



Mind–Body Naikan Therapy

A Journey in Self –Discovery

Retreat

July 10 (Friday) to 12 (Sunday) 2015

At St. Anthony Retreat Center

3351 Kalihi Street

Honolulu, Hawaii

In our complicated world, presented in the nonstop news media as a series of financial crisis, natural disasters, epidemics, and bang-bang, boom-boom war-zone reports, we often long for a rest.

What occurs in the world at large also occurs in our brain-nonstop mental activity that gives us no rest.

Are you ready for A Journey in Self-Discovery?

We barely have time to pause anymore, to stop our lives and see ourselves. We are always busy, without knowing why we were born, where we came from, or where we are going. We do not have time to think about our destination, and most of the time we do not even notice that we do not know it.

Is your life also too busy for you to notice that there is a beautiful flower on the path?

Mind-Body Naikan Center presents a three day retreat to aid your self-discovery journey. This is the significant opportunity to experience Mind-Body Naikan therapy led by Rev. Mari Sengoku, Ph.D., the director of Mind-Body Naikan Center and ordained Buddhist minister of Honpa Hongwanji Mission.

What is Mind-Body Naikan therapy?

Naikan is a Japanese word which means “inside looking” or “introspection.” Naikan is a method of meditative self-reflection, psychotherapy founded in 1950s by Rev. Yoshimot Ishin, a Jodo

Shin Buddhist minister.

Now there are more than 40 Naikan centers in Japan and it has also taken root in the U.S., China, Europe, with Naikan centers now established in Austria and Germany. Naikan is used in mental health counseling, addiction treatment, rehabilitation of prisoners, schools, and business.

Through reflecting on our relationship with others, we can see clearly without distraction where we have been and how we behaved in a specific situation. It is important to take the time to reflect upon our lives from beginning on, looking at our character from the other side, from another perspective. Looking at the past up to the present through someone else's eyes, stopping the time of life, that is Naikan.

Integrating meditation and some techniques of Chikong helps the Naikan practitioner to have deeper self awareness to develop spiritual growth and cure or improve physical condition. By practicing Mind-Body Naikan, we are able to break the habit energy of the constantly roaming mind and become more centered and present.

Mind-Body Naikan broadens our view of reality. It's as if, standing on top of a mountain, we shift from a zoom lens to a wide-angle lens. Now we can appreciate the broader panorama; our former perspective is still included, but it is now accompanied by what had been hidden. And what was hidden makes the view extraordinary.



The application and Objectives of

Mind-Body Naikan

A way of self-illumination examples: students, teachers, doctors, nurses, businessmen, homemakers

A psychotherapy: those who are suffering from marital conflicts, juvenile delinquency, alcohol or drug dependency, neurosis

A Diagram of Introductory of Naikan practice

1. Practice condition

Place: a quiet place

Posture: a comfortable seated position

Work: devoting oneself to self-examination on the following themes

2. Themes of Naikan

about: a. What you've received

b. What you've returned

c. Troubles and difficulties you've caused in relation to: significant people in your life, beginning in your life, beginning with your mother, father, and spouse, and continuing on to others through the method of:

A. dividing these relationships into chronological order

B. putting yourself into their shoes

C. trying to recall concrete facts

- Meditation and Chikong techniques will be integrated in Naikan during the program as Mind-Body Naikan Therapy.

Introduction to the Mind-Body Naikan Therapist



Rev. Mari Sengoku, PhD. is the director of Mind-Body Center in Tottori Japan and a Jodo Shin Buddhist minister of Honpa Hongwanji Mission. She has Ph.D. degree in Medical science in Japan and MA in Education and Counseling in the U.S. Besides serving as a therapist both for temple members and non-members, she also has experiences served as a chaplain for hospitals and hospice in Hawaii and Japan. She frequently gives

lectures on Buddhism and Naikan therapy to ministers from different denominations and students of universities in Hawaii and Japan.



Mind-Body Naikan Therapy
A Journey in Self-Discovery Retreat



Schedule:

From Friday July 10 3:00 pm
To Sunday July 12 4:00 pm

Location:

St. Anthony Retreat Center
3351 Kalihi Street, Honolulu, HI 96819
Ph:845-0065

Cost \$ 750.00

This cost includes

Mind-Body Naikan therapy sessions

Meals during the retreat

Use of facility at the center

(Each participant has individual room with bed, desk,
bathroom and shower. sheets, towels, soap will be provided.)

Some things you bring:

Tooth brush, tooth paste, Shampoo Comfortable clothes,
underwears, pajamas, etc. A cushion, mat, or Zafu to sit
for meditation sessions

A notepad and pen/pencil

Sweaters for the evenings

Any necessary prescribed medications

Umbrella, Sneakers for walking meditation

During the retreat, you cannot have contact with people

Outside the facility.

Telephone calls will be allowed only in case of emergency.

- The seats are very limited. First comes first served. However may declined according to applicant's symptoms.

For more information, please contact

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Or Mike Stelmach (808) 387-8967