

# *Big Mind Big Heart*

**Directly experience more of your natural depth and authenticity  
Unleash your wisdom and compassion – for yourself and for others  
Allow your mind, emotions and ideas to work together - dissolve knots  
Receive your gifts and deepen your ability to share them with others**

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Our ability to embrace the complexity of life is mirrored by our capability to receive our own complexity as human beings. The point of spiritual practice is to grow our awareness and increase our capacity for love. Contemplative practices such as *Big Mind, Big Heart* help us to deepen and accelerate this life-long process.

*“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.” - Lucy*

We must - and we can - expand our capability to experience more of his complexity, diversity, and love. Through contemplative practices we can develop greater awareness that is more responsive to the problems the world now faces.

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 can help you access the mind of transcendent wisdom and the heart of compassion.

While we are all born with Big Mind, the mind of clarity and wisdom, and Big Heart, the mind of compassion, we lose touch with it as we come to develop a small, separate self. Losing track of our original nature, this self becomes our number-one preoccupation. By combining pearls of the Zen tradition with insights from Western psychological pioneers such as Carl Jung, Fritz Perls and Hal Stone, this practice leads us back, away from dissatisfaction, anxiety and control to the recognition of our inherent wholeness. (continued)

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. By working through some of our stuck places we can re-integrate 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, hinder and are the expression of our true nature. With the skilful facilitation of **Philip Oude-Vrielink** and lively participation, we learn to directly experience Big Mind Big Heart, embrace ourselves, and start living a more purposeful and joyful life.

Big Mind Big Heart is not someone else's interpretation of who you should be and how you should live. Rather, it is 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.

## Full Big Mind Big Heart Workshop

\$95.00, Concessions Available

Saturday, 19 June 2010, 12:15 to 6:30 pm

Kohia Education Centre

Gate 1, 78 Epsom Avenue, Epsom, Auckland

Gate 2, Level 2 for Parking

## A Brief Introduction to Big Mind Big Heart

Friday, 18 June 2010 at 7:30pm, Free

Cityside Baptist Church

8 Mt Eden Road, Newton, Auckland

*Philip is an endorsed Big Mind Big Heart workshop facilitator who cares deeply about furthering human dignity. He is passionate about helping people source for themselves the wisdom, love and power in their own lives. He is a student of Genpo Roshi, the developer of Big Mind.*

**Info and Bookings:** [www.integralalchemy.com](http://www.integralalchemy.com)

This event is organized by **Auckland Integral**

It is offered as a contribution to the spiritual landscape of Aotearoa/New Zealand. [www.ais.org.nz](http://www.ais.org.nz)