

ROCHESTER MEDITATION CENTER

September 28, 2014

When entering the Generosity House of the Rochester Meditation Center (RMC), one can feel immediately at ease. Awareness and calm are shared through sessions of silent meditation. A saying of a well-respected Thai Buddhist monk [Ajahn Chah](#) was read and reflective thoughts spoken.

The atmosphere of RMC was serene and welcoming. These meditation sessions are offered twice a week. The day-long meditation retreats also occur once a month. The focus is on the practice of meditation; therefore, the structure of this gathering is simple. This simplicity further enhances the ability to achieve real meditation.

There are so many similarities between the teachings of Buddha and Islam. Patience, releasing one's ego, and controlling flawed human tendencies, are just some of the ways we are similar. These principles ring true in other great faiths as well.

There was a connection through silence.

In the downtown Rochester area there are so many different places of worship and spirituality, true blessings. The Rochester Meditation Center is one of them. It is an asset to the community. Thank you for meeting CIDI in the middle of the bridge.