



The One Hour Short & Sweet Zen Retreat

Tai Sheridan Ph.D.

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A One Hour Short & Sweet Zen Retreat encourages you to enjoy quiet, gather your wits about you, delight in nature, nourish yourself, focus your attention, love the world you inhabit, clarify your spiritual intentions, and deepen your connection with the whole of you. It is a simple practice that requires no special belief, training, or particular religious affiliation. Life is stressful. The simple act of being intimate with your world in a quiet way can not only refresh your body, spirit and mind, it can lead to deep wisdom, loving kindness, peace, and tender intimacy. Spirituality is less a matter of what you believe in than what you participate in. A short Zen retreat done at a time and place of your choosing can let you become one with the miracle that is the world and you, the ever present mystery of an unknowable infinite spaciousness that is woven into the tapestry of your visible touchable daily life.

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