

Training at LA DOJO

Step away from the noise of daily life and into the serene, sacred atmosphere of LA DOJO.

Through Buddhist training that seeks the discovery of the mind, peace of mind, and development of the mind, deepen your faith in El Cantare and walk the path toward becoming a Bodhisattva. LA Dojo offers two-night, three-day training retreats.

Day 1

Meditation Method for Relaxation

(\$50 suggested donation)

In this meditation method, time flows gently, peace and relaxation come naturally, and the original strength of your soul is restored.

Silent
Meditation
Stay
(\$50
suggested
donation)

Day 2-3



Add a seminar of your choice

The Seminar on “The Buddha Who Is Now Here”

(\$300 suggested donation) (includes silent meditation stay)

Enter into deep meditation to directly experience the discovery of the spiritual self and awaken to the true understanding of the world. What is faith in El Cantare? Through both the sensitivity of the heart and the mind's faculty to perceive the truth, you will come to grasp with your soul Buddha's Love and the Greatness of the Lord's existence.

Seminar on Removing the Rust from the Mind

(\$300 suggested donation) (includes silent meditation stay)

A seminar to cleanse the mind and walk the true path to progress and prosperity in accordance with the Laws of Cause and Effect. You will look within to find and remove the hidden “rust” in your mind that can serve as footholds for evil spirits and demons. Then, through practical self-reflection practices guided by ten koans with Master Okawa's explanations, you will train your mind to become strong like steel and bright like a mirror.



Look Within Your Mind Seminar

(\$100 suggested donation)

Ten questions from El Cantare guide you through a self-reflection on your entire life, leading you to discover your mind and understand your mind's tendencies.

Through this seminar, you will discover the self that is fully loved by the parent of your soul, Lord El Cantare.

Silent
Meditation
Stay
(\$50
suggested
donation)

Please check the LA DOJO calendar for seminar schedules and email us to reserve. Custom sessions or date/language adjustments (Japanese/English) are also available.



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