

## Mindfulness, Meditation, and Everyday Life

Friday, September 9, 2016 • 7:00 – 9:00pm



with Vanessa Zusei Goddard

Westminster Presbyterian Church  
724 Delaware Avenue, Buffalo, New York 14209

[www.wpcbuffalo.org/directions](http://www.wpcbuffalo.org/directions) — for map and directions

\$10 donation — pre-registration not required

\*Meditation Instruction: 6:30pm (optional)

Presentation with Q&A: 7:00-9:00pm

Mindfulness meditation is everywhere nowadays. It's present in boardrooms, hospitals, restaurant kitchens and classrooms, therapists' offices, science labs, and drug addiction recovery centers. It's an accessible practice, largely secular, and compelling in its promise of increased health and wellbeing. Yet the roots of this profound form of meditation are deeply embedded in the 2,500-year-old tradition of Buddhism and its Noble Eightfold Path, an interconnected set of teachings that informs and complements the simple practice of mindfulness.

This talk will explore *mindfulness* within this larger context, showing its close relationship to the other seven factors of the path—particularly *right effort* and *right concentration*—but also *understanding or view*, *thought*, *speech*, *livelihood*, and *action*. “Right,” in this context, means skillful or appropriate, but skillful towards what end? Sitting calmly can be beneficial, but unless it's paired with understanding and action, it will not really function in our everyday lives. Through practice, discussion, and a question and answer session, we'll take up the subject of mindfulness and look at the ways in which it can truly be brought to life.

Doors open at 6:00 PM. Discounts available—financial hardship will never be a barrier to participation.

\*Before the lecture, Zusei will offer meditation instruction. If you are interested, please arrive early (by 6:15pm) to register.

**Vanessa Zusei Goddard** is a Dharma Holder and senior lay student in the MRO (Mountains and Rivers Order of Zen Buddhism), and the Director of Operations of Dharma Communications, Zen Mountain Monastery's educational and outreach arm. She's also been a committed runner for the last thirty years, and leads the body practice sessions at the Monastery.

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**BUFFALO ZEN DHARMA COMMUNITY**  
Mountains and Rivers Order Affiliate  
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Newcomer Orientation and Introduction  
1st Tuesday of every month:  
6:40 PM – **please call in advance**

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