

Be Still Group - Saturday 27th February 2016
A Day of Christian - Buddhist Sharing
St Pauls Church, Chichester
With Steve Saslav, Revd Cannon Simon Holland and Revd Dr. Alison Green

Alison introduced the day and Simon gave an outline summary of his own personal Christian journey. Steve then gave a summary of his own experiences as a Buddhist. There were some common themes but the Buddhist way for Steve was more of an inner spiritual nature.

Many found this interesting and the difference of focus from Christianity.

The day proceeded with some valuable guided meditations for Lectio Divina, breathing meditation and personal Lectio Divina. These experiences gave clarity in meditation practice for both the Christian and Buddhist way and the different experiences proved to be helpful in deepening practice.

Group discussions followed, and being able to speak more personally in groups, people were able to learn from each other. One member explained that although many felt that Buddhism was a self-enlightening experience which the Western world on the surface appears to be looking for. The reality for one lady was working within cultures where Buddhism was one of the main disciplines. The monks were very much part of the community and helping to meet their community's needs. Some may even have thought that the Buddhist way is along the lines of monastic discipline using meditation instead of prayer as the focus of their day.

The philosophy behind each discipline can be very different. The Dalai Lama has even been quoted as saying that all religions lead to the same goal and stability of focus with the mind is important, because the danger is to mix and match, which can hinder our progress in the spiritual life.

Some found it disappointing at not having more interactive experiences about the differences and similarities of the belief systems. Steve's explanations were also hindered by the sound system.

Caterina Brown