

Appamada Online Guidelines

Morning zazen is a one-hour meditation period with a five-minute interval in the middle to allow for changing position, stretching, or standing. At the beginning we chant the robe verse, and at the end, the Heart Sutra and other chants. Please join us for this refreshing and energizing way to begin the day.

Good times to join zazen other than at the starting time is between 7:00 and 7:05am on weekdays.

In our Zen tradition, the scaffolding for our practice together includes forms, chants, and roles. Together these cultivate:

- embodied learning
- a calm, harmonious environment for practice with others
- awareness of the present moment, and
- connection with each other and with our ancestors and the practice path they have passed on to us.

The cloud zendo is a parallel of the four-walled zendo. We have roles (online monitor, for example) and chants (in the chant book). Here we share some guidelines about online zendo forms which we encourage you to follow when you join us for zazen via Zoom. These forms will help scaffold your practice, avoid causing online disturbances for others, and create a harmonious environment for zazen.

- Arrive 5 minutes before the start of zazen.
- Dress comfortably and respectfully. Avoid wearing loud, revealing, or distracting clothing, bathing suits, or pajamas.
- If possible, find a space where you will not be interrupted by pets, children, or other people. Check to be sure you are muted.
- Before sitting, do a standing bow to your seat, desk chair, etc.
- Then with your back to your seat, do a standing bow to the cloud zendo of others gathering.
- Sit with your face in profile, facing the camera or facing a wall.
- After taking your seat, do not eat, drink, read, write, or use your phone. Give your full attention to your Zen practice.
- Use the break (on weekday mornings) or kinhin (walking meditation) (on Sundays) to use the restroom if you need to.

Bowing is an important aspect of our practice. We bow not in worship or submission, rather as a gesture of respect, and you will also find that bowing has many meanings for you to discover as you practice with it. For some people, bowing can bring up preferences and ideas. Wonderful!