



MEDITATION RETREAT

Online — October 27, 2018

Start CDT	Practice
8:15 AM	Log on
8:30 AM	Welcome
	Who is online?
	How to work the Zoom controls
8:45 AM	Deriving inspiration from Hakuin's <i>In Praise of Zazen</i> (Jack)
9:00 AM	Hexagram
9:15 AM	Seated meditation
9:45 AM	Slow walking
10:00 AM	Break
10:15 AM	Reclining meditation
10:45 AM	Seated meditation
11:15 AM	Closing discussion
11:30 AM	Close

In Praise of Zazen

From the very beginning
all beings are Buddha.
Like water and ice,
without water no ice,
outside us no Buddhas.

How near the truth
yet how far we seek,
like one in water crying “I
thirst!”
Like a child of rich birth
wandering poor on this
earth,
we endlessly circle the six
worlds.

The cause of our sorrow is
ego delusion.
From dark path to dark
path
we’ve wandered in
darkness—
how can we be free from

birth and death?
The gateway to freedom is
zazen samadhi—
beyond exaltation, beyond
all our praises,
the pure Mahayana.

Upholding the precepts,
repentance and giving,
the countless good deeds,
and the way of right living
all come from zazen.

Thus one true samadhi
extinguishes evils;
it purifies karma, dissolving
obstructions.
Then where are the dark
paths
to lead us astray?
The pure lotus land is not
far away.

Hearing this truth, heart
humble and grateful,
to praise and embrace it,
to practice its wisdom,
brings unending blessings,
brings mountains of merit.

And when we turn inward
and prove our True-nature—
that True-self is no-self,
our own Self is no-self—
we go beyond ego and past
clever words.

Then the gate to the
oneness
of cause and effect
is thrown open.
Not two and not three,
straight ahead runs the
Way.

our form now being no-
form,
in going and returning we
never leave home.
Our thought now being no-
thought,
our dancing and songs are
the voice of the Dharma.

How vast is the heaven
of boundless samadhi!
How bright and transparent
the moonlight of wisdom.

What is there outside us,
what is there we lack?
Nirvana is openly shown to
our eyes.
This earth where we stand
is the pure lotus land,
and this very body the body
of Buddha.

**From the very beginning
all beings are Buddha.**

**Like water and ice,
without water no ice,
outside us no Buddhas.**

- All sentient beings are originally buddhas
- Your own mind is the place of awakening

**How near the truth
yet how far we seek,
like one in water crying "I
thirst!"
Like a child of rich birth
wandering poor on this
earth,
we endlessly circle the six
worlds.**

- We are already enlightened but we don't know it
- Ignorance obscures the truth
- We live in samsara as a result

**The cause of our sorrow is
ego delusion.**

**From dark path to dark
path**

**we've wandered in
darkness—**

**how can we be free from
birth and death?**

**The gateway to freedom is
zazen samadhi—**

**beyond exaltation, beyond
all our praises,**

the pure Mahayana.

- There is suffering
- Meditation is the cure

**Upholding the precepts,
repentance and giving,
the countless good deeds,
and the way of right living
all come from zazen.**

- Meditation makes us better persons
- Avoid creating new karma
 - *Do nothing*

**Thus one true samadhi
extinguishes evils;
it purifies karma, dissolving
obstructions.**

**Then where are the dark
paths
to lead us astray?**

**The pure lotus land is not
far away.**

- Clear karma in meditation
- Meditation changes our personalities

**Hearing this truth, heart
humble and grateful,
to praise and embrace it,
to practice its wisdom,
brings unending blessings,
brings mountains of merit.**

- Commit yourself to the path of meditation
- You are meditating in order to help others

**And when we turn inward
and prove our True-
nature—
that True-self is no-self,
our own Self is no-self—
we go beyond ego and past
clever words.**

- Ice
 - *Frozen self*
- Water
 - *Melt the self*
- “...a special transmission outside the scriptures, not based on words or letters...”
 - Bodhidharma
 - *Language: it's just words (thoughts)*

Then the gate to the oneness of cause and effect is thrown open. Not two and not three, straight ahead runs the Way.

- Dualism
 - *The mind grasps*
 - *“Things” are grasped*
- Non-separation
 - *No attachment*
 - *No likes or dislikes*

**our form now being no-
form,**

**in going and returning we
never leave home.**

**Our thought now being no-
thought,**

**our dancing and songs are
the voice of the Dharma.**

- Emptiness
 - *All things are empty of separateness and self-identity*
- Don't try to do anything or get somewhere in meditation
 - *Just sit*
- Let the thoughts stop of their own accord

**How vast is the heaven
of boundless samadhi!
How bright and
transparent
the moonlight of wisdom.**

- “...a direct pointing to the heart of reality so that we might see into our own nature and wake up”

– *Bodhidharma*

**What is there outside us,
what is there we lack?**

**Nirvana is openly shown to
our eyes.**

**This earth where we stand
is the pure lotus land,
and this very body the
body of Buddha.**

- Body and mind are not separate
 - *No dualism*
- The place of practice-realization is in you

In Praise of Zazen

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In closing

- Please send evaluative comments.
- Please send testimonials for the website—to promote our next retreat.
- Dana accepted with gratitude.