

WINTER PRACTICE PERIOD

January 27 - February 24, 2024

| SCHEDULE | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|------------------------|-------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| SHINREI (Wake up bell) | 4:30 AM | 6:00 AM | 4:30 AM | 4:30 AM | 4:30 AM | 4:30 AM | 4:30 AM |
| MORNING BELL | 4:45 | 6:15 | 4:45 | 4:45 | 4:45 | 4:45 | 4:45 |
| ZAZEN | 5:00 ZAZEN | 6:30 ZAZEN | 5:00 ZAZEN | 5:00 ZAZEN | 5:00 ZAZEN | 5:00 ZAZEN | 5:00 ZAZEN |
| KINHIN | 5:40 | -- | 5:40 | 5:40 | 5:40 | 5:40 | 5:40 |
| ZAZEN | 5:50 ZAZEN | -- | 5:50 ZAZEN | 5:50 ZAZEN | 5:50 ZAZEN | 5:50 ZAZEN | 5:50 ZAZEN |
| MORNING SERVICE | 6:30 | 7:10 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 |
| ORYOKI BREAKFAST | 7:00 | 7:30 (informal) | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 ZENDO |
| SOJI (Daily cleaning) | 8:30 | -- | 8:30 | 8:30 | 8:30 | 8:30 | -- |
| SAMU (Work practice) | 9-11 | -- | 9-11 | 9-11 | 9-11 | 9-11 | 8:30-10 WORK |
| ZAZEN | 11:30 ZAZEN | -- | 11:30 ZAZEN | 11:30 ZAZEN | 11:30 ZAZEN | 11:30 ZAZEN | 10:30 ZAZEN |
| NOON SERVICE | 12:15 | -- | 12:15 | 12:15 | 12:15 | 12:15 | 11:00 LECTURE |
| ORYOKI LUNCH | 12:30 | 12:00 (informal) | 12:30 | 12:30 | 12:30 | 12:30 | 12:15 |
| WORK | -- | -- | 2:15-4:15 | -- | 2:15-4:15 | -- | 2:15-4:15 |
| STUDY FORMS | 2:15 | -- | | 2:15 | | 2:15 | |
| PERSONAL CLEANING | | 12-6 | | | | | |
| ZAZEN | 5:10 ZAZEN | -- | 5:10 ZAZEN | 5:10 ZAZEN | 5:10 ZAZEN | 5:10 ZAZEN | 5:10 ZAZEN |
| EVENING SERVICE | 5:45 | -- | 5:45 | 5:45 | 5:45 | 5:45 | 5:45 |
| ORYOKI DINNER | 6:00 | 6:00 | 6:00 | 6:00 | 6:00 | 6:00 | 6:00 |
| ZAZEN | 7:30 (optional) | 7:30 ZAZEN | 7:30 ZAZEN | 7:30 ZAZEN | 7:30 ZAZEN | 7:30 ZAZEN | 7:30 ZAZEN |
| KINHIN | | 8:00 | 8:00 | 8:00 SERVICE | 8:00 | 8:00 | 8:00 |
| ZAZEN | -- | 8:10 ZAZEN | 8:10 ZAZEN | (7th, 21th) | 8:10 ZAZEN | 8:10 ZAZEN | 8:10 ZAZEN |
| FUKANZAZENGI | -- | 8:20 | 8:20 | 8:20 | 8:20 | 8:20 | 8:20 |
| LIGHTS OUT (Pillow bell) | 9:00 PM | 9:00 PM | 9:00 PM | 9:00 PM | 9:00 PM | 9:00 PM | 9:00 PM |

Recommended Books:

1. *Hua Yen Buddhism: The Jewel Net of Indra* by Francis Cook
2. *Entry into the Inconceivable - An Introduction to Hua Yen Buddhism* by Thomas Cleary
3. *Treasury of the True Dharma Eye - Zen Master Dogen's Shobo Genzo (Fascicle 32 Ocean Mudra Samadhi)*
translated by Kaz Tanahashi (Other translations are okay, and many are available online.)
4. *The Flower Ornament Scripture - The Avatamsaka* translated by Thomas Cleary
(City of Ten Thousand Buddhas has a free online translation.)
5. *Heart of the Buddha's Teachings* by Thich Nhat Han

Saturday, Feb 24 Shuso Ceremony (open to the public)

- 5:00 - 7:45am** Zazen, Service, Oryoki Breakfast
- 8:30 - 10:00** Samu (work practice)
- 10:30** Zazen
- 10:50** Instruction for Mondo Participants
- 11:00** Ango Closing Ceremony & Mondo
- 12:00** Group Photo and Reception