

Chan Meditation

Often people explore meditation practice to seek peace of mind, reduction of the stress in our lives or to improve a health issue.

For others, Chan represents opportunity to deepen and clarify our spirituality, upon whatever path our heart takes us.

Heartchan represents an unbroken line of teachings and teachers, traced back over 1500 years to the enlightenment achieved at Shaolin temple in China.. Where an Indian monk discovered integrating and harmonizing varied spiritual practices, rather than highlighting differences and potential conflict between them, led to clarity, truth, fulfillment and inner peace.

At Heartchan we share these ancient teachings and practices, as brought to life in our current time by our generations' Shifu, to allow practitioners to discover and experience for themselves how to deepen and enhance your life experience.

We created Heartchan ERRC (east regional retreat center) to be a friendly and unpretentious place to discover and experience this practice and how it might fit into your life.

We will offer regular introductory classes and workshops, weekend or more extensive retreats for those interested to deepen their practice, as well as teacher training and support for those inclined to start their own local meditation group.

"All religions teach morality, kindness and charity...ways to transcend mundanity with wisdom and live a life of fulfillment and purpose. This has nothing to do with personal fortune or social status...happiness only flows from within, from wisdom of inner peace and contentment" Wu Jue Miao Tian, 85th generation Shifu of Chan



Body Practice

Many of us regard ourselves as spiritual beings , spending a finite period of time integrated with a physical body.

There is deep wisdom within our physical self, if we practice to quiet the distraction, feel and listen to the lessons it seeks to share.

At Heartchan ERRC, we share ancient, refined body practice , as traditional compliment to Chan seated meditation. After all most of our life is spent in motion, not seated practice and body is the vehicle of that motion.

Our teachers are proficient in sharing the Ba Duan Jin Qigong movements, for self maintenance of health and wellness. These eight gentle movements invigorate the organ systems and help alignment of and function of the muscular/skeletal systems to reinforce, sustain and integrate the clarity of seated meditation practice.. and unlock the body's wisdom so we might realize the benefits in our daily lives.

In addition we offer teaching and practice in several forms of traditional TaiChi. Focusing the mind solely on the movements of the form helps to bring about a state of mental calm and clarity in motion. Besides general health benefits and stress mitigation attributed to t'ai chi ch'uan training many hat practice find it brings their seated Chan practice "to life" in a practical, tangible sense.

The study of Tai chi primarily involves three aspects:

Health: An unhealthy or otherwise uncomfortable person may find it difficult to meditate to a state of calmness. Tai chi health training, therefore, concentrates on relieving the physical effects of stress on the body and mind. Good physical fitness is an important step towards a fulfilling life.

Meditation: The focus and calmness cultivated by the meditative aspect of Tai chi is seen as very beneficial in maintaining optimum health in the sense of relieving stress and maintaining homeostasis.

Martial art: The use of Tai chi as a martial art is quite challenging and requires a great deal of training. This is not the focus of training at Heartchan ERRC, although students and practitioners inclined toward this aspect of the practice will find the training here a solid and tradition foundation.

"Posture and movement in daily life can easily affect the posture and quality of seated meditation." Wu Jue Miao Tian

Qigong and Taichi practice can allow us to feel and correct subtle hindrances in our posture and movement that can make significant improvements in our daily life as well as our meditation practice.. they go seamlessly hand in hand.

