

PROCEDURES FOR ZCSD SITTING HALL

Participants are encouraged to learn through observation, in an atmosphere of stillness, silence, and orderliness. Corrections are minimized, and these procedures are offered to support the practice of awakening and unitive action. Please refrain from correcting others.

CLOTHING: Clean, neat, dignified, modest. No: writing or attention-getting artwork on clothing, shorts, short skirts, undershirts, overly tight clothing, scents (body or hair).

ARRIVING: Enter the hall and be seated 5 minutes before bell rings. Leave only for interviews or emergency. If you come after the 1st sitting, wait to enter until after 2 hits on clappers signal the start of the walking period.

SILENCE: When clappers are struck to call people to sit, please discontinue talking. Maintain silence after entering the building. (Exception: If you need to give or receive information, *whisper* outside the sitting hall).

STILLNESS: Sit as still and silently as possible, moving only to prevent illness or bodily harm (the body knows – even as the little mind insists on squirming). Refrain from scratching, nose blowing, shooing flies, or looking around – since these involve movement).

POSTURE: Maintain an erect, stable position during sitting, service, talks and walking. Eyes (but not head) are lowered to 45 degrees.

BATHROOM: Wait to leave until after the 2 hits of the clappers during walking period.

BOW: When entering (but not leaving) the sitting hall; when walking in front of the altar. Bow toward and away from your cushion after putting it on your mat. Bow back to those next to you and across from you only at the beginning of a group of sittings (not when people return from interviews). Observe to learn.

INTERVIEWS: For members with a daily sitting practice, who stay entire time.

SPEAKING AS ONE: Readings and verses are spoken together. The reading leader and teachers set the pace and volume. “Read with your ears”, listening.

LATECOMERS: Rather than entering the sitting hall; sit in kitchen annex. During the next walking period, enter after 2 hits on clappers during walking meditation.