



## From Warm Hand to Warm Hand

### Fall 2020 Integrated Intensive with Flint Sparks, PhD

Thursday evening, October 8 to Sunday afternoon, October 11

An integrated intensive is an opportunity to deepen our practice as we live our daily lives. All sessions will be virtual and live at the time (CDT) indicated on the chart, and all will be recorded so you can participate even if you are in a different time zone.

This integrated intensive is not a place to receive psychological or psychiatric care. If you are under the care of a therapist, psychologist or psychiatrist, please check with them about the appropriateness of attending.

Thursday October 8	Friday October 9	Saturday October 10	Sunday October 11
	7-8a movement, meditation and daily guidance with ODZ head students	7-8a movement, meditation and daily guidance with ODZ head students	
			noon - 1p movement & meditation with ODZ head students
			1-2:30p dharma with Flint
5:30-7p intro, & dharma with Flint	5:30-7p dharma with Flint	5:30-7p dharma with Flint	

To register for this online Integrated Intensive go to ODZ's Retreat page at:

<https://opendoorzencommunity.org/zen-events-retreats-workshops/>

The suggested payment for the full intensive is \$60 per household. Pay any amount based on your circumstances.

*Please note that the retreat will be recorded.*

For questions or to ask about alternate ways to register email [opendoorzencommunity@gmail.com](mailto:opendoorzencommunity@gmail.com)

Registration is open through Sunday, October 4.

For more information about Open Door Zen Community, visit [opendoorzencommunity.org](http://opendoorzencommunity.org)



# From Warm Hand to Warm Hand

## An Integrated Intensive with Flint Sparks ,PhD

October 8 - 11, 2020

**The teaching of thusness has been intimately communicated by Buddhas and Ancestors. Now you have it so keep it well.**

**-Dongshan**

The teachings and practices of the Buddha remain alive today because they have been passed on by people who studied and trained under a teacher who had also received the teachings and practices from their teacher. This is the Buddha's lineage, the "blood vein" of the teachings, and has been so since the time of the Buddha and his early disciples in northern India. When these teachings arrived in China through the efforts of the legendary figure Bodhidharma, he is said to have offered this four line stanza which is emblematic of the Chan lineage:

*A special transmission outside the scriptures,  
Not depending on words and letters;  
Directly pointing to the mind  
Seeing into one's true nature and attaining Buddhahood.*

Zen is entrusted mind to mind, warm hand to warm hand. It is not dependent on theology or philosophy. In this Integrated Intensive we will reflect on our willingness to receive the teachings through dedicated study and training, to realize the True Nature of life through our committed practice. Our capacity to generously share the dharma is greatly expanded by the way we live our lives and interact with others. We will use Dongshan's famous poem, *Song of the Jewel Mirror Samadhi* as a classic expression of the entrustment of the dharma.

We as everyday people living everyday lives, pass wisdom and compassion warm hand to warm hand. Please join us as we explore this profound and intimate transmission.



*Flint is a Zen teacher and former psychologist, dedicated to assisting people in the unending path of growing up and waking up. An experienced therapist and a master teacher, Flint's teachings bridge the fields of traditional Buddhist practice and the psychology of awakening. Most recently he has extended his work into the contemplative arts, especially photography. In whatever capacity, his vow is to help soften barriers to love.*

*In addition to serving as the Guiding Teacher for Open Door Zen Community in Madison, Wisconsin, Flint remains a senior teacher at Appamada in Austin Texas, and is also a guiding teacher to the Just This consortium of sanghas across the UK.*

For more information, visit [flintsparks.org](http://flintsparks.org)