

至窮處



早心玉堂



"The place where [self] is thoroughly exhausted"

Calligraphy by Guo Gu

Whatever situation you encounter, face it, embrace it, respond to it, and let go of it. When you think you've let go of it, let go of that too.

— Guo Gu

Photo by Myosen "Lotus"

Tallahassee Chan Center
P.O. Box 10389
Tallahassee, FL 32302

PLACE
STAMP
HERE



TALLAHASSEE CHAN CENTER



**January to July
2017 Schedule**

Who Are We?

The Tallahassee Chan Center (TCC), founded by our teacher Guo Gu, is a community of practitioners learning and living the Buddha's way through the Dharma Drum Lineage of Chan (Zen), established by Chan Master Sheng Yen (1930-2009).

Chan (Zen) refers to our intrinsic freedom, expressed in terms of wisdom and compassion. Realization of Chan is the direct awakening to the interconnectedness of life, beyond language, concepts, and self-referentiality.

Sittings

Monday evenings, 7:30-9pm. Two 30-minute periods of seated meditation (using cushion, bench, or chair), punctuated by a period of either walking meditation or mindful Yoga, followed by a short session of Q & A.

Talks

First Monday of each month, 7:30 sitting; 8pm talk by Guo Gu. From January to June Guo Gu will continue to give talks on emotions.

Workshops

The 3-part Beginner's Meditation Workshop offers a systematic and thorough introduction to the methods of meditation, stages of practice, and other useful supporting techniques. Jan. 7, 14, 21; March 4, 11, 18; May 6, 13, 20.



Instructions

Brief meditation instructions every Thursday evenings from 7:30-9pm. These instructions cover basic postures, methods, and attitude in practice. The instructions are not a substitute for the thorough Beginner's Meditation Workshop.

Contact us if you would like to invite us to lead a workshop outside of our center.

Social Events

Our regular social is held on the third Monday evening of each month. The evening begins with one short period of sitting from 7:30-8pm, followed by an informal social gathering. The event is a good opportunity to meet other members and chat with one another over light snacks, soft drinks, and tea. Feel free to bring snacks or drinks to share with others.

Retreats

A Chan retreat is a special opportunity to practice intensely with fellow practitioners under the guidance of Guo Gu. It allows practitioners to engage wholeheartedly with the meditation method in a sustained way under a protected environment. For more information, please visit our website.

- Half-Day: 1st & 2nd Sat. of each month.
- 1-Day: 4th Sat. of each month.
- Commemorative "Beginner's Mind Weekend Retreat": February 10 (6:30pm), 11, 12 (3pm).
- 7-Day Intensive Chan Retreat: June 30 to July 8, 2017. This will be an overnight retreat at our new center. Prerequisite: Have at least done two shorter retreats and have a regular meditation practice for at least a year. Registration open in March. Suggested donation: \$500. Scholarships available.

Special Events

Beginner's Mind Retreat: This is a short weekend retreat-workshop aimed to developing our skills to connecting with ourselves and others.

Contemplative exercises include the art of listening, the art of seeing, and art of questioning, and more. Feb. 10 to 12. On the 10th, we begin at 6:30pm. On the 12th, we end at 3pm. Suggested donation \$150.

"Teachings on the *Platform Scripture* of Huineng": Fri., Apr. 14, 21, 28; May 12, 19, 26. Guo Gu offers a series of six classes on the teachings of Huineng—the foundations of the Chan tradition. Required readings will be provided. Suggested donation: \$70 for this whole series.

Formal grand opening of our new center with the abbot of DDM will be held on Sat. June 3, 2017, 11am. followed by lunch and dharma talk in the afternoon. All are invited.

Resources

Our website has a wealth of resources for anyone interested in learning more about Chan Buddhism.

Come Join us:

Tallahassee Chan Center

647 McDonnell Drive

Tallahassee, FL 32310

Email: tallahassee.chan@gmail.com

Visit us on the web:

<http://www.tallahasseechan.com/>