

## Sat Chit Anand

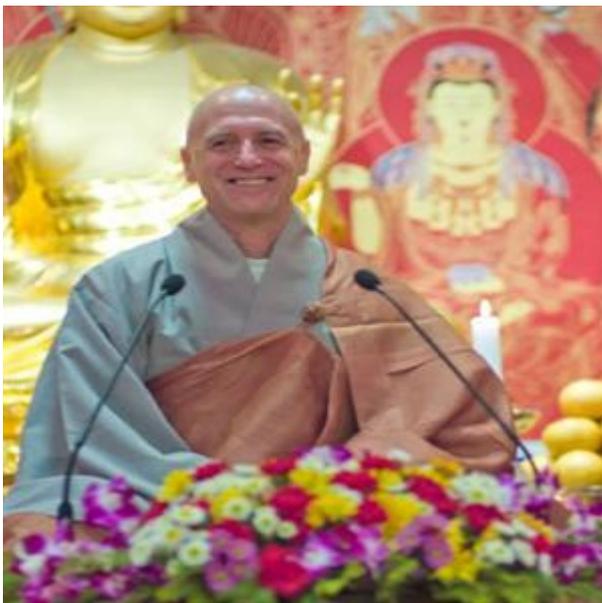
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**From:** "Sat Chit Anand" <satchitanand@global.co.za>  
**Sent:** 03 September 2011 10:58 PM  
**Subject:** Newsletter: 04 September 2011



Talk: Zen, Returning to our Original Nature  
 by Zen Master Dae Bong on Thursday 08 September at  
 19h00

Suggested donation R30 includes tea and cake



*The Great Way is not difficult for those who have no preferences.  
 When like and dislike are both absent, everything becomes clear and undisguised. Make the smallest distinction, however, and heaven and earth are set infinitely apart. If you wish to see the Truth, then hold no opinion for or against. The struggle of what one likes and dislikes is the disease of the mind. When the deep meaning of things is not understood the mind's essential peace is disturbed. The Way is perfect like vast space where nothing is lacking and nothing is in excess. There is one dharma, truth, law, not many. Distinctions and dualities arise from the*

*clinging needs of ignorant inference.*

*If the mind makes no discriminations, the ten thousand things are as they are, of single essence.*

*To understand the mystery of this one-essence is to be released from all entanglements.*

*When all things are seen equally, the timeless self-essence is reached.*

*No comparisons or analogies are possible in this causeless, relationless state.*

*With a single stroke we are freed from bondage, nothing clings to us and we hold nothing.*

*All is empty, clear, self-illuminating, with no exertion of the mind's power.*

*[Extracts from Verses on the Faith-Mind by the great Zen Master SOSAN]*

Zen Master Dae Bong was born in 1950 in the United States. He graduated from university with a degree in psychology in 1972. Dae Bong Sunim worked for 5 years as a counselor in a university psychiatric hospital. Believing that further academic study would not help him, he changed fields of work, learned to weld and went to work in a shipyard, building submarines.

He first became interested in Buddhism upon seeing a large outdoor statue of Buddha while visiting Japan when he was 11 years old. Later he was given a book on Buddhism but felt he did not want to read about Buddhism; he wanted to meet a living master. Dae Bong Sunim finally met Zen Master Seung Sahn in 1977 at a public Dharma talk at an American university. A professor in the audience asked: "What is sanity? What is insanity?"

Zen Master Seung Sahn replied: "If you are very attached to something, you are very crazy. If you are a little attached to something, you are a little crazy. If you are not attached to anything, that is not crazy." Dae Bong Sunim heard that and thought: "This is my teacher."

He began studying with Zen Master Seung Sahn immediately, first living in the Providence Zen Center in the US. After 7 years, he was ordained a Buddhist monk in 1984. Following further training, he became Abbot of Zen Centers in Paris France, and in the United States in Berkeley California, and Cambridge Massachusetts. During that time, Dae Bong Sunim regularly went to Korea in the winter to sit 3-month Zen retreats.

Zen Master Dae Bong Sunim has lived and trained in meditation centers and temples in the US, Europe, and Asia for over 30 years. In 1992 he received "Inka" authorization to teach, and in 1999 "Transmission" from Zen Master Seung Sahn. He has travelled extensively throughout the world teaching Zen. Currently, Zen Master Dae Bong is the Head Spiritual Teacher at Mu Sang Sa - Gyeryong Mountain International Zen Center in South Korea.

He is visiting SA in September, and will be giving a talk at our Centre. This is a wonderful opportunity to meet an authentic Zen Master and ask all the questions you want about the challenges of walking a spiritual path, Buddhism, meditation, transformation etc. Dae Bong Sunim is very conversant with all the Zen Teachings and the sutras and scriptures. He enjoys talking on topical subjects which are relevant to today.

OM SHANTI, MAY PEACE AND LOVE BE WITH YOU, LEELA  
NOTE: Due to the talk, there will be no yoga on Thursday

## Spiritual Retreats anytime

<http://www.satchitanand.co.za/programme.htm>

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