

# Everything, Everywhere, All at Once

## *A Full Day Meditation Retreat*



It sometimes feels overwhelming right now-- just the pace of societal and environmental change, the barrage of authoritarian assaults we are enduring, and the challenges of navigating our way through identities, relationships, lives. Here's the koan we will take up in this retreat:

A monk asked Master Sho of Kokei, "When things come from the four directions and eight dimensions, what then?"

Sho said, "Hit the middle.

The monk immediately bowed.

Sho said, "On the way to a service in the village I ran into a wild storm of wind and rain and sheltered myself in an old shrine."

*Comment* "The self that Sho sheltered—is it prior to the empty kalpa? ... This is indeed the realm of a peaceful body establishing life."

Sarah Bender, Roshi will join the sangha for a full-day silent Buddhist meditation retreat

**Saturday, February 28, 2026**

**8:00 Arrival; 8:30 AM retreat begins— 4:30 PM close**

**Center for Inner Peace, 740 W. 15<sup>th</sup> St., Pueblo.**



- Silent and walking meditation
- Morning Tea service, Afternoon Qi Gong
- Dharma talk by Sarah Bender, Roshi
- Silent potluck vegetarian lunch
- Full Sutra Service
- Opportunities for a private conversation with the teacher

**All Sangha friends are welcome to attend.** A \$25 donation is requested but not mandatory. Register by clicking this link: [Click Here to Register](#)

For more Information, contact David Cockrell, 719 994-3278 or [davidcockrell@comcast.net](mailto:davidcockrell@comcast.net)