

## Master of Chan Meditation Program Syllabus

May 23, 2021

### Theory:

- Bodhidharma
  - o The first founder of Master of Chan Meditation
  - o 2 entrances
- The 4 colorful stabilities

### Practice:

- Yi Jing Jing: Stretch joints and tendons in preparation for Chan.
- Learn Chan: 1<sup>st</sup> through 3<sup>rd</sup> levels
  - o 1<sup>st</sup> level: purify all 6 senses
  - o 2<sup>nd</sup> level: transparent heart
  - o 3<sup>rd</sup> level: transform the trauma

June 13, 2021

### Theory:

- Hui Ke
  - o The second founder of Master of Chan Meditation
  - o Tolerance
- The 4 colorless stabilities

### Practice:

- Xi Shui Jing: Purify the marrow
- Learn Chan: Review 1<sup>st</sup> through 3<sup>rd</sup> levels and learn 4<sup>th</sup>
  - o 4<sup>th</sup> level: healing others

July 11, 2021

### Theory:

- Zheng Can
  - o The third founder of Master of Chan Meditation
  - o Transparency of heart to find the root of the problem

### Practice:

- Yi Jing Jing and Xi Shui Jing
- 4 levels of Chan

September 12, 2021

Theory:

- Dao Xin
  - o The fourth founder of Master of Chan Meditation
  - o Integration of Chan in daily life

Practice:

- Dragon rotations for the 5 elements: Emptiness, Wind, Fire, Earth, Water
- Chan Meditation realization

October 17, 2021

Theory:

- Xuan Yin
  - o The fifth founder of Master of Chan Meditation
  - o Realization

Practice:

- Tie Dang Gong: Steele Shirt for protection
- Chan Meditation: receiving a level of silence and emptiness
- Guan Ying Mudra: healing others

November 14, 2021

Theory:

- Hui Neng
  - o The sixth founder of Master of Chan Meditation
  - o Transformation of the heart

Practice:

- Tie Dang Gong: Steele Shirt for protection
- Chan Meditation: gaining wisdom

Spring Retreat March 4-6, 2022

- Review
- Learn Group Healing