



## {San Francisco Meditation Group}

Our meeting is divided to 3 sessions, discussion of the dhammapada text(Buddha's words), Shamatha meditation, and Avalokiteshvara Sadhana meditation. Meetings are open to the public and free of charge.

**Session 1** (2 - 2:30pm) - Reading and discussing the dhammapada text(for those of who are interested- we write questions as we go, to ask Rinpoche on his next visit). Everyone is encouraged to participate in reading, asking questions, and learning from each other. This will be an interactive session.

**Session 2** (2:30-3pm) - 30 minutes of Shamatha (calming abiding) meditation. This will be a guided meditation in English.

**Session 3** (3-4:30pm) 30 minutes on Avalokiteshvara Sadhana Ritual meditation practice (This meditation involves visualization and mantra recitation).

Depending on the spiritual need of an individual, he/she is welcome to stay for one session or for the entire session.

What: Group Meditation Practice  
When: Every Sunday, from 2 p.m to 4.30p.m  
Where: 246 Parker Ave (between Geary and Anza St)  
San Francisco, CA 94118.

If you would like to join in the group practice and have never participated in a group practice before, please arrive 15 minutes prior to the start time so that some one from the Sangha will give you a brief introduction and explanation on the group meditation practice. If you have any questions about the group meditation practice, please feel free to e-mail us at [sanfrancisco@dharmakaya.org](mailto:sanfrancisco@dharmakaya.org)  
Wish your dharma activities flourish!