

# **IF LIFE IS A NIGHTMARE – WAKE UP TO A DREAM**

Resolving Life Issues Utilizing Buddhist Principles

Buddhist Retreats since 1998

**June 15-17, 2018**



Shin Buddhism, is emerging in America. Shin offers a compelling process of approaching life challenges with effective results. In a supportive, light-hearted environment, we will learn Buddhist principles by applying them to a personal issue. Utilizing introspection, discussion, and insightful activities, we will learn some simple daily habits which will illuminate our own path to a fulfilling life practice. Wake up to American Shin Buddhism.

## **The Yokoji Zen Mountain Center:**

A rustic retreat near Idyllwild in the San Jacinto mountains. [www.zmc.org](http://www.zmc.org)

## **Facilitator: Rev. Dr. Kenji Akahoshi**

Shin Buddhist minister with a background in transpersonal psychology, wilderness vision quests, personal growth and body-mind-spirit disciplines.

## **Details and Registration**

\$ 195    Paid before June 1        Shared rooms & vegetarian meals.  
\$ 225    “    after        “  
Tuition:        by donation at Retreat.

Contact:                    Buddhist Temple of San Diego  
Email: [info@btsd.net](mailto:info@btsd.net)                    Phone: (619) 239-0896

## Letter of Welcome

### **IF LIFE IS A NIGHTMARE – WAKE UP TO A DREAM**

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June 15-17, 2018

Welcome to a retreat, designed to clarify and implement an ancient teachings into our contemporary lives. In a light, relaxed atmosphere, we will learn deep Buddhist concepts by utilizing them in a personal process. We ask you to **come with an issue or problem** that you feel comfortable discussing. We will journal the progress of this concern, and will share with others, only what is comfortable. By applying Buddhist principles to our approach to life, we can reveal the causes and conditions that determine our misery or happiness. By applying some simple daily habits, we can illuminate our own path to a fulfilling life practice. Joy and gratitude are obvious signs of an awakened journey from nightmares to dreams.

#### ACCOMMODATIONS

The Yokoji-Zen Mountain Center is at an altitude of 5,500 feet, and located a few miles from Idyllwild. The dress is very casual and layering is recommended as the temperature may vary. Rooms are rustic with 2 or more roommates. Due to limited space, private rooms may not be available for couples. Showers and some toilets are in a separate building. Yokoji is off the electrical grid, so electrical appliances (hair dryers) are not allowed. Electric lights and propane heaters should be used sparingly. Adjusting to the simplicity of life, is an integral part of a Shin Buddhist experience.

Please check the website < [www.zmc.org](http://www.zmc.org) >

Emergency phone: Office: (951) 659-5272 Very poor or no cell phone reception.

#### Necessary Items:

Pillow, sheets, blankets or sleeping bag.  
Towels (bath, face, & hand)  
Toiletries (soap, shampoo, etc.)

#### Recommended:

Comfortable shoes for pleasure walks. No shoes in buildings.  
Warm jacket, Socks for meeting room (no shoes)  
Flashlight, Alarm clock, Water bottle  
Hat, Sunscreen ?, Insect repellent ?  
Light spirit and accepting heart

Please: no pets, candles, incense, drugs, alcohol, nor smoking on trails.

No internet reception

#### SCHEDULE:

The Friday night session begins at 7:00 PM. Light supper is provided at 5:30 PM. However, since there is no late supper available, please arrange other meal plans, if arriving late. Driving time from LA or San Diego on Friday, after 2:00 may be about 4½ hours. The retreat ends about 2:00 PM on Sunday. Six vegetarian meals are included, beginning with Friday evening supper and ending with Sunday lunch.

Breakfast: 7:30 am; Lunch: 12:30 pm; Light Supper: 5:30 pm. Coffee, tea, and snacks are available all day. Assisting with cleanup after meals is a part of the experience. There will be some free time to explore the grounds and surroundings. Donation for the tuition for Rev. Akahoshi, can be made at the end of the retreat.

#### DIRECTIONS:

For directions, please access the website: < [www.zmc.org](http://www.zmc.org) > . Idyllwild is a few miles away, but obtaining a quick meal on Friday night may be difficult. Apple Canyon Road is off Hwy 74, and ends with some buildings on the left (Pine Springs Ranch). The dirt road continues for about a mile and ends at the gate of Yokoji. Car-pooling is encouraged.

#### SUGGESTIONS:

Leave LA or San Diego before 1:00 PM on Friday afternoon. Supper is at 5:30 PM and the first session starts at 7:00 PM. The Yokoji staff retires at 8:30 PM and will not accept any arrival after that time. Being mindful of the horrific traffic problem on Fridays, leaving as early as possible would insure a timely arrival.

Leave the Yokoji office phone number (951) 659-5272, with a family member for emergencies, since cell phone reception is non-functional. No inter-net reception. A shift away from our usual conveniences can enhance a shift in our mindset, or perception of life.

#### TESTAMONIALS:

Kenji Sensei's retreat was thought-provoking, meaningful, and fun. It helped me to "wake up and change my life from ordinary to extraordinary." -JK

Creative workshop, innovative methods and approaches in experiencing Buddhism "outside the head." Learn and laugh!

What a wonderful, valuable experience! I loved the process, the content, and the fun of it all. -DF

Wow! What an experience! I am fortunate that I entrusted my precious weekend to the guidance of an innovative, master teacher, Kenji Sensei. I tasted and savored the beautiful Shin Buddhist perspective of the sacred in the ordinary, for an ordinary American. My daily practice will change for the better. -CP

I have had an incredible experience at Kenji Sensei's retreat. I have learned a new way to see and live my life. I feel like I will be able to enjoy each day with a positive attitude and I think I will do more today instead of putting things off until tomorrow. I plan to tell my friends about this retreat and I plan to come back next year.

This retreat is an opportunity to pause and reflect on the causes and conditions of my life, to perceive how fortunate I am to be alive, and to see where I fit in the universe. I am grateful. -LL

A great workshop in understandable language to explain Buddha Nature.

The retreat with Kenji Sensei brought a great deal of insight and peace. His calm disposition and evidence are wonderful. You'll leave the retreat with a quieter, more focused mind. -AL

The retreat was a friendly, safe place, to grow, learn, and listen to my inner voice. I truly enjoyed it.

This is my second retreat with Kenji Sensei. He puts forth Buddhist concepts in a way that increases my awareness and desire to put into action the ME and WE relationships for compassionate living. -JD

This workshop has expanded my sight to the gifts in my life! From practical and simple tools, I'm able to begin experiencing the essence of Buddha Nature right now. The experiential work deepened my intellectual understanding. -JH

I recommend Kenji Sensei's retreat for everyone. For Shin Buddhists, the retreat brings into focus the Teachings that we have taken for granted, but may not do. For non-Buddhists, Kenji Sensei's presentation style offers a starting point that is truly at the beginning. The retreat demonstrates how all of us can incorporate Buddhist thought into our daily lives. -MV

This is a great retreat for anyone beginning their journey into Buddhism or wanting to enforce their understanding of Buddhism. Kenji Sensei delivers the exercises in a practical and entertaining manner, which makes it simple to apply to one's daily life.

I strongly encourage every member to attend one of Kenji Sensei's retreat in your lifetime and the sooner rather than later. I assure you that you will have a good time and you will come home a more awakened, mindful and grateful individual.

-JD, Temple Pres.

REGISTRATION  
June 15-17, 2018  
Yokoji-Zen Mountain

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Name

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Address City State Zip

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Email Telephone

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Dietary Concerns

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Medical/Health Concerns

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YES  NO

Would you like to share your email for car-pooling and other transportation help?

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Other questions or concerns

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Name of preferred roommate

Fee: lodging & food \$195 Paid before June 1 Shared Room and veg. meals  
\$225 " after " "

Tuition (separate from lodging): by donation at retreat to facilitator (cash or check)  
Buddhist practice of accepting any donation for Teachings

Checks for registration payable to: Buddhist Temple of San Diego

Mail to: Buddhist Temple of San Diego  
2929 Market Street, San Diego, CA. 92102

Email: [info@btsd.net](mailto:info@btsd.net) [www.btsd.net](http://www.btsd.net) (619) 239-0896