



Cloud Mountain - Newsletter

Swallowing the Universe

A monk asked Ts'ao-shan (Sozan)

"I am Ch'ing-shui, solitary and destitute. Please give me alms."

Ts'ao-shan said "venerable Shui!"

Ch'ing-shui said Yes, Sir!

Ts'ao-shan said, "You have already drunk three cups of the finest wine in China, and still you say that you have not moistened your lips"

From one point of view we are always destitute and solitary and to see into this is liberating. Ch'ing-shui also echoes our own sense of being. "I do not know where to put my feet down, I feel alone, without direction, lacking and in need of reassurance and support, *What can I hold onto? What is underneath? Please give me something?*

Ts'ao-shan's response is swift, sharp, complete-where is this lacking? He obliterates all gaps, all deficiency, the fire in the question, the fire in the response fills the universe! You have just drunk three cups of the finest wine-your lips are dripping with the evidence.

This Yes! Fills the Universe!

If we find ourselves caught up waiting for the right circumstances, opportunities, outcomes, conditions, we miss what is right here! Our abiding self is not a construction, it does not come home to reside when things line up, when the balls fall rightly. Is grace only operative when the best is seen, the desired is present? When the contingent is fulfilled?

What then is Practice?

We practice not to add, we practice to empty, to give space-to see into the space which carries and throws everything up, complete already. Practice is learning not to hold with a clenched resolve or waiting for a good experience. Just this moment is being receptive and in this we discover original empty mind also supports our illusions as much as our best.

Grace is the mind presence in illusion and confusion and mind presence in clarity and compassion-enlightenment is not a thing, an ideal, a hoped for state, but the entirety of our life and all phenomena and it is the willing imprecision of seeing in all directions that the universe meets us and we are IT! When our self is unclear, it is clear, when it is unformed, it is present in whatever form. When it seems unsuccessful, it is fully available, undiminished - difference, identity, multiplicity and unity are all embraced as one reality. This becomes our practice of abiding, remaining patient and not-knowing, uncomfortable YES-and this is also it!

September 2017

WEDNESDAY

MEDITATION

Sitting 7pm – 8pm

Contemplation/Zen

Retreat

Friday 5th – Monday 9th

October

Check website for more details.

cloudmountainretreat.co
m.au

However far you go,
however high you climb,
you must begin with a single step.

Francois Cheng

“This is the ‘I am’ which John gave Jesus, it spans infinity, it has no up or down, it spreads across the timeless, yet specifically here, now a shovel, now a bird calling, now a man on a horse, now a lover proposing. We are never alone and never can be, one with the turning earth, one with the dog barking, one with leaves falling, one with the student receiving her school results and one with the starving child, one body, one earth, one mind”.

We open our mouth and the Universe arrives, we are full, but mostly we do not know it. Our doubts, complaining, wondering and seeking betray us-how amazing-the day arrives, we might just offer a nodding smile.

Contemplative/Zen Retreats (3days)

The retreats are conducted making use of the same practice room environment and structure but alternating the Saturday and Sunday. Saturday is conducted as a Zen practice, Sunday as contemplative practice. The elements of silence, outdoor walking, talks and meeting with the teacher are conducted seamlessly.

The room form is kept the same with some ritual changes for the differing paths.

Dates: Friday 6 - Monday 9 October 2017

Cost: Single \$360, \$260con: Couple: \$490 \$Con: \$425

Update on Pilgrim Walk in September

Participants said they enjoyed the friendship, conversation and the hospitality. People said the care, attention and support for them on the walk was appreciated. We are now offering another pilgrim walk.



Next Pilgrim Walk – Friday 3rd – Tuesday 7th November 2017

(Melbourne Cup w/end) *silence – friendship - reflection*
It is an easy to moderate, guided 3 day (45km) walk with an extra night's accommodation to assist in recovery and celebration.

Booking and further information about package cost:
email cloudmountain97@bigpond.com.

Supporting **Sanctuary Australia** and **Aquila Retreat & Wildlife Rescue Centre**.



NEWSLETTER

The NEWSLETTER is offered on a monthly basis to keep you informed of retreat opportunities.

RETREATS 2017

While Zen/Contemplative retreats will be our core work, CMR will be offering retreats linked to art and meditation, mindfulness and life/vocational themes.

PERSONAL RETREATS

You are most welcome to book into CMR for a personal break/retreat stay.

Please look under web tab.

KEEPING IN TOUCH

If you do not want to receive this newsletter please let us know via email.