

## Online Zendo Forms

Please join sittings at least 10 minutes before the scheduled time, in order to be seated and settled in place before the period of zazen, the Dharma talk, or other event begins.

### For morning zazen/meditation

Three bells are sounded at the beginning of zazen.

Two bells signal the end of a period of zazen (see the morning schedule) before kinhin/walking meditation.

Koshaku (clackers) sounded once signal the beginning of kinhin/walking meditation.

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

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

**Robe Chant** (click on Chat button to see the chant – keep the sound muted)

Kokyo: “We will now chant the robe chant. Please chant with your sound muted.”

Dai sai ge da pu ku  
musō fuku den e  
hi bu nyo rai kyo  
kō do shoshu jo (2x)

Great robe of liberation  
Field far beyond form and emptiness  
Wearing the Tathagata’s teaching  
Saving all beings (1x)

Following the robe chant, there is a short call-and-response service.

**Metta Chant** (appears in Chat window – unmute sound to join with everyone)

Kokyo: “Please unmute your sound and follow the kokyo in call-and-response fashion, one line at a time”

May all beings be free and safe from harm. [clackers] (respond by repeating line)

May all beings be happy and fulfilled. [clackers] (repeat)

May all beings be healthy and strong. [clackers] (repeat)

May all beings have ease and joy in their lives and be free from suffering. [clackers]  
(repeat)