

BCAS Zen Sangha

Meditation

Zen Teachings

In the beginner's mind there are
many possibilities; in the expert's,
there are few.

What we call "I" is just a swinging
door which moves when we inhale
and when we exhale.

To stop your mind does not mean
to stop the activities of mind. It
means your mind pervades your
whole body.

Shunryu Suzuki Roshi

For more info, contact Simon
Wiles, sjwiles at Stanford.edu or
check out bcas.stanford.edu



Meets every Monday

6:00 pm to 7:30 pm

Beginning Nov. 4

Sanctuary Room

3rd Floor, Old Union