

BMZC Rohatsu Protocols

- **Practice intentionally.** Take the time to create and write out a practice schedule for the coming week that will allow you time to attend to necessary activities and also time to do zazen. Commit to following the practice schedule you've created and reflect on following through with this intention is an expression of what's important and supportive in your life.
- **Prepare to simplify.** In advance of the course, take care of tasks and issues in your life that might interfere with your participation in the course
- **Keep your space.** Keep your area for zazen and kinhin tidy and free from clutter to minimize distractions.
- **Follow the Schedule.** Keep track of how you're following your schedule. Adjust as necessary.
- **Please observe silence and simplicity as your context allows.** Refrain from unnecessary reading, listening to music, telephone calls or use the computer or devices.
- **Inform family, housemates, and friends about your week of practice of silence and simplicity.**
- **Silence Devices.** Turn off your phone and keep it out of sight. Turn off notifications. Limit your use of devices to only those functions necessary to participate in the sesshin.
- **In Zoom, Handle Silence with Care.** Microphones are best kept muted unless you intend to speak