

Join us in Zen Meditation in Israel!

3-day Zen Retreat for Peace at Notre Dame de Zion, Ein Kerem

Location: 23 Rehov Ha Oren, Jerusalem

Dates: March 1 (afternoon) – March 3 (noon)

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Description: A Zen-retreat is called Sesshin in Japanese, which means “touching the heart,” or, in other words, getting in touch with the core of our being, our spiritual center. Zen comes from the Sanskrit word *Dhyāna* – which means concentration in meditation. To arrive at the spiritual core of one’s being it is necessary to quiet the distracting thoughts in our mind which keep us dispersed, and become still and focused. We do this by focusing on the breath, and keeping an inner attentiveness to the present moment. We maintain silence throughout the retreat. The inner and outer silence together with the attentiveness helps us to let go of our egocentric concerns and prepares us for moments of spiritual opening, insight and grace. The teacher is a guide in this inner exploration – and people see the teacher individually in one-to-one consultation for guidance in meditation. The retreat is geared to help participants come home to who they really are, to realize their interconnectedness with everything that is, and to cultivate compassion from a place of inner peace. It is this inner peace that can become the basis for peace between peoples and countries.

This short retreat is co-led by three teachers from the Sanbo-Kyodan Tradition. It will be followed by a week-long retreat in October:



Maria Reis Habito has practiced Zen since 1982, and became Assistant Zen-teacher of the Sanbo-Kyodan and at the Maria Kannon Zen-Center in Dallas in 2009. She is a member of the Mahabodhi Int. Meditation Center and has led retreats there as well as in the US. She directs Interfaith Programs for a Museum in Taiwan.



Stefan Sachs has practiced Zen since 1978 and was appointed Zen teacher of the Sanbo-Kyodan in 2008. He teaches at the Munich Zen-Center in Pasing and also supports intercultural and interreligious communication in social projects. He works as a business coach.



Sato Migaku has practiced Zen since 1982. He became Associate Zen Master of the Sanbo-Kyodan in 2009 and teaches Zen in Japan and Germany. He is a professor of Religious Studies at a university in Tokyo.