



**Dharma Family Retreat | February 25, 2001**

**Instructions**

“Dwelling in equanimity, mindfulness and clear comprehension.”

**Body Scan Meditation**

“When everything inside and outside, bodily and mental has been relinquished ... that is the highest form of relenquishment.”

**Kinhin (Walking Meditation)**

“The ignorant eschew phenomena but not thought; the wise eschew thought but not phenomena.”

**Breathing Meditation I (Nose Tip)**

“Concentrating by mindfulness of breathing is developed and cultivated so that it is peaceful, ambrosial and pleasant.”

*30 minute Break in Silence with refreshments*

**Listening Meditation I**

“... the Way of Words has been cut off and movements of the mind eliminated.”

**Listening Meditation II**

“ Let there be a silent understanding and no more.”

**Breathing Meditation II (Bare Attention)**

“Blinded by their own sight, hearing, feeling and knowing, they do not perceive the spiritual brilliance of the source-substance.”

*Lunch Break in Silence -*

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

*Resume Sesshin & Instructions*

**Shikantaza Meditation I**

“...It is more like saying a great yes to everything without, however, attaching oneself to it.”

**Hua T’ou (Observing the Source of Thoughts)**

“... letting each thought go as though it were nothing, or as though it were a piece of rotten wood, a stone, or the cold ashes of a dead fire.”



### **Listening Meditation III - (Hoa T'ou of Awareness)**

"Men are afraid to forget their minds, fearing to fall through the Void with nothing to stay their fall. They do not know that they will find their "true self"."

### **Shikantaza Meditation II**

"Do not keep them nor abandon them nor dwell in them, nor cleave to them. Above, below and around you, all is spontaneously existing, for there is nowhere which is outside the Buddha-Mind."

### **Extending Love & Compassion**

"those who follow the Buddha's advice to abide in emptiness (*being aware of incessant contingent construction*) are thereby exposed to the possibility of an unpredictable explosion of feeling ..... the sudden irruption of unconditional love (bodhicitta)"

### **Debriefing and Discussion**

*End of Sesshin & Refreshments*