

Chapel Hill Zen Center Online Zendo Guidelines

Welcome to Zoom Zen meditation practice.

Your camera may be on or off, but **please be sure your microphone is muted.**

Weekday Morning Schedule:

6:00 AM Zazen (sitting meditation)
6:40-6:50 Kinhin (walking meditation)
6:50-7:20 Zazen
7:20 Robe Chant – please join in chanting (see page 2).
Please be sure your microphone remains muted.

Sunday Morning Schedule:

9:00 AM Zazen
9:40-9:50 Kinhin
9:50-10:20 Zazen

Set aside a space in your home for zazen before the period begins, ideally it will have minimal distractions. Please try to arrive at the CHZC online zendo at least 5 minutes prior to the beginning of the period of zazen you are attending. (It is ok to enter or leave during kinhin)

Be sure that your microphone is muted during the entire session.

To minimize visual distractions for others, an image of the CHZC altar will be displayed. You are welcome to either have your camera on or off during zazen. If your camera is on, please sit in profile or with your back to the screen.

Bow to and away from your cushion before sitting down for zazen.

The officiant will have their microphone on so that you will hear:

- Three bells to begin zazen
- Two bells to end zazen and begin kinhin
- One bell to end kinhin and return to our places for zazen
- Three bells to begin the second period of zazen
- One bell to end zazen.

On weekday mornings, the officiant will chant the Robe Chant with their microphone on. **However, please keep your microphone muted, while chanting along** with your palms together, in gassho. The Robe Chant is on the following page.

Fluff your cushions and otherwise straighten your sitting space at the end of zazen as you would in the zendo, then bow to and away from your sitting place.

At the end of the second period of zazen, please turn on your camera and we will bow to one another on screen before ending.

Thank you for your care and attention in creating this virtual zendo with us.

Robe Chant

chant twice

Dai zai ge da ppu ku
Mu so fu ku den e
Hi bu nyo rai kyo
Ko do sho shu jo

chant once

Great robe of liberation
Field far beyond form and emptiness
Wearing the Tathagata's teaching
Saving all beings