

apart from the Absolute, we train within its ongoing, yet still movement that transcends both time and space, yet moves within them. Traditionally Asian Buddhists have used the ancient Indian symbol of the swastika or manji to show this flowing stillness. The turning wheel shows the nature of our True Heart and for this reason is often sculpted or painted on the breast of a Buddha image, such as the one on the main altar of the Priory's meditation hall. It's his/her/our own True Heart. We sit still, yet we flow. We're quiet, yet we're bright. This is the quality of clean, flowing water, of process, of what we have the opportunity to practice and realize on our pilgrimage of life.

Rev. Oswin
August 14, 2009

¹ Allan G. Gaspard, "Sacred Spaces", in *Encyclopedia of Buddhism*, Vol.2, Robert E. Buswell, ed., N.Y., Macmillan Reference 2004, pg. 792.



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Computing Meditation

1. Meditate a few minutes first.
2. Ask, is this good to do?—
both at start and from time to time.
3. Say short verse of dedication.
4. Iconography (Buddha image) reminder.
5. Take breaks, away from computer if
you can, or few breaths, or mantra.
6. Use a timer to keep track of time and
limit sessions.

Adapted with permission of Sue Rhodes, lay
minister at Portland Buddhist Priory.