

# *"Returning to the Ground of Being" Three-Day Online Sesshin*

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Sesshin, literally "to touch the Mind," is a period of time set aside for an intensive meditation retreat to let go of the conditioned self in order to resume our original nature. This sesshin is a 3-day practice period that will allow us to dive into the core of zen training. A silent meditation intensive for experienced sitters to still the mind from moment to moment manifesting the realization of the Way. The online schedule begins at 6:30 a.m. and includes seven periods of meditation, chanting, mindful work, and dokusans (private interviews) by request. Days end at 8:50 p.m. The retreat begins at 7:30 p.m. on Thursday, June 10 and ends Sunday, June 13 at 12 noon. Please feel free to join as you can. However, please refrain from joining in the middle of a period. The sesshin is open to all **by donation** (\$20/day suggested).

## **Thursday Evening, June 10, 2021 [\[Zoom Link\]](#)**

7:23 p.m.	Bonsho
7:30 p.m.	Zazen
8:10 p.m.	Welcome & Opening Words
8:20 p.m.	Kinhin (Walking Meditation)
8:30 p.m.	Zazen
8:53 p.m.	Recite The Four Vows

## **Friday Morning, June 11, 2021 [\[Zoom Link\]](#)**

6:00 a.m.	Wake up
6:23 a.m.	Bonsho
6:30 a.m.	Zazen
7:07 a.m.	Recite Verse of the Kesa
7:10 a.m.	Kinhin
7:20 a.m.	Zazen
8:00 a.m.	Soji (temple cleaning at home)
8:20 a.m.	Zazen
8:30 a.m.	Breakfast (silent meal at home)
9:20 a.m.	Zazen
10:00 a.m.	Kinhin
10:10 a.m.	Zazen
10:50 a.m.	Kinhin
11:00 a.m.	Zazen
11:50 a.m.	Lunch (silent meal at home)

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## **Friday – Saturday Evening, June 11 & 12, 2021 [\[Zoom Link\]](#)**

7:23 p.m.	Bonsho
7:30 p.m.	Zazen
8:00 p.m.	Kinhin
8:10 p.m.	Zazen
8:50 p.m.	Recite The Four Vows

## **Saturday Morning, June 12, 2021 [\[Zoom Link\]](#)**

6:00 a.m.	Wake up
6:23 a.m.	Bonsho
6:30 a.m.	Zazen
7:07 a.m.	Recite Verse of the Kesa
7:10 a.m.	Kinhin
7:20 a.m.	Zazen
8:00 a.m.	Soji (temple cleaning at home)
8:20 a.m.	Zazen
8:30 a.m.	Breakfast (silent meal at home)
9:20 a.m.	Zazen
10:00 a.m.	Break / Go to <a href="#">[Saturday Community]</a>
10:10 a.m.	Zazen
11:00 a.m.	Saturday Community Dharma Talk by Uji

## **Sunday Morning, June 13, 2021 [\[Zoom Link\]](#)**

6:00 a.m.	Wake up
6:23 a.m.	Bonsho
6:30 a.m.	Zazen
7:10 a.m.	Kinhin
7:20 a.m.	Zazen
8:00 a.m.	Soji (temple cleaning at home)
8:20 a.m.	Zazen
8:30 a.m.	Breakfast (silent meal at home)
9:20 a.m.	Zazen
10:00 a.m.	Kinhin
10:10 a.m.	Zazen
10:50 a.m.	Kinhin
11:00 a.m.	Zazen
11:40 a.m.	Closing Circle

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*Thank you for your participation!*