

## Fukudo Instructions (Sesshin Forms):



1. DENSHO: Arrive ~15 minutes before each opening period of zazen.
  - Check that zendo lights are at low/med setting, and that center candle is lit.
  - Tues-Fri mornings (if Online Zendo is in operation): turn on Zoom Monitor and begin AM Program online.
  - Bow to DENSHO. Hold the mallet handle in shashu with mallet head down.
    - 10 min before zazen, strike Densho twice: ■ ■ (L, L)
    - 1 min before zazen, strike Densho once: ■ (M)
    - Turn and bow to Doshi/Jiko as they pass by you to enter the zendo
    - As Doshi reaches bowing mat, strike Densho three times: ■ ■ ■ (M, S, L)
    - Return mallet, bow, and stand just outside zendo; gassho as Doshi passes for Junodo.
    - Wait in zendo entryway until the 3 small bells that begin zazen: shashu bow, enter zendo as normal, draw curtains closed and go to your seat (at drum).
  
2. ZENDO:
  - Sit in the Fukudo seat at drum.
  - Keep fukudo chant book closed and chant-stand parallel to drum until service.
  
2. SERVICE: (if needed, light altar candles & charcoal)
  - Be prepared to fill in as Jiko (if needed):
    - Light a stick of incense and extinguish Jiko candle (unless for Long service, where there are 2 incense offerings)
    - Stand to the side holding incense with two hands at hara level and wait for Doshi to arrive at altar before stepping closer to pass incense stick to Doshi.
    - Bow to altar Buddha and return to your place in gassho.
  - Drum: Be aware of when drum is used for service [Heart Sutra (Eng/Jp); Sho Sai Myo Kichijo Dharani; En Mei Jukku Kannon Gyo; Daihi Shin Dharani]
    - At 1<sup>st</sup> BIG BELL: sit down, turn chant-stand toward you, open to correct page, remove drumstick from metal loop, and be ready to do the “BOP” following Doan “STOP”.
    - Strive for consistent and lively drumming, slowing down only for last 3 hits.
    - During En Mei Jukku Kannon Gyo, speed up drumming during first 4 rounds and maintain that speed until the end.
  - Remain still during the Kokyo dedication (shashu).
  - At “ALL BUDDHAS...” return drumstick, close chant book and rotate stand parallel to drum.
  - At “ALL BEINGS...” rise to Choki (kneeling) keeping hands in gassho.
  - At “WISDOM BEYOND...” rise for usual bows.
  - Help Doan extinguish altar candles before exiting zendo after meals.

~ Thank you ~