

## KENSAN

- Kensan is a process of communication which originated in Japan.
- It has been used successfully in Japanese communities for over 50 years.
- It is non-hierarchical (there are no leaders or positions of influence – everyone is equal).
- Kensan requires a minimum of 3 people and there is no established maximum.
- Kensan requires a subject/topic/focus.
- This subject/topic/focus can be about anything.
- Anyone can 'put out' (speak) at any time.
- Anyone can say whatever they wish.
- If someone gets angry the Kensan Meeting is finished.

There is a one week 'Special Course in Kensan Meeting' which is called Tokkoh. Although it is not essential for practicing Kensan, it is highly recommended as it will help to gain a deeper understanding of what Kensan is.

This Special Course in Kensan Meeting (Tokkoh) is a residential live-in experience. It currently costs \$750 per person which includes all meals and accommodation. These courses are run by the Yamagishi Association which is based in Japan.

You can read more about the Yamagishi Association and related communities here - <http://www.yamagishi.or.jp/en/yamagishi0601.html>

There is also a Yamagishi Association Australia website - <http://web.me.com/white.pixie.com.au/Site/Welcome.html>

And an article here:

<http://gen.ecovillage.org/iservices/publications/articles/CM131EcotopiainJapan.pdf>

Please keep in mind that although Yamagishi developed the process of Kensan – it is not about him nor is it necessary to be a member of the Yamagishi Association in order to attend Tokkoh or practice Kensan.

Kensan is the process we can use to discover 'how is it really?'