

# *DDM Toronto 3-Day Meditation Retreat Report*

## *– Oct 2006*

*By G. M.*

*T*his was my first meditation retreat experience. Such a wonderful experience! When I got here everything was okay, everything was new. But in my second day I saw how strict Fashi's rules were and at the same time, I felt a lot of pain in my legs during sitting meditation. I wanted to run away because I thought to myself, "I don't want to become a nun!" However, later on, everything got better and better.

The teachings were so clear that I felt they opened both my mind and my heart. After listening to some explanations, I managed to overcome a big percentage of my legs' pain and I could do better sitting meditation.

I realized that I have many obstructions in my body that were from past experience which resulted in pain. Now, I understand that the pain can be diluted with meditation practice.

My interview with Fashi was very helpful and she encouraged me to continue the practice. "Just sit and practice", she said. It was very kind of her. Something strange happened: after the interview, I went back to sitting meditation but I didn't feel pain anymore! My knees were so warm and I felt very comfortable.

During the repentance prostration, I never thought I would have such emotional reaction. I had this very deep and very moving emotion, and I cried. Later I felt light as if a weight had lifted off me.

Now I know why I'm here. I needed to address my accumulated fears and understandings.

I'm happy and I feel very thankful to the person who introduced me to Chan retreat. Thanks everybody.

G.M.