

More about MacB Woodworking

While I have made many items, large and small, in my home woodshop, my favorite thing by far is a meditation bench. I strongly believe in the powerful benefits of a regular meditation practice and have been a meditator since 1976, 42 years and counting! I started using a meditation bench a number of years ago when it became too uncomfortable to sit cross-legged on a cushion. With the bench I have designed, I can sit for 45 minutes to an hour quite comfortably.

My benches have evolved and I now make them so that I not only exercise my woodworking skills but my creative spirit as well. I love the combination of stone or inlay with the wood and absolutely love a wood that has a lively grain to it, even knot holes! I think it mirrors the human being sitting on it. We all have a few knot holes, right?

Anyway, my benches are made in a small home woodworking shop. The wood I use is from local trees that have met their end due to age or disease. A meditation bench is a wonderful way to honor the tree's spirit. At this point, I view my benches as *functional works of art*. There is an artistic beauty to them but they are useful as well, a small tool to help the user on their path to enlightenment. They cost more than a typical meditation bench because of the time and effort that goes into making them.

I love my benches. If you purchase one, I hope you will love it too. It is my wish that it will assist you with many years of meditation!

Jim MacBain
MacB Woodworking
Ann Arbor, MI