

4-line Instruction for Centering Meditation

w/ framing & japanese origin

adapted from Fukanzazengi by 13th century monk Dogen

sit upright - SUNAWACHI SHOSHIN TANZA [set attitude]

sit bones and knees rooted, creating a stable foundation. in-breath crown presses towards the sky, naturally causing the chin to tuck slightly. on out-breath, release muscles downward for an upright and flexible, steady, comfortable seat.

ears against shoulders - MIMI TO KATA TO [widening]

take up your full width, reaching into community, with dynamic tension, full breadth and an open heart, soft belly. facing the world with vulnerability.

on out-breath...

nose against navel - HANA TO HESO TO [lengthening]

take up your full length, expressing your dignity. dynamic tension connecting heaven and earth. center of attention, weight, gravity rested — abiding — in your core

on out-breath...

give one full out-breath - KANKI ISSOKU [trust release]

always begin with giving rather than taking. ride the out-breath to the very end, expelling all that is stale and no longer needed until no more out-breath. then simply releasing and allowing the vital life-force carried on breath to return to fill you and energize your life.

Healing Sutra

(from Radical Dharma, adapted by Josh Bartok, Roshi)

Healing is Situated in Love

If we are to speak of healing, then we must first speak of trauma, the subtle and gross experiences that make it difficult to feel safe and experience well-being and balance. Trauma perpetuates terror, despair, hopelessness, and disconnection. It is a voyage that never docks at any port.

Sometimes we distrust healing because it means that we have to imagine a different way of being in the world beyond our anger, woundedness, or despair. We may believe that to move beyond these hurts means that we can no longer be attuned to the suffering of communities and people struggling for justice, equality, or basic visibility. Or we may feel that healing means forgetting that we have been hurt and oppressed, or forgetting that there is an oppressor who should and must be held accountable for their violence. Maybe we believe that the right to healing is only for those who have been hurt and oppressed, and we are upset to consider that the one who hurts and oppresses is in just as much need of healing.

Opening our hearts to woundedness helps us understand that everyone around us carries the same sense of woundedness.

As we are mourning, we are remembering the commitment engendered by our liberation vow, not just to wake up in service to all beings, but to hold space for the pain of beings in our practice as we hold our own.

When we are able to show up to our own suffering, we are also able to show up to the suffering of others.

This is how we begin the courageous and great work of loving ourselves • and extending that same love to as many people as we can. •

Healing is situated in love.

Warrior-Spirit Prayer of Awakening

May all beings be granted with the strength, determination and wisdom to extinguish anger and reject violence as a way.

May all suffering cease and may I seek, find and fully realize the love and compassion that already lives within me and allow them to inspire and permeate my every action.

May I exercise the precious gift of choice and the power to change that makes me uniquely human and is the only true path to liberation.

May I swiftly reach complete, effortless freedom so that my fearless, unhindered action be of benefit to all.

May I lead the life of a warrior.