

佛門寺

2010 Buddha Gate Monastery Infinite Life Retreat

Our mind is replete with infinite life, light, and wisdom.

~Ven. Master Wei Chueh

On June 13, from 9:30 am to 3:00 pm, Buddha Gate Monastery will offer an "Infinite Life Retreat" for seniors aged 55 and over. This retreat will take place at our Monastery, at 3254 Gloria Terrace, Lafayette. We invite you to leave the noise of the world behind and come to join us in a day of inward seeing, a day of mindfulness, a day to recognize the impermanence of the world and experience the joy of realizing the Infinite Life of the Mind.

The retreat will consist of meditation, flower arrangement, a tour of Buddha Gate, calligraphy, Tai Chi, vegetarian lunch, and a tea ceremony. All activities are geared to help participants to experience inner peace and will be guided by the Abbess and Dharma Masters.

In Buddhism, by saying "Amitofo" we mean "Infinite Life and Infinite Light," which is our true self and pure nature. The word is a greeting as well as a blessing. By realizing and developing our pure nature, we can cross over the ocean of suffering, transcend the limitations of physical life, and illuminate the light within. Through mindful living, we develop insight and compassion, attain spiritual calm and peace for both ourselves and all those around us.

We suffer when we do not find meaning in our lives. We know we cannot escape sickness, old age, and death. By opening our minds to the Buddha's wisdom we will learn to look deeply and touch reality, learn to understand the meaning of impermanence, and transform suffering into joy.

Space is limited and available on a first-come first-served basis. Your registration is only complete when the application and emergency contact forms have been submitted. The retreat is free and open to the public.

佛門寺無量壽禪修日

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行程表 / June 13th Program (tentative)

時間 / Time	程序 / Program	
9:30 a.m.	報到 / Sign In	
10:00 a.m.	靜坐 / Sitting Meditation	
10:30 a.m.	行香 / Walking Meditation	
11:00 a.m.	插花供佛 Flower Arrangement & Offering	佛門寺巡禮 Buddha Gate Monastery Tour
12:00 p.m.	午齋 / Lunch	
01:00 p.m.	書法 Chinese Calligraphy	太極 Tai Chi
02:15 p.m.	茶道 / Tea Ceremony & Reflection (Q&A)	
03:00 p.m.	回向 / Dedication of Merits	



Tel: (925)934-2411

3254 Gloria Terrace, Lafayette, CA 94549

E-mail: mail@buddhagate.org

Website: www.buddhagate.org