

Godfrey's Epicurean Outline

Post by "Godfrey" of December 23, 2018 at 5:00 PM

(1) My initial involvement with Zen was quite random: I was looking to learn meditation in a group setting so I could better navigate a stressful period of my life, and there happened to be a Zen group around the corner from my house. I'm a bit of a minimalist so the minimalist aspect of Zen appealed to me once I got involved.

(2) Exactly! 👍