

Transitional Practices

It can be a big stretch to take the calm and peaceful centered state of seated Chan meditation or the formal movements of Taichi/Qigong and directly translate this onto our daily lives of work, kids, computers, commutes, relationships, etc...

Recognizing this in our own lives, relationships and careers, we have incorporated several classes and workshops designed or traditional for creating the bridge from practice to practical

"Chan meditation develops a focused mind that enables more effective study, better relationships with family and coworkers, induces creativity, inspires more effective management of ourselves, our resources and skills..." Wu Jue Miao Tian , Shifu

At Heartchan ERRC we provide opportunity for people to experience these benefits in safe, fun, non stressful environment through classes and workshops such as:

- Flower Arranging
- Calligraphy
- Traditional ink painting
- Contemplative walking
- Reading and research to expand our horizons
- Other related activities by guest instructors



Chan Master -Wujue Miaotian

The 85th Patriarch of the Order of Chan, has been sharing the teaching of Heart Chan with the people of Taiwan since reaching his enlightenment more than thirty years ago. Believing that the world would become a better place if everyone could take the steps to purify their mind and spirit.



Mark Troxell-Juemiao Miaoming

Retired after 31 years as a VP in the nuclear power industry with a background in Theology and Traditional Chinese Medicine. Had practiced Chan(zen) for 37 years prior to meeting the Chan 85th generation Shifu in 2011. This experience was the beginning of a new, deeper, richer expression of his practice. During their initial encounter, Chan Master Wu Jue Miao Tian passed the "heart imprint" a direct transmission of the teaching "heart to heart" and assigned him the Chan name of Juemiao Miaoming.

Wujue Miaotian Shifu, assigned miaoming the task to establish a non-profit USA based organization, train qualified teachers, open retreat centers and share the teachings in the English speaking world.



HEART CHAN

East Regional Retreat Center
987 Shenendoa Drive, Ellijay GA 30540

The activity of our life is much like a piece of music. If it's all activity, it's just noise. When we integrate "rests" into the music, it becomes a dynamic beautiful expression.

Chan allows us to find the sync between activity and inactivity, form and formless, to allow our life experience to be beautiful and fulfilling expression of life.

706 276 2001

herrc@heartchan.org

www.heartchan.org

A 501©3 non-profit organization