

Dr. Richard Sears, Venerable Dr. Jishou Dharma

Dr. Richard Sears, dharma name Jishou Dharma, is a Zen Teacher and Buddhist Monk in the Five Mountain Zen Order. Jishou Dharma ordained in 1991 as a practitioner in Japanese Tendai Buddhism where he received extensive teachings on sutra and tantra. Jishou Dharma began practicing with Ven. Dr. Wonji Dharma and the Five Mountain Zen Order in 2008 and received inka in 2011.

Jishou Dharma holds a doctorate in clinical psychology (PsyD), a doctorate in Buddhist Philosophy (PhD) from Buddha Dharma University, a master's in business administration (MBA), and is a board-certified clinical psychologist (ABPP). He runs a private psychology and consultation practice in Cincinnati, Ohio (www.psych-insights.com), and is also Clinical/Research faculty at the UC Center for Integrative Health and Wellness, and Volunteer Associate Professor of Psychiatry & Behavioral Neurosciences at the UC College of Medicine.

Jishou Dharma is also a fifth degree black belt in Ninjutsu (receiving the warrior name Watoshi), and once served as a personal protection agent for the Dalai Lama of Tibet with his teacher, An Shu Stephen K. Hayes.

Practicing Zen in the 21st Century with Ven. Jishou Dharma

This event will begin with an open lecture on Friday night at Mindful Heart Buddha Sangha where Ven. Dr. Jishou Dharma will talk on the challenges and opportunities of practicing the Dharma in the 21st century and the necessity of applying the teachings to our everyday lives and activities. On Saturday there will be a full day retreat and on Sunday a half day retreat held at Willow Pond retreat center in Oakland City, Indiana. During these days of training there will be periods of sitting, walking and eating meditation and the opportunity to participate in teacher interviews and engage in koan practice.