

Sitting Meditation Techniques

Sitting meditation is learned through practice. In traditional teaching, beginning meditators are asked to concentrate on three techniques in their practice: achieving proper posture, quieting the mind, and maintaining awareness of breath.

Posture

After properly arranging a mat and/or cushion, sit comfortably with legs crossed and head aligned with your spine in an upright posture. If sitting on the floor is too difficult, sit on a chair. Sitting meditation should require little physical effort.

Breathing

Breathing is an involuntary act. Every moment we breathe in and out. Unless we are out of breath, we are seldom aware that our breathing is smooth and steady. In sitting meditation we become aware of our breathing pattern and turn it into a technique for calming the mind. By having our mind focus on the smooth and steady pattern of breathing, we give the mind something to do. So, when your mind drifts in sitting meditation, gently bring it to rest with your breathing.

Calming the Mind

It is normal for the beginning meditator to experience a steady flow of thoughts that may interrupt the state of calmness. However, these disturbances can be overcome by not dwelling on them. Simply notice each thought and release it as quickly as it comes. Let thoughts be of no interest or concern during your sitting meditation.

Meditation Programs

Weekly and Daily

Sunday 10 AM
Saturday 10 AM
Tuesday Evening 7:30 PM
Every Morning 6:30 AM

Monthly

Children/family meditation
3 PM, 1st Sunday

Raleigh group meditation
6 PM, 2nd Friday

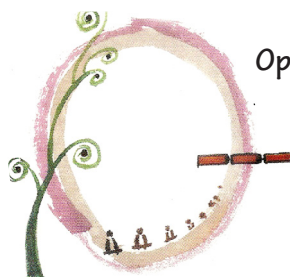
Teen meditation
5 PM, 2nd Sunday

Informal dharma discussion
7 PM, 3rd Thursday

Extended meditation
2-5 PM, Last Saturday



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Open to All.



Since this Temple has been established, more than 100 people a week in the Research Triangle area have received services in the form of meditation programs for all ages, counseling, children's camps, educational workshops, and more.

Won-Buddhism of North Carolina aims at realizing the religious and philosophical ideals of the founder, Venerable Sotaesan. His teachings seek to deliver all sentient beings from suffering through the Threefold Practice: Cultivating the Spirit, Inquiry into Facts and Principles, and Mindful Choice in Action.

Won-Buddhism also emphasizes a life of gratitude through the Fourfold Grace: Grace of Heaven and Earth, Grace of Parents, Grace of Fellow Beings, and Grace of Laws and Universal Principles.



We all live in one same truth.

We all belong to one family.

We are all working together toward the same goal.



Rev. WonGong So
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Within a single breath,
The myriad sounds of nature
Are contained.

Within a single breath,
With a quiet heart, the singing of birds
is welcome.

Within a single breath,
All manner of thoughts and dharmas
Are melting. All the recurring thoughts are released.

Within a single breath,
All suffering of mind and body ceases.
All my worries and anxieties are absolved.

Within a single breath,
Suffering born by all sentient beings
Is embraced.

Within this single breath
Peace in our mind, and peace in the world
Are right now.