



## Shintaido North East

Where: Keiko - Petersham Town Hall, Petersham MA  
Lodging - Hartman's Herb Farm, Barre, MA



When: March 14 -15, 2020

Contact: Matt Shorten, Kangeiko Manager  
mattshorten@yahoo.com

Theme:

### **“Cutting through the False to See Anew”**

The Diamond Sutra is one of the most influential Mahayana sutras in East Asia, and is particularly prominent within the Zen tradition. The sutra's full name is 'The Diamond That Cuts through Illusion', 'Vajracchedika Prajñāparamita' in Sanskrit. Vajracchedika means “the diamond that cuts through afflictions, ignorance, delusion, or illusion.”

People generally call it the Diamond Sutra, emphasizing the word “diamond,” but, in fact, the phrase “cutting through” is the most important. Prajñāparamita means “perfection of wisdom,” “transcendent understanding,” or “the understanding that brings us across the ocean of suffering to the other shore.”

Studying and practicing this sutra can help us cut through ignorance and wrong views and transcend them, transporting ourselves to the shore of liberation.” “The practice of the Diamond Sutra is to try to dismantle

the shell that separates us from others in order to live happily with ourselves, happily with people around us, and happily with our planet.”

Suggested reading: [The Diamond That Cuts Through Illusion](#), by Thich Nhat Hanh

Come join Shintaido North East for a fun weekend exploring the healthy movements of Shintaido with the theme of ‘Cutting through the False to See Anew’ in the beautiful New England setting of Petersham, Massachusetts.

## Schedule

Sat. 3/14	8:30-9:30	Arrival and registration at Hartman’s Herb Farm
	9:30	Opening Meeting at Hartman’s Herb Farm
	10:00	Keiko 1 at Petersham Town Hall
	12:30	Lunch
	3:00	Keiko 2
	4:30	Instructor Exams/ demonstration
	6:30	Dinner
	7:30	Workshop on “ Styles of Conflict Management”
	8:00	Guided meditation on the theme
Sun. 3/15	8:30	Keiko 3
	11:30	Brunch
	12:30	Closing

## Costs

Basic-instruction and food (3 meals and snacks) .....\$128

Saturday night B & B lodging .....\$ 60

Total owed .....\$ \_\_\_\_

Instructor Exam (Exam fee, diploma fee, and current SOA/Int’l dues).....Extra

## Registration:

To register, please email: Matt Shorten mattshorten@yahoo.com **by March 1, 2020** with the following information:

- Name:
- Email:
- Phone:
- Are you staying at the B & B lodging (y/n)
- Any dietary needs (veg, vegan, dairy, allergies):

**Please bring payment:** \$128 (or \$188 if you are staying at the B&B) payable to Shintaido North East to be collected Saturday morning.

**If you're arriving Friday PM**, you may stay at Matt's house in Barre or make arrangements at Hartman's Herb Farm.

Address GPS Directions: [Hartman's Herb Farm](#)  
1026 Old Dana Rd Barre, MA 01005  
Tel (978)-355-2015

*"Kangeiko means cold Keiko. The reason we practice at a cold time is because when we face great nature, we realise how powerless and small we are. We try to find nature within ourselves. Through this we can try to awaken our sleeping potential self. It is a challenge to try to get rid of our old self and find a new beginning.*

*Cold is fearful. We need encouragement and determination to withstand the cold. We face ourselves and our own fears. We challenge ourselves and encourage determination to help us through difficulties. We get away from the noise and distractions of daily city life, so we can concentrate."*



- Shintaido Master Instructor Masashi Minagawa