

Instructions for a Doshi-Only

Before Zazen

1. Light candles
2. Connect to zoom. Make sure you aren't muted and that you are on gallery view.
3. Play clackers or turn on recording. Start 5 minutes before the start of Zazen.
4. Turn off lights and enter zendo on the left foot first and then bow to the room
5. Walk to bowing mat with hands in shashu. Stand to the left of the bowing mat. Move the right foot in-front of the bowing mat, and then the left foot. (If the recording of the clackers is on, on the first of the last three bells, move the right foot behind and to the right of the midline of the bowing mat. On the second bell, bring the left foot next to the right foot and bring hands into gassho. On the third bow, do standing bow.)
6. Bow to the altar, then walk around left side (right side for those not yet completing the head student ceremony) of bowing mat in shashu.
7. Bow to altar. Then pick up incense in middle of stick and place to forehead. Then place in incensor.
8. Bow to altar. Then put out small candle with snuffer, replace snuffer to mantle and bow again.
9. Turn around clockwise and walk around right side of the bowing mat. Step outside mat, move left foot to mat and then follow with the right foot.
10. Do three bows, raising your hands to your ears when forehead touches the mat.
11. On standing again, do a slight bow to the altar, then step back and do a full bow to the altar.
12. Turn around clockwise and bow to your zabuton, then turn clockwise again and bow to room.
13. Sit down (taking your time) and ring the big bell three times with about 4 seconds between hits. Hold the striker lightly.
14. Say "Good Morning" and "Today is Monday, May 5" and then the quote. One bell.
15. Then say the robe chant (mindfully) and ring the bell 3 times, again with 4 seconds between hits.
16. Sit, making sure you can see the clock.
17. Hit the small bell once before and after the interval period.

After Zazen

1. Seated bow and ring big bell once.
2. Bring lectern with timekeeper book to altar side of bowing mat.
3. Bring bell and cushion (without wood base) to bowing mat.
4. Follow timekeeper's book. Say chants mindfully.
5. After chants, return bell, cushion, and striker to doshi's zabuton.
6. Return to bowing mat and bow three times. Then do a short standing gassho, and then a full gassho.
7. Turn clockwise and walk out the door.
8. Return to zendo, snuff candle, switch Zoom to gallery view, and join discussion.