

# HUMAN NATURE within BUDDHA NATURE

WAKING UP TO A PATH OF HARMONY

Buddhist Retreats since 1998

**June 21-23, 2019**



Shin Buddhism, the largest branch of Buddhism in Japan, is emerging in America. Shin offers a compelling process of approaching life challenges with effective results. By incorporating simple daily habits of gratitude, Shin followers are able to appreciate life, regardless of their material circumstance. Introspection, discussion, and insightful activities will bring alive a deep philosophy to a personal experience. Come experience the perspective that makes ordinary life, an extraordinary reality. Human nature inspired by Buddha nature, provides a proven path of harmony, amid the challenges of contemporary life. 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	Paid after June 1	Shared rooms & vegetarian meals
	Tuition:	by donation at Retreat.

Contact: Buddhist Temple of San Diego  
Email: [info@btsd.net](mailto:info@btsd.net) ~ Phone: (619) 239-0896  
Website: [buddhisttemplesandiego.org](http://buddhisttemplesandiego.org)

Letter of Welcome  
HUMAN NATURE within BUDDHA NATURE  
WAKING UP TO A LIFE OF HARMONY  
June 21-23, 2019

Welcome to a retreat, designed to clarify and implement an ancient teachings into our contemporary lives. The intention is to provide a personal experience of Buddhist practice as a way of understanding its deep philosophical principles. **To personalize the experience, we ask you to identify a particular concern in life. Also write down your thoughts of how you feel Buddhism can help resolve this concern.** We will address these concerns and will only share issues that you feel comfortable discussing with others. In a light, relaxed atmosphere, insightful activities will 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. Accessing our Buddha Nature within our human nature, invariably results in gratitude and joy.

#### 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      Poor 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. Closest airports are in Palm Springs and Ontario. Six vegetarian meals are included, from Friday evening supper and ending with Sunday lunch. The **retreat ends about 2:00 PM on Sunday**.

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. Palm Springs Airport is about 1+ 1/2 hours away.

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.

#### TESTIMONIALS:

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

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

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

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

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

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 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.

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.

