



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

Film Series

On Meditation

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The Auspicious Seventh Lunar Month

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Friday, October 6, 2017 7:30 – 9:30 PM

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On Meditation offers personal testimonials about the value of meditation. This absorbing documentary discusses the real, practical value of the quiet, private, interior practice of meditation. Participants include David Lynch, Giancarlo Esposito, Peter Matthiessen, The Venerable Metteyya, Russell Simmons, Congressman Tim Ryan, Elena Brower, Gabrielle Bernstein, Sharon Salzberg, Mark Epstein & Marlene Shechet. It is unexpected and inspiring to hear a U.S. Congressman talk about the value of meditation. 69 Minutes.

The Auspicious Seventh Lunar Month offers a different take on Chinese “Ghost Month.” Is the Seventh Lunar Month a time of fear? A time to avoid hungry ghosts and placate the gates of Hell? A time to avoid travel and business dealings? During Buddha's life, the 7th lunar month was when his disciples emerged after a three-month period of seclusion enforced by the rainy season. During the rainy season, poisonous snakes made traveling to beg for alms dangerous. The retreat allowed the Buddha's disciples to attain great progress in their Dharma practice; Hence the completion of the summer retreat on the 15th day of the seventh lunar month was considered an auspicious occasion. This film comes to us from the Taiwan-based Tzu Chi Culture and Communications Foundation, founded by Buddhist Nun Dharma Master Cheng Yen, who is featured in the film. This is our Halloween offering for 2016. Spoken in Mandarin with English Subtitles. 48 minutes.

Admission is free.

