

# Rohatsu Sesshin – December 6 (eve)- 14, 2024

Led by Sensei Senshin & Sensei Dharma-Joy

## Friday Evening, Dec. 6

5:00 pm Leader's Meeting  
6:00 Light Dinner

### EVENING

**7:15 pm Zoom in & Settle**  
**7:20 Zoom Orientation**  
7:25 Be in your seat  
7:30 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. 7 & 8

### Bodhidharma's Wallgazing

#### DAWN

5:15 am Wake-up  
5:30 Outside Kinhin  
(join any time)  
6:00 Atonement/Zazen<sup>1</sup>

#### SATURDAY DAWN

6:50 Outside Walking Zen  
7:00 Zazen<sup>1</sup>  
7:20 Verse of the Kesa

#### SUNDAY DAWN

6:50 Verse of the Kesa  
6:55 **Bodhi Day Service**

#### MORNING

7:25 Breakfast/Rest  
9:00 Samu<sup>2</sup>, Training  
10:45 End Samu

#### At Home Sat & Sun

7:35 Breakfast: (Meal Gatha)  
9-10:45 Samu/Work (Work Chant)

11:00 Zazen<sup>1</sup>  
11:50 Lunch/Rest

#### AFTERNOON

##### At Home: Sat & Sun

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

1:45-2:30 Yoga – Dharma Hall  
3:00 Zazen<sup>1</sup>  
3:50 Outside Walking Zen  
4:00 Zazen<sup>1</sup>  
4:50 Supper/Rest

#### EVENING

##### At Home: Sat & Sun

4:50 Supper (Meal Gatha), Rest

## SATURDAY EVENING

7-7:50 Zazen<sup>1</sup>, **Reading**  
7:50-8 Outside Walking Zen  
8-8:50 Zazen<sup>1</sup>

## SUNDAY EVENING

7-7:50 Zazen<sup>1</sup>  
7:50-8 Outside Walking Zen  
8-8:50 **Dharma Talk:**  
**Sensei Senshin**

## SAT. & SUN. EVENING

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

## Mon., Dec. 9-Fri, Dec. 13<sup>3</sup>

#### DAWN

5:00 am Wake up  
5:15 Outside Kinhin  
(join any time)  
5:25 Be in your seat  
Leader's Entry  
5:30 Atonement/Zazen  
6:05 Outside Walking Zen  
6:15 Zazen  
6:50 Verse of the Kesa  
6:55 Morning Service  
7:25 Breakfast/Rest  
9:00 Samu<sup>2</sup>  
10:40 End Samu

#### At Home Mon-Fri

7:25 Breakfast: (Meal Gatha)  
9-10:40 Samu/Work (Work Chant)

#### MORNING

10:55 Be in your seat  
11:00 Zazen  
11:35 Walking Zen  
11:45 Zazen  
12:15pm Midday Service  
12:35 Lunch/Rest  
2:15-3 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 Tu, W, F

7:25 Be in your seat  
7:30 Zazen  
7:50 Outside Walking Zen  
8:00 **Dharma Talk**  
**Tue: Sensei Dharma-Joy**  
**Wed: Sensei Myoho**  
**Fr: Preceptor Earth-Mirror**

## EVENING M & Th

7:25 Be in your seat  
7:30 Zazen, **Reading**  
8:05 Outside Walking Zen  
8:15 Zazen

## ALL EVENINGS MON-FRI

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

## Saturday, December 14

### Bodhidharma's Wallgazing

#### DAWN

5:15 a.m. Wake-up  
5:30 Outside Kinhin  
(join any time)  
6:00 Atonement/Zazen<sup>1</sup>  
6:50 Outside Walking Zen  
7:00 Zazen<sup>1</sup>  
7:20 Verse of Kesa  
7:25 Breakfast/Rest

#### At Home Sat 12/14

7:35 Breakfast: (Meal Gatha)  
9-10:45 Samu/Work (Work Chant)

#### MORNING

9:00 Samu,<sup>2</sup> Clean Room  
10:00 Zazen<sup>1</sup>  
10:50 Outside Walking Zen  
11:00 Zazen<sup>1</sup>  
11:50 Oryoki Lunch/Rest

#### At Home Sat. 12/14

11:50 Lunch: (Meal Gatha), Rest

#### AFTERNOON

2:25 p.m. Be in your seat  
2:30 Zazen  
3:05 Outside Walking Zen  
3:15 Zazen  
3:50 Closing Circle-Zendo  
4:50 Four Vows/Bows.

## END OF SESSHIN

### Always 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 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.

<sup>1</sup> May enter up to 8 minutes past the hour; <sup>2</sup> Report to Jizo Garden, start Samu at 9:00

<sup>3</sup> Dharma Transmission Week for Jitsujo, Tchoren & Etsugen – don't engage with them.

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