



From the Abbot

Summer at Dai Bosatsu is a time of miraculous beauty, warm friendship, and joyful practice. Here we are, surrounded by new life--baby deer and bear, geese and beavers, birds and butterflies—and we, too, are renewed each day on the banks of the highest lake in the Catskills.

Caring for our environment and working with organizations like the Nature Conservancy, we are focusing on sustainability and ecology. Everyone who comes here feels that it's a sacred space. As we know, psychological wellness is integrally tied to the healing power of nature—indeed, studies have recently been done on “forest bathing”—how just being surrounded by trees can have significant positive changes on heart rate and brain function. Dai Bosatsu Zendo, with its 1,400 acres of pristine wilderness, rare birds and plants, wild chaga mushrooms and Kyuu-san's prolific garden, is itself surrounded by 250,000 acres of New York State Forest Preserve—truly a refuge for us all.

Our final retreat of the spring training period, Anniversary Sesshin, will end with a deeply felt and significant Ceremony of Atonement and Purification, shining the light of wisdom and compassion on the shadows and transforming difficult karma personally and as a Sangha.

A busy Summer Open Space program will include the beloved annual Healing and Wellness Retreat, Nyogetsu Ronnie Seldin's shakuhachi retreat, a yoga group, an AA Retreat, and a Reiki Retreat. A renowned poet will do a solitary writing retreat, and will offer a reading before she departs. From August 4 through 9 we'll have a samu (work) intensive in preparation for O-Bon, the annual ceremony expressing our gratitude to our deceased loved ones, held this year August 10-11. And early fall will see ZenMoves and Zen Yoga retreats returning.

The only missing element? You! Please spend some time with us during Summer Interim, helping us provide the encouraging, inspiring, and nurturing environment for all who come here. Working together, sitting and chanting together, swimming and walking along the lake and mountain trails, our spirits are deeply refreshed, and we are suffused with gratitude for this practice, for our teachers old and new, and for each other.

Gassho