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Location **Nebraska**
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QR Code Link to This Post Anyone in the Columbus, Nebraska area interested in starting a Sangha group to meditate and learn about Buddhism. We have support of the Lincoln Zen Center.

Sangha
A sangha is a local community of mindfulness practitioners who gather to meditate, to share their joys and difficulties, and to encourage each other on the path of practice. Meeting regularly with others to sit and share together is a precious way to cultivate our understanding and compassion and to re-establish our deep connection with others.

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