

Mountains and Rivers Order Online Sesshin Precautions

The purpose of the container of sesshin is to encourage us to practice most deeply and ceaselessly, to do all that we can to generate *sesshin mind*. Use all of your activities to cultivate a calm and wakeful awareness, to be in accord with and appropriate to your surroundings and the people you encounter, and to maintain inner and outer stillness and simplicity of thought, speech and action.

Orientation and Opening Remarks for At-Home Participants will be via Zoom at **7:00 pm Monday and Thursday evenings**.

Shugen Roshi's opening remarks in the zendo will be Monday evening at 8:10 pm.

—Maintain inner and outer silence as much as possible.

—Consider doing some caretaking around your home. Mindfully prepare for your upcoming meals. Do some rest practice.

—Schedule to sit at least **4 hours** per day.

—Electronic devices, internet, and all communication should be used sparingly and knowingly. Be very conscious and deliberate and if something can wait until after sesshin, allow it to wait.

—If you are writing, reading, doing art practice or body practice, let it serve to only deepen your concentration and zazen practice. If you read during sesshin, let it be Dharma study.

—If possible in your circumstances, take time to do some movement (e.g. qigong, tai chi, yoga) or go for a mindful walk to enliven your senses and allow nature to bring both calm and expansion. Relish the quiet beauty of sky and trees. Breathe in the goodness and steadiness of these great ancestors we live amongst.

—Recite the *Four Immeasurables* each day, either with the ZMM sangha via Livestream, or on your own. As you do, bring to mind people near and far. Be sure to include yourself. Liturgy can be recited at any time.

—During formal talks, do a period or two of zazen prior to the talk and sit in a meditation posture as you receive it. Let the teaching be your singular focus while listening whether you are listening via Livestream or by recorded podcast.

—Take your meals oryoki style or in a simple mindful way reciting the meal chant.

—Please be present for the **Open Sozan** ending the retreat on Saturday evening on Zoom at **8pm Saturday**. And if you can, join us for the Livestream of the Sunday Morning Program from 9am - 12pm. Roshi will be doing a mondo to close the sesshin so that Online participants can ask questions.

—If anything should occur during the week that you need help with, please contact the training office: zmmtrain@dharmadharma.net or call us at 845 688-2228. Technical support: mroweb@dharmadharma.net

—Be considerate of your family and those you encounter so that your practice contributes to the harmony and strength of those around you. Because this sesshin is self-guided, feel welcome to add to these guidelines whatever would be a helpful reminder for you to deepen your experience.