



Join Us for a New Year Virtual Silent Meditation Retreat

Time: December 31, 2020 (Thursday), 11:30pm~4:00am Eastern Time (US and Canada)

Heart Chancordially invites you to join us for a virtual, into the year of 2021 silent meditation retreat on New Year's Eve, Thursday, 12/31/2020. Whether you are an experienced meditation practitioner who seeks deeper insights, or a beginner interested in exploring meditation, we welcome you all. There will be five (5) consecutive meditation sessions. Instructions on meditation basics will be provided during the first session, followed by four 50-minute silent meditation sessions with 10-minute breaks in between.

Our New Year's retreat is an opportunity to reflect on the state of our practice.

It can be beneficial to look back and internalize our connection, consider our commitment, dedication and discipline heading into the New Year. In silence, our path forward may clarify. We take time express gratitude for benefits received from practice, repentance for our missteps.... to consider what I might change to my commitment, sharing, deepening, in the coming year.

Please join us in a connection and sharing of heart and practice as a precious beginning to the New Year.

Schedule (in EST):

11:30 pm ~ 12:00 am - First sitting, Instructions on meditation basics

12:00 am ~ 12:50 am - Second Sitting, in silence

1:00 am ~ 1:50 am - Third sitting, in silence

2:00 am ~ 2:50 am - Fourth sitting, in silence

3:00 am ~ 3:50 am - Fifth sitting, in silence

How to connect:

Zoom:

Meeting ID: 828 2684 9512

Direct Link to the Meeting: Click [Here](#)

Passcode: 904876

Facebook:

[Heart Chan National](#)

About Heart Chan:

- Heart Chan is a global spiritual organization that shares the ancient teachings and practice of Chan meditation. Many people today explore meditation practice to seek peace of mind, reduce stress or improve health issues. However, Chan meditation can be more than that. It offers an opportunity to deepen and clarify our spirituality, upon whatever path our heart takes us. Heart Chan practice places an emphasis on our heart connections as opposed to our mind connections.
- Heart Chan practitioners include business professionals, families and people from all walks of life, who practice to gain deeper clarity into their life's purpose and harmony within their heart. Chan meditation has proven to be a unifying practice that awakens compassion and connectedness among practitioners from diverse faiths, backgrounds and world views.

If you plan to participate in the retreat:

- Please find a quiet and undisturbed location, and be prepared to disconnect from your family/housemates or from anyone by phone or internet. Everyone is expected to remain silent throughout the retreat.
- We recommend you to turn on your camera during the retreat, which offers a closer experience as if we were actually sitting in a meditation room together. We encourage you to participate throughout the entire retreat to gain maximum benefits.
- No registration is required. Anyone from anywhere in the world is welcome to connect by joining the Zoom meeting.