



ZEN MEDITATION

With Lawrence Graziose

Saturday May 8th & Sunday May 9th, 2010

Theosophical Society. 310 South Terrace, Adelaide.

Zen Buddhism is one of the least understood paths of spiritual practice used to reveal our true nature or reality, or to uncover the peacefulness, which cannot be disturbed by any event (the peacefulness which is already who we are).

It is a path of non-attachment, even to the path itself. One Zen Master has said: 'If you truly know Zen, you understand that you cannot even call yourself a Zen Buddhist'. The spiritual practices or techniques have been called: 'no-path', 'no-mind', 'just be yourself' (which can immediately bring up the question: 'Aren't I already just being myself?') and others. It is a path of questions much more than answers. The questions serve to stop the mind in its tracks, and you yourself become the answer.

Zen Buddhism extracts the core of what the Buddha taught, leaving all thought and concept behind. It is a path with nowhere to step. In fact, as soon as you land on solid ground, if your own Zen practice is working, it will take the ground out from under you. It is like a free-fall through time and space, and when you hit the ground, reality appears.

Even though it can be difficult to grasp, it is, at the same time, one of the most grounded, pragmatic and simple of spiritual paths. Even if it can seem much different to this before you begin. (Reading about Zen is NOTHING like practicing Zen!)

Zen is VERY different from other Buddhist paths. Almost no trace of what is known as 'Buddhism' can actually be found, other than the core of what the Buddha was pointing to, which can be called 'reality' or 'existence itself'. The main focus of Zen is to experience this 'true nature' or 'reality' or 'true self' directly, in this lifetime, for your self.

Zen literature is filled with stories about 'enlightenment'. In Zen practice, this word is almost never used. If you want it, you can't have it. However, if you don't pursue it, you are missing the deepest part of life. Without the impulse to 'wake up', you will remain lost in samsara. Zen is not the only path to this 'waking up', but it is one of the most direct (and quickest) ones.

Specific practices

Sitting

The basic practice of Zen is a meditation form called 'zazen'. We will learn 3 different inner-methods, all with the same outer meditation posture or form. In Zen, the most important aspect of meditation practice is your posture. There are 6 different sitting forms, depending on your current level of ability: full-lotus, half-lotus, Burmese, Japanese-style, simple cross-legged and in a chair. All of these will work. There is also a standing form.

The meditation periods will be 20 minutes, so physical pain should not be a problem. As mentioned above, there will be one of several postures, so that every attendee can find one that works for them, without any great difficulty. We may do some stretching exercises to make sitting meditation practice easier, if there are attendees who would benefit from this.

Energy practices

Two different 'special energy' forms, no longer traditionally practiced, will be taught. These practices are very old, very special, and only known to a handful of modern people. These will be optional practices, which people can choose to do during one of the zazen periods. They are like the chi-kung practices which are primarily designed to build up raw energy (as opposed to create energetic flow).

There will be set periods where people can choose between the zazen sitting practice or one of the 2 energy practices. Lawrence will check and give feedback on the forms during the practice sessions individually, if requested beforehand. There will (most likely) be somewhere between 2 (x20 min) and 4 (x20 min) practice-times per day.

Interview

Each attendee will be given the opportunity for what, in many Zen traditions, is called 'an interview'. This is one-on-one time with the Zen Teacher, who will point out energetic or conceptual blocks, sticky points in the mind, and/or make suggestions that will be helpful to your own spiritual growth and unfolding. This will be optional - a person can choose to opt out. There will be time for 1 'interview period' per day, for each person. These times will overlap the group meditation times. It is during these times that the deepest 'transmission' can occur.

Discussions, throughout the weekend

Any questions about Zen can be addressed: What is Zen? How does it differ from other Buddhist paths? What are koans (or kong-ans), and how do they work? How did the teachings of the Buddha become 'Zen', many years after the Buddha's death? What is the Diamond Sutra? What is the Heart Sutra? What place do the written teachings (sutras) have in Zen?

Enlightenment' or 'Awakening' or 'Self-Realization' experiences can be described, explained and talked about.

This will be a ZEN weekend.

Lawrence Graziose

Lawrence Graziose has over 30 years experience with Zen and Tibetan Buddhist practices, and became a Dharma Teacher in the Kwan Um Zen School in 1983. In the course of his spiritual unfolding, he has worked with teachers from many traditions, and was adopted as a son by a Cheyenne healer.

HOW TO REGISTER: Cost of the weekend if paid by APRIL 15TH IS \$200 AFTER THAT \$250.00. BOTH DAYS, 10AM – 5PM.

PAYMENT CAN BE MADE BY CHEQUE OR BANK DEPOSIT TO SPIRIT OF YOGA, PO BOX 127, DERNANCOURT S.A. (FOR BANK DETAILS CONTACT CATHIE)

EMAIL: - OR GO TO FOR FURTHER INFORMATION.

ALL ENQUIRIES WITH CATHIE MCGILL – 8266 6166

HIS VISIT PURELY RELIES ON PAYMENT BY THE 15TH APRIL, HE IS AN INTERNATIONAL SPEAKER AND TEACHER AND WE ARE VERY BLESSED TO HAVE HIM COME TO ADELAIDE, SO PLEASE SUPPORT THIS WEEKEND.

NAMASTE

CATHIE