

One Continuous Thread: Home Practice Intensive Guidelines

Monday, 7-8 pm: Welcome and Opening Guidelines (see One Continuous Thread website for Zoom link).

Monday, 8:10 pm: Opening Remarks with Shugen Roshi (see One Continuous Thread website for Livestream feed).

From Gyoji, “Ceaseless Practice” by Dogen Zenji

The virtue of ceaseless practice is never hidden; therefore the mind is aroused and practice begins. Its virtue, however, is not immediately revealed, and thus it cannot be seen, heard, or comprehended. Although it is not revealed, do not study it as something hidden.

One Continuous Thread is a way to practice most deeply and ceaselessly at home and to do all that we can to arouse the mind to practice and experience the seamlessness of our life. To practice in this way is to bring mindfulness to all of our activities, to cultivate a calm and wakeful awareness. It means being in accord with and adapting to the surroundings and the people we are encountering and to study the way of an undivided mind.

- Maintain inner and outer silence and stillness as much as possible. Regard the practice of simplicity of thought, speech and action.
- Consider doing some caretaking around your home. Mindfully wiping windows, preparing your meals, sweeping, taking care of plants, hanging laundry in the sun.
- Schedule to sit at least **4 hours** per day for some depth of zazen. It will be up to you when, and for how long each session will be.
- Practice resting.
- The use of electronic devices, internet, and all communications can be examined and used knowingly. Be very conscious and deliberate. Know if something can wait, and allow it to wait. This is an opportunity to examine carefully what we turn towards.
- If and when you may be writing, reading, doing art practice, body practice, or work practice, let it serve to deepen your concentration and zazen practice. Find the continuity of being present in activity.

- If you do reading and study during this intensive, consider having it all be Dharma study.
- If you are able to, consider taking 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 at dawn 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 the livestream of formal talks from ZMM, please 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 whether you are listening live or to recordings at a later time.
- Take your meals oryoki style or in a simple mindful way. Enjoy reciting a meal chant.

Please be present for **Closing Reflections**, ending the retreat on **Saturday, 8-9pm** (see One Continuous Thread website for Zoom link).

You're invited to join us at Livestream.com/MRO for the **Sunday Morning Program** from 9am-noon.

If anything should occur during the week that you need help with, please contact the Training Office:

mro@dharmadharma.net or call us at 845 688-2228.

Technical support: mroweb@dharmadharma.net

Be considerate so that your practice contributes to the harmony and strength of those around you. Because this intensive is self-guided, feel welcome to add to these guidelines whatever would be a helpful reminder for you to deepen your experience. These are suggestions on how to hold your practice and be open to your own study in ceaseless practice.