

Aichi Senmon Niso-do

Soto Zen Training Nunnery - A Day In The Life

Saturday September 22, 2018



Kashin Kwong will present a slide show of her 5 month Zen training at Aichi Senmon Nisodo Nunnery practicing under the Ven. Shundo Aoyama-roshi. Nisodo is the only traditional Soto Zen training nunnery remaining in Japan.

“The mind after reciting the Fukanzazengi(Universal Principles of Zazen) becomes very clear. The whole sodo(sitting hall) and the entire Universe is dead still.”

Kashin will share intimate stories and her experience of daily life at Nisodo's nunnery and more...

\$10 donation is requested

Sonoma Mountain Zen Center 10:30 – 12 noon
Lunch to follow