Forest Way Zen Application Form

Sesshin 3pm Tuesday 13th- 3pm Sunday 18th August 2019

223 Dennis Rd. Springwood 4127 Queensland.

[forestway@bigpond.com](mailto:forestway@bigpond.com) 0407114761

Name.

Address.

Email address.

Phone numbers.

Name of emergency contact and phone number?

Dietary requirements?

Do you know of any reason you might not complete sesshin?

Are you receiving support for any emotional or psychological issue? Please detail. Use extra pages if you need them

You will need to take direction from the sesshin leaders during the sesshin

Do you have a Zen teacher, now? Please give details.

Have you attended a Zen Sesshin or other retreat?

Please read the schedule below and check if this will be suitable for you before you send the application form.

All questions must be fully answered for the application to be considered.

This will be a still and silent retreat.

Meals will be served in Oryoki style.

Fee $350 for full 6 days 5 nights and $80 per day with a minimum of 2 nights.

Deposit of $100 by Friday 5th July 2019.

Signature

Date

Sesshin Application Kit

Further Information you will need for attending this Sesshin.

1. You will be required to do simple tasks during the sesshin. Some of these tasks will be preparing food, keeping the meditation room clean, and sweeping around the monastery. You will be assigned a job on the first day of sesshin. You will have ample time to rest and sleep.

2.There are single rooms and double and twin rooms.

3.You will need to bring all your bedding requirements , including single bed sheets, doonas, pillow and pillow slips, towels, toiletries, torch, inside and outside shoes, insect repellent, hat, umbrella, working clothes as well as sitting clothes, your favourite sitting cushion and mats, and rugs for outside sitting.

1. There will be several scholarships available for people who are unemployed or on a pension. Please contact Farrin Roshi for details and if you are having trouble finding the money to attend and we will negotiate a payment plan.
2. Your fee covers cost of accommodation, three meals a day, coffee, tea, all teachings, personal interviews. You may decide to give dana to help Forest Way Zen continue the teaching of Zen.

6.There are tent sites available with some tents already erected or you may bring your own tent or campervan. Fees are reduced for self-tenting.

1. You will need to pay a $100 deposit to assure your booking by Friday 5th July 2019.
2. Forest Way Zen have kept the cost to a minimum for this sesshin. We are aware that many people have reduced incomes and increasing cost of living expenses. We are attempting to make this sesshin available to as many people as possible who want to come.
3. Some changes are likely to be made during the retreat due to weather conditions.
4. The venue is a Chan monastery just 2klms in the eastern aspect of Springwood at 223 Dennis Rd Springwood. It is on 20 acres of land and has a converted 5-bedroom brick home and other accommodation for at least 22 people. It has a very big dharma room for sitting. The Abbott is happy to share this space with us, but he will not be involved, nor will he give interviews or talks during this time.
5. Make sure you have informed us of any special dietary needs before you arrive. Meals will be served in Oryoki Japanese style eating in bowls that will be provided by Forest Way Zen.
6. Roshi KuSan Barry has attended over 300 sesshin and zazen in the 44 years he has practiced meditation and has conducted about 150 of these retreats. He started the Forest Way Zen in 1989. He was given the title of practice leader in 1999 and then given permission to teach in 2004 when he had finished his koan study. He was given full transmission in 2015. He has used mindfulness meditation when working with patients with cancer and other health issues. He lived in a monastery for 12 months.
7. Roshi Ku San Barry understands the issues we all struggle with during sesshin and has an intimate knowledge of his own suffering. You will find him a compassionate and open teacher of Zen who understands the importance of sesshin and the benefits of Zen meditation.
8. There will be a variety of coffee and teas and fruit for people who need it during the day plus sweet and savory biscuits.
9. I have included the Schedule for each day during the sesshin. Some people may want to get up earlier than is scheduled or may want to continue later into the night and that would work just fine. You will be required to attend all the schedule sitting times and the liturgical times for chanting. You should become familiar with the schedule so you will know what is expected of you during the sesshin. We are up at 5am and we are finished at 8.30pm.

Daily Schedule for Sesshin 13th August – 18th August 2019

4.00am Voluntary Meditation

5.00am bell to rise

5.15 am Voluntary gentle stretching in Zendo

5.30am formal tea in Zendo All to be sitting by 5.25am.

5.35am Kentan (Welcome to the Day)

5.40am Zazen and Dokusan

7.30am Breakfast

8.00am Work Practice and Long break

9.30am Zazen and Continuous Interviews (Dokusan)

12.00md Lunch

12.30 Work Practice and Break

2.00pm Zazen

2.30pm Teisho

3.00pm Outside Kin Hin and Outside Sitting

4.00pm poetry / reading

5.00pm Supper

5.30pm Break and Rest

7.00pm Zazen

7.30pm Chanting

8.00pm Closing begins Formal Tea

8.30pm close for night

8.45 pm Coffee and Tea

10.00pm

bed