

# August Zazenkai 2022

Led by Elizabeth Jiei Cole

*Via Zoom & In Person at ZCLA*

## Friday, August 19, 2022

7:15	Log into Zoom & Settle
7:20	Orientation to Online Zazenkai
7:30	<b>Zazen</b>
8:05	Kinhin
8:15	<b>Zazen</b>
8:50	Four Vows/ Bows/ Evening Gatha
9:00	End

## Saturday, August 20, 2022

### **Zoom Block 1**

5:55 AM	Be in your seat
6:00	<b>Zazen</b> /Gatha of Atonement
6:35	Walking Zen/Personal needs
6:45	<b>Zazen</b>
7:20	Verse of the Kesa
<b>7:30</b>	<b>Service</b>
8:00	Breakfast-One Bowl Meal/Rest
9:15	Samu (Work) Chant Cleaning, Tasks, Garden,
10:15	End Samu

### **Zoom Block 2**

10:25	Be in your seat
10:30	<b>Zazen</b>
11:05	Walking Zen
11:15	<b>Zazen</b>
11:50	Walking Zen
<b>12:00 PM</b>	<b>Dharma Talk by Jiei</b>

12:50	Lunch-One Bowl Meal/Rest/Exercise
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### **Zoom Block 3**

2:55	Be in your seat
3:00	<b>Zazen</b>
3:35	Walking Zen
3:45	<b>Zazen</b>
4:20	Walking Zen
4:30	<b>Zazen</b>
4:55	Four Vows & Bows

### **End of Zazenkai**

#### **Please observe these precautions:**

Maintain Silence. A Great Silence.  
Do not talk. Be silent in body, speech and mind.

Maintain lowered eyes. Do not look around.

Maintain zazenkai etiquette. Do not engage in social greetings or courtesies.

Maintain Samadhi (unified mind). Do not leak your Samadhi or the Samadhi of others.

If you have any problems or are unable to follow the schedule, please inform our head monitor.