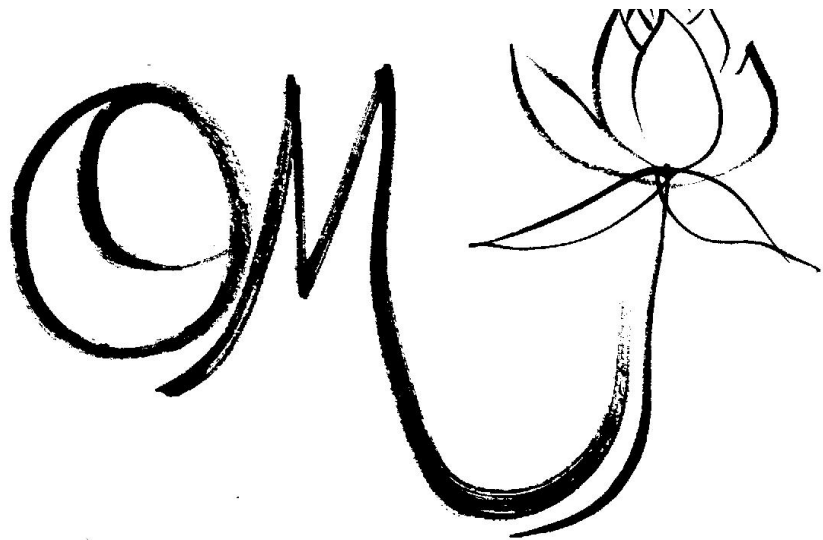


## O.M.

an opportunity  
for regular  
meditation practice  
in a relaxed,  
living room setting



### Olympia Meditators (O.M.)

is a non-sectarian Buddhist meditation group, founded in 1992. We practice on the **first & third Mondays** of the month – from **10:00 to 12:15 a.m.** These mostly silent morning retreats are an opportunity for us to deepen our practice through longer periods of alternating sitting and walking meditation. O.M. participants currently are involved in several of the Buddhist traditions, including Tibetan, Vipassana and Zen. All contemplative traditions are welcome. We do a small amount of chanting at the beginning (including the Heart Sutra) and close with a few dedication prayers - all in English. Also included is a period for metta-meditation/tonglen compassion practice. You are invited to b.y.o.m. (bring your own mind) to Robert's - 3029 46th Ave NE (in the South Bay area, between Shinke and Lemon, closer to Lemon) and sit it on down. Sitting cushions, chairs, benches, etc. are all available. There is *no cost* involved in attending. For more information and directions call Robert (360) 357-2825 or [lovitthere@comcast.net](mailto:lovitthere@comcast.net) Newbies can arrange for basic meditation instruction beforehand...

