



Dharma Family Retreat | July 23, 2000

Instructions

“Why the search? The ox has never been missing from the beginning. ...” yet “ Desire for profit and fear of loss flare up like a flaming conflagration and views of right and wrong arise in opposition to one another”

Body Scan Meditation

“I have no body apart
from the parts which form it;
I know no parts
apart from a “body” .”

Kinhin (Walking Meditation)

“Just at the moment when his feet, in searching, follow the traces -
he misses the ox and lets him escape”

Breathing Meditation (Counting Exhalations)

“When the herdsman takes a look..... he sees nothing other than himself”

30 minute Break in Silence with refreshments

Listening Meditation I

“He sits by himself and observes all things changing”

Listening Meditation II

“ Listening to the song there is no need to say how things are with the herdsman.”

Breathing Meditation II (Bare Attention)

“Clinging is to insist on being someone—
Not to cling is to be free to be no one.”

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

Kinhin

“Do not linger where the Buddha dwells. Go quickly past the place where no Buddha dwells”

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

“He sits by himself and contemplates all things changing.”

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