

SnowFlower Spring Day of Mindfulness Zen Calligraphy Meditation Offering March 16, 2019

What the practice is:

An enso, or Zen circle, represents enlightenment in the Zen tradition. Wikipedia says it well: “In Zen, enso (circle) is a circle that is hand-drawn in one or two uninhibited brushstrokes to express a moment when the mind is free to let the body create.” In *Zen Keys*, They wrote, “The Zen student must use his or her entire being as an instrument of realization; the intellect is only one part of our being, and a part that often pulls us away from living reality.” (p. 28)



Enso practice—the drawing of an enso—brings meditative awareness through the movement of body and brush to being fully engaged in the present moment.

They brushed ensos both as empty circles and around many of his calligraphy.

If you are interested in participating in brushing ensos at the day of mindfulness, you will join others at a designated room after lunch. Note that this opportunity is offered at the same time as singing and walking meditation.

Advance Sign-up:

We are asking people to sign-up in advance using [this form](#) as this will help the retreat coordinators and Susan plan. All materials will be provided!

Our Zen Calligraphy Teacher: Susan O’Leary

Susan has studied calligraphy with Kazuaki Tanahashi since 2009 and has assisted Kaz in his teaching of calligraphy at Tassajara Zen Mountain Center, the Taliesin School of Architecture, and his annual and advanced yearly workshops in Madison, Wisconsin. She has also taught haiku with Kaz and Joan Halifax at Upaya Zen Center. Susan has been a member of Thich Nhat Hanh’s Madison SnowFlower Sangha for 26 years.