

Rohatsu Sesshin – December 2 (eve)- 10, 2022

Led by Roshi Egyoku & Sensei Senshin

Friday Evening, Dec. 2

5:00pm Leader's Mtg. in Office
6:00 Light Dinner

EVENING

7:15pm Zoom in & Settle
7:20 Hybrid Orientation
7:25 Be in your seat
7:30 Roshi's Greeting Round
Opening Remarks
Zazen
8:05 Outside Walking Zen
8:15 Zazen
8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Sat. & Sun., Dec. 3&4 Bodhidharma's Wallgazing

DAWN

5:00am Wake-up
5:30 Outside Walking Zen
(join any time)
6:00 Atonement/Zazen¹
6:50 Outside Walking Zen
7:00 Zazen¹
7:30 Verse of the Kesa

MORNING

7:35 Breakfast/Rest
9:00 Samu², Training
10:30 End Samu

At Home Sat & Sun

7:35 Breakfast: (Meal Gatha)
9-10:30 Samu/Work (Work Chant)

11:00 Zazen¹, Reading:
Hotsuganmon
11:50 Lunch/Rest

AFTERNOON

At Home: Sat & Sun

11:50 Lunch: (Meal Gatha), Rest
2 Exercise/Study (Maintain Samadhi)

2-2:45 Yoga – Dharma Hall
3:00 Zazen¹
3:50 Outside Walking Zen
4:00 Zazen¹
4:50 Supper/Rest

EVENING

At Home: Sat & Sun

4:50 Supper (Meal Gatha), Rest

SATURDAY EVENING

7-7:50 Zazen¹ Reading
7:50-8 Outside Walking Zen
8-8:50 Zazen¹

SUNDAY EVENING

7-7:50 Zazen¹ Reading
7:50-8 Outside Walking Zen
8-8:50 Teisho: Roshi
Egyoku

SAT. & SUN. EVENING

8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Mon., Dec. 5-Fri. Dec. 9³

DAWN

5:00 am Wake up
5:15 Outside Walking Zen
(join any time)
5:25 Be in your seat
Roshi's Entry
5:30 Atonement/Zazen
6:05 Outside Walking Zen
6:15 Zazen
6:50 Verse of the Kesa
6:55 Morning Service
Th Dec 8 Bodhi Day Service
7:25 Breakfast/Rest
9:00 Samu²
10:30 End Samu

At Home Mon-Fri

7:25 Breakfast: (Meal Gatha)
9-10:30 Samu/Work (Work Chant)

MORNING

10:55 Be in your seat
11:00 Zazen, Hotsuganmon
11:35 Walking Zen
11:45 Zazen
12:15pm Midday Service
12:35 Lunch/Rest
2:30-3:15 Yoga -Dharma Hall

At Home Mon-Fri

12:35 Lunch: (Meal Gatha), Rest
2:30 Exercise/Study (Maintain
Samadhi)

AFTERNOON

3:25 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
5:45 Supper/Rest

At Home Tue-Fri

5:45 Supper: (Meal Gatha), Rest

EVENING Mo, Tu, Th, Fr.

7:25 Be in your seat
7:30 Zazen
7:50 Outside Walking Zen
8:00 Dharma Talk
Mon: Sensei Mukei
Tue: Sensei Myoho
Thu: Sensei Senshin
Fri: Sensei Shogen

EVENING Wed.

7:25 Be in your seat
7:30 Zazen, Reading
7:50 Outside Walking Zen
8:00 Zazen

ALL EVENINGS MON-FRI

8:50 Four Vows/Bows/
Evening Gatha
9:30 Lights Out

Saturday, December 10

Bodhidharma's Wallgazing

DAWN

5:00 am Wake-up
5:30 Outside Walking Zen,
(join at anytime)
6-6:50 Zazen¹
6:50 Outside Walking Zen
7:00 Zazen¹
7:30 Verse of Kesa
7:35 Breakfast/Rest

At Home

7:30 Breakfast: (Meal Gatha)
9-9:45 Samu/Work (Work chant)

9-9:45am Samu: Room cleaning⁴
10-10:50 Zazen¹
11:00 Closing circle
12:00pm 4 Vows/Bows
12:15 Lunch, followed by
clean-up
END OF SESSHIN

Observe these Precautions
at all times during Sesshin

Maintain Silence—a Great Silence. Do not
talk. Be silent in Body, Speech, and Mind.

Maintain lowered eyes.
Do not look around.

Maintain sesshin 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 the monitors.

¹ May enter up to 8 minutes past the hour

² Report to Jizo Garden, start Samu at 9:00

³ Transmission Week for Dharma-Joy – do not engage with him at all

⁴ Please leave your sleeping area spotless for next guest, take trash out, & vacuum.
Leave keys in Guest Steward mailbox.