



Dharma Family Retreat | June 9, 2001

“Wide open spaces devoid of any sense of Mine” ...

Instructions

Day in silence. No “Hell meditation”. Be respectful of others and take care of your needs.

“... but turning within oneself, one should observe one’s own true condition and maintain awareness of it just as it is, beyond the conceptual limitations of past, present and future.”

Guest/Host

Body Scan Meditation

Guest and Host are clearly distinguishable.

Kinhin (Walking Meditation)

“He sees only the winding of the stream and the twisting of the path, He does not know that already he is in the land of immortals.”

Breathing Meditation I (Diaphragm)

“The flute without holes is the most difficult to blow”

Breathing Meditation II (Tan T’ien)

“Endlessly rise the distant mountains,
Blue heaped on blue.”

Hua T’ou (Looking at Thoughts)

“No need at all of hills and streams
For quiet meditation:
When the mind is extinguished,
even fire is refreshing.”

30 minute Break in Silence with refreshments

Listening Meditation I (Bare Attention)

“With no bird singing
The mountain is yet more still.”

Shikantaza Meditation I (Just Sitting)

“In the bottomless bamboo basket
I put the white moon;
In the bowl of mindlessness
I store the pure breeze.”



Lunch Break in Silence -

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

Resume Sesshin & Instructions

Listening Meditation II (Ground of Awareness)

“When you recognize [Mind’s] nature while according to its flow, there’s no more joy nor is there any sorrow.”

Listening Meditation III - (Source of Awareness)

“In the spring beyond time
the withered tree flowers.”

Kinhin (Walking Meditation)

“Ridding backward on an ox,
I enter the Buddha hall.”

Shikantaza II

“The flying geese have no intention of casting reflections, the waters make no attempt to reflect them.”

Being with Others

Debriefing and Discussion

End of Sesshin & Refreshments