

Golden Wind Sesshin 2021

Sunday, October 10 (eve) - Sunday, October 17 (am)
Led by Roshi Egyoku, Sensei Kizan Shogen, Sensei Daiki Senshin

Sunday, October 10 evening

7:15 pm Log into Zoom & Settle
7:20 Orientation to Virtual Sesshin
7:30 Leader's Entrance/Jundo/Zazen
8:05 Walking Zen
8:15 Zazen
8:50 **Four Vows/ Bows/Evening Gatha**
9:00 End

Monday-Saturday, Oct. 11-16 evening

At Home
5:45 Dinner: Cook, Eat, Clean. (**Meal Gatha**)

Zoom Block 4
7:25 pm Be in Your Seat
7:30 Zazen
7:50 Walking Zen
8:00 **Opening the Sutra** before Talk

Monday: Teisho: Roshi Egyoku

Tuesday: Dharma Talk: Sensei Shogen

Wednesday: Dharma Talk: Sensei Senshin

Thurs: Dharma Talk: Preceptor Earth-Mirror

Friday: Dharma Talk: Sensei Myoho

Saturday: Honsaku Gyocha: Roshi Egyoku

Ritual presentation of Shuso's Case & Tea.
All invited.

8:50 **Four Vows/Bows/Evening Gatha**

Monday-Saturday, October 11-16 day

Zoom Block 1
5:55 am Be in Your Seat
6:00 am Zazen/**Gatha of Atonement**
6:40 Walking Zen/Personal Needs
6:50 Zazen
7:25 **Verse of the Kesa**
7:30 **Morning Service**

At Home
8:00 Breakfast: Cook, Eat, Clean (**Meal Gatha**)
9:15-10:45 Samu/Work at Home. (**Work Chant**)
Starting on Wednesday – Rehearsals for Hossen

Zoom Block 2
10:55 am Be in Your Seat
11:00 Zazen/**Group Reading: Genjokoan***
11:35 Walking Zen
11:45 Zazen
12:20 pm **Midday Service**

At Home
12:45 Lunch: Cook, Eat, Clean (**Meal Gatha**)
2:15 Stretch/Exercise/Study (Maintain Samadhi)
On Sat. 2 pm Rehearsal for Honsaku Gyocha

Zoom Block 3
3:25 pm Be in Your Seat
3:30 Zazen
4:05 Walking Zen
4:15 Zazen

On Sat. Opening the Sutra before Talk
4:15-5:15 Dharma Talk by Preceptor Mukei
4:50 Walking Zen
5:00 Zazen
5:30 **Evening Service** in Zendo

Sunday, October 17 morning

Zoom Block 1
5:55 am Be in Your Seat
6:00 Zazen/**Gatha of Atonement**
6:40 Walking Zen/Personal Needs
6:50 Zazen
7:25 **Verse of the Kesa**
7:30 **Gate of Sweet Nectar**
Closing Ceremony (Nenju) in Zendo

Sesshin Ends

At Home
8:00 Breakfast: Cook, Eat, Clean (**Meal Gatha**)
9:00 Samu/Work at Home. (**Work chant**)
Set up for Hossen
10:45 End Samu

11 a.m. Dharma Combat with Head Trainee Nem Etsugen Bajra

*Reading Text: Dogen Zenji's "Genjokoan"