

August Zazenkai 2023

Led by Sensei Dharma-Joy Reichert

Via Zoom & In Person at ZCLA

Friday, August 18, 2023

Evening

7:15 PM	Log into Zoom & Settle
7:20	Hybrid Orientation
7:25	Be in your seat
7:30	Leader's Greeting Round/Zazen
8:05	Outside Walking Zen
8:15	Zazen/Oryoki Instruction
8:50	Four Vows/ Bows/ Evening Gatha
9:00	Lights Out

Saturday, August 19, 2023

Dawn

5:00 AM	Wake-up
5:15	Outside Walking Zen (Join anytime)
5:25	Be in your seat Teacher's Entry
5:30	Atonement/Zazen
6:05	Outside Walking Zen
6:15	Zazen
6:50	Verse of the Kesa
7:00	Service
7:30	Oryoki Breakfast/Rest
9:00	Samu (Work) Chant Cleaning, Tasks, Garden, End Samu
10:00	

Morning

10:15	Be in your seat
10:20	Zazen
10:55	Walking Zen
11:05	Zazen
11:40	Walking Zen
11:50	Dharma Talk by Dharma-Joy
12:40	Oryoki Lunch/Rest/Exercise

Afternoon

2:55	Be in your seat
3:00	Zazen
3:35	Walking Zen
3:45	Zazen
4:20	Walking Zen
4:30	Zazen
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.