

NCUU Meditation Group

The NCUU Buddhist Meditation Group meets every Friday. All who are interested in meditation, regardless of tradition or religious interest, are invited to participate. We simply offer a venue for stilling the mind for a while. Over time, mindfulness, serenity and enhanced inner peace commonly arise from this practice. But, there are no strict rules, goals or protocols. Currently, our sessions involve two 25-minute periods of sitting meditation separated by 10 minutes of walking meditation, a brief inspirational reading and a final 10 minutes of sitting meditation. The sessions conclude with open discussion. The sessions are held at the home of an NCUU member each Friday afternoon at 3:45 for the sitting that begins at 4:00. Please call **352-795-5736** for more information.

