There will also be breaks for quiet work, meals and spiritual reading. Spiritual coun-
terspersed with short talks and discussions exploring the Buddhist Precepts in depth.

Since it will, again, not be possible for the Abbey to hold our Ten Precepts Retreat,
and quiet work periods and time for meals. Spiritual counseling will be offered by
at-home retreat will include daily meditation periods, morning and evening services
meditation, we observe that there is no duality whatsoever; we cast aside the multi-
ment. Rather it combines with these three aspects of spiritual training. ‘Precepts’ are
compassionate wisdom of our Buddha Nature and to learn to live therefrom. Great
5. Please email the guestmaster (guestmaster@shastaabbey.org) to register.
The dates for upcoming introductory day retreats are Saturdays, April 10 and June
The Abbey will be offering online introductory day retreats for those interested in
beginning and establishing a Buddhist meditation practice in the Serene Reflection
(Soto Zen) tradition. The schedule, from 9 am to 3 pm, will include both seated and
walking meditation instruction, as well as short meditation periods. Senior monk
teachers will also offer short talks on bringing the mindfulness of meditation into
your daily life, including your work, mealtimes, etc. There will be opportunities for
questions and discussion as well as breaks for quiet work and lunch.

The theme of this retreat will explore how Serene Reflection Meditation and the prac-
tice of the Buddhist Precepts work together to help us cultivate true insight into the
compassionate wisdom of our Buddha Nature and to learn to live therefrom. Great
Master Keizan teaches:
“...pure meditation does not stand against the Precepts, mindfulness, or wise discern-
ment. Rather it combines with these three aspects of spiritual training. ‘Precepts’ are
the resisting of what is wrong and the ceasing from what is evil. When seated in pure
meditation, we observe that there is no duality whatsoever; we cast aside the multitude
of things and bring all conditions to rest.”

Along with Dharma talks and discussions, the schedule for this three-day on-line
at-home retreat will include daily meditation periods, morning and evening services
and quiet work periods and time for meals. Spiritual counseling will be offered by
senior monks upon request.

The retreat schedule will include daily meditation periods, morning and evening services
and quiet work periods and time for meals. Spiritual counseling will be offered by
senior monks upon request.

All our more advanced retreats are open to those who
have attended a retreat at the Abbey in the past or are
familiar with Soto Zen practice. Please fill out our ap-
lication form if you are interested in attending one of
these retreats. You will find the form on our website
under the Visiting & Retreats heading. Our Introduc-
tional Retreats are open to anyone.

Wesak Retreat, Online May 14–16
Wesak is the biggest annual celebration throughout the Buddhist
world, honoring Shakayamuni Buddha’s birth, life, enlighten-
ment and teaching. This weekend retreat offers the chance
to express together with other Buddhist trainees, our gratitude
for His timeless Dharma which shows us the ancient path he
uncovered to the cessation of suffering and to the opening of
our hearts to our True Nature. Retreat Dharma talks and dis-
cussions will explore examples from the Buddha’s life still so
relevant to our daily training today.

Along with Dharma talks and discussions, the schedule for
this weekend on-line at-home retreat will include daily medi-
tation periods, morning and evening services and quiet work
periods and time for meals. Spiritual counseling will be offered by
senior monks upon request.

Due to the continuing pandemic, all our retreats through the end of June, at least, will be on-line. We have received positive feedback from many participants regarding our on-line
retreats. More lay trainees have been able to attend these retreats than we usually have come to the Abbey in person, and they have appreciated expanding Sangha connections
within our congregation. Through practicing together in this way many have discovered a deepening sense of training in their own homes, whereas they might have previously
thought this was only possible at the monastery. We very much look forward to when it will be possible to reopen and see you all in person again.

Week-Long Retreats

Great Master Dogen’s Teachings from Zen is Eternal Life
Online Retreat June 20-27
When the Buddha does all, and you follow this doing effortlessly and without
worrying about it, you gain freedom from suffering and become, yourself, Buddha.

During this online retreat, led by Rev. Master Meian, our Abbess, we will explore
some of the chapters in Zen is Eternal Life that Rev. Master Jiyu-Kennett felt were
Great Master Dogen’s most important teachings. These teachings are both profound
and practical, as relevant for us today as they were in Dogen’s own time, dealing
with matters of life and death, impermanence, meditation and training, and deeper
understanding within our daily activities. During this week-long retreat, Rev. Master
Meian will offer Dharma talks each day, as well as discussions and private spiritual
counseling for each participant. The retreat schedule will include daily meditation
periods, morning and evening services, and quiet periods for work, meals and spiri-
tual reading. Zen is Eternal Life is available for free download on our website. Please
go to Teachings, then Publications.

To View The Morning Star –
The life of Rev. Master Jiyu-Kennett as inspiration for training
Retreat August 22-29
given by Rev. Master Koten of Lions Gate Priory in Canada

From strange abyssmal depths
I have climbed forth
to view the Universe
and find it fair and wondrous
as the Morning Star.

Jiyu

Rev. Master Jiyu (1924-1996) was the founder of our Order. She was born in Britain
and at the age of 38 she travelled alone to Malaysia where she was ordained as a
Buddhist monastic. She trained at Sojiji in Japan under Koho Zenji, was certified by
him as his Dharma heir and returned to the West in 1969. She founded the Throssel
and Shasta monasteries as well as numerous smaller temples and meditation groups.
She served as Abbess of Shasta Abbey and Head of our Order until her death in 1996.

She asked Rev. Master Koten, who was one of her chaplains, to be her official
biographer and in that capacity he has studied her life in detail. During this Retreat
he will explore her life and legacy as a source of encouragement and inspiration in
our own lives and Buddhist practice.