



Dharma Family Retreat | June 6, 2004

If you wish to understand yourself, must succeed in doing so in the midst of all kinds of confusions and upsets. Don't make the mistake of sitting dead in the cold ashes of a withered tree." *Emyo (A)*

Instructions

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

"I'd like to
Offer something
To help you
But in the Zen School
We don't have a single thing!" *Ikkyu (B)*

Body Scan Meditation

"Practitioners of the way, I implore you, sit still and dispassionately contemplate the ephemeral nature of the body" *Dogen (C)*

Kinhin (Walking Meditation)

"You should clearly the green mountains' walking and your own walking. You should also examine walking backward and backward walking and investigate the fact that walking forward and backward has never stopped since the very moment before form arose..." *Dogen (D)*

Breathing Meditation I (Counting the Breath)

"The great road has no gate. It leaps out from the heads of all of you.
The sky has no road. It enters into my nostrils." *Rujing (E)*

30 minute Break in Silence with refreshments

Breathing Meditation II (Following the Breath)

"One short pause between
The leaky road here and
The never-leaking Way there:
If it rains, let it rain!
If it storms, let it storm!" *Ikkyu (B)*



Hua T'ou (Looking at Thoughts)

"When the sky flies away, the bird flies away.
When the bird flies away, the sky flies away" *Dogen (C)*

Listening Meditation I (Bare Attention)

"It is simply sitting in the midst of what utterly is,
with full participation." *Norman Fischer (C)*

Lunch Break in Silence -

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

Listening Meditation II (Hua T'ou)

"Just at the moment
Ear and sound
Do not interfere—
There is no voice;
There is no speaker." *Dogen (F)*

Listening Meditation III (Source of Awareness)

"A hammer strikes emptiness before and after its
exquisite sound permeates everywhere. How can it
be limited to this time and space." *Dogen (C)*

Shikantaza Meditation

"What shall be my legacy?
The blossoms of spring,
The cuckoo in the hills,
The leaves of autumn" *Ryokan (D)*

Coasting / Debriefing and Discussion

End of Sesshin & Refreshments

Sources of the Quotes:

- (A) *The Pocket Zen Reader, Editor Thomas Cleary*
- (B) *Wild Ways: Zen Poems of Ikkyu, Editor/translator John Stevens*
- (C) *Beyond Thinking: A Guide to Zen Meditation, Editor Kazuaki Tanahashi*
- (D) *Moon in a Dewdrop: Writings of Zen Master Dogen, Editor Kazuaki Tanahashi*
- (E) *Essential Zen: Editors Kazuaki Tanahashi and Tensho David Schneider*
- (F) *The Little Zen Calendar, Workman Publishing*