



## MEDITATION FOR EVERYDAY LIFE

*These are qualities that many of us desire to, 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; could 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 trainer. Start your journey to peaceful existence with Reverend Nakagawa as he gently guides us through the fundamentals of Mainstream Mahāyāna Meditation for everyday life. Please don't be concerned with your individual religious preference, meditation is an inward journey, not designed to change your beliefs other than that you can be free, quiet and happy.*

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

*Please join us:*

**Sunday Meditation (Chair/Floor) :**

**Sunday 8:45am – 9:30am**

at

Family Dharma Center, Small Chapel  
2690 E. Alluvial Ave. Fresno, CA 93720

(Please check our calendar on the previous day because a temple sometimes has urgent events.)

Website : [www.fresnobuddhisttemple.org](http://www.fresnobuddhisttemple.org)

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Fresno Buddhist Temple Members and C.C.Sangha Members – No Charge  
No-Sangha Members – Nominal Charge