

# OI Retreat: The Art of Compassion

April 19<sup>th</sup> - 23<sup>rd</sup>, 2023: Blue Cliff Monastery

Wed April 19		Thursday April 20	Friday April 21	Saturday April 22	Sunday Apr 23
ARRIVAL DAY  Welcome to Blue Cliff Monastery!	5:15	Wake Up			
	6:00	Sitting Meditation 30' [Guided Med] & Sutra reading	Sitting 30' and reading of Thay's letter	14 MT Ordination ceremony <i>Live stream</i> Support friends are welcome to join us and stay for breakfast	6:00 Sitting Med. 30' & Touching the Earth
	7:00	Exercise			
12: 30 Lunch	8:00	Breakfast			Packing Up after breakfast
2:00 - 5:30 Registration	9:30	Dharma Talk <i>Live stream</i>	Dharma Talk by Thay Fundraising for Moon Lake by TNH Foundation	Q & A <i>Live stream</i>	9:30 - 11:00 Dharma Talk <i>Live stream</i>
17:30 Dinner	11:30	Walking Med *			The Ceremony Laying new stone of Building Nunnery
	12:30 14:00	Deep Relaxation	Deep Relaxation	Sangha Connection (Layfriends)	13:00 Picnic Lunch
19:30 Orientation	15:15	Working Meditation			
	16:30	Dharma Sharing	Dharma Sharing	Dharma Sharing	Departure
	18:00	Dinner			
	19:30	Workshops	-How to continue Thay -How to support Each Other (Monastics and Lay)	Tea -in	
	21:00	Noble Silence			

\*Friday: We will have Art Exhibition at Jade Candle Hall after short walking.

## SONGS OF PRACTICE

### 1. I have arrived

I have arrived, I am home  
in the here and in the now. (2x)  
I am solid, I am free (2x)  
In the ultimate, I dwell (2x)

### 2. Breathing In, Breathing Out

Breathing in, breathing out  
Breathing in, breathing out  
I am blooming as a flower.  
I am fresh as the dew.  
I am solid as a mountain.  
I am firm as the Earth.  
I am free.  
Breathing in, breathing out  
Breathing in, breathing out  
I am water reflecting  
what is real, what is true.  
And I feel there is space  
deep inside of me.  
I am free, I am free, I am free

### 3. Standing like a tree

*Standing like a tree with my roots dug down,  
my branches wide and open.  
Come down the rain,  
come down the sun,  
come down the fruit  
to a heart that is open  
to be standing like a tree ...*

### 4. The Island Within

Breathing in,  
I go back to the island within myself.  
There are beautiful trees within the island.  
There are clear streams of water.  
There are birds, sunshine, and fresh air.  
Breathing out, I feel safe.  
I enjoy going back to my island.

### 5. Mother Earth

Mother Earth is a great big ship that we are sailing  
on.  
Sailing on through space and time.  
Touch the Earth, feel your worth, awaken to this new  
rebirth.  
Know your heart and open up the divine.

### 6. Dear Friends

Dear friends, dear friends  
Let me tell you how I feel  
You have giving me such treasures  
I love you so.

### 7. Happiness

Happiness is here and now  
I have dropped my worries  
Nowhere to go, nothing to do  
No longer in a hurry.  
Happiness is here and now  
I have dropped my worries  
Somewhere to go, something to do  
But I don't need hurry.

### 8. I am a Cloud

I am a cloud, I am the blue sky,  
I am a bird spreading out its wings.  
I am a flower, I am the sunshine,  
I am the Earth receiving a seed.  
And I am free when my heart is open.  
Yes, I am free when my mind is clear.  
*(Oh dear brother, oh dear sister,  
let's walk together mindfully) 2x*

### 9. Take Your Time

Take your time.  
Breathing in, breathing out,  
look deeply as you say, "This is me."  
You and your breath, you and the air –  
as hummingbird and flower have always been  
together.  
Take gentle steps. Feel the ground curl your toes.  
Is there a line between you and this path?

You and your step, you and the Earth –  
as butterfly and blossom have never been apart.

### 10. I like...

I like the roses, I like the daffodils  
I like the mountains, I like the rolling hills  
I like the twinkling stars when the sun goes down.  
*Shoo ba dee doo ba dee shoo ba dee doo ba dee shoo  
ba dee doo ba dee shoo ba dee doo ba dee doo. (2x)*  
I like the rabbits, I like the squirrels too  
I like the blue birds, I like the roaming moose  
I like all animals; all animals like me.  
*Shoo ba dee doo ba dee shoo ba dee doo ba dee shoo  
ba dee doo ba dee shoo ba dee doo ba dee doo. (2x)*

### 11. Joy peace love

There is True Joy right here (2x)  
And we are so glad  
that we have found it  
There is True Joy right here.  
There is True Peace right here (2x)  
And we are so glad  
that we have found it  
There is True Peace right here.  
There is True Love right here (2)  
And we are so glad  
that we have found it  
There is True Love right here.

### 12. In Out

In...out, deep...slow  
Calm...ease, smile...release  
Present moment,  
wonderful moment

### 13. We are moving...

We are moving on a journey to nowhere.  
Taking it easy, taking it slow.  
No more worries, no need to hurry.  
Nothing to carry, let it all g

