

## Basic Zendo & Sesshin Guidelines

- The han (wooden striker) begins 15 minutes before the first **zazen (sitting meditation)** to signal to us to stop what we are doing and get ready for meditation. By the second roll-down, you should be on your way to the zendo, if not in it. Please be seated by the second roll-down (3 minutes before start of zazen) and before the teacher enters the Zendo.
- Start your zazen before you actually enter the Zendo. With this attitude you do not disturb others and mindfully begin your practice.
- Leave your shoes, umbrellas and extra clothing neatly outside, in the provided shoe racks and hangers.
- Take a step into the Zendo and offer a standing bow. Walk to your seat around the perimeters of the Zendo; either to the left or right.
- After you have chosen the place where you will sit and arrange your cushions/seat, face your cushion/chair and offer a standing bow. Before sitting, turn to face the Zendo and offer another standing bow.
- **Please be mindful** in the Zendo. This is the main point. Be considerate of others and move carefully – not too fast, not too slow. If you need to move your cushion/chair during zazen, try not to disturb your neighbor.
- After an extended period of zazen or leaving the Zendo, tidy your seat, offering a standing bow to your place, then turn and bow to the center of the Zendo.
- At end of a zazen session or after a talk/tea, the teacher always leaves first; others exit the Zendo according to who is nearest the door, one at a time.
- On leaving the Zendo, turn to bow to the Zendo before you go out the door.
- **Kinhin (walking meditation):** one half step for each exhalation. You should be able to get to the other side of the Zendo seemingly “without moving.” Kinhin is the time for bathroom/ breaks (no food or water in the Zendo).
- **For kinhin:** move from your cushion/chair and immediately start into walking meditation, no bows. When kinhin is finished, quickly move to your seat, bow to your cushion/chair, bow to the Zendo, and sit for zazen.
- **Please maintain silence**, even during breaks. If talking is required during the work periods, please keep it to a minimum. Try to extend your zazen to your work periods.
- If any questions or problems during this sesshin, please contact the ino or shika on duty.