

Zen Meditation

- with Danny Parker

Please join me for Soto Zen meditation on Tuesday and Thursday evenings and Saturday mornings. The class includes a little instruction, stretching, breathing exercises and then two 15 minute sessions of meditation or *zazen*. These will be separated by a three minute period of *kinhin* (walking Meditation). Afterwards, we will have a short reading with questions or tea.

What is Zen Meditation?

Zen is a school of Buddhism which emphasizes the practice of meditation. However, zen is for everyone-- all can benefit. Zen teaches that ignorance, created by greed, hate, and delusion, prevents us from realizing our true nature. There are many benefits from meditation, but we *experience* them rather than talk. Together, we'll realize our original nature by sitting in stillness and following our breath, free from gaining ideas. What might we find together?



*Limitations gone:
since my mind fixed on the moon,
clarity and serenity make something
for which there's no end in sight. - Saigyō (1118–1190)*

Who's Leading?

Danny Parker has been practicing zen meditation on and off since 1974. He is currently a wayward student of Edward Espe Brown who was ordained by the late Shunryu Suzuki. (Ed is also author of *Tassajara Bread Book*, *Tassajara Cooking* and *Not Always So*).

What do you need?

Not much. No preliminary training or preparation is necessary, but please be on time.

<i>When and Where?</i>	<i>Tuesday 7:15 - 8:00 PM</i>	<i>The Zen Room</i>
	<i>Thursday 7:15- 8:00 PM</i>	631 Brevard Avenue, Suite C Cocoa, FL, 321-504-0332
	<i>Saturday: 9:00 - 10:00 AM</i>	<i>Family Health and Wellness Center</i> 6615 North Atlantic Avenue Cape Canaveral, FL , Phone: 321-432-4741

Ongoing Classes

Join Anytime, Suggested Donation is \$5

More information? Danny Parker: 783-8181 (leave me a message)