

What is a Retreat?

Zen Master Dae Bong

First, retreat is a dry cleaning machine. Our brain and body is a No.1. best computer but it has lots of dust. Desire, anger and ignorance dust, also many opinions dust. So we use this don't know soap, put down our opinion, desire, anger and ignorance, only follow situation together and keep a big question, just don't know mind, and that's cleaning, cleaning, cleaning our consciousness. After kyol che our consciousness is cleaner. So kyol che is a big dry cleaning machine.

Second, retreat is a Dharma gasoline station. Our life has energy. That's karma energy, karma gasoline. But karma means 'I, my, me.' Put down 'I, my, me,' then you and the universe become one. Then Dharma energy, universal energy comes into you. So when we do kyol che together, we put down all our opinions; my opinion, my situation, my condition. Then the correct opinion, correct situation and correct condition appears, so we and the universe are one, and then Dharma gasoline comes in. Then after kyol che, you have Dharma energy. Having Dharma energy means being in harmony with the universe and being able to follow the correct way. You come to kyol che with many karma gasoline, then take out this karma gasoline so that Dharma gasoline comes in. So we say kyol che is also a Dharma gasoline station.

Next, many people in this world are hungry. There are two kinds of hungry people; body hungry and mind hungry. Body hungry people cannot get enough food, then starve and die. They have suffering but not so much make suffering for others. Mind hungry people have enough but want more, 'I want more, I want more.' So mind hungry people have suffering but also make much suffering for others. So when we come to retreat we attain Dharma, then when we go home we make Dharma food. Make Dharma candy, Dharma cookies, Dharma cake, Dharma rice and Dharma bread, and all kinds of great Dharma food. Then share Dharma food to take away people's mind hunger and make world peace. So, retreat is a Dharma food factory.

Come to retreat, clean your consciousness in our dry cleaning machine, get Dharma gasoline, Dharma energy, then in your life make Dharma food, give to others to take away their mind hunger, and take away this world's suffering. That's our practice and our job.