



**Dharma Family Retreat | April 7, 2002**

“When one practices Zen he should do so as though he were throwing a piece of tile into a deep pond; it sinks and sinks until it reaches the very bottom.”

**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:

“Silently and serenely one forgets all words;  
Clearly and vividly That appears before him.”

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

“Do not worry about the arising of distracting thoughts,  
But beware if your recognition of them  
Arises too late!”

**Kinhin (Walking Meditation)**

“Never treat a distracted thought as a concrete thing. When it arises, notice it right away but never try to suppress it. Let it go and watch it as one watches a calabash floating on the surface of a stream.”

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

“Life comes and death goes,  
the water flows and the flower withers  
Oh, today I know my nostrils were facing downwards.”

*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.”

**Hua T’ou (Looking at Thoughts)**

“Whenever any thought arises, you should try to find its source; never let it go easily or be cheated by it.”

**Listening Meditation I (Bare Attention)**

“...the discriminating mind which deems things to be easy or difficult, which attaches itself to things or detaches itself from them, it itself the very mind that drags us down into Samsara.”



*Lunch Break in Silence -*

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

*Resume Sesshin & Instructions*

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

"Now remember, to work with the Hua T'ou is to look into it continuously without a single moment of interruption. Like the river ever flowing on, the mind should always be lucid and aware."

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

"...watch the word 'who', softly and gently, with a smooth mind and calm steady breath, like that of a hen as she hatches her egg or a cat when she watches a mouse. If you can do this well, you will find that one of these days your life root will suddenly and abruptly drop off!"

**Kinhin (Walking Meditation)**

"The so called practice or work is merely a method for purifying the shadows of our habitual thinking and flowing thoughts."

**Shikantaza**

"The whole earth is but one of my eyes,  
but a spark of my illuminating light;  
The whole earth is in this tiny spark within me."

**Coasting**

**Being with Others**

**Debriefing and Discussion**

*End of Sesshin & Refreshments*

**Quotations are from The Practice of Zen by Garmma CC Chang**

Selected additional quotations from this book follow:

"Use all your attention and strength patiently to push your mind to the very dead end (of consciousness); just push it on and on."

"Alert yourself, and with a high spirit look right at the arising point of the distracting thought."

"If you want to grasp it, it runs away from you; but if you cast it away, it continues to exist there all the time."

*(Quotations continue on page 3)*



“The limpid ocean shines clear and void,  
Bright as moonlight mirrored in white snow.  
No trace of men or gods remains.  
Oh, when the eye of vajra opens  
The mirage disappears;  
The great earth vanishes into the realm of tranquility!”

“Abruptly, the violence of mind stops:  
Inner body, outer world - both are transparently clear  
After the great overturn,  
The great Voidness is broken through.  
Oh! How freely the myriad manifestations  
Come and Go!”