<u>Morning Doan Instructions</u> (PP forms Fall 2021)

5:55 Light candle if needed, and be in the doan seat by 2nd roll-down of the han.

6:00 After offering incense, doshi will return to the back of the mat for 3 prostrations:

1st prostration ◎
2nd prostration ◎
3rd prostration ◎

Doshi will do a jundo around the zendo (counterclockwise, ending back at bowing mat). All put hands in gassho as Doshi passes behind them.

Bow at mat ●
Bow to seat ●
Bow to room ●

6:35 End zazen with (● ●) for kinhin.
Begin kinhin with one kaishaku hit (‖), after room has settled.

6:45 End kinhin with one kaishaku hit (‖). Bow and walk ***briskly*** back to seat.
<u>Quickly</u> begin zazen with three bells ● ● ● (timed with Doshi bow if applicable).

7:14 Doan gets up from zazen to **<u>light altar candles & charcoal</u>** (light **<u>large charcoal</u> for Sesshin AM Service**).

7:18 Doan strikes bell (●) to end zazen/begin robe chant.

<u>Service Bells</u>

Incense Offering: Doshi bows at bowing mat, goes to altar, offers incense, bows ●
½ way down mat ●
bow at back of mat ●
Zagu roll-down ● ● ● ● ● ● ● ● ● ●●●●●

9 Bows: ◎ For first 8 prostrations, ▨ as hands return to mat.
◎ for 9th prostration, ◎ when head touches mat.

Repentances & Refuges: "All my ancient, twisted karma, from beginningless greed, hate, and delusion. Born through body, speech and mind. I now fully avow." (**3Xs**)

I take refuge in Buddha. ◎
Before all being (●), immersing body & mind, deeply in the way (●), Awakening true mind ▨
I take refuge in Dharma. ◎
Before all being (●), entering deeply the merciful ocean (●), of Buddha's Way ▨
I take refuge in Sangha. ◎
Before all being (●), bringing harmony to everyone (●), free from hindrance **(no stop)**

Incense Offering: Doshi bows at bowing mat, goes to altar, offers incense, bows ◎
1st prostration ◎
2nd prostration ◎
3rd prostration ▨

Kokyo announces chant… ~ ◎

[<u>Within each chant</u> there are usually doshi-dependent bells ◌ but also sometimes standard placement bells ◎(Ex: Shosaimyo Kichijo Dharani & En Mei Juku Kannon Gyo). Usually the first bell is ***with the Doshi bow*** just after the chant begins. Then ***when the Doshi bows at the back of the mat***, and again ***with the bow after offering incense***. Finally, there are two small ending bells ●…●]

- Doan makes sure that chant cards are replaced for the next service (liturgy schedule in Doan book and on Bulletin board)

Evening Doan Instructions:

5:35 Check altar and be in the doan seat well before the second roll-down on the han.

5:40 After offering incense, doshi will return to the back of the mat:

Bow at mat ●
Bow to seat ●
Bow to room ●

6:15 End zazen with (●)

Service Bells

Incense Offering: Doshi bows at bowing mat, goes to altar,
offers incense, bows ●
½ way down mat ●
bow at back of mat ●
Zagu roll-down ● ● ● ● ● ● ● ● ● ●●●●●

3 Bows:
1st bow ●
2nd bow ●
3rd bow ●, ● (as head touches mat)

Incense Offering: Doshi bows at bowing mat, goes to altar,
offers incense, bows ◎
1st standing bow ◎
2nd hands in shashu ◎
3rd hands in gassho ▨

Kokyo announces chant… ~ ◎

[Within the chant there are usually doshi-dependent bells ◌ but also sometimes standard placement bells ◎. The first bell is ***with the Doshi bow*** just after the chant begins. Then ***when the Doshi bows at the back of the mat***, and again ***with the bow after offering incense***. Finally, there are two small ending bells •…•]

End of service bows:

Doshi		**Doan**
Three full bows	•,•, ••	3 small bells at bows and 4th as head touches mat
Gassho bow to altar	•	small bell
Shashu bow to room	•	small bell
After Doshi exit	• •	2 small bells

- Doan makes sure that chant cards are replaced for the next service (liturgy schedule in Doan book)
- Doan (and/or other members of doanryo) chiden the altar (incensor, kobako, replace candles, remove spent matches, replenish charcoal is needed, dust altar)