

GENJO MARINELLO OSHO

ZEN AS A PATH OF LISTENING TO WHAT THERE IS.

Genjo Marinello from Seattle, Washington, is offering at the Waldhaus for the second time a 5-day sesshin (Zen retreat). As an experienced Zen teacher and trained psychotherapist he nourishes through his powerful and loving presence an environment for intensive experience and exploration of human nature.

Versatile meditation forms and practices based on Rinzai Zen support and give impetus on the way to universal, profound acceptance and to our natural vitality.

Silent sitting (Zazen) is the central practice. Walking meditation, bowing, chanting together, service periods, meals and occasional exchanges in a council ("Listening and speaking from the heart") structure the day. Also included are Dharma lectures and at least two daily dialogues with Genjo, which provide assistance on a personal level. Upon request, advanced students can do Koan work.

In addition, Thomas Christaller, experienced Aikido teacher, will lead once a day a movement class to foster the body.

The course takes place in silence.

When we choose to attend a Zen Sesshin and sit on our Safu for Zazen, we take our time and turn to ourselves. We embrace what comes as openly and unbiased as possible.

Often, we first encounter the part of ourselves that makes life difficult and complicates relationships with others. We experience a part of us that makes us narrow and that separates us. In other moments we experience states of clarity, of love and confidence. We feel power and vitality flowing through us. Maybe universal benevolence. Maybe energy.

Our idea that we are a separate self fades into the background and we take ourselves as being connected to the whole universe. We come back home.

As human and as teacher Genjo conveys very impressively, that we can meet both parts courageously. To a certain extent, good and evil, "beauty and the beast" are even parts of human nature and of life. We can learn from both sides and our full vitality can unfold. Developing inner maturity also means allowing and accepting the full range of experiences with all the consequences. This transforms and creates freedom based on which we can act.

Strengthened and with our hearts turned to ourselves, we try to integrate this knowledge into our lives and to bring it into the world.

This task has to be mastered together and in harmony.



Daily Schedule

05:30 Wake-up
06:00 Small Tea Ceremony (Sarei) and Morning Sutra (Asa)
06:30 Seated meditation (Zazen) and walking meditation (Kinhin)
08:00 Breakfast, afterwards service if necessary (Samu)
09:30 Zazen, Kinhin, and one-on-one conversations (Dokusan)
11:30 Lecture (Teisho)
12:30 Zazen
13:00 Lunch, then Samu
14:30 Outdoor Kinhin
14:45 Zazen, Kinhin, Dokusan
16:15 Tea Break
16:30 Movement class (Teacher: Thomas Christaller)
17:30 Dinner, then Samu
19:00 Zazen, Kinhin, Dokusan
21:00 Sarei
21:10 Zazen
21:30 Evening Sutra

Explanation Dana

Genjo Marinello Osho shares his time, knowledge and kindness in the tradition of Dana. He does not charge a fixed fee for this sesshin. The paid fees covers only incurred expenses. In return, we ask for voluntary support in his name as a sign of gratitude and appreciation.

The amount of the donation should be based on one's own financial possibilities.

We will provide a collection box at the end of the Sesshin. Many thanks.



Portrait Genjo

Genjo was ordained in 1980 as Zen "Unsui" (Cloud and Water Person or Priest Novice) and serves since 1999 as Abbot of the Rinzai Zen Practice Center in Seattle (Chobo-Ji, choboji.org). He lives his social commitment in numerous interreligious and Buddhist projects (e.g. homeless camps). As Zen Peacemaker he participated in Testimony Retreats: Auschwitz, Rwanda, Black Hills. Genjo is a trained psychotherapist. Some of his students at Chobo-Ji become Zen teachers or lead their own temple.

Voices of participants:

Samuel: Genjo is a very experienced Zen teacher who offers meditation retreats within the tradition of the "old" Japanese school. I admire his fine sense of humor, his openness and depth, which are available to him in caring company. The combination as a psychotherapist, bon vivant and spiritual teacher is very special.

Nikola: Zen practice with Genjo is always an adventure. The rigid and –for me sometimes strangely rigid– framework of Rinzai-Zen, with its rituals and formal practices, becomes understandable and helpful in the interaction with Genjo's personality, sensitive words and wide and loving heart.

Daniel: It's much easier to meditate when Genjo is around.

Frank: I have always experienced the Sesshins with Genjo as very powerful. Genjo's wisdom and compassion make it easy for beginners to enter the Zen practice.



WALDHAUS
AM LAACHER SEE

Genjo Marinello Osho

5-Day-Sesshin
Monday, 2/10/20 (7 pm)–
Saturday, 2/15/20 (2 pm)

KB €220(160+60) + UB + Dana

Registration for the sesshin via:
Waldhaus am Laacher See
Buddhismus im Westen e.V.
Heimschule 1 – 56645 Nickenich
tel.: 02636-3344
fax: 02636-2259

Mail: budwest@t-online.de
www.buddhismus-im-westen.de



Questions?
Mail to: info@ohne-rang-und-namen.de

Flyer in English:
www.ohne-rang-und-namen.de/sesshin2020/

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Mo 2/10/20 – Sa 2/15/2020

Waldhaus
am Laacher See
56645 Nickenich

Course Language: English
Translation in German

