

How Then Shall We Live

A meditation retreat with Flint Sparks, PhD

October 17-21, 2018



OPEN DOOR
ZEN COMMUNITY



Every day we are faced with myriad relationship experiences, choices and decisions in our personal and professional lives. Whether simple and routine or complex and challenging, we need a source of guidance to make a right and helpful response. We all need help at times in being present to these situations and relationships with care, kindness, compassion, and understanding.

Certainly, our past experience tells us our hearts, minds, and bodies are changeable. We continually search for some constant on which we can depend – rules, guidelines, teachers, romantic partners, and communities - that will be infallible, perfect, nourishing, and permanent. Where is the heart and mind that can be trusted? Is it in me, or is it out there somewhere?

In this retreat, we will look to Zen writings specifically the beloved poem, Hsin Hsin Ming for guidance. This Chinese title is variously translated as “Trust in Mind” or “Faith in Mind,” or more complexly, heart/mind/intelligence/whole being. So it is worth considering carefully just how we can place our faith, our trust, in this very heart and mind, in this very being. What is it that we can rely on?

This is a silent retreat employing mindfulness meditation and contemplative practices as the ground of our learning and experience. These practices develop faith and trust in our inner capacity, our heart and mind. They also offer strong support and guidance in responding to ourselves and others with our best human qualities in our personal and professional relationships.

Let's spend some time with the ancient poem and practices to see what they can teach us as we live in the challenging modern world.



Flint Sparks, PhD is an ordained Zen Buddhist priest currently serving the Appamada community in Austin, Texas and the guiding teacher for the Open Door Zen Community in Madison, Wi. He is a former psychologist dedicated to assisting people on the unending path of growing up and waking up. He has post-doctoral certificates in Hakomi psychotherapy and group therapy, and is a trainer with the Center for Self Leadership in the Internal Family Systems Model.

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