

**Program for Retreat at Phổ Hiền Sơn Trang  
From September 4 to 9, 2025**

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**Compassionate Service Society**

# Hawaii Retreat 2025

## Why I should attend this retreat?

To advance my deep meditation and learn how to develop the Bodhi mind.



## What are the benefits of the retreat?

- Gain knowledge of this highest dharma in the 42 Hands and Eyes
- Understand the importance of practicing dharma in our lives
- Instill a new habit of practicing Vajra Pestle daily (and correctly)
- Receive protection from the Vajras and Vajra Spirits how are the guardians of this supreme dharma
- Eradicate past karma and karmic offenses (by bowing 3-step-1-bow
- Relax and learn about Buddhist art at Honolulu Museum of Art

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## **Theme for the retreat:**

**Practice deeply the Vajra Pestle**

## **What/How to study and practice:**

- Connect the Vajra Pestle Hand and Eye to the system 5-5-5
- Study the meanings and function of the Vajra Pestle
- Practice how to chant the Vajra Pestle Mantra
- Practice and integrate deeply the Vajra Pestle dharma

## **When?**

- Friday night;
- Full day on Saturday, Sunday and Monday

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## **Theme for 3-Step-1-Bow:**

**Transform darkness into light**

Bow down = let go of darkness and attachments

Stand up = become anew with the inner light

## **What?:**

- Practice: walk 3 steps and then bow down to the ground.
- Practice mindfulness of the Vajra Pestle Mantra while bowing.

## **When?**

- Friday, Saturday, Sunday morning, from 5:00 to 7:00 am.
- Meditation and recitation after bowing.

## Hawaii Retreat 2025

### **Theme for field trip:**

**Study Buddhism from the arts of Japan and China  
At Honolulu Museum of Art**

### **What to see, visit and study:**

China gallery, room 17

Buddhism gallery, room 18 and 19

Japan gallery, room 20

Japanese Woodblock gallery, room 21

**When:** Friday - September 5th (after lunch)

**Where:** Honolulu Museum of Art, 900 S Beretania St, Honolulu