

Weekly Practice FAQs

Q: What tradition is your practice?

A: Dana was ordained in the Nyingma school of Tibetan Buddhism.

Q: What do we do during the practice?

A: On Mondays we begin meditating at 6:00 and sit for an hour, but you are free to enter and leave at any time. A bell will ring at 6:20, 6:40, and 7:00 to mark the time. There is no Dharma talk or rituals, simply sitting meditation.

On Tuesdays we begin the meditation practice after ringing the bell 3 times. We start with a 20 minute sitting meditation. After sitting meditation there is a short break then Dana Marsh gives a talk.

On Sundays we begin the practice at 11:00 with 20 minutes of meditation. We then take a short break and come back for a talk given by Dana Marsh. Please be seated when you hear the bells. There are no rituals involved in this practice. It is suitable for everyone.

Q: What time should I arrive?

A: Please plan to arrive at least 10 minutes prior to the start of any practice. This allows time for you to put away your shoes and coat, and be sitting by the time Dana arrives.

On Tuesdays we start with a 20 minute guided sitting meditation. After sitting meditation there is a short break then Dana Marsh gives a talk. On Sundays we begin the practice at 11:00 with 20 minutes of meditation. We then take a short break and come back for a talk given by Dana Marsh. Please be seated when

you hear the bells. On Mondays, Simply Meditation, we begin meditating at 6:00 and sit for an hour, but you are free to enter and leave at any time. A bell will ring at 6:20, 6:40, and 7:00 to mark the time. There is no Dharma talk, teacher, or rituals for simply sitting meditation.

Q: What do I do with my coat and shoes?

A: There is a coat closet to your right after you enter the front door of the Center. Your shoes should be placed on the shelves provided. The shelves are located just past the kitchen/lobby area.

Q: What should I bring?

A: We provide everything you need. However, you can bring your own meditation cushion if you prefer your own. You will find cushions near the window in the meditation area. We have folding chairs if you prefer a chair over a cushion. The room is on the cooler side during the winter, (68 degrees) we provide blankets, but feel free to bring one for yourself if you have a tendency to feel cold.

Q: Can beginners join the practice?

A: Beginners and longtime practitioners are welcome. The practice is suitable for everyone. If you have any questions please [Get In Touch](#).

Q: Can I talk with the Dana about my practice?

A: If you would like to talk with Dana about your practice one on one, please give your name to the volunteer who manages interviews on Sundays and Tuesdays. The interviews are 10 minutes in length. At 8 minutes the volunteer

will knock on the door indicating you have 1 minute remaining. At that time please try to wrap up your conversation so the next person may visit with Dana. If you anticipate you will need more than 10 minutes, please [Get In Touch](#) to make those arrangements.

Q: Is there a cost to attend the weekly practices?

A: Your donation is very much needed and appreciated. The sangha is supported by your generosity. The teachings are given freely since they are considered priceless. We need your donations to cover rental space, advertising, and overhead. To continue to offer the dharma, support from the sangha is needed, please give what you can afford. No one is turned away for lack of funds.

Q: Where do I park?

A: Feel free to park in the lot in front of the office building. There are stairs on the right of the building to access the second floor. A handicap ramp can be accessed from the sidewalk on Orchard. Our parking on site is limited, please see the Parking information located below under the Home tab for overflow parking areas.

Q: What are the guidelines for the practice?

We only follow a few of the traditional guidelines for our practices – Upon entering the practice space, please remove your shoes and place them on the shelves in the back of the room. Please don't wear perfumes or strong scented lotions.