



**Dharma Family Retreat | June 4, 2000**

**Instructions**

**Body Scan Meditation**

"The pupil searches for his own nature with a determined will - but to begin with- the search is entirely without direction."

**Kinhin (Walking Meditation)**

"Pay attention to the place under your feet."

**Breathing Meditation (Counting Exhalations)**

"To come back to oneself in an instant; that is what awakening consists in."

*30 minute Break in Silence with refreshments*

**Listening Meditation I**

"Suddenly the tune changes to the song of return"

**Listening Meditation II**

" At the instant when we fully apply ourselves to the one stroke of the bell, and become one with it, the original nature of our self is already there."

**Breathing Meditation II (Bare Attention)**

"When even the slightest thought arises- Then another inexorably follows it in an endless round"

**Shikantaza Meditation (Mahamudra / Dzogchen)**

"...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*

**Shingon Visualization Meditation**

"Amplify and wide suddenly open doors and gates"



### Listening Meditation III

“This song, which expresses the sound of the single hand, is contained in every person. Everyone sings it but no one knows it.”

### Shikantaza II

“... not lose ourselves gazing into the distance since wherever we stand the ox always, in fact, lies under our feet. We can not get away from him anywhere.”

### Extending Love & Compassion

“When all is forgotten he suddenly breaks into the realm of selflessness.”

### Debriefing and Discussion

*End of Sesshin & Refreshments*

**All Quotations are from, M.H. Trevor; The Ox and His Herdsman; 1969**