

# March Sesshin

## Information Sheet

### March 2nd – 5th, 2023

Sesshin, meaning “to gather the mind,” is a traditional, silent Zen meditation intensive. It is an opportunity to come together as a Sangha in support of our practice where we create a space to settle deeply into sitting and embody the teachings of Buddha. Setting aside grasping and rejecting, picking and choosing, together we simply meet what is most directly present with attention and openness, moment after moment. Sesshin at Buddha Eye Temple consists of zazen interspersed with kinhin (walking meditation) chanting, samu (work practice) and formal oryoki-style vegetarian meals.

Sesshin is a physically, psychologically, and spiritually demanding practice. Please take care of your body during sesshin and understand that everyone experiences physical difficulty during sesshin. During any period of meditation, you may elect to practice kinhin in the front entrance hall or in the backyard instead of sitting zazen in the hall. You may also take periods of zazen to do stretching or yoga in the front classroom.

#### Attending Part Time:

**-If you would like to join us part time, the morning and evening blocks do not require registration and are open for drop-in participation.**

-The morning block is 5:00am – 7:20am and the evening block is from 6:45pm – 9:15pm. For these blocks, simply come to those you are able to attend. We encourage you to attend the entirety of the block.

#### Attending Full Time:

**-Registration is required for full-time and any full-days of practice.**

-Please fill out the entirety of the registration sheet and turn it in. If This is your first time participating in any full-day practices at Buddha Eye meditation intensive, the retreat leader will contact you prior to the start of retreat to schedule a short conversation.

Please speak with temple staff or email [office@buddhaeye.org](mailto:office@buddhaeye.org) if you have any questions or concerns

## Schedule:

This schedule gives you an idea of what to expect each day of Sesshin. Please note that no schedules will be posted at the temple. Instead we take it up as our practice to listen for the bells struck by the time-keeper to guide us through the day.

## Thursday – Saturday (March 2-4)

### Morning Block: 5:00am – 7:20am

4:30 A.M.	Wake-Up Bell	2:00 P.M.	Samu
5:00 A.M.	Zazen/Robe verse/Kin hin	3:00 P.M.	Clean-up/Snack
6:00 A.M.	Zazen	3:30 P.M.	Zazen/Kin hin
6:45 A.M.	Morning Service	4:25 P.M.	Zazen
7:20 A.M.	Temple Cleaning	5:05 P.M.	Evening Service
7:45 A.M.	Oryoki Breakfast/Break	5:30 P.M.	Silent Oryoki/Break
9:00 A.M.	Samu (work practice)		
10:00 A.M.	Clean-Up/Snack		
10:30 A.M.	Zazen/Kin hin		
11:25 A.M.	Zazen		
12:05 P.M.	Noon Service		
12:20 P.M.	Oryoki Lunch/Break		

### Evening Block: 6:45 – 9:15pm

6:45 P.M.	Zazen/Kin hin
7:40 P.M.	Zazen/Kin hin
8:35 P.M.	Zazen
9:15 P.M.	Closing

## Sunday (March 5)

4:30 A.M.	Wake-Up Bell	7:40 A.M.	Clean-up/Break
5:00 A.M.	Zazen/Robe verse/Kin hin	9:00 A.M.	Zazen
6:00 A.M.	Zazen	10:00 A.M.	Sunday Assembly
6:45 A.M.	Temple Cleaning	11:45 A.M.	Clean-up Begins
7:10 A.M.	Oryoki Breakfast	12:30 P.M.	Sesshin Ends & Closing Circle

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