



MAINSTREAM MAHĀYĀNA BUDDHIST MEDITATION



Buddha was asked, "What have you gained from meditation?"

Buddha replied, "Nothing at all!"

However, Buddha said, "Let me tell you what I lost:

Anger, Anxiety, Depression, Insecurity, Fear of Old Age and Death."

Reverend Kakei Nakagawa is a practitioner of the dynamic (recitation) meditation called "Nenbutsu", yet has had experiences exploring various Mahāyāna meditations in his 20s and early 30s in Japan, Ladakh and Sri Lanka. He sometimes resided in certain monasteries as a practice monk. Reverend Nakagawa humbly said that he was a mere student for the field of static (sitting) meditation otherwise his experience and knowledge are truly precious and exciting for the people in his country, who are seeking.

In 2014, establishing the daily practice method suitable for the American way of life, Reverend Nakagawa has started a Meditation Class and teaches how to practice the Dharma on a daily basis. There is a uniqueness to Jōdo Shinshū, the one and only lay oriented tradition among Mainstream Mahāyāna Buddhism, which requires everyone to become everyday practitioners.

He leads sessions by some basic lay-oriented Mahāyāna meditation. These may be introduced for the first time in California with certain authenticity.

*First step: **Susoku** for entrance to the authentic Śamatha Meditation.*

*Second step: **Nanso** for maintenance of healthy living.*

*Goal: **Nenbutsu Samadhi** for realization of the creative living.*

The Fresno Buddhist Temple is a welcoming environment to all who wish to explore, and please, don't be intimidated by any lack of experience. We have classes for beginners that begin with shorter sessions, and include more basic instruction.

Please join us:

Beginning Meditation : Every Tuesday 7:00pm – 8:00pm

Intermediate Meditation : Coming soon

*Please check our web-calendar the day previous to the scheduled session, as the temple frequently has urgent events when the session must be cancelled.

Fresno Buddhist Temple Members – No Charge
Non Members – First session is Free. Donation to this program is welcomed.

Comments by former students:

Most of the most peaceful people I've met over the years have been very spiritual, reflective and kind. These are qualities that many of us desire, but are challenged to exhibit. There are many paths to peacefulness, but a step in nearly all is to simply slow down and be.

Imaging yourself sitting quietly for an hour without food, drink, television, conversation, nor interruption. What would happen? Just as you rest your muscles to recover from exercise; should you rest your mind for just one hour? Meditation is a proven method to help us slow down and enjoy our moments more fully. We all know it can be healthy and enjoyable, so why do we avoid it like we avoid going to the gym? Is it because we don't have friends to go with or because we don't have a trainer?

We all have the time. Now we all have friends and a sensei. Start your journey to a peaceful existence with the Reverend Nakagawa as he gently guides us through the fundamentals of Mainstream Mahāyāna Meditation, called 'Other Power' Meditation. Please don't be concerned with your individual religious preference; meditation is an inward journey, not designed to change your beliefs other than to show you can be free, quiet and happy.

(Randy 57 yrs, company CEO, WA)

The one I attended was among the best meditations I've had in the last 25 years

(Thomas 65 yrs, retired judge, WA)

For my first experience, no pain, no stress and perfect relaxation

(Kimberly 33 yrs, practice nurse, WA)