

2009 Buddha's Enlightenment Sesshin

December 4 - 12

Led by Roshi Egyoku

Friday Evening, December 4

EVENING

- 6:00 p.m. Snack
6:30 Registration
7:25 Be in your seat
7:30 Abbot's Greeting Round
7:30 - 8:05 Zazen/Opening Remarks
8:05 - 8:15 Walking Zen⁴
8:15 - 8:50 Zazen/Oryoki Instruction
8:50 Four Vows/Bows

9:30 Lights Out

Sat & Sun, December 5&6

BODHIDHARMA'S WALL GAZING

You may re-enter the Zendo up to 10 minutes past the hour.

DAWN

- 5:00 a.m. Wake-up
5:15- 5:50 Waking the Body:
Outside Walking Zen
(Join at Anytime)
6 - 6:50 Zazen/Kin hin¹
7 - 7:30 Zazen, Verse of the Kesa
7:35 Oryoki Breakfast/Rest

MORNING

- 9 - 9:50 Samu^{2,3}
Training: Service Position
& Altar Cleaning
10- 10:50 Zazen/ Walking Zen⁴
11- 11:50 Zazen
11:50 Oryoki Lunch/Rest

AFTERNOON

- 2 - 2:50 Zazen/Walking Zen⁴
3 - 3:50 Zazen/Walking Zen⁴
4 - 4:50 Zazen
4:50 Oryoki Supper/Rest

SAT EVENING

- 7:00 - 7:50 Zazen
7:50 - 8:00 Kin hin¹
8:00 - 8:50 Zazen
8:50 Four Vows/Bows
9 - 9:30 Optional Zazen
10:00 Lights Out

SUN EVENING

- 7:00 - 7:50 Zazen
7:50 - 8:00 Kin hin¹
8:00 - 8:50 Teisho in the Zendo
8:50 Four Vows/Bows
9 - 9:30 Optional Zazen
10:00 Lights Out
8:00-8:50 Teisho in Zendo

Monday, December 7 through

Friday, December 11

DAWN

- 5:00 a.m. Wake up
5:15 Waking the Body:
Outside Walking Zen
(Join at Anytime)
5:25 Be in your seat
Abbot's Entry
5:30-6:05 Zazen
6:05-6:15 Kin hin¹
6:15-6:50 Zazen, Verse of the Kesa
6:50 Service
7:25 Oryoki Breakfast/Rest

MORNING

- 9:00 Samu^{2,3}
10:30 End of Samu
10:50 Be in your seat
10:55-11:25 Zazen
11:25-11:35 Kin hin¹
11:35-12:10 Zazen
12:10 p.m. Service
12:30 Oryoki Lunch/Rest

AFTERNOON

- 2:30-3:15 Stretching Yoga in
the Dharma Hall
3:30-4:05 Zazen
4:05-4:15 Walking Zen⁴
4:15-4:50 Zazen
4:50-5:00 Walking Zen⁴
4:00-5:30 Zazen
5:30 Service
5:40 Oryoki Supper/Rest

EVENING

Monday, Wednesday, Friday

- 7:25 Be in your seat
7:30-8:05 Zazen
8:05-8:15 Kin hin¹
8:15-8:50 Zazen/Genjokoan
Reading

Tuesday, Thursday

- 7:25 Be in your seat
7:30-7:50 Zazen
7:50-8:00 Kin hin¹
8:00-8:50 Teisho in Zendo

All Evenings Monday-Friday

- 8:50 Four Vows/Bows
9:00-9:30 Optional Zazen
10:00 Lights Out

Saturday, December 12

BODHIDHARMA'S WALL GAZING

You may re-enter the Zendo up to 8 minutes past the hour.

DAWN

- 5:00 a.m. Wake-up
5:15- 5:50 Waking the Body:
Outside Walking Zen
(Join at Anytime)
6 - 6:50 Zazen/Kin hin¹
7 - 7:30 Zazen, Verse of the Kesa
7:35 Oryoki Breakfast/Rest

MORNING

- 9 - 9:50 Samu
10- 10:50 Zazen/ Walking Zen⁴
11- 11:50 Zazen
11:50 Oryoki Lunch/Rest

AFTERNOON

- 2 - 2:50 Zazen/Walking Zen⁴
3 - 3:50 Zazen/Walking Zen⁴
4 - 4:50 Zazen
4:50 Oryoki Supper/Rest

Room cleanup and checkout⁵

EVENING

- 7 - 7:50 Zazen
7:50 Council
8:50 Four Vows/End of Sesshin
9:00 Tea & Cookies

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.

¹ 10 min inside kin hin. Please remain in the Zendo during Wall Gazing days.

² Report to Jizo Garden

³ Servers start Samu at 9:20 a.m.

⁴ Chinese style outside Kin hin

⁵ Please leave your sleeping area clean and orderly. (Ask Yudo for cleaning supplies.)