

Deepening the Great Sky: Monastic Training – August 6-8, 2008

A special pre-sesshin period available to participants in the Great Sky Sesshin

There are many styles of sesshin, and participants in Great Sky may not be familiar with the forms and various functions that keep the sesshin running smoothly. To help with this, we are offering an optional 2 ½ day opportunity for learning and practicing these before sesshin begins. Participants learn the basics of practice as doan, shoten, jisha, server and tenzo and they become familiar with the basic rhythm of the daily schedule and the sounds signals that mark that rhythm.

We invite you to deepen your sesshin practice and that of others by being able to function smoothly in your role and help other participants function smoothly as well. If we can work harmoniously together, understanding what needs to be done in this moment, our practice becomes steadier and it deepens the peace of the sesshin for everyone. After sesshin, these skills can be carried home to your sangha, either as resources to inform your own ways of doing things or as bases for the various functions needed to do sangha practice. Finally, the spirit of this practice will deepen your personal practice in zazen and in daily life.

Schedule

Arrival on Wednesday, August 6, before 4:00 p.m. - training begins after dinner

August 7 and 8 – full days of training

August 9 – assist in welcoming those arriving for the sesshin

Cost

\$75 including housing and meals.

Please print out and mail the form below to the Milwaukee Zen Center, 2825 N. Stowell Ave., Milwaukee, WI 53211.

Registration for monastic training:

Name _____

Address _____

_____ **Check enclosed, payable to the Milwaukee Zen Center**