

Buddha's Birthday Three-Day Online Sesshin

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 7 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 Wednesday, March 31 and ends Saturday, April 3 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).

Wednesday Evening, March 31, 2021 [\[Zoom Link\]](#)

7:23 p.m.	Bonsho
7:30 p.m.	Zazen
8:10 p.m.	Welcome & Opening Words
8:20 p.m.	Break
8:30 p.m.	Zazen
8:53 p.m.	Recite The Four Vows

Thursday – Friday Morning, April 1 & 2, 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.	Break
7:20 a.m.	Zazen
8:00 a.m.	Soji (temple cleaning at home)
8:20 a.m.	Zazen
8:30 a.m.	Break (silent meal at home)
9:20 a.m.	Zazen
10:00 a.m.	Break
10:10 a.m.	Zazen
10:50 a.m.	Break
11:00 a.m.	Zazen
11:50 a.m.	Lunch (silent meal at home)

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Thursday – Friday Evening, April 1 & 2, 2021 [\[Zoom Link\]](#)

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

Saturday Morning, April 3, 2021 [\[Zoom Link\]](#)

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

48th Flower Festival Celebration/Buddha's Birthday Online
Sunday, April 4 at 1:00pm