

Online Zendo Forms

Please join online zendo events at least 10 minutes before the scheduled time, in order to be seated and settled in place before zazen (meditation), a Dharma talk, or other event begins.

For zazen/meditation

Three bells sound at the beginning of zazen. Participants should be settled into their place before the bells sound.

Kinhin/walking meditation

Two bells signal the transition from zazen to kinhin.

Kaishaku (clackers) sound once to signal the beginning of kinhin/walking meditation.

Kaishaku (clackers) sound once to signal the end of kinhin/walking meditation, followed by three bells signaling the beginning of the next period of zazen.

Interval

Bell sounds once to signal the beginning of the five-minute interval and again to signal the end of the interval. During this time participants may remain sitting, adjust their posture, or stand and then sit again at the end of the interval.

End of zazen

One bell signals the end of morning zazen preceding the robe chant.

Robe Chant

Kokyo will announce the robe chant.

Click on Chat button to see the chant – keep the sound muted.

Service

Following the robe chant, there is a regular service, a short call-and-response service, or a ceremony. Instructions and links to chants appear in the Chat section.