

# Zen Retreat

July 1 to 8, 2010

Teachings by Tenshin Reb Anderson,  
Roshi

On Idöborg in Stockholm's archipelago,  
Sweden

Come and enjoy Reb Anderson's teachings in this exceptional setting. A small island in Stockholm's archipelago in the Baltic sea, Idöborg makes a supporting environment for stillness and inquiry during this warm, silent and intimate retreat.

## **Being Ready for Enlightenment**

For a student of Zen, enlightenment is helping others. It is helping others to face and understand self-delusion and find the way of peace and freedom. In silence and stillness, teachings and practices will be offered to help us go beyond all resistance to the pains of life and death and be ready to live a life devoted to the welfare of all living beings. As the Prince of Denmark, Hamlet said, "Readiness is all." May we practice together in stillness and silence for the benefit of this world. The retreat will include silent sitting, standing and walking in stillness, teachings on this way of meditation, and group discussion. There will also be the opportunity for individual interviews with the teacher.

**The course language is English.**

**REB ANDERSON**, Tenshin Roshi is a lineage-holder in the Soto Zen tradition. Born in Mississippi, he grew up in Minnesota and left advanced study in mathematics and Western psychology to come to Zen Center in 1967. He practiced with Suzuki Roshi, who ordained him as a priest in 1970 and gave him the name Tenshin Zenki ("Naturally Real, The Whole Works"). He received dharma transmission in 1983 and served as abbot of San Francisco Zen Center's three training centers (City Center, Green Gulch Farm and Tassajara Zen Mountain Center) from 1986 to 1995. Tenshin Roshi continues to teach at Zen Center, living with his family at Green Gulch Farm.

He is author of "Warm Smiles from Cold Mountains: Dharma Talks on Zen Meditation" and "Being Upright: Zen Meditation and the Bodhisattva Precepts".

The cost of the retreat is 5300SEK for a single room, 4600SEK for shared accommodation, or 3400SEK for camping. Please book early!

Book your place by contacting Liselotte Aldén on [liselottealden@telia.com](mailto:liselottealden@telia.com) or on +46-498-53905. Also, if you have any questions please contact Liselotte.

Further information on Reb Anderson can be found at [www.rebanderson.org](http://www.rebanderson.org)

Further information on Zenvägen can be found at [www.zenvagen.se](http://www.zenvagen.se)

Further information on Idöborg can be found at [www.idoborg.se](http://www.idoborg.se)

*Hope to see you on Idöborg in the summer!*

**Zenvägen**

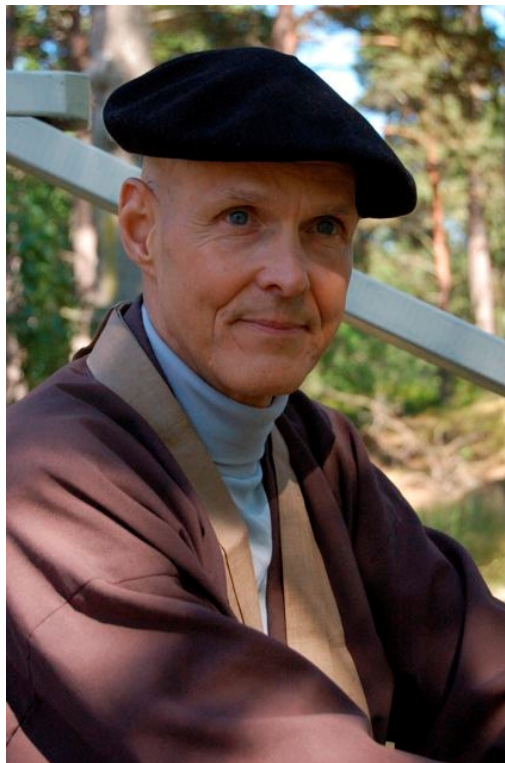


Foto: Ulla Moström