing, acting, emoting, responding, and reacting world. Ram Dass says, BE HERE NOW. Three words that explain meditation: Be Here Now. Difficult to do! That's why it's called a practice.

## 7. What can I read about meditation, Buddhism, and the Dharma?

Feel free to discuss your questions and reading interests with any member of the sangha. They can make suggestions for you. Also, let's face reality: go to Amazon.com!!!! Once again, you will find your path if you take a step, any step. Keep meditating!