

REN XUE

AN INVITATION TO JOURNEY INWARD

As November draws closer, we can see with greater clarity what we will be doing during this retreat. As our work on life gradually deepens, it is crucial that we face ourselves with all honesty and openness in order to keep our growth moving forward. This is the reason that we set the theme of this retreat ***'Seeing Your Original Face – Journey Inward to Shed the False Self and Realize the True Self'***.

The false self is the consciousness that is controlled by unhealthy patterns. It is called the 'false self' because the consciousness in this state is unable to act in alignment with the True Self. As a result, the True Self is made invisible to us. We cannot see what we truly look like – our "original face". Shedding the false self, therefore, is the way to unveil the True Self. This is done by transforming the unhealthy patterns that control the consciousness.

This is what this retreat is about. We will focus on two fundamental patterns: **Fixed Expectations** and **Avoiding and Hiding**. They have been selected from among all the patterns because they are at the foundation of the construct of the false self and strongly connected with other patterns. Transforming these two patterns is crucial for dismantling the false self. At this retreat all the teachings and activities will be centered around these two patterns, and we will be working on them throughout the retreat, from beginning to end. Step by step, Yuan Tze will be taking us on this journey of understanding how these two patterns shape our lives, and undergoing the process of transforming them from the deepest level.

To be effective in this effort, we will need to call on inner strengths and resources from every aspect of our lives. We will work on Qi through Yuan Gong practice and deepen our understanding and experience of the Xin qualities. A healthy Qi condition and a pure heart are indispensable supports we will need for this all-important task of shedding the false self and realizing the True Self.

This is a heart journey inward. We look forward to taking this journey with all of our hearts joined together.