



# WHITE MOUNTAIN SANGHA



As long as there's no insane demand for a different moment than the very one you have, or for a better past that would have resulted in anything but this outcome...

As long as you are willing to be right there in the midst of grief and concern, as much as in joy and peace, all is right with you.

~Margaret Fletcher

## SATSANG and DOKUSAN

### GUIDELINES FOR SATSANG

- Satsang begins with a 20-minute group meditation, followed by a dharma talk.
- The time to ask spiritual questions or share personal insight is during satsang, after the teacher finishes speaking.
- It is important to have direct dialog with the teacher and refrain from making comments or conversation with one another.
- After satsang, the teacher needs to take their “teacher” hat off and rest.
- Satsang is followed by tea and sharing a potluck lunch or an evening dessert. This is an opportunity for sangha members to enjoy social time together.

Satsang is a great environment for learning, as one often finds that others questions are one's own as well. On occasion, a student may feel a need for one on one time with the teacher. For these times, a White Mountain Sangha teacher will make dokusan available. Attending satsang is encouraged prior to requesting a dokusan.

DOKUSAN (a private session with the teacher) can be arranged by contacting [info@whitemountainsangha.org](mailto:info@whitemountainsangha.org). A \$50 donation is suggested for a fifty-minute individual session.