

Workshop

Introduction to Zen Practice

Vancouver Zen Group

When: September 6th, 2008. From 10 AM to 4 PM.

Location: Korean Buddhist Society at 14069 104th Ave. Surrey.

Zen means, understanding yourself: What are you? Return to your original true nature, which is clear like space. Then moment by moment by moment only keep this clear mind, perceive your correct situation and correct function, and only do it 100%.

But in our daily lives our situation is always changing, changing, changing. Keeping a clear mind in all this turmoil is difficult. Without clear mind, we cannot see things as they really are, our emotions can become overwhelming, and our strong past karma controls our actions. This can make our lives very complicated and difficult.

In formal Zen practice we use simple actions: sitting, walking, chanting, bowing and eating together mindfully. Performing these simple actions, moment by moment by moment, we can let go of our habitual thinking mind and return to our original true nature, which is clear like space.

This one day workshop will provide you with an introduction to our different practice forms in an open and relaxed atmosphere, which encourages questions and discussion by the participants. This is an excellent preparation for one of our more intensive silent retreats.

Registration:

Please register by Wednesday the 3rd of September either by sending email to mail@zen-group.org or talk to Kris after evening practice.

Cost: 40\$ for members 50\$ non-members. Lunch is provided.