

## September 2007, Zen Retreat at Grailville with AMA Samy, S.J.

weekend - September 7 - 9  
week-long - September 7 - 14

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### Introduction

Retreatants who are new to meditation and those who have experience are welcome. Silence, meditation, chi gong, opportunities for private discussions with AMA Samy, an optional Christian liturgy, and an introductory session for those new to zen are included in the program.



### Timeline

There will be retreats of two lengths, a week-long session and a weekend session. Both sessions begin with dinner on Friday, September 15, at 6:30 p.m. Plan to arrive between 4:30 P.M. and 6:30 p.m. on Friday, September 15, 2006. Begin by registering in the Grailville Store and Coffee House. The weekend session ends with lunch on Sunday, September 17, at 1:30 p.m. The week-long session continues through breakfast on Friday, September 22, 2006.

### Meals/Food

Meals are vegetarian including dairy and eggs and are prepared with an eye to good nutrition. Meals will be low in fat, sugar, and salt. If you have special dietary needs please let us know in advance so arrangements can be made with the kitchen.

**Zen Master AMA Samy** was born in Burma to Christian parents and educated in a Buddhist environment. In 1972 he was ordained a Catholic priest. In 1982, he studied Zen Buddhism in Japan under the Dai-Roshi Yamada Koun, who gave him the Dharma name, Gen-un-ken-Sensei. AMA Samy lives and teaches at Bodhi Zendo, a meditation center in Kodai Kanal, India that he founded. He also conducts retreats in Europe, North America and Japan.



He has written two books that are published in English.

*Zen Heart, Zen Mind* and *Zen: Awaklening To Your Original Face.*

### **What To Bring**

Bring comfortable loose-fitting clothing. In cold weather, a blanket/shawl is often used during meditation. In hot weather modest lightweight clothing is the norm. Please avoid wearing shorts in the meditation hall. Laundry facilities are available.



Bring your own towels/wash cloths. If you have meditation cushions you might want to bring them as Grailville has a limited supply of cushions and pads for your use.

### **Cost Of The Retreat**

450.00 week-long  
235.00 weekend single room  
190.00 weekend double room

Commuters are welcome, please phone 513-683-0116 regarding fees. A limited number of scholarships are available.

Participants are also asked to make a Dana contribution to AMA Samy. Dana is an ancient Pali word meaning “generosity”, “giving”, or “gift”. Going back to the days of the Buddha, the teachings were considered priceless and thus offered freely, as a form of Dana. The students in turn offered a Dana to the teacher. Today teachers at Grailville retreats generally receive a prearranged Dana from Grailville for leading retreats. You are invited to participate in this tradition by giving a voluntary donation to the teacher at the end of the retreat.

For more information please call 513-683-0116.