



6 day retreat

Dec 2- 8th, 2011

in Byron Bay

with

KIRA KAY

SATORI

**Illumination of
Who You Really Are**

SATORI

"Satori is your uncovering of you, a direct and real illumination that cannot be described, only experienced"

6 day residential retreat, Dec 2nd – 8th, 2011
in Byron Bay, facilitated by KIRA KAY

The Satori will begin Friday 5pm Dec 2nd and will be completed Thursday noon, Dec 8th

The Satori Retreat will be held at "Sangsurya Retreat" centre in Byron Bay, NSW, Australia.

A beautiful meditation centre situated amongst magnificent rainforest with ocean views.

Cost is Aus\$1050; accommodation and delicious vegetarian meals are included. Accommodation is shared rooms (limited single rooms for an extra cost)

If you have any questions or wish to register for the retreat

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WHAT IS SATORI?

The word Satori originated in Japan and describes that moment of illumination that can only be described **as a direct experience of profound truth** that accompanied certain Zen practices. Once a person experiences a Satori it can often mean that their life fundamentally changes. Often there is the experience of empowerment, a foundation within themselves creating a more relaxed outlook on life and choices.

'Satori' as we are discussing it here refers to a retreat of six days duration that has been carefully designed to support an individual to open into experiencing truth. It has evolved from techniques of the East combined with Western methods to support each person to have the maximum opportunity to have a Satori experience.

WHAT EXACTLY IS THE STRUCTURE AND WHAT BENEFIT CAN I GAIN?

Each participant is given a Zen Koan to answer. The first being 'Who Am I?'. A Zen Koan is a question that is designed not to have an intellectual answer, yet opens the person to directly experience the answer beyond all words, thoughts and dualities. On your quest for the answer you experience 'you'. This is not an intellectual exercise. It is totally experiential, and involves your whole being. It does not depend on any belief, thought, feeling or context.

Ultimately, whatever it is that you experience within these days is entirely and absolutely yours. It matters not if you have any knowledge of Zen as the entire structure is simple and fully explained. Throughout the Satori retreat detailed instruction is given on how to contemplate and best utilise the support of the structure. A variety of methods are used to address the Koan, e.g. communication exercises, meditation, contemplative walks, guiding talks and private sessions with the facilitator. Outside of the designated communication exercises the retreat is conducted in silence, to allow each participant the time and space for their own contemplation. Journal writing is encouraged throughout the duration. There will be time for personal guidance meetings with the facilitator, Kira Kay, to ask questions and to communicate your answer.

The main process is simply you being with you, using the Koan/question as a means to unlock your essential self and to directly experience this. I can quite honestly and truthfully say that you will find something *there* as you uncover yourself. And if there are tears, laughter, fears and emotions - these are allowed in the safe environment where you are guided and cared for. While the focus of the Satori retreat is to allow a peak experience, the communication process provides a microcosmic look at your basic attitudes towards life. To see for yourself your behaviors, the way you think, what you think, how your mind works - many of the aspects to which you may have been previously blind.

Within the Satori retreat you can directly experience the simplicity of your own humanness and the humanity of other people. The structure truly offers the space to be real, unprotected, and honest - with yourself and with others.



PRACTICAL MATTERS

The meals are light, vegetarian and delicious - without dairy or sugar. This is to support your body while undergoing the intensive self-enquiry. If you have special dietary needs this can be discussed prior to the retreat. The location of the Satori Retreat to be held Dec 2nd - 8th, 2011, is Sangsurya Retreat centre, in Byron Bay, a place that has been beautifully created to enhance meditation. Accommodation is in shared rooms, with a few options of private rooms on request.



WHAT DO PEOPLE SAY AFTER A SATORI RETREAT?

So far so GOOD. ...my own simple, honest and beautiful truth, it is all I have ever wanted. I can honestly say I have never felt so complete or seen with such clarity in my whole life as I do right NOW. I am still coming to terms with the enormity of what has happened and what has continued to happen ever since my Satori, I truly feel so blessed. Outwardly things are changing around me and I am very happy to just be taking one step at a time. Mr G

Initially, my feelings were mostly around 'this is a crock and I do not want to be here'. The thought of sitting for several days with Who am I? seemed to hold the potential for rapid insanity. Anyway, I decided to hang in as I could see that I was getting into stuff that had value for me. Then, I 'got' who I am, and was so excited that I couldn't sit still. It was truly wonderful. We live on a planet of indescribable beauty in a universe that I feel I have glimpsed. I feel so privileged.

