

Year-End Sesshin 2021, led by Sensei Darla Myoho Fjeld

Tuesday, December 28

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

Wednesday-Thursday, Dec. 29-30

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 (**chant**)
9:30 Samu/work at Home. (**chant**)
10:45 End Samu (work practice)

Zoom Block 2

10:55 am Be in Your Seat
11:00 Zazen
11:35 Walking Zen
11:45 Zazen
12:20 **Noon Service**

At Home

12:45 Lunch at home: Cook, Eat, Clean. Rest.
2:15 Stretching/Exercise/Study

General Zoom Protocols

- 1. Develop Focus.** Consider this sesshin as if on the grounds of the Zen Center. Dress appropriately, wear rakusu if received jukai—BE IN ZAZEN
- 2. Practice mindful screen habits.** If you need to take a break, turn off your video. Stay muted.
- 3. Spotlight.** You may choose to utilize a Speaker View of the ZCLA Zendo, or Teacher giving the talk, or switch to Gallery View to sit with the Virtual Sangha. This is located in the top right hand corner of your Zoom Screen.

Wednesday, December 29

Zoom Block 3

3:25 pm Be in Your Seat
3:30 Zazen
4:05 Walking Zen
4:15 Zazen
4:50 Walking Zen
5:00 Zazen
5:30 **Evening Service**

At Home

5:45 Dinner at Home: Cook, Eat, Clean. Rest.

Zoom Block 4

7:25 pm Be in Your Seat
7:30 Zazen
7:50 Walking Zen
8:00 **Opening the Sutra**
Dharma Talk by Sensei Myoho
8:50-9 **Four Vows/Bows/Evening Gatha**

Thursday, December 30

Zoom Block 3

3:25 pm Be in Your Seat
3:30 pm Zazen
4:05 Walking Zen
4:15 Sesshin Participants Council on Zoom
5:30 **Vows/Bows/Closing Ceremony/End**

ZOOM SESSHIN PRECAUTIONS

Observe at all times.

Maintain Silence — a Great Silence. Be silent in Body, Speech, and Mind. If you talk—do it for practical reasons only.

Maintain lowered eyes, as much as possible. Refrain from focusing on the individual screens of others during zazen or talks—maintain privacy.

Maintain samadhi (unified mind) Stay grounded in practice.

Walking meditations will be in 10-minutes intervals—you can walk outside or inside. Please time yourself.

Take Care: If you have issues or problems following the schedule, email teacher or address this in F2F.

