

KUAN YIN

*A Journey to
The Heart
of Japanese Buddhism*

With the spiritual community of
The Center for Spiritual Living,
Santa Rosa

October 15th to 24th 2012

Accompanied by
Reverend Kim Kaiser and
Reverend Joyce Duffala



YOUR HOSTS

In the United States Kuan Yin is known primarily through art images and exotic statues, but in the East, notably in Japan, Korea and China, she is the holy personification of compassion.



Her images can be found in homes, temples, shrines, road side caves and at pool sides. Devotees turn to her first for help in every imaginable situation. Kuan Yin does not need to be persuaded to be compassionate, kind

and loving, it is her nature, making her the Heart of Japanese Buddhism.



In this spiritual pilgrimage to Japan with Rev. Kim Kaiser and Rev. Joyce Duffala, you will spend daily time in reflection and prayer, contemplating your own heart of compassion and visiting a land where the first lady of compassion is revered in temples, cities, homes and shops.

Throughout our pilgrimage we will explore how compassion awakens the awareness of the One Heart which lives in each of us. At every step, our journey is meant to be a personal experience of the Global Heart vision of Science of Mind which seeks to reveal the Oneness that is the foundation of a "world that works for everyone." This is not a site seeing tour, although the sites you see will be spectacular. This is not a trip

focused on tourism and shopping, although you will have an opportunity to visit amazing shops and some of the most important tourist destinations in Japan. This is a spiritual pilgrimage to the Heart of Compassion.

ITINERARY

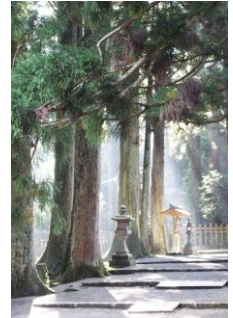
DAY 1 Depart San Francisco for Tokyo Japan

DAY 2 Arrive Tokyo

Transfer to the Nikko Narita Hotel for a one night stay in Naritasan. Evening is free to relax at hotel or visit Naritasan, a small town near the hotel.

DAY 3 Mt. Koya

After meditation and our first morning seminar, we will fly to Osaka and from there bus to Mt. Koya where we will experience life very much as a monk would in Japan. Mount Koya is the center of Shingon Buddhism, a Buddhist sect that was introduced to Japan in 805 by Kobo Daishi, one of the most significant personalities in Japan's religious history. The temple complex of over 100 temples is located on a mountain top, surrounded by cedar trees and mountain peaks. One of the highlights of visiting Mount Koya is walking through the Okunoin Cemetery. This cemetery lies in the middle of a forest of majestic cedar trees, and the roughly 200,000 graves contain some of the most famous figures in Japanese history. At night the 1 mile path through the cemetery is lit by



stone lanterns and is wonderful to stroll through in the evenings.

We will be accommodated in a temple lodging surrounded by magnificent trees and nature. The Sekisho-In is the temple's newest building and the facilities are very similar to Japanese style lodging .We will receive shojin-ryori, a delicious vegetarian meal for dinner. In the morning we'll be invited to join the dawn meditation and prayers followed by traditional Japanese breakfast.

DAY 4 Mt. Koya

After morning meditation and services at the temple Sekisho-in we will visit Kongobuji the head temple of the Buddhist Shingon sect. The temple was constructed in 1593. The area of the entire complex is 160,000 sq. meters and consists of the main temple in addition to a variety of rooms or buildings like the Fire Ritual Hall, Ajikan-meditation Hall, a Belfry, a Storehouse and a Teahouse. After lunch we will travel to Kyoto, the capital of Japan for more than a thousand years. Kyoto is endowed with a legacy of ancient Buddhist temples, majestic palaces and gardens of every size and description. This is the city in which the traditional Japanese 'high arts' flourished: tea ceremony, calligraphy, poetry, philosophy and religion.



Numerous temples and shrines are located throughout the city and as one walks along canals next to traditional wooden houses and through the small streets you feel the richness of ancient Japanese imperial culture. We will stay at the Palaceside Hotel, situated in the heart of Kyoto next to the Imperial palace and across the street from the spacious Imperial Gardens which are open at all times for relaxation

and enjoyment. A favorite of foreign scholars studying in Japan, the Palaceside hotel is a typical western style hotel frequented by Japanese people on their visits to Kyoto.

DAY 5

We will stay in Kyoto for the next six days. Every morning we will have prayer and meditation and seminars on the sites we will see and their significance in Japanese spiritual life. Today we will begin our visits to the famous pilgrimage sites that most Japanese people visit when they come to Kyoto. This day will be devoted to a walking tour of the Higashiyama district, where we will first visit the famous Kiyomizu-dera, with its 11 headed figure of Kannon (Japanese for Kuan Yin). Here, at this temple which is designated a World Heritage site, we will witness and participate in the fascinating world of Japanese temple life.

After lunch in the many restaurants that surround the temple, we will visit Sanjusangendo, the temple that houses 1001 statues of Kannon,

Genuine compassion is based on the rationale that all human beings have an innate desire to be happy and overcome suffering...just like myself, they have the natural right to fulfill this fundamental aspiration. On the basis of the recognition of this equality and commonality, you develop a sense of affinity and closeness with others...whether you view the other person as a friend or an enemy... Upon this basis, then, you will generate love and compassion. That's genuine compassion...The Dalai Lama

In the Buddhist teachings, the symbol for compassion...is one moon shining in the sky, while its image is reflected in 100 bowls of water. The moon does not demand, "If you open to me, I will do you a favor and shine on you." The moon just shines...It is a matter of an open gift, complete generosity without the relative notions of giving and receiving. That is the basic openness of compassion: opening without demand... Chogyam Trungpa Rinpoche

Compassion and caring are the ties that bind us together in mutual understanding and in the unified attempt to uncover the Divinity in each other...

Ernest Holmes

If you're not a Buddhist, you think there are Buddhists and non-Buddhists. If you're a Buddhist, you realize everybody's a Buddhist – even the bugs.

Suzuki Roshi

each with 40 arms. We will then have the opportunity to visit other important temples and museums as time permits. Our evenings in Kyoto will be free to explore the city's many facets, including walks through the famous "floating world" of Kyoto's nightlife districts.

DAY 6

Today we visit Kinkaku (The Golden Pavilion). The elegant, harmonious building consists of three types of architecture. The 1st floor is Shinden-zukuri, the palace style. It is named Ho-sui-in. The 2nd floor is Buke-zukuri, the style of the samurai house and is called Cho-on-do. The 3rd floor is Karayo style or Zen temple style. It is called Kukkyo-cho. The classic tea house is called Sekka-tei. In the afternoon we will go by bus to contemplate the superb Zen temples of Daitoku-ji and Ryoan-ji, the site of the famous Zen garden composed only of rocks and sand.



DAY 7

After prayer and meditation we will take a day trip to Nara located in the Kinai plain, less than one hour from Kyoto. Nara was the first permanent capital of Japan, it remains full of historic treasures, including some of Japan's oldest Buddhist temples. It is also a World Heritage site.

Nara is an essential visit for anyone wanting to experience the power of Japanese Buddhism. The prime attraction in Nara, the Todai-ji Temple is the largest wooden building in the world. It houses the Great Buddha (Daibutsu), which is also one of the largest bronze images in the world.



March 18th Today we will move to the Tozankaku Ryokan, or Japanese style hotel. Right next to the National Museum and a short walk from San-ju-san Gendo and Kiyomizu Temple. Comfortable rooms in Japanese style give you the

chance to experience Japanese culture This modern Ryokan looks like a small hotel and indeed it has all the modern conveniences of a hotel with touches of traditional Japanese culture. There are an indoor baths for women and men (same gender only).

DAY 8

Today we will travel by train to the mountain village of Kurama which is tucked away among the cedar forest of Kyoto's northern hills. From Kyoto's Demachi-Yanagi Station, the two-carriage mountain train takes just 30 minutes to wind up through the forested hills to its Kurama terminus.

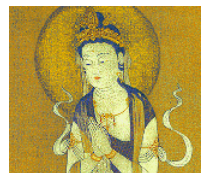
We will visit the Kuramadera Temple built to battle the powers of darkness. This temple is known for its national treasure, a statue of Bishamon whose responsibility it is to guard Kyoto.

Shortly thereafter we will learn that a onsen (hot spring) is one of Japan's great pleasures, as we will then have the option of indulging in a luxurious soak in the gorgeous rotemburo outdoor baths. The experience of bathing while gazing at the surrounding mountains and breathing in the fresh mountain air is truly a delightful experience of the best Japan has to offer.

We will return to Kyoto for our farewell dinner.

DAY 9 Kyoto

Our last day in Japan! We will have farewell meeting and have time to take one last soak in the baths before returning to Osaka by bus where we will take our flight home.



10 days and 9 nights in Japan
October 15th to 24th 2012

KUAN YIN

THE HEART OF JAPANESE BUDDHISM

Price \$ 4889.00

Based upon Double Occupancy

Price Includes:

- Round Trip air SFO to Tokyo/Osaka
- Daily Prayer, Meditation and group process with Reverends Kim Kaiser and Joyce Duffala
- All Tours Transfers and Ground Transportation
- Temple Entrance Fees
- English speaking local guides and assistants
- 8 Nights hotel with daily breakfast (one night in flight)
- Japanese Dinner Mt. Koya and Tozankaku Ryokan
- Lunch Kurama Osen with Baths

Additional Costs Not Included:

- Meals or beverages not specified above
- Additional activities, excursions, transfers or tours not mentioned above
- Travel Insurance (strongly recommended)
- Accommodation based upon twin share.
- Single occupancy additional cost incurred
- Gratuities