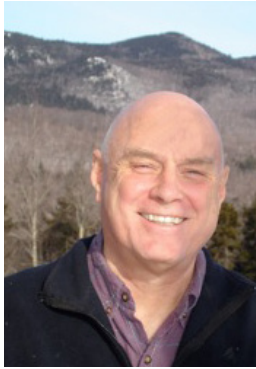




# WHITE MOUNTAIN SANGHA



Enlightenment is knowing oneself  
As the awakened presence of a heart  
Without boundaries  
Open to infinity

Embodiment is in the living of this truth  
That you know

–Norman Scrimshaw

## SATSANG with NORMAN SCRIMSHAW

### 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 Norman finishes speaking.
- It is important to have direct dialog with the teacher and refrain from making comments or conversation with one another.
- After satsang, Norman needs to take his “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, Norman 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 [cynthia@whitemountainsangha.org](mailto:cynthia@whitemountainsangha.org). A \$50 donation is suggested for a fifty-minute individual session with Norman.