

Wild Country Zen in Aromas



Autumn 2021 Practice Period: The Noble 8-Fold Path (v.1)

Join us for a 9-week intensive practice period, an exploration of the 4th Noble Truth of Buddhism, offered on Zoom by Wild Country Zen in Aromas. This is open to all dedicated practitioners interested in transforming our life with greater peace, joy, and ease.

Our topic will explore the 8-fold path which leads us out of suffering, usually associated with a single prefix— “Right” —but for our journey, reimagined as:

Wise Understanding, careful Intention, appropriate Speech, courageous Action, harmonious Livelihood, whole-hearted Effort, loving Mindfulness, and skillful Concentration.

Our reference text for this journey will be “*The Heart of Buddha’s Teaching*” by Thich Nhat Hanh. Please order a copy asap and begin reading.

Presenter/Moderator: Taizan Gendo, guiding teacher of Wild Country Zen in Aromas.

A practice period is a time to clear away the usual schedule, to make room for intensive study and most of all, intensive practice (meditation). This is not an academic “class,” nor a lecture series. It is an opportunity to change your life’s path, to awaken fully, and should be approached with determination and dedication.

On Wednesday evenings 7pm-9pm (PST) Beginning Wednesday, Sept. 22, the autumnal equinox, we will take a deep dive into the “map” of the path, an overview of each of the 8 “destinations,” which we will explore in depth by taking one each Wednesday through Nov. 17th. Between each Wednesday meeting, please **read the corresponding pages** for the upcoming topic.

In addition, **increase your meditation times** out of your usual comfort zone, at minimum sitting first thing in the morning and last thing at night. Commit to sitting at unusual times throughout the day. Break barriers. Immerse yourself in your practice period. Give it everything you’ve got.

On Saturday, Oct. 2 and Saturday, Nov. 20— Half-day sittings (Shikan Zazenkai’s). Clear your calendar starting the Friday night before each Zazenkai, when we will meet at 7pm to begin our noble silence, refrain from electronic devices, and go to bed early to prepare for the 6am-noon meditation day.