

Non-Doshi Appamada Zazen

Clappers begin 5 minutes before the start of zazen:

7sec. 7 7 7 7 7 7 Rolldown 1 hit
X X X X X X X X X X X X X X

Wait 10 sec.

5 5 5 5 5 Rolldown 2 hits
X X X X X X X X X X X X X X

Wait 10 sec.

3 3 3 Rolldown 3 hits
X X X X X X X X X X X X X X

6:25	AV Monitor: Play the clappers recording at: https://appamada.org/administration or sound clappers on your own. (If you play it from the computer you are using for Zoom you'll need to go to Screen Share/Advanced/Music or Computer Sound Only. And then click "share.")	
6:30	Final rolldown of clappers.	
	Three bells to start Zazen.	○ ○ ○
	Robe Chant (3X) Vast is the robe of liberation, a formless field of benefaction; wearing the universal teaching, I realize the one true nature, thus harmonizing all being. One bell at end. Zazen begins.	○
7:00	Interval begins. One bell on interval bell.	○
7:05	Interval ends. One bell on interval bell.	○
7:30	Zazen ends. One bell.	○
	Eko (give people time to stand up) We offer the merit of our practice for the welfare of all beings everywhere. May all be relieved of suffering, free from fear, longing, aversion, and ignorance, and may we together with all beings realize the Awakened Way.	■

	<p>Four Noble Truths</p> <p>[One bell at end of the first two chants, one bell at end of each line of third chant. Two bells at the very end.]</p> <p>Caught in the self-centered dream, only suffering; holding to self-centered thoughts, exactly the dream; each moment, life as it is, the only teacher; being just this moment, compassion's way.</p>	<p>○</p>
	<p>Caught in the self-centered dream, only suffering; holding to self-centered thoughts, exactly the dream; each moment, life as it is, the only teacher; being just this moment, compassion's way.</p>	<p>○</p>
	<p>Caught in the self-centered dream, only suffering; holding to self-centered thoughts, exactly the dream; each moment, life as it is, the only teacher; being just this moment, compassion's way.</p>	<p>○ ○ ○ ○○</p>
	<p>Three bows, followed by one bell.</p>	<p>○</p>
	<p>After everyone has left, be sure to end the Zoom session.</p>	