Wall-gazing Day

May 10, 2008

Bare bones zazen, sitting in meditation facing the wall, in the style of the great ancestor Bodhidharma.

Bodhidharma's wall gazing schedule
You may re-enter the zendo up to 10 minutes past the hour.

6:00 – 6:50 am	Wall Gazing, Verse of the Kesa
7:00 a.m.	Buffet Breakfast (informal 3 bowls)
7:30 a.m.	Clean up/Rest
8:30 a.m.	Service in Buddha Hall
9:00 – 9:50 a.m.	Wall Gazing
9:50 – 10:00 a.m.	Kinhin
10:00 – 10:50 a.m.	Wall Gazing
10:50 - 11:00 a.m.	Kinhin
11:00 – 11:50 a.m.	Wall Gazing
11:50 a.m.	Four Vows and Bows
Noon	Teasnack, followed by clean up
12:30 pm	End

Silent Day, No Face-to-Face

Also:
The Tenzo supports the Sangha and the container of the practice day by providing nourishment. If you are interested in deepening your practice as Tenzo, please contact Gemmon in the office.

Name	Name	Name