## **BCAS Zen Sangha**

## Meditation Zen Teachings

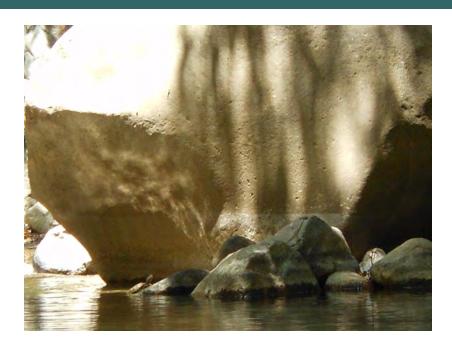
In the beginner's mind there are many possibilities; in the expert's, there are few.

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