

JULY NEWSLETTER

QUOTE

If we persist in our sitting, at some point there is a shift, and for a second there isn't myself *and* the world, but just – there are no words for it, because it is nondual. Every second we spend in that nondual experiencing transforms our life. We can't see that transformation because there is no drama in it. Drama is always in our self-centered mental creations. There is no drama in good sitting.

Joko

PRACTICE PERIOD

Practice Period will be from July 2 to July 30. Please fill in the enclosed application and return it to ZCSD. Additional activities at the center will include a zazenkai (all day sitting) on July 16 and 17, and Sunday AM sittings with daisan. Details are enclosed.

SESSHIN IN AUSTRALIA

Elizabeth and Ezra will lead two sesshins in Australia this Fall. The first will be 5 days (9/28-10/2) in the Brisbane area. Contact address is everydayzen@bigpond.com.

The second will be 3 days (10/8-10/10) in Sydney, co-taught with Geoff Dawson. Contact address is geoffreydawson@bigpond.com.

NEWSLETTER

The center will be updating the mailing list for the newsletter. If you would like to continue receiving the newsletter, you need to fill in the form below and send it in to ZCSD. It would be okay to send it in along with your Practice Period form. Please do not send it by e-mail.

ADDRESS FORM Detach and mail to ZCSD; 2047 Felspar St, 92109

NAME _____ MEMBER: Yes ___ No ___

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