

BIG MIND BIG HEART

A WESTERN ZEN APPROACH TO LIFE

Big Mind Big Heart is a Western Zen practice and method of pointing out and experiencing our true nature. Developed by American Zen Master Genpo Roshi, this amazing, interactive and facilitated process will help you access the mind of transcendent wisdom and the heart of compassion.

Big Mind Big Heart is Zen updated for the western world, an ever deepening practice that helps us understand, clarify and awaken our true nature. What's more, by working through some of our stuck places we can reintegrate them and open up the range of possibilities for our own lives. By enabling us to recognise and address some of the limiting ways we live and relate, we can live a better life.

Big Mind Big Heart is practised in a reliable, proven workshop format. Using an interactive, facilitated dialogue method through which we temporarily identify with our different aspects, we explore how those different aspects help and hinder and are the expression of our true nature.

Big Mind Big Heart is not someone else's interpretation of who you should be and how you should live but rather a way you can come to your own deep understandings, and directly experience your life, your relationships and the world at large in a new and rich way.

Awaken to your authenticity with congruence and depth

Experience your natural state from which so much wisdom and compassion flows

Derive insight into how your mind, emotions and ideas operate together

Appreciate for yourself what's true in your own unique and special life

Receive your gifts as you untie emotional knots and kinks along the way

"I am familiar with quotes like, "know thyself" and, "the kingdom of heaven lies within", but I never really 'got' it until I attended my first Big Mind Big Heart session." - Lu

"I was suddenly able to see where compassion is born and where wisdom cuts through, and this has made me get up to change the way I live." - Barbara

"No answers were given; I was simply guided to the unique and universal wisdom within." - Matthew

"I was able to experience first hand my own wisdom and how this could be interpreted practically in the context of my own life." - Lucy

"Big Mind is the most motivating process for my meditation practice I have found to date." - Brendan

Ken Wilber, founder of Integral Institute, describes Big Mind Big Heart practice (founded by American Zen Master Dennis Genpo Merzel Roshi) as "an astonishingly original, profound, and effective path for waking up, or seeing one's True Nature. It is such a simple and universal practice it can be used in any spiritual path you wish, or even just alone, by itself, as a practice for realising your True Nature – which you can call God, Allah, Jahweh, Brahman, Tao, Ein Sof – it doesn't really matter."



Philip Oude-Vrielink is a skilled Big Mind facilitator and student of Zen Master Genpo Roshi, the developer of Big Mind. Caring about people and deepening human dignity, he is passionate about helping people to source for themselves wisdom, compassion and meaning in their own lives. For dates and locations of Big Mind Big Heart workshops please visit <http://www.integralalchemy.com>

For information about Zen Master Genpo Roshi and Big Mind visit <http://www.bigmind.org>