

Meditation Retreat on Calming and Contemplation:



The Genesis of East Asian Buddhist Practice
Led by Venerable Guo Xing of the Dharma Drum Chan Lineage

Calming and Contemplation are two basic forms of Buddhist meditation as received from the Indian tradition. Also known as śamatha (zhi 止) and vipaśyanā (guan 觀), they have formed the backbone of early Chinese Buddhist meditation techniques as taught in Tiantai, Chan, and later Japanese Zen.

The former is usually rendered into English with terms such as "calm abiding." It refers to meditative practices that aim to still the mind and to develop concentration.

The latter is translated as "clear observation" or "contemplation" and refers to the application of one's concentration power to the reflection of Buddhist wisdom.

In this short weekend retreat, you will learn the core principles of these methods from Ven. Guo Xing, one of the main teachers within the Dharma Drum Lineage of Chan as founded by the Late Ven. Chan Master Sheng Yen.

Location: Camp Burton, Vashon Island, WA

Dates: 10 AM April 22 ~ 3 PM April 24, 2011

For inquiries & registration, contact Jennifer Palotas at ddmba.seattle@gmail.com, 425 881 8385, or 425 957 4597

Cost: \$200 per person (7 meals + lodging, up to 3 per room) **Prerequisites:** basic meditation experience and practice

Registration deadline: 8:00 pm April 12, 2011