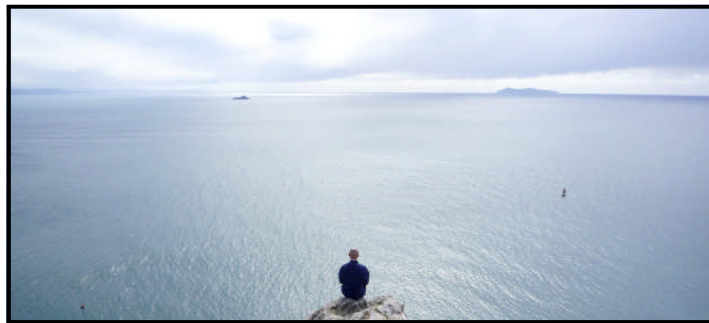


Seikan at Mana

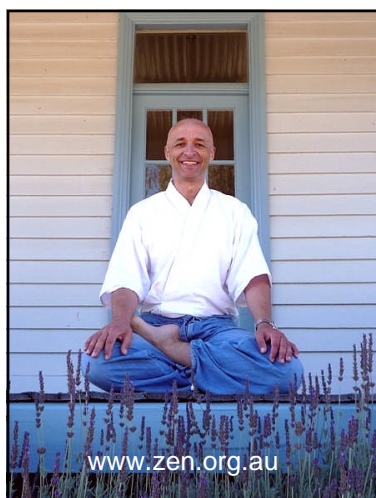
5 - 7 March 2010



A Zen
Transformative
Retreat

**“No gaining, no knowing”
“Can you say anything further?”
“The expansive sky does not obstruct the floating clouds”**
Sekito Kisen (700-790)

When the clouds over our life seem to turn dark – through illness, loss, or plain boredom – we instinctively set out to lighten them, to move them on, or we try to leave them altogether. In this way, we often lock the clouds above us, and tie ourselves up in knots beneath them. Sometimes the more we struggle, the more we seem to get stuck and the more we suffer ... Join Seikan for an exceptional retreat of transformation and healing using the wisdom and practices of Zen. Instead of having to struggle to change or fix your life, be guided in ways of finding fulfilment in the suchness of your life, and allowing for change to come from within. Allow yourself to become part of the expansive sky, to be inherently well and not know why!



Seikan is a Zen monk in the Japanese tradition, and supports simple meditation practice, “just sitting”, and letting go of ideas and expectations. He is also a clinician, psychotherapist, and group leader, and interested in supporting people to discover their inherent wellness, whatever the circumstances. Seikan is the founder and director of Melbourne Zen Hospice, and additionally works as therapist with the Gawler Foundation and other organizations. Seikan is based in Melbourne Australia, and having missed out on fixed national affiliations, is especially fond of the ocean and the sky.

“Seikan reinspired me with the simplicity of the practice, especially doing the practice without trying to elicit a particular outcome. In NZ we are quite isolated and have I limited access to spiritual teachers in the person. The session with Seikan showed me the benefit of being in the personal presence of a teacher. Seikan’s warm and compassionate presence made it comfortable for participants to ask questions to gain clarity around the process of meditation. Beneficial and appropriate for any person no matter what spiritual path they were following.” R. Merritt, Tauranga.

“Seikan taught me the simplicity of Zen meditation, that by 'just sitting' and cultivating awareness we can decrease the volume of our egos and connect to a more authentic life. After attending his meditation workshop I felt inspired to establish a regular Zazen practice each day”. S. Brown, Tauranga.

“I have been a Buddhist for 12 years and have attended many teachings on Buddhist practice and philosophy. To me, Seikan is obviously a Buddhist monk of thorough training backed up by experiential learning. He is a teacher and spiritual guide filled with warmth and integrity, two of the most essential characteristics for leading others along the path of personal and universal awareness. I found Seikan hugely adept at making his skills and knowledge available to all people of all spiritual and religious backgrounds. This was clear in his compassionate, knowledgeable and non-judgmental responses to workshop participants thoughts and questions. I came away from Seikan’s workshop with renewed energy for meditation and healing of the mind and body”. A. Ranson, Awakeri.

“Seikan’s teaching style is very helpful and enlightening. He offers more than just 'knowledge', and relates with such ease and warmth that I am sure all must experience him as a friend.” C. Rowe, Melbourne.

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