FAQ

1. What sort of meditation do you offer?

We practice what is called just sitting. We use the breath to bring us into the moment and once we are there we steady ourselves there without rejecting any thought, feeling or sensation that arises. When we find ourselves off on a tangent we gently bring ourselves back to the present moment.

1. How long is the meditation?

We share some inspiration before the meditation then sit for 20 minutes. At the end we answer any questions and close.

1. How do we ask questions?

You can send your questions to [jacqueline@hearth-foundation.org](mailto:jacqueline@hearth-foundation.org) and they will be answered at the next meditation. Please feel free to ask anything.

1. Do I need to be Buddhist to meditate here?

Absolutely not. Although our orientation is Buddhist we draw from all Wisdom traditions to support our unique spiritual growth.

1. How do I learn more about this way of practice?

Come visit us at awakeningathome.org