

**Zen Buddhist Workshop Series by
Konrad Ryushin Marchaj, Osho, M.R.O.**

at

[Westminster Presbyterian Church](#)

724 Delaware Avenue, Buffalo NY

(between Summer and North Streets)

Please watch this website for additional information: <http://users.adelphia.net/~zendharma> or call 655-1856

Zen Buddhism and the Discovery of Our Inherent Clarity

At its core, every religion addresses itself to the basic questions of Human existence. Not abstractly but in relation to every life and every challenge that we encounter in the midst of our lives. Buddhist teachings are grounded in the appreciation that in order to become intimate with every facet of our existence, we must first clearly perceive the nature of that existence. We need to see reality for what it is and not what we think it to be amidst our lack of attention. As long as we are sleepwalking through our lives, unavailable in our bodies and minds to the unfolding of each moment, we are going to miss those moments. This amounts to missing our lives. Buddhism is essentially a personal commitment and practice of waking up, of uncovering already existing faculties and qualities of our humanity – the qualities of unprecedented wisdom and finely attuned responsiveness to the needs of the world around us. Each one of us lives within that potential to wake up.

One such example of an awakened being amongst us is the Dalai Lama (soon to be [visiting Buffalo](#)). While His Holiness and Ryushin Osho train and practice within two distinct schools of the Buddhist religion, both traditions seek to facilitate the same thing – how to realize one's true nature and manifest it in the world. Over a 3-day period, Ryushin Osho will offer the WNY public an opportunity to learn how the Zen Buddhist tradition of training and practice fosters a commitment to waking up and not missing our lives.

On Friday, June 16th at 7:30-9:00pm in the **Parish Hall**, Ryushin Osho will address the profound spiritual question: “**Are you awake?**” – followed by questions and answers. \$10 donation requested.

On Saturday, June 17th at 2:00-4:30pm in the **Parish Hall**, Ryushin Osho will further explore the basic teachings and practices of Zen, the school of Buddhism that uses zazen (seated meditation) as the cornerstone of the exploration of the nature of the self and reality. \$10 donation requested.

On Sunday, June 18th at 9:30-10:30am in the **Case Library** of Westminster Presbyterian Church, Ryushin Osho will address the subject of “**What it means to be Buddhist.**” Free and open to the public.

Ryushin Osho has received Denkai (priestly transmission) in the Mountains and Rivers Order. He has been studying with **John Daido Looi, Roshi** since 1987 and entered residency at Zen Mountain Monastery in 1992. Before becoming a Zen Buddhist monastic he worked as a pediatrician and psychiatrist. He is the director of public relations at Zen Mountain Monastery, Mt. Tremper, NY.

Zen Mountain Monastery is a monastic training center providing traditional yet distinctly Western Zen training. It is located in the Catskill Mountains of upstate New York. Further information at <http://mro.org>.

Insightful video excerpts from a PBS special (*The Congregation*) featuring John Daido Looi, **Konrad Ryushin Marchaj** and other monastic and lay students from Zen Mountain Monastery can be viewed on the PBS.org website: <http://www.pbs.org/thecongregation/churches/zenmountain.html>.

The **Buffalo Zen Dharma Community** is a Zen Buddhist practice group that offers Zen meditation every Tuesday at 7:00 PM at Westminster Presbyterian Church. For more information about the group, please visit <http://users.adelphia.net/~zendharma>.