



Dharma Family Retreat | September 24, 2000

Instructions

“When Buddhas don’t appear and their followers are gone
the wisdom of awakening bursts forth by itself”

“This is Your Fist”

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)

“When walking, just walk, don’t wobble”

Breathing Meditation (Counting Exhalations)

“An empty self is a relational self.”

30 minute Break in Silence with refreshments

Listening Meditation I

“Wide open spaces devoid of any sense of Mine”

Listening Meditation II

“ Having stripped awareness naked, then guard it vividly”

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



Deconditioning the Motor Cortex

“When neither something nor nothing remains to be known, there is no alternative left but complete non-referential ease.”

Listening Meditation III

“When you look carefully, you do not find the merest speck of real mind you can put your finger on and say “this is it”. Not finding anything is an incredible find.”

Shikantaza II

“The enduring and fleeting elements of our being are utterly contingent on each other.”

Extending Love & Compassion

“those who follow the Buddha’s advice to abide in emptiness (*being aware of incessant contingent construction*) are thereby exposed to the possibility of an unpredictable explosion of feeling the sudden irruption of unconditional love (boddhicitta)”

Debriefing and Discussion

End of Sesshin & Refreshments