

*Someone asked
the old teacher,
"When great
difficulties
come, how can
I avoid them?"
He replied,
"Welcome!"*



John Tarrant is founder and senior teacher of Pacific Zen Institute. He is the author of *Bring Me The Rhinoceros & Other Zen Koans That Will Save Your Life*, and *The Light Inside the Dark: Zen, Soul & the Spiritual Life*. John's life work is centered on the transformation of consciousness and he is one of the foremost Zen teachers in the United States.

The zen teacher's unexpected reply is what made this exchange into a koan. Eleven hundred years later, it is still being passed along – a packet of freedom that anyone can open up and find a big change of heart, or sometimes a subtle shift that stays with you like a good tune. Whatever else is happening in your mind and life, a koan can let in light and space.

The usefulness of koans doesn't depend on strenuous study or special skills. With an experienced guide and a group in which to learn from the reactions of others, most people catch on quite easily and joyously in a few hours.

A day with John Tarrant is also a retreat. To spend time in the company of a koan, away from your usual routines, is to meet yourself and others in new ways.

Learning how koans work is just a beginning. There are endless koans and endless features of your life to introduce to them. The event opens up several paths to continue the exploration, alone and with others, in small and larger informal settings, from an afternoon to as long as seven days.

A day with John Tarrant

Sunday, March 4, 10-4 PM

Location: A private home just outside Nevada City, CA. (Address provided upon registration.)

Cost: \$70, lunch included. Scholarships offered – just ask

Registration: go to pacificzen.org, click on event and follow online instructions. If you need a scholarship or more info contact Jenny at (530) 478-9028, jennywunderly@sbcglobal.net.

People who attend this event can participate in a monthly Sunday afternoon "Koan Salon" held in Nevada City. This is a chance to continue exploring koan practice with the support of a group (donation to PZI welcomed, but not required).