

Chan Retreat „Paths to Chan“

with Hildi Thalmann (Chang She)
Chan-Teacher in the Tradition of Master Sheng Yen

Saturday September 2 – Thursday September 7, 2023

In the retreat entitled "Paths to Chan" we will become familiar with the Chan methods, as taught in the lineage of Master Sheng Yen. Unlike longer-term retreats the daily routine is designed a little looser and more flexible, and more instructions and explanations are given. We learn the basic techniques of relaxation and concentration to settle body and mind. Thereafter we are introduced to the methods of "Silent Illumination" (Mozhao) and Huatou. Discover which method suits you the most. We practice in sitting periods of 30 or 40 minutes, alternating with Yoga exercises and meditative walking. Dharma talks include also practical aspects of our predecessors. Questions and problems arising with the use of the chosen meditation method can be discussed in individual interviews. Daily one hour of work meditation. Continuous silence. We will start the retreat on September 2 at 6:00 p.m. and finish on September 7 at 11:00 a.m. Retreat language is German, translation into English is possible.

Venue: Casa Trüb, CH-6984 Pura

The **prerequisite for acceptance** to the retreat is at least 6 months of experience in Buddhist meditation practice.

Application: The application form and the retreat fee should be sent by August 22, 2023 to: info@chan-bern.ch

Retreat fee (including veg. meals, lodging in with one or two beds):
CHF 390 (Sponsor: CHF 450)

Bank transfer until August 22: PC-Konto 60-592636-0. Chan Bern IBAN: CH97 0900 0000 6059 2636 0. Bic POFICHBEXXX, Postfinance AG, Mingerstr. 20, CH 3030 Bern with the designation: Chan Bern, 3000 Bern.

With the bank transfer your participation is automatically accepted (if there are still places available).

Additional information: Participants with limited financial resources may apply for a discount on the participation fee. Meditation cushions and mats are on site. The retreat-house has no central heating system. Please bring warm clothing and also your own terry towels and bedding.

*Die weibliche Form umfasst alle Geschlechter.

Retreat Teacher



Hildi Thalmann, Chang She ("Always Letting Go"). After many years of practicing meditation in the Christian contemplation and Japanese Zen tradition, she became a student of Master Sheng Yen in 2004. She attended many retreats with Master Sheng Yen and his successors. In 2008 she received teaching permission by Master Sheng Yen. Since then, she was regularly involved in teaching assignments as part of Chan Bern (www.chan-bern.ch) and as an assistant at retreats with Asian and Western Dharma heirs of Master Sheng Yen.

She is the mother of 2 grown children, Dr. med., previously she worked as a child neurologist, Master of Science of Religion.

Retreat assistants are practitioners of Chan Bern. www.chan-bern.ch.

Master Sheng Yen was one of the greatest contemporary Buddhist Chan Masters. He established the Dharma Drum lineage in the tradition of Chinese Humanistic Buddhism. The training of monks and nuns was one of his major concerns, as well as practicing socially engaged Buddhism and interreligious dialogue. The lineage of Master Sheng Yen unites Caodong (Jap. Soto) and Linji (Jap. Rinzai).

Casa Trüb



The historical house of the Casa Trüb and the calm and natural beauty of its environment are ideal for the practice of meditation and for relaxing. Casa Trüb belongs to the Trüb family since 90 years. In the 1930s- und 1940s it was a centre of intensive intellectual exchange. In near contact with Martin Buber, Ernst Michel and other scientists as guests of the house, the pioneering draft of Trüb's the *Dialogical Psychotherapy* was born here.

Casa Trüb has the capacity to accommodate up to 12 participants during retreats. Casa Trüb is situated in the community of Pura, 15 minutes walking distance from Lago di Lugano and near the Italian border. Easily accessible by S-Bahn and road, the house is isolated thanks to its position on a hill in the midst of a large garden. Since 2016 the house is looked after by Nadine und Nadir Weber-Amsler. (Homepage: www.casa-trueb.net)

