



**Dharma Family Retreat | April 6, 2003**

“Words!

The way is far beyond language, for in it there is no yesterday; no tomorrow, no today.” (A)

“...to awaken to the fact that your own mind is the Buddha, that there is nothing to be attained or a single action to be performed—this is the Supreme Way; this is really to be as a Buddha.” (D)

**Instructions**

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

Actions to be developed:

Experiencing the ground of perception.

Relinquishing dualism’s.

**Body Scan Meditation (Guest and Host are Clearly Distinguishable)**

(Form and emptiness will follow one another in this “drill of acquisition and letting go.” Guest and Host will be clearly distinguishable.)

“With a single stroke we are freed from bondage; nothing clings to us and we hold to nothing.” (A)

**Kinhin (Walking Meditation)**

“There is only one reality, neither to be realized nor attained.” (A)

**Breathing Meditation I (Counting the Breaths)**

“When thought objects vanish the thinking-subject vanishes, as when the mind vanishes, objects vanish.” (A)

*30 minute Break in Silence with refreshments*

**Breathing Meditation II (Following the Breath)**

“All Dharmas (things) have the mark of emptiness. They are not produced, not stopped, not defiled, not deficient, not complete.” (A)

**Hua T’ou (Looking at Thoughts)**

“Search out the point where your thoughts arise and disappear. See where a thought arises and where it vanishes. Keep this point in mind and try to break right through it; try to crush it with all your might!” (B)



*Lunch Break in Silence -*

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

*Resume Sesshin & Instructions*

**Listening Meditation I (Bare Attention)**

"No comparisons or analogies are possible in the causeless, relationless state." (A)

**Listening Meditation II (Hoa T'ou)**

"To return to the root is to find meaning, but to pursue appearances is to miss the source." (A)

**Listening Meditation III - (Source of Awareness)**

"A perception, sudden as blinking, that subject and object are one, will lead to a deeply mysterious, wordless understanding; and by this understanding you will awake to the truth of Zen." (C)

**Shikantaza**

"...it is more like saying a great yes to everything without, however, attaching oneself to it." (C)

"... Those who relinquish all forms are called Buddhas." (D)

**Coasting**

**Being with Others**

**Debriefing and Discussion**

*End of Sesshin & Refreshments*

**Sources of the Quotations:**

(A) Tsin Tsin Ming; translator: Richard B. Clarke

(B) The Practice of Zen; Garma CC Chang

(C) The Zen Teachings of Huang Po: John Blofeld

(D) The Zen Teachings of Hui Hai: John Blofeld

The following quotation is provided to follow up our wonderful retreat of April 6th.

"In right attention our listening is unconditioned; there is no image of a person to impede global hearing. It is not limited to the ear; the whole body hears. It's entirely outside of the subject-object relationship. Listening occurs, but nothing is heard and no one listens. And as unconditioning listening is our real nature, we come to know our selves in listening."