Welcome to Zen Columbus Sangha. We're happy you've joined us.

Meditation consists of two 25-minute sits with walking meditation (kinhin) in between.

You may choose any cushion or chair. It's a good idea to be seated a few minutes early to settle the mind.

You will hear wooden clappers that bring our attention to the present moment, then three rings of the bell to begin the first sit. After 25 minutes, the bell will signal the end of sitting and the beginning of walking meditation. After rising, we bow to the center.

For walking, we turn to the left to form a line behind the person who has been keeping time. This person leads the walking meditation. Just follow an arms-length or two behind the person in front of you at the pace set by the leader. You may stay in sitting meditation during kinhin or leave the room quietly by first following the lead until you reach the exit. If you return, find your place in line to finish kinhin, or be seated.

Clappers indicate the final circuit of walking; just follow until you reach your cushion. We then bow toward the center and toward our cushions.

The second sitting meditation begins and ends again at the sound of the bell (three rings).

Following our sit, we do several chants while remaining seated. We end with three prostrations toward the Buddha.

Regarding bows, prostrations and chants: they are meant to honor the basic awakened nature or our minds and the sitting practice that provides us the opportunity to discover and express that awakened mind. They are not intended as obeisance to or worship of any person image or divine being. Your participation is optional, and no one is checking or judging your choice.

We end with announcements and introductions. Questions are always welcome at this point or once we begin putting cushions away. Some of the group will go out for tea/food afterward, and you're welcome if you would like to join us.

On the second Tuesday evening of each month, the meditation will be followed by some teaching and discussion. On the fourth Saturday, teaching and discussion follow the one-hour meditation. Participation is wholly optional.

We hope your sit with us is beneficial to you and others.