

7-day Silent Chan (Zen) Retreat

Retreat for beginners & seasoned practitioners



Chan Master

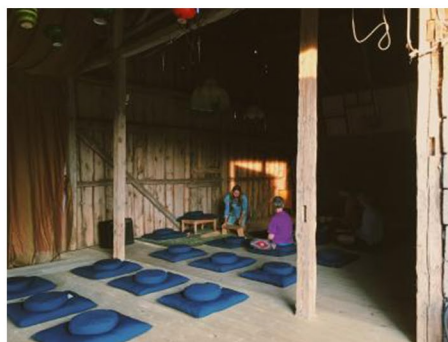
Beishi Guohan was born in 1951, and became Master

Sheng Yen's disciple in 1994. He received Master

Sheng Yen's legitimate Dharma transmissions of Caodong, Linji, and Dharma Drum Lineages in 2006.

From 2007, he began sharing the Chan Dharma in North America and Europe. Then, he founded "Cosmos Chan (Zen) Community" for the purpose of popularizing Chan in the West.

This 7-day silent Chan (Zen) Retreat is an inward investigative journey, a quest to know more about ourselves in order to discover our "true self" and manifest our inherent "wisdom of no-self and compassion of no-abiding." Within the 7-day Retreat, you will train your mind with "pure awareness of genuine wisdom" in daily activities including walking, standing, sitting, reclining, etc. Once you see into the self-nature, you are able to live a life of true peace, harmony, altruism and happiness.



Retreat in Sweden, Sjönevad 2018



Lineage

Late Master Sheng Yen was born in 1930, and became a monk in 1943. He received both transmissions of Caodong and Linji Lineages. In 1975, he began sharing the Chan Dharma in the U.S., and in 1989, founded the Dharma Drum Lineage of Chan Buddhism.



The retreat space „Groot Leven“ in the Netherlands

When?

17.08 - 24. 08. 2019

Where?

Groot Leven op Hoeve Wetermans
Diepenveenseweg 17
8121 PN Olst
The Netherlands

Meditation

It will be a quiet retreat, which means that no one besides the teacher Beishi Guohan Tsao will talk during the seven days retreat.

Besides sitting meditation you will practice walking and working meditation.

The sitting meditation is no more than 40 minutes per session for beginners.

It is also possible to meditate on a chair if it feels difficult to spend long periods on the meditation pillow.

Sleeping

There are 2 and 6 person bedrooms with single beds, and there is a big meadow for both tents and caravans to bring for those who wish to do so. There is a warm shower included.

Food

Vegetarian breakfast, lunch and dinner will be provided for.

Fees

Everyone involved in making this retreat possible works non-profit.

In the future we would like the retreat to be donation-based, but as there is currently no budget available, there will be a fee for the food and other overheads.

The cost for the retreat is 350 €

Please submit your application before the **30th of July**.

To apply for the retreat send an e-mail to christiaan@projectmindfulness.com



organised by Cosmos Chan Community Europe
www.cosmoschan.org