

Introduction to Appamada Zen

Introductions: 10
names
What brings you here?
your background (briefly)
American Zen teacher
92 years old
founder
Japanese formal training
Maezumi
ZCLA
Koan study
Transmission
ZCSD
Prescott Zen Center

Teachers: 5
Joko Beck
Books
Everyday Zen
Nothing Special
Practice
everyday life
life as it is
contemporary
Western
Peg Syverson
Senior teacher
authorized by Joko
ordained and dharma transmission in Soto Zen Suzuki roshi lineage
Flint Sparks
Senior teacher
ordained in Soto Zen Suzuki Roshi lineage
authorized by Joko and by SFZC
Newly entrusted teachers: Laurie, Joel, Todd
What is a teacher in Zen practice?

This group: 5
started spring 1995
Unitarian Church
Joko's model of practice
Programs
weekday morning zazen
Wednesday evening zazen and tea
Sunday Morning program
Tuesday 12:30 Inquiry
Evening classes
Precepts Program
Intensives
Practice Discussion
What it is
Peg
entrusted teachers
on request
Appamada
Pali
Buddha's last word
Throughout Buddha's teaching
elephant's footprint
energetic, mindful care
active
relational
attention

Waking up
upright
leaning
relaxed
rigid
sleeping
following the breath
stopping
thinking
Invitation to Wed. eve zazen
Email list
Chant cards
Guidelines
Website
Calendar
Administrative: 5
An introduction to mindfulness: 15
observing
forms
sensations
perceptions
emotions/thoughts
consciousness
COAL
curiosity
openness
acceptance
love
Entering the Zendo
bowing to your seat
half-lotus
seiza
bench
chairs
cushions
Sitting positions
3-point support
stable
still
dignified
hands
gassho
shashu
eyes/gaze
walking meditation
fast/slow
Bows
full bows
standing bows
what do they mean?
diverse
personal meanings
offering incense (Sundays)
X worship
the altar
Wisdom
Manjusri
stone
Compassion
Avalokiteshvara
figures
Vow
Samantabhadra
incense
Q & A

Let folks practice these