

# Spring Sesshin 2017

Sesshin is an invitation to leave the tumbling, noisy, incessant world behind. At Kodoji, in the valley of beauty and wilderness, practising in deep silence and letting go of ideas and preoccupations creates opportunities to wake up moment by moment – to come home to the lyrebird's song, the starry heavens and the vastness of this universe. To come home to your true self.

## Teacher

Gillian Coote Roshi, Sydney Zen Centre.

## Participants

Old-timers and new students alike are most welcome. As traditional Zen sesshin involves seven or eight hours a day of zazen - sitting meditation - it is not suitable for people without previous meditation experience. All participants will begin sesshin on Saturday 30 September.

## Schedule

Traditional sesshin offers countless opportunities for practice — zazen, kinhin, walking meditation in the bush, dokusan, teisho, sutras and samu (or work practice).

## Venue

Kodoji, or Ancient Ground Temple, is SZC's retreat centre in the Upper Macdonald Valley, about 2 hours north-west of Sydney, via Wisemans Ferry and St Albans. It was built over the last twenty-five years by Sydney Zen Centre students. Kodoji sits in a beautiful valley called Gorrick's Run, surrounded by high sandstone cliffs and deep wilderness. There is limited indoor accommodation; it is generally expected that sesshin students will pitch their own tents.

## Cost

SZC members \$340 non-members \$440.  
Applications are due and fees payable by 16 September (2 weeks before sesshin starts).  
Applications or payments after this date incur a 10% additional fee.

No applications will be accepted after 23 September (one week before), unless a cancellation occurs. Applications who have not paid by 23 September will have their places cancelled.

Except in the case of unforeseeable emergencies, no refunds are payable if you cancel after 16 September or if you leave sesshin earlier than your nominated time.

## Enquiries (Sesshin Coordinator)

Janet Selby 0421 369 707

[janetselby@bigpond.com](mailto:janetselby@bigpond.com)

Application form on reverse.

A confirmation letter with information about Kodoji Temple and what you should bring to sesshin will be forwarded to you following the receipt of your application and payment.

*In the event of unforeseen circumstances  
SZC may cancel sesshin.*

Your true nature is not lost in moments of delusion, nor is it gained at the moment of realisation.

It was never born and can never die.

It shines through the whole universe, filling emptiness, one with emptiness. -Huang-po (? - 849)



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ZEN  
CENTRE

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# Spring Sesshin 2017

Saturday 30 September–  
Saturday 7 October



*Our sesshin celebrates the hundredth anniversary of our founding teacher, Robert Aitken, Dawn Cloud, 1917-2017. Over the silent peaceful days, breath by breath, as the ochre cliffs, eucalyptus forests, brilliant starry skies and the songs of frogs, crickets and birds advance and confirm the self, birds and trees and stars and we ourselves come forth in perfect harmony.*