

# The Comparison Project



## Our Mission:

We are a Drake University center for the practice of comparative philosophy of religion, the understanding of local lived religion, and the cultivation of interfaith literacy and leadership.

## Our Team:

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## Check us out at:

[comparisonproject.wp.drake.edu](http://comparisonproject.wp.drake.edu)  
Instagram / Facebook: [@TheComparisonProject](https://www.instagram.com/TheComparisonProject)

# The Comparison Project Presents



## The 2025 Meditation Fair



## 2025 MEDITATION FAIR INSTRUCTORS

WE THANK EACH OF THIS YEAR'S INSTRUCTORS FOR THEIR  
DEDICATION, WISDOM, AND RESOURCES

BHANTE DHAMMAPALA

A MODERN BUDDHIST BHIKKU WHOSE PRACTICE HAS ROOTS IN THE ZEN AND  
THERAVADA PERSPECTIVES, WILL LEAD A SESSION ON BASIC MEDITATION THAT  
ESTABLISHES MINDFULNESS/MINEDNESS (SATIPATTHANA) OF THE BREATH.

DR. MALLESWARI GELLI

A COACH OF BREATH MINDFULNESS MEDITATION FOR THE PYRAMID SPIRITUAL  
SOCIETIES MOVEMENT (PSSM) GLOBAL ORGANIZATION, WILL TEACH BREATH  
MINDFULNESS MEDITATION

REV. JISHO SARA SIEBERT

A SOTO ZEN BUDDHIST PRIEST WHO TEACHES AT ZEN FIELDS IN AMES, WILL  
LEAD A SESSION ON ZAZEN, THE PRACTICE IN ZEN OF OPENING THE GATE OF  
PEACE AND JOY IN SILENT, SEATED MEDITATION.

BALJIT VIRDI

AN EXECUTIVE MEMBER OF THE IOWA SIKH ASSOCIATION, WILL BE  
TEACHING NAAM JAPNA - THE SIKH PRACTICE OF MEDITATING ON THE DIVINE  
NAME "WAHEGURU," WHICH HELPS CALM THE MIND, DEEPEN SPIRITUAL  
CONNECTION, AND CULTIVATE INNER PEACE.

JIM EGGER

A MEMBER OF CONTEMPLATIVE OUTREACH INTERNATIONAL AND CERTIFIED  
PRESENTER OF CENTERING PRAYER, WILL OFFER AN INTRODUCTION TO  
CENTERING PRAYER, A SIMPLE MEDITATION COMING OUT OF THE CHRISTIAN  
CONTEMPLATIVE TRADITION

IMAM NERMIN SPAHIC

IMAM OF THE BOSNIAK ISLAMIC AND CULTURAL CENTER, WILL TEACH  
DHIKR, THE PRACTICE OF REMEMBERING ALLAH THROUGH REPEATED  
PHRASES AND PRAYERS, INCLUDING HIS DIVINE NAMES

## MEDITATION FAIR SCHEDULE

9:00 - 9:15 AM: WELCOME AND ORIENTATION:  
ROOM 101

9:25 - 9:45 AM: FIRST MEDITATION BLOCK:  
SEE ROOMS BELOW

9:55 - 10:15 AM: SECOND MEDITATION BLOCK:  
SEE ROOMS BELOW

10:25 - 10:45 AM: THIRD MEDITATION BLOCK:  
SEE ROOMS BELOW

11:00 AM - 12:00 PM: DIALOGUE AND Q&A:  
ROOM 101

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BHANTE DHAMMAPALA - THERAVADA BUDDHIST MEDITATION  
ROOM 234

DR. MALLESWARI GELLI - BREATH MINDFULNESS  
ROOM 235

REV. JISHO SARA SIEBERT - ZEN BUDDHIST ZAZEN  
ROOM 238

BALJIT VIRDI - SIKH MEDITATION AND CHANTING OF "WAHEGURU"  
ROOM 229

JIM EGGER - CHRISTIAN CENTERING PRAYER  
ROOM 201

IMAM NERMIN SPAHIC - ISLAMIC DHIKR  
ROOM 202