

Ekodo Retreat Registration Form

Option 1: 19-23 July 2013 or Option 2: 19-21 July

(Closing date for registration is 7 days prior to the retreat)

Please print this page, complete, and return to sean@ekodo.org

Name		
Contact Details	Address	
	Phone	
	Email	
Amount of deposit paid		
Option 1: 19-23 July: \$200 waged; \$150 unwaged Option 2: 19-21 July: \$100 waged; \$80 unwaged; \$50 minimum deposit for registration – payable to:- Account Name: Sean A Weaver; Account number: 02 1242 0120 616 001 Reference: Ekodo		

The retreat fee covers meals, accommodation and venue hire. If the unwaged fee is still a significant barrier to your attendance, please let us know and we will try to find a way to support your attendance. Also, if you need to car-pool to reduce the cost of transport to the event (or can offer to car pool), please let us know.

Please note: Children are most welcome. Please let us know if you will be bringing a child or children. We will organize childcare away from the meditation space to respect the stillness for participants.

The food on the retreat is vegetarian. Please list any special food requirements (if any):

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Please list any health issues that we need to know about (if any):

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Participant Declaration: I agree to take full responsibility for myself during the retreat, and to follow the retreat guidelines and the instructions of the hosts and teacher. I understand that this retreat is undertaken and continued with the agreement of the teachers and hosts. I will respect the views and practice of other participants.

Signed:

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Date:

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Retreat Information

This will be a four-day retreat (also with a two day option) to explore compassionate environmental action from a Zen perspective. The retreat will include meditation, dharma talks and workshops focusing on the following themes: Acting from a place of stillness; Turning our heart-minds into agents of change; Healing ourselves through healing the world.

Ekodō (eko – ecological; dō – way) approaches environmental and social action as sacred practice. Harnessing the power of compassion, we bear witness to ecological and human suffering, and act decisively to alleviate it. Ekodō links with the original intention of the Zen martial arts as the skillful minimisation of harm based on the realisation that the whole world is our truest self. Therefore defending ecosystems and social communities is ultimately self-defense.

Hosts: Arthur Wells Roshi (Zen teacher in the Diamond Sangha tradition), Sean Weaver and Jo Campbell (founders of Ekodō).

Venue: Shambhala Retreat Center, Onekaka, Golden Bay

(<http://www.shambhala.co.nz/>)

Option 1: 19-23 July 2013, starting 19th July at 5pm; Finishing 23 July at 2pm.

Cost: \$200 waged; \$150 unwaged. Plus dana (donation) for teacher (Arthur).

Option 2: 19-21 July 2013, starting 19 July at 5pm; Finishing 21 July at 2pm.

Cost: \$100 waged; \$80 unwaged. Plus dana (donation) for teacher (Arthur).

What To Bring

Sleeping bag & pillowcase, extra blanket, toiletries/towel, warm clothes (including hat and gloves) and walking shoes for outdoor walks, torch, personal meditation cushion or stool if you prefer your own (cushions will be provided), hot water bottle. If you are bringing a child or children, please also bring any special foods etc. Because we will need to accommodate and feed the children we will need to add a fee of \$15 per day per child (to cover food and accommodation).

About the Venue

Shambhala is located in Onekaka, Golden Bay (driveway on the right hand side of the main road just before the Mussel Inn). Shambhala is run as a backpacker's during the summer and a retreat centre during the winter months. It is located on rolling dune hills beside the sea with wonderful sea views.

Shambhala is an off-grid location with solar lighting, gas cooking, roof water, and composting toilets. There is a wood burner in the meditation hall, which also warms an adjacent bunkroom. The majority of the cabins are unheated, and so we recommend that you bring a hot water bottle. We will also supply gas heaters for a couple of the cabins for those who really need this additional warmth. All buildings are insulated. There is access to a flush toilet in the main house, but the toilets

nearest the meditation hall/workshop space are composting toilets. The retreat accommodation will involve a combination of cabins, the meditation hall (marae style), a bunkroom in the meditation hall/workshop space, and a house.

About the Teacher

Arthur Wells

Arthur is a Zen teacher living in Christchurch. His background is in social work and counseling, with a special interest in stopping violence programmes for men. Ross Bolleter Roshi, from Perth, Australia, authorized Arthur to teach in February 2008, and gave him transmission in August 2012, making him an independent teacher in the Diamond Sangha lineage. (The Diamond Sangha was founded by Robert Aitken in Hawaii in 1959, and now has 35 teachers in North and South America, Europe, Australia and New Zealand.)

About the Hosts

Jo Campbell

Jo has been practicing Zen for the past 14 years alongside a career in environmental education and research, motherhood, and re-emerging as an artist. Some of her art explores emotional responses to environmental issues. She also uses her art to deepen her Zen practice and as a therapeutic tool for herself and for others (hosting art workshops at home and within Zen retreats). Jo is a student of Arthur.

Jo's studio website: <http://www.jocampbellnz.com>

Sean Weaver

Sean has studied and practiced Zen since 1992. He became a Zen student in the Diamond Sangha tradition in 1998 when he became a student of Ross Bolleter Roshi. He then became a student of Arthur Wells following Arthur's transmission from Ross in August 2012. Professionally he is an environmental consultant specializing in indigenous forest protection and environmental finance in New Zealand and the Pacific Islands. Sean has over 25 years experience in environmental protection as an activist, university lecturer, policy analyst, and consultant. He has a particular interest in environmental conflict resolution. Sean's consulting website:

<http://www.carbonpartnership.co.nz>

About Ekodō

Ekodō focuses more on *how* we engage with environmental and social issues of our choice – rather than *what* those issues should be. Ekodō practice acknowledges the diversity of issues that people are attending to, and the variety of levels of engagement from artists, to activists, to professionals, to concerned observers. None of these levels of engagement is seen as above another, and none of the issues that people choose to attend to are judged as more or less important. What is important is *how* people are engaging.

Ekodō grew out of Sean's university teaching as a lecturer in Environmental Studies at Victoria University, and Jo's teaching as an environmental education advisor for schools in the Wellington region. It draws on different sources of compassionate environmental and social action, but for both Jo and Sean it is strongly linked to their training as Zen students.

If you are interested in reading short articles on Ekodo by Sean please use the links below. Jo has also written short pieces on Zen and Art to be found on her website: <http://www.jocampbellnz.com/blog.html>

For further information please contact Sean at sean@ekodo.org.nz or phone Jo at 03 525 6029.

Selected Ekodō Articles in Happyzine

- 1 Introducing Ekodō: <http://happyzine.co.nz/2010/08/24/introducing-ekodo-eko-ecological-do-way/>
- 2 Compassionate Environmentalism: <http://happyzine.co.nz/2010/09/03/ekodo-compassionate-environmentalism/>
- 3 West Coast Story Part 1: <http://happyzine.co.nz/2010/09/06/ekodo-a-west-coast-story-part-1/>
- 4 West Coast Story Part 2: <http://happyzine.co.nz/2010/09/08/ekodo-a-west-coast-story-part-2/>
- 5 An Ecology of Anger Part 1: <http://happyzine.co.nz/2010/09/16/ekodo-an-ecology-of-anger-part-1/>
- 6 An Ecology of Anger Part 2: <http://happyzine.co.nz/2010/09/21/ekodo-an-ecology-of-anger-part-2/>
- 7 Good Enough: <http://happyzine.co.nz/2010/09/29/ekodo-good-enough/>
- 8 Development Without Growth: <http://happyzine.co.nz/2010/10/02/ekodo-development-without-growth/>
- 9 Can Do: <http://happyzine.co.nz/2010/10/18/ekodo-can-do/>
- 10 The Rabbit: <http://happyzine.co.nz/2010/11/01/ekodo-the-rabbit/>
- 11 The Compassion Factory: <http://happyzine.co.nz/2010/11/16/ekodo-the-compassion-factory/>
- 12 Birdsong: <http://happyzine.co.nz/2010/12/09/ekodo-birdsong/>
- 13 Fear and Courage: <http://happyzine.co.nz/2011/01/19/ekodo-fear-and-courage/>
- 14 Forest Sublime: <http://happyzine.co.nz/2011/02/07/ekodo-forest-sublime/>
- 15 A Thousand Years of Bliss: <http://happyzine.co.nz/2011/02/27/ekodo-a-thousand-years-of-bliss/>
- 16 No Higher Purpose: <http://happyzine.co.nz/2011/03/18/ekodo-no-higher-purpose/>
- 17 Interest: <http://happyzine.co.nz/2011/04/06/ekodo-interest/>
- 18 Ode to Suzanne: <http://happyzine.co.nz/2011/04/10/ekodo-ode-to-suzanne/>
- 19 Song of Ekodō: <http://happyzine.co.nz/2011/04/19/ekodo-song-of-ekodo/>
- 20 Listen: <http://happyzine.co.nz/2011/08/23/ekodo-listen/>
- 21 Earth Witness: <http://happyzine.co.nz/2011/09/01/ekodo-earth-witness/>
- 22 The Gift Part 1: <http://happyzine.co.nz/2011/10/26/the-gift-part-1/>
- 23 The Gift Part 2: <http://happyzine.co.nz/2011/10/27/ekodo-the-gift-part-2/>