Rev. Takafumi Zenryu Kawakami is the Vice Abbot/International Affairs Coordinator and Deputy Head Priest at Shunkoin Temple in Kyoto, Japan. He will lead us in a thoughtful discussion and practice of mindfulness.

Rev. Takafumi Zenryu Kawakami travels the world giving talks about the zen & mindfulness, and how these practices can help improve our everyday lives. His discussions shine light on the opportunity to diffuse modern day chaos while improving creativity - which can in turn leave us more satisfied in our work. During this talk, Rev. Kawakami will specifically highlight the difference between the actuality and reality as well as the importance of the practice of self-cultivation.