



Dharma Family Retreat | July 20, 2002

“Even without being able to formulate it, we suspect the presence of something far greater than our limited egos at the heart of our lives.” (D)

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)

“The ignorant eschew phenomena but not thought; the wise eschew thought but not phenomena.”

Kinhin (Walking Meditation)

“There is only one reality, neither to be realized nor attained.” (A)

Breathing Meditation I (Counting the Breaths)

“Our original Buddha-nature is, in highest truth, devoid of any atom of objectivity. It is void, omnipresent, silent, pure; it is glorious and mysterious peaceful joy—and that is all. Enter deeply into it by awakening to it yourself.” (A)

Hua T’ou (Looking at Thoughts)

“Search out the point where your thoughts arise and disappear. See where a thought arises and where it vanishes. Keep this point in mind and try to break right through it; try to crush it with all your might!” (C)

Listening Meditation I (Bare Attention)

“To eliminate environmental phenomena, just put an end to your conceptual thinking. When this ceases, environmental phenomena are void; and when these are void, thought ceases.”

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.”

Lunch Break in Silence -

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



Resume Sesshin & Instructions

Listening Meditation II (Hoa T'ou)

"A perception, sudden as blinking, that subject and object are one will lead to a deeply mysterious, wordless understanding; and by this understanding you will awake to the truth of Zen." (A)

Listening Meditation III - (Source of Awareness)

"Blinded by their own sight, hearing, feeling and knowing, they do not perceive the spiritual brilliance of the source-substance. If they would only eliminate all conceptual thought in a flash, that source-substance would manifest itself like the sun ascending through the void and illuminating the whole universe without hindrance or bounds." (A)

Shikantaza

"...it is more like saying a great yes to everything without, however, attaching oneself to it." (C)

"... to awaken to the fact that your own mind is the Buddha, that there is nothing to be attained or a single action to be performed-this is the Supreme Way; this is really to be as a Buddha." (A)

Coasting

Being with Others

Debriefing and Discussion

End of Sesshin & Refreshments

Sources of the Quotations:

(A) *The Zen Teaching of Huang Po*; translator: John Blofeld

(B) *The Practice of Zen*; Garma CC Chang

(C) *The Ox and His Herdsman*; Trevor Legget

(D) *The Faith to Doubt*; Stephen Batchelor

"Your true nature is something never lost to you even in moments of delusion, nor is it gained at the moment of Enlightenment. ... In it is neither delusion nor right understanding. It fills the Void everywhere and is intrinsically of the One Mind. ... The Void is fundamentally without spatial dimensions, passions, activities, delusions or right understanding. ... this Void contains not the smallest hairsbreath of anything that can be viewed spatially; it depends on nothing, it is attached to nothing. It is all pervading, spotless beauty; it is the self-existent and uncreated Absolute." (A)