

Let's all practice together!

Heart Kyol Che 2016

What is Kyol Che?

Kyol Che is a traditional Korean Zen retreat. The name means “tight dharma” or “coming together.” In Korea, it is the three-month winter and summer periods when monks and nuns do intensive sitting practice in the mountain temples. Providence Zen Center holds two Kyol Che retreats annually, with students sitting up to three months in the winter and four weeks in the summer.

What is the Heart Kyol Che?

The Heart Kyol Che is an opportunity for students who cannot sit the traditional Kyol Che, or who can sit only part of it, to participate by doing extra practice at home and practicing together with others as they are able. This will run concurrently with the traditional Kyol Che. By doing this Heart Kyol Che together, we will strengthen our own practices, and provide support to our fellow students who are able to sit the traditional Kyol Che. We in turn can draw inspiration and energy from their commitment.

Will there be together action opportunities?

Students participating in the Heart Kyol Che are encouraged to attend the Kyol Che ceremonies on the dates listed on the other side. In each case there will be special chanting at 6:30 pm; chanting at 7:00 pm; and the ceremony at 7:30 pm.

What if I can't get to Providence Zen Center?

If you are geographically distant, you can still participate in the Heart Kyol Che through your commitment to practice at home. Try to attend talks, sittings, and retreats at another center of the Kwan Um School of Zen.

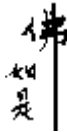
How do I arrange to participate?

Fill out the practice commitment form on the reverse; keep a copy for yourself, and mail in a copy. You can also use this form to register for retreats.

What does the Heart Kyol Che consist of?

(see the Providence Zen Center website at www.providencezen.org for information about long sittings, dharma talks, and retreats at PZC)

1. An effort to do daily practice (suggested minimum is recitation of the Four Great Vows; bowing; chanting of the Heart Sutra; and sitting fifteen minutes)
2. Doing daily mantra practice (suggested minimum is one thousand Kwan Seum Bosals)
3. A personal day of silence and mindfulness (optional)
4. Long sittings (suggested minimum is one)
5. Dharma talks (suggested minimum is one)
6. Yong Maeng Jong Jins and one day retreats (suggested minimum is one day)
7. Foundations of Zen workshop (optional)
8. One or more weeks of Winter Kyol Che at Providence (optional)
9. Winter Kyol Che ceremonies at Providence (optional)
10. Work practice at your Zen center



PROVIDENCE ZEN CENTER

Heart Kyol Che 2016

Name _____

Address _____

City _____ State _____ Zip _____

Telephone Day _____ Evening _____

Fax _____ e-mail _____

See www.providencezen.org for the schedule of long sittings and dharma talks.

Commitment

- 1. Daily practice (Four Great Vows, bowing, chanting, sitting) _____
- 2. Daily mantra practice _____
- 3. Personal day of silence and mindfulness _____
- 4. Long sittings _____
- 5. Dharma talks _____
- 6. Kyol Che Opening Ceremony Jan. 3 _____
Mid-Kyol Che Ceremony Feb. 12 _____
- 7. Work practice at my Zen Center _____

- 8. Yong Maeng Jong Jin and one day retreats (\$65/day; \$45/day members; \$35/day DT and DTIT)
 - ___January
 - ___February
 - ___March
 - ___I'll sit a silent meditation retreat at another Zen Center
- 9. ___Winter Kyol Che (\$455/week; \$315/week members; \$245/week DT and DTIT)
 - enter date _____ exit date _____

You can register for these programs using this form if you wish.

Total Fees Enclosed\$ _____

AMEX/Discover/MC/Visa _____

Exp. _____ Signature _____

Please send a copy of this completed form to:
 Your Guiding Teacher
 and/or Zen Master Bon Haeng or Nancy Hedgpeth JDPSN
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 Fax 401/658-1464 director@providencezen.org