

MEDITATION ROOM ("ZENDO") ETIQUETTE

Shoes

Shoes are not worn in the zendo (or, in our case, "zendito"). Please remove your shoes and place them on one of the mats in the hallway before entering the zendo.

Clothing

Hats and other head coverings are not worn in the zendo. Please wear loose fitting clothes in dark, subdued colors and of quiet fabric (different kinds of nylon and zippers or metal attachments can be noisy).

Inside the zendo

- Approach and enter the meditation zendo mindfully, stepping over the threshold with your left foot; take two steps forward and bow with hands in gassho (palms together). Once you arrive at your place, bow toward your cushion, then turn clockwise and bow to the rest of the room. Bow when the person arriving next to you bows to their cushion.
- Move quietly and slowly in and around the zendo. Do not use electronic devices such as cell phones and MP3 players inside the zendo and please turn off all such devices during the meeting.
- Handle small and large cushions carefully and quietly with your hands. Do not move them with your feet. Treat all objects with respect.
- Sit upright on the meditation cushion during the Mindfulness and 12-Steps talk and any discussion following the presentation. Please do not lounge or recline on the meditation cushions. If it is at all difficult for you sit erect and alert for the hour and fifteen minute meeting, please consider using a chair instead.
- Unless it's an emergency, don't leave the zendo during a period of meditation.

When leaving the zendo

Before leaving the zendo, place your cushion in the center of the mat, and bow to and away from the cushion in gassho. Exit the zendo with the foot closest to the hinge of the door (depends which side of zendo doors you are exiting by).

During walking meditation

After the bell is struck to begin kinhin (walking meditation), you may leave to use the toilet if necessary. As kinhin starts, move forward to spread out the circle of people evenly. When the bell is struck to end kinhin, walk quickly back to your seat.

If you arrive late for the meeting

If you are late to the meeting and the meditation bell has already been rung, wait to enter until the meditation period has ended. Please take a seat in the waiting room and wait quietly until you hear the second bell, indicating that the meditation period has ended.