

' The Miracle of Mindfulness' Chan/Zen Meditation Workshop

by Abbot, Venerable Guo Xing
Dharma Drum Mountain Retreat Center - New York

May 13, 2011 (Friday)

1:00 pm – 4:30 pm

Venues: Pure Mind Center
7825 Olive St., U. City, MO 63130



Mindfulness, the ability to be full present, aware, and intimate, is something that we all have. But, it takes practice to bring out its full potential. In this workshop, Venerable Guo Xing will share with us the methods and insights of mindfulness and how it has the potential to develop our wisdom and compassion in activities of daily life.

Limited Seats. Registration Required.

Registration: info_ddmstl@yahoo.com or (636) 825-3889
Open to the Public. Free of Charge. Donation Welcomed

Abbot, Ven.. Guo Xing is one of Chan Master Sheng Yen's Dharma heirs. After studying yoga and meditation, Guo Xing Fashi began to study Chan under the guidance of Chan Master Sheng Yen in 1984. He assisted the Master in leading meditation retreats in Taiwan, Southeast Asia, and the United States, for a period of 20 years, totaling over more than 50 retreats, including the first 49-Day retreat at the Dharma Drum Retreat Center-New York in 2000.



Dharma Drum Mountain
Buddhist Association