



Dharma Family Retreat | February 1, 2004

“The act of this continuous practice confirms you as well as others. That means your practice affects the entire earth and sky in ten directions. Although it is not noticed by others or yourself, it is so..”
Dogen (A)

Instructions

Day spent in silence. Be respectful of others and take care of your needs. Move slowly during the breaks to maintain samadhi.

“As I sit upright on the seat of the middle way at the reality limit, what has been unmoving since of old is called Buddha.” *Uisang (B)*

Body Scan Meditation

“Meditation occurs whenever our innermost awareness is trained upon the shocking nearness yet elusive distance of what is present.” *Stephen Batchelor (B)*

Kinhin (Walking Meditation)

“When facing a single tree, if you look at a single one of its red leaves, you will not see all the others. When the eye is not set on any one leaf, and you face the tree with nothing at all in mind, any number of leaves are visible to the eye without limit.” *Takuan Soho (C)*

Breathing Meditation I (Counting the Breath)

“The great road has no gate. It leaps out from the heads of all of you. The sky has no road. It enters into my nostrils.” *Rujing (A)*

30 minute Break in Silence with refreshments

Breathing Meditation II (Following the Breath)

“The first step in this practice of mindful awareness is radical self-acceptance.” *Stephen Batchelor (D)*

Hua T’ou (Looking at Thoughts)

“The vast sky does not hinder white clouds from flying.” *Shitou (A)*



Listening Meditation I (Bare Attention)

Every day Master Shigen (c. 900) had the following dialogue with himself:

Hey, Master!
Yes?
Are you listening?
Yes.
Don't be complacent!
I won't! (E)

Lunch Break in Silence -

Suggested activities - mindfulness on eating, leaf blowing meditation, walking, reading, resting.

Listening Meditation II (Hua T'ou)

"For meditative questioning partakes in the nature of the mystery itself. It is a kind of fundamental astonishment or perplexity reflecting that which simultaneously shows itself and withdraws." *Stephen Batchelor (B)*

Listening Meditation III (Source of Awareness)

"You must doubt deeply, again and again, asking yourself what the subject of hearing could be.

Pay no attention to the various illusory thoughts and ideas that may occur to you." *Takasui (B)*

Shikantaza Meditation

"How boundless and free is the sky of Awareness!
How bright the full moon of wisdom!
Truly, is anything missing now?" *Hakuin Zenji (F)*

Coasting / Debriefing and Discussion

End of Sesshin & Refreshments

Sources of the Quotes:

- (A) *Essential Zen: Editors Kazuaki Tanahashi and Tensho David Schneider*
- (B) *The Faith to Doubt: Stephen Batchelor*
- (C) *Entering the Stream: Editors Samuel Bercholz and Sherab Chodzin Kohn*
- (D) *Radiant Mind: Editor Jean Smith*
- (E) *Zen to Go: Editor Jon Winokur*
- (F) *Teachings of the Buddha: Editor Jack Kornfield*