



BOE NEWSLETTER

Aug 2025

Wisdom from Shifu

— *the 85th Zen Grandmaster*

To practice the Heart Zen meditation method, there are a few essential conditions.

One is "**No Learning**"—meaning anyone can practice it, whether you're highly educated or can't read a word. Unlike most types of learning that rely on thinking and analysis, this meditation emphasizes not using intellect. In fact, not using the mind can lead to even greater benefits.

Another is "**Non-Action**"—which means letting things unfold naturally, without artificial effort. If you meditate with a strong desire to see a bodhisattva or visit another realm, that very striving becomes a barrier. The path of non-action can't be followed with force or intention—it has to come from letting go.

Message from Guangming

— *CEO of BOE*



We are pleased to announce the successful acquisition of the future headquarters for Buddhaland on Earth U.S. chapter. We anticipate holding the consecration ceremony in January 2026, and a formal invitation will be extended once further details are finalized.

It is truly said that good intentions are met with divine assistance. It is precisely due to your collective support and fervent aspirations that, with the blessings of our Shifu and the universal lifeforce, the acquisition process proceeded with such remarkable smoothness.

This acquisition signifies the advancement of the Zen lineage in the United States, serving as a spiritual home for all present and future Zen practitioners in the nation. Our aspiration is to share Zen with all interested individuals across the United States, thereby purifying hearts and spirits, promoting societal connection and harmony, and illuminating the future of the Earth with the sacred light.

Sharing

In the Light of Shifu, in the Warmth of the Zen Community

- Sharing by Eddie



This Zen annual retreat was a transformative journey, cleansing my spirit and lifting my heart. The instructors' dedication and experienced guidance led me to profound meditative experiences. Each time I closed my eyes, a boundless white light enveloped me, guiding me into deep meditation several times. These moments filled me with an exquisite sense of peace and joy, marking not only a milestone in my practice but also a shift in my perspective. [\(Read the full sharing\)](#)

With Gratitude and Peace: My First Zen Retreat

- Sharing by Wen



This was my first time participating in a four-day, three-night meditation retreat. It was an opportunity to break free from the distractions of everyday life and truly experience relaxation for the body, mind and spirit. The retreat was held during the May holiday in a small town nestled in the mountains, which was both picturesque and peaceful. The meditation sessions were led by senior practitioners from various centers. There was even a session where we connected life with Grand Master Yiming for an in-depth discussion, which was a rare and valuable experience.

[\(Read the full sharing\)](#)

Zen Current



Each month on the last Sunday, the Irvine Center welcomes our practitioners for a half-day silent meditation. Together and individually, we share in three periods of stillness, gently deepening our practice and presence.

Contact Us

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