



SACRED EATING RETREAT

Great Vow Zen Monastery

Eating is essential to our survival, our happiness, and our ability to become wise and loving.

Suffering also can come from eating if we are ignorant about the nature of hunger, satisfaction, and our potential to become awake.

Mindfulness is the key to becoming awake and free from suffering. Mindfulness means to be aware, to fill the mind with what is happening in the present moment.

The present moment is where we are truly alive.

The past is dead and the future is a dream.

The body is the key to awakening.

What is happening in the body is happening in the present moment.

Attention is energy. Where we direct our attention, energy flows. When we are absent from the present moment, when we eat and ignore, energy is blocked or drained from our life.

We can change the valence of our mind energy from negative to positive. One way we do this is through food. There is nothing wrong with this. However, if we do it unconsciously, we may get into trouble. If we do it with awareness, there will be a better outcome.

There are many other ways to change the mind's energy.

To be mindful of breath, of sounds, of touch, of taste, of smell, of movement, of temperature, of the stream of thoughts, is to rest in the present moment. Here we come alive and all things are restored to life.