



How Practice Can Lead to Enlightenment & Mystical Events in the Holy Bible

These retreats will explore the origins and development of Soto Zen. The original Master of Soto was Dogen, and the modern Master, Shunryu Suzuki, taught in—and inspired the formation of—Zen centers in Northern California. We will also draw from Jundo Cohen, a contemporary Zen teacher, who has studied Dogen for decades, and his metaphor of the *Kosmic Dance* to reflect Dogen’s teachings.

The retreat days will explore the theory and practice of Soto Zen, and compare and contrast this tradition with the mystical traditions of Judeo-Christianity. By the end of the retreat, participants will come to understand and experience the *Kosmic Dance* as participation in creating a better world.

The retreats are designed in a “cycle” format for participants to attend one or both sequences.

Books that will be read and studied on retreat

Enlightenment Unfolds, The Essential Teachings of Zen Master Dogen, Edited by Kazuaki Tanahashi. Boston & London: Shambhala. 1999.

Shunryu Suzuki, *Zen Mind, Beginner’s Mind, Informal talks on Zen meditation and practice*. Weatherhill: New York & Tokyo, 1997.

Jundo Cohen, *The Zen Master’s Dance, A Guide to Understand Dogen and Who You Are in the Universe*. Somerville, MA: Wisdom Publications, 2020.

Holy Bible, any modern annotated edition.

Retreat 1 - August 19-21, 2022

Retreat II - August 21-23, 2022

**See retreat costs below*

facilitated by

Deacon Charles “Red” Cheever

Deacon Charles “Red” Cheever has a Master of Arts degree from Franciscan School of Theology in Berkeley, CA.

He was ordained Deacon in the Catholic Church in 1983. For the past 44 years, Red has taught philosophy and theology, and is currently doing spiritual direction and retreat work. He has been a member of the International Satsang Association since 1994.

Registration 3:00 to 5:00pm;
dinner at 5:15pm; ends after Lunch.

REGISTRATION FORM - Red Cheever - August 2022 Retreat

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____

___ Visa ___ Mastercard ___ Amex Exp. Date _____ CID _____

Retreat I: Resident \$275/Commuter \$225 (\$75 non-refundable deposit) Retreat I & II: Resident \$450/Commuter \$375

Retreat II: Resident \$275/Commuter \$225 (\$75 non-refundable deposit) (\$75 non-refundable deposit)



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or register online at www.mercycenter.org