



**Dharma Family Retreat | April 22, 2001**

**Instructions**

“Scoop up water and the moon is in your hands. Tary with flowers and their fragrance scents your garments.” (A)

**Body Scan Meditation**

“A dim, moonlit night,  
Broken pieces of rope,  
Mouthless.” (C)

**Kinhin (Walking Meditation)**

Each step, coming out of nowhere, freshly formed.

**Breathing Meditation I (Nose Tip and Breath Counting)**

“The jewel which shines in the darkest darkness is not noticed by people.” (C)

*30 minute Break in Silence with refreshments*

**Listening Meditation I (Bare Attention to Sounds)**

“The wild goose has no intention to cast its reflection.  
The pond has no intention to receive it.” (C)

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

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

**Breathing Meditation II (Allowing “It” to Breathe)**

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

**Shikantaza Meditation I**

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

*Lunch Break in Silence -*

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

*Resume Sesshin & Instructions*



### Breathing Meditation III (Tan T'ien)

"When neither something nor nothing remains to be known, there is no alternative left but complete non-referential ease."

### Hua T'ou (Looking at Thoughts)

"The ignorant eschew phenomena but not thought; the wise eschew thought but not phenomena." (B)

### Kinhin (Walking Meditation)

"Why do they laugh?  
The clouds that make no pledges  
Pass over the mountain bridge,  
Morning or evening  
With the utmost freedom!" (C)

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

"Directly pointing to the human mind,  
He has us See into the Essence  
and attain to Buddahood." (C)

### Shikantaza II

"However muddy the water is, the lotus retains its purity;  
indeed it blooms beautifully just because it grows out of the mud." (C)

### Extending Love & Compassion (Intoning OM)

"Thickly growing bamboos,  
each stand singly;  
Put all their roots together,  
and all is well in the mountains and rivers." (C)

### Debriefing and Discussion

#### *End of Sesshin & Refreshments*

#### **Sources of the Quotes:**

- (A) Zen Dust
- (B) Zen Teachings of Huang Po
- (C) Sengai