



### **Beppe Mokuza Signoritti**

Zen monk and Sumi-e master, he follows the tradition of Soto Zen Buddhism. He is a disciple of zen master Roland Yuno Rech who is one of the eldest disciples of Taisen Deshimaru Roshi.

He has been dedicating himself to sumi-e and zen meditation practice for more than twenty five years. He is the responsible of the zen dojo "Bodai Dojo" in Alba, Italy. He exhibits his works, holds conferences, demonstrations and workshops all around Europe.



### **Location**

Universal Murad Hassil  
Zuidduinseweg 7  
2225 JS Katwijk aan Zee  
Telephone: 06 38 27 95 29  
[www.soefitempel.nl](http://www.soefitempel.nl)

### **Registration fee:**

€ 375 to be paid upon registration. Included in the price:  
Organic vegetarian meals (breakfast, lunch and dinner); coffee and tea breaks;  
painting material (practice paper, rice paper, ink and brushes of different sizes)

### **Cancellation policy:**

If it happens that you have to cancel your participation to the workshop, 85% of the amount will be refunded. Your entire fee becomes non-refundable 30 days before the workshop.

**For organization reasons,  
please make your reservation as soon as possible, places are limited.**

### **Where to sleep:**

There is a camping-site next to the Temple ([www.zuidduinen.nl](http://www.zuidduinen.nl)). It is possible to rent a cabin shared with four persons.

For information on public transport or how to sleep overnight, contact Sonja Nijon.

**Contact person:** (+31) (0) 622391136 Sonja Nijon - [sonja@controcorrente.nl](mailto:sonja@controcorrente.nl)  
(+39) 3331914504 Beppe Mokuza - [beppemokuza@sumi-e.it](mailto:beppemokuza@sumi-e.it)

**[www.sumi-e.nl](http://www.sumi-e.nl)**

(available in English and Dutch)

## The dance of the brush



## Sumi-e painting and Zen meditation Workshop

From Thursday 7<sup>th</sup> to Sunday 10<sup>th</sup> of June 2018

Led by Zen monk and Sumi-e Master  
Beppe Mokuza Signoritti

At the Sufi Temple "Universal Murad Hassil"  
Katwijk aan Zee - The Netherlands

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## Sumi-e painting

The Japanese term “sumi” means “black ink”, “e” means “painting”. It indicates one of the art forms in which subjects are painted with black ink in all possible gradations ranging from pure black to the lightest shades achievable by dissolving ink in water. This painting method was introduced in Japan by Zen monks five centuries ago.

Simply using a brush, a black ink tablet, a stone (suzuri) and a sheet of rice paper, focusing on the here and now, letting the thoughts flow, relaxing body tension, adopting a correct posture and a correct breathing, this way of painting can awake the student’s creativity and sensitivity.

While painting you’ll become more attentive, feeling in harmony with the surrounding environment, accepting yourself and your limits, being open-minded and at last, you’ll get in contact with the very source of life that is within yourself.

Students work all together in harmony and while painting, a calm and silent atmosphere arises.

## Zen meditation: zazen

**Za means to sit, zen means meditation, truth.** To touch, through correct sitting, the pure, original mind that exists in each of us, often obscured by our thoughts and the emotional storms which perturb us.

The regular practice of zazen, focused on the right posture, on the breathing and with the mind free from any fixation leads to a better balance of the body-mind, strengthening health. It **eliminates stress and mental agitation** which are the causes of human intolerance and conflicts against oneself and the environment. Through Zazen we enter in an intimate contact with the profound spiritual dimension of our existence, respecting all beings.

*"If you understand that zazen is the great gate of the law, you will be like the dragon piercing the water or the tiger re-entering the deep forest".*

Master Dōgen (1200 - 1253)

## Program

### Wednesday 6<sup>th</sup> of June

17.30 – 19.00 Welcome and early dinner for participants of the workshop.

20.00 – 22.00 Open conference and practical demonstration of Sumi-e by **Beppe Mokuza Signoritti**.

**The conference and the demonstration are free and open to everyone.**

### Thursday 7<sup>th</sup> of June

07.00 Introduction to zen meditation

08.00 Zazen, kin-in, zazen

09.30 Breakfast

10.30 Sumi-e

12:45 Lunch

15:00 Sumi-e

18.30 Zazen, kin-in, zazen

20.15 Dinner

### Friday 8<sup>th</sup> and Saturday 9<sup>th</sup> of June

07:00 Zazen, kin-in, zazen

09:00 breakfast

10:00 sumi-e

12:30 lunch break

15:00 sumi-e

18:30 Zazen, kin-in, zazen

20:15 dinner

### Sunday 10<sup>th</sup> of June

07:00 Zazen, kin-in, zazen

09:00 breakfast

10:00 sumi-e

13:00 lunch break

15:00 end of activities and greetings



\*The mentioned schedule may be subject to changes.

### To bring over

- for meditation, please wear comfortable, loose-fitting and dark clothing to help concentration
- bring your own cushion for meditation if you have one