

DAISAN PROCEDURES

ANNOUNCEMENT: The Jisha (teacher's attendant) will make an announcement in the sitting hall when daisan is available. If the call applies to you, take your cushion (chairs are available in the back house) and leave the sitting hall, bowing if you pass in front of the altar, but not at the door.

SITTING IN THE DAISAN LINE: Depending on whether you want to see Elizabeth or Ezra, the attendant will direct you to the appropriate line. Maintain sitting posture, keeping back straight and knees down. Stay in line, except for emergencies. Move forward to the first black mat when no one remains in front of you. The attendant will announce restroom and position-changing opportunities every 30 minutes. You may use the bathroom in the back house only before or after daisan, if necessary.

ENTERING THE INTERVIEW ROOM: When the bell rings, the person inside exits. Put your cushion down by the nearest wall. When the bell rings again, open the door and enter the room. Do a full bow to the altar, not the teacher. Finish the full bow with a standing bow to the altar. Move to the edge of the black mat in front of the teacher, and after a standing bow to the teacher, be seated. Say your first and last name and state your practice, no matter how long you've been coming.

LEAVING: When the interview is over, the teacher rings the bell. After a hand bow, stand up and step off the black mat. Do a full bow to the altar. (Standing bows are fine, if physical condition requires). Finish with a standing bow and leave quietly, closing the door securely. Retrieve your cushion and return to the sitting hall.

During sesshin it's fine to get water (nothing else) at the coffee service after daisan.

ENTERING THE SITTING HALL: As usual, at the entrance, stop and bow with your feet together. Bow again if you cross the altar. At your seat, place your cushion or chair on the mat, then bow first toward your seat, and then in opposite direction. Be seated. (If walking is in process, join the line as it comes through the kitchen (if possible, in your original place). You may also wait and enter as people are being seated for the next sitting.

CONFIDENTIALITY: Since daisan is specific to each student, discussing it with others is strongly discouraged.