

# The ZGWA 7-day Spring Sesshin

## Origins Centre in Balingup

25 September -2 October 2021

led by

Ross Bolleter Roshi and Mari Rhydwen Roshi



*To touch the Mind, to settle the Mind, to convey the Mind*

**Date/time:** Early evening **Saturday 25 September** to noon **Saturday 2 October 2021**.

If possible, arrive on the first Saturday by 2–3 pm to help set up for Sesshin.

**Venue:** Origins Centre, 153–157 Jayes Rd, Balingup, WA (2 ½ h from Perth). See map at [www.originscentre.org](http://www.originscentre.org)

**Part-time attendance** may be possible. Please contact Sesshin Coordinator if you need to negotiate part-time attendance.

### SESSHIN COSTS:

PAYMENT DETAILS		Days	Concession fee*	Full fee	Dana offering. Please consider
BSB 126-568, Account # 4333 1663 - provide surname in 'description'	Member	7	\$400	\$530	
	Non-Memb.	7	\$440	\$580	
	Part-time	1	-	\$80	-

\*Concession fees are available to people who have Health Care or Pension cards. If you are having difficulty paying, speak with the Sesshin Coordinator Lisa Callahan (on Thursdays at St Paul's, or [lisa.callahan@bigpond.com](mailto:lisa.callahan@bigpond.com), ) mobile 0438 841 912).

### WHAT YOU WILL NEED TO BRING WITH YOU:

- Please bring your own mat, cushion (zafu) and stool if you have one and indicate on your application form.
- Beds and pillows are on site - bring your own warm bedding/sleeping bag.
- Plain black or dark-coloured warm clothing – for 7 days.
- A jacket and beanie for inclement weather (it can be very cold and rainy!).
- Towel.
- Toiletries and medicines.
- Sturdy covered shoes suitable for walking on bush tracks.
- A torch (essential).
- An umbrella.
- Insect repellent.
- Sun hat and sunscreen

**PLEASE NOTE:** the Origins Centre is on a bush block with the usual Australian flora and fauna. Be aware of potentially dangerous animals (snakes, emus, cattle) and quietly move away. Pathways may be slippery in rainy weather, so sturdy footwear is required. Accommodation, toilets and showers are basic, so be prepared.

**PLEASE REGISTER ON LINE. [Zgwa.org.au](http://Zgwa.org.au)\sesshin** Should you be unable to register and pay on line please contact Sesshin Coordinator for alternatives.  
[Lisa.callahan@bigpond.com](mailto:Lisa.callahan@bigpond.com) 0438841912

**The ZGWA 7-Day Spring Sesshin  
Origins Centre, Balingup: Saturday 25 – Saturday 2 October 2021**

**Warning:** A 7-day sesshin is can be physically and emotionally challenging. We suggest you read *Taking the Path of Zen* by Robert Aitken Roshi and other books from our library, and sit at home, with the group on our regular Thursday sittings or a 1-day zazenkai before you commit to longer periods of sitting as at sesshin. This is to ensure you're familiar with the hours of meditation, the postures, silence, sitting with others, the vegetarian diet and scheduled events. Leaders are available to answer questions before and during sesshin.

Sesshin provides multiple opportunities to interviews with the teachers in Dokusan. Some walks and exercise may be included. There will be voluntary jobs assigned, for example in the kitchen. If you have a pre-existing condition that prevents you from taking on a job, please indicate this above. We ask you to take responsibility for your own well-being and general health during sesshin. If you are not well or have an accident please inform a leader or the teacher promptly.