



**Hello all,**

**Here are some general directions in terms of etiquette and information for sitting online with us.**

**Please note that in the Zen Buddhism Ireland sangha we sit Shikantaza ('Just Sitting' meditation, in the Soto Zen Buddhist tradition), under the guidance of the guiding teacher at Zen Buddhism Ireland.**

**The aim of these directions is to make online sitting as close as possible to the experience of sitting in the same physical room together.**

**Aim to follow these directions for online practice while practicing with the sangha:**

### **Joining a Sit**

- Zazen is at 7am GMT daily, Monday to Friday; and at 9am GMT on Saturday and Sunday.
- We sit for 30 mins, then there is a short chant, before ending the sit.
- The call opens 10 mins before a sit.
- You can wait in the call, even if the host or no one else has shown up yet.
- You will be muted by default. Stay unmuted until the end of the sit, when there may be conversation.
- Be a little early and avoid joining late.
- If you join, stay for the whole block of practice. If you need to leave early, do not join the session.

- When others sit, sit.
- When others walk, walk.
- When others chant, chant.

**To Join a Zoom Meeting Click this Link**

<https://us04web.zoom.us/j/4476822225?pwd=Mk9WRmJXU2dINDI1L2FJcmFoZFRWQT09>

Meeting ID: 447 682 2225

Password: 012111

You do not need to have Zoom installed, but it is a better experience if you do. Also, the experience is much better on your laptop or computer, than it is on a smartphone. We advise familiarising yourself with Zoom beforehand.

**Sitting Etiquette**

1: Please use your real world name and have your camera on for the duration of the sit. We want to sit with real people. It gives the feeling of being watched if we cannot also see you.

2: The sitting host is the practice leader and must be respected as such, just as in any Dojo or Zen Centre.

3: The sitting host will sound three bells to start Zazen and one bell to end Zazen (two bells to end Zazen if it is to be followed by Kinhin [walking meditation]).

4. Do not move as much as possible during Zazen.

5: Sit side-on to the webcam ... this replicates the impression of sitting beside someone in a bricks and mortar Dojo. Do not sit looking straight into the webcam: this gives others the impression that you are keeping them under surveillance.

6: The 'Heart Sutra' may be chanted after Zazen ... and the sutra recitation may be dedicated to a special intention. Sometimes other sutras are chanted (see the links to our Chant Book below).

7: Please be polite to each other: Gassho (bow) to each other at the start and end of a sit, as a mark of respect ... and if someone bows to you, please return the bow.

8: Sit together in equality: while the host leads, all are equal to each other in the sitting, and yet follow the hosts' lead in practice.

9: If there is time, it is good to discuss matters of Dharma together after online practice; however, unauthorized Zen teachers should not present themselves as Dharma teachers to others in the context of online practice.

10: Try and sit regularly with the same online group. This will help the bonds of Sangha to develop. Also, as practitioners in the Zen Buddhism Ireland sangha, please try and make it to our regular, in person retreats. This is important, as it deepens connections to meet in person, as well as online.

**Note:**

Also try and engage with the teachings offered by our guiding teacher. It is important to also engage with the wider activities of the Sangha, and to practice with an authorised teacher, if you have decided to follow this Dharma way. See YouTube, Soundcloud, Facebook and Twitter channels for 'Myozan Kodo' and / or 'Zen Buddhism Ireland' online, where teachings are shared and announcements made.

**Enjoy your online practice ... wherever you are!**

**Donations**

All donations are welcome, and will help Zen Buddhism Ireland to continue its work. Please consider donating at the following link, leaving a note with your donation, so that we can acknowledge it and thank you.

<https://www.zenbuddhism.ie/donations/>

### **The Chant Book**

To download a free copy of the ZBI Chant Book, see the first link below (you may have to tidy up the layout as you want). To order the bound Chant Book we use on retreat, see the second link (it's about €3).

<https://docs.google.com/document/d/1VHn ... sp=sharing>

<http://www.amazon.co.uk/Zen-Buddhism-Ir ... land+chant>

