



REDEMPTORIST RENEWAL CENTER

AT PICTURE ROCKS

...a desert spiritual life center

Zen Sesshin
with
Pat Hawk Roshi

What is *Sesshin*? It means to “touch the mind,” and is a traditional three– to eight–day silent retreat in the Zen Buddhist tradition. *Sesshin* is an opportunity to deepen one’s practice, strengthened by the presence of others doing the same. Participants practice alone and together, seek harmony between body and mind, and between the individual and the group. In *sesshin*, participants are encouraged to do things together as one way to help each other realize this harmony.

Each day of *sesshin* includes *zazen*, or seated focused awareness, *kinhin*, or walking meditation, silent meals, sutras, *dokusan*, or private interviews with the teacher, *teisho*, or talk given by the *Roshi* or teacher, and *samu*, or work practice.

There are four blocks of meditation: early morning, mid-morning, afternoon and evening. There is a minimum of five minutes of *kinhin* in each block. Each participant has a daily work assignment as a way to bring meditation practice up off our cushions and into every-day life. Each participant is expected to fully participate in the daily cycle, unless prior arrangements have been made with the *sesshin* coordinator.



Fr. Pat Hawk Roshi is the guiding teacher for our sesshins, and resides at Redemptorist Renewal Center in Tucson. He is a Zen Master in The Diamond Sangha, a lay sangha founded in Hawaii in 1959 by Robert and Anne Aitken. The Diamond Sangha is an independent Zen lineage in the Harada-Yasutani tradition: a blending of the Rinzai and Soto schools of Zen. We trace our lineage back to Hakuin Ekaku, the 18th century reformer of the Rinzai sect, and dogen Kigen, the 13th century founder of the Soto sect in Japan.

For more information about Contemplative Intensive Retreat, please contact:

Carmen Patterson at 520.744-3400 x 111, or office@desertrenewal.org, or visit our website:
www.desertrenewal.org

Redemptorist Renewal Center. 7101 W. Picture Rocks Road, Tucson, AZ 85743-9645

Tel. 520.744-3400; Toll Free. 866.737-5751; Fax 520.744-8021