



In an olden time, two Monks passed by a meadow sprinkled with fragrant spring flowers. The lazy afternoon sun warmed the soft grasses, creating an inviting carpet on which to lie. The Monks decided to stop for a rest.

“Tell me,” said the older Monk, “what you have learned thus far from your studies.”

Feeling both honored and encouraged by the request, the younger Monk talked on and on about the mysteries that were unfolding before him.

After a while, he looked over at his companion and saw that he was fast asleep. Gently nudging him, the younger Monk said, “You must have drifted off, and I am sure you want to hear all of what I have discovered.”

“Oh, that is so! Please go on so that I can drift back to sleep.”

And such is the way with Zen, which means *essence*. Once we realize Zen, we come to see that words exist to encourage the wordless. This five-day workshop is an exploration of Zen as a journey into the wordless — the Void.

However, you don’t have to be a Monk who meditates for years in order to enter the Void. Zen is a practical way of life, where you learn to use whatever lies before you as your Doorway to Awakening.

Yet for most of us, stepping through the Doorway is a struggle. In this workshop, you will be trained in seven different methods for easing your way across the Doorway’s threshold.

But what then?

In order to enter the Void, we need to let go of everything we think we know, everything we believe, and everything we trust. Only then can we experience Awakening. You will learn two letting-go exercises that you can use whenever a Doorway appears, without drawing attention to yourself.

There is one doorway to Zen that nearly all of us have regular access to: the Dreamstate. Yet coming out of the Dreamstate can be confusing we try to interpret our dreams rather than listen to them. In this workshop, you will be given clear guidance on how to distill the Zen from the symbols and metaphors of your dreams.

And above all, we’re going to have fun in this workshop! For what is Zen but a rousing dance with paradox and a koan that flippantly turns convention upside-down?

Where:

Organizer: Natur- und Wildnisschule der Alpen Austria <http://www.wildniszentrum.at/>

Course Location: PfadfinderInnenzentrum Igls - 6080 Igls- The Tyrol- Austria

The workshops will be in English with German translation

Tuition:

Workshop: 350 Euro

Tent lodging and all meals: 130 Euro

Sign Up: office@wildniszentrum.at

Topics:

- **Introduction: What is living and dreaming Zen?**
 - An exploration of Zen as a practical way of life, and the dreamstate as a doorway to Zen.
- **Breaking through Boundaries**
 - Using Conscious Breathing exercises to dissolve defense mechanisms and reach Zen.
- **Cracking open the mind in the Zen Untangle**
 - A movement exercise to release trapped emotions and clear the cluttered mind.
- **Taming the Dragon's Breath**
 - A Zen fire meditation for entering Trance using Fire and Drum, the oldest shamanic tools.
- **Seeing Blindfolded**
 - Using Native Walking, Wolf walking, and paired blindfold walking to increase sensory awareness and transcend barriers to walking in balance with the ego.
- **Stalking Fear, Stalking Love**
 - Stripping down to the essence — the Zen — of our emotions, we wrestle with them in a Blindfold Drum Stalk into Centeredness.
- **Zen movie on entering the Void**
 - An audiovisual Journey to the center of your being.
- **Zen Garden Rebirthing**
 - A therapeutic Japanese Sand Garden experience, for graphically constructing inner visions and moving from victimization to empowerment.
- **Trance Dance**

An evening of meeting your essential self — your animal — on the other side of this reality.
- **Tips and Exercises for Becoming Zen**
 - Lifestyle adaptations and awakening exercises for manifesting Zen in every moment, followed by a closing Zen story.