

Recorded Teachings Playback Schedule

Schedule of Recorded Teachings Played at Sitzings at Dainen-ji

If you have missed an associate or general sitting, please listen to the teisho that was played at that sitting as soon as possible, so that the continuity of what is being presented is not disrupted. You can download the MP3 files of recordings from the WWZC media site. When the teisho presented are part of a series, the teisho in that series should be listened to in the correct order and with none missed out.

[Listening to Recorded Teisho and Dharma Talks](#)

September 5th to September 12th:

General Sitting, Saturday, September 5th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 11: Jewels of Flame (45 minutes)

Associate Sitzings, Monday, September 7th and Thursday, September 10th: "Eight Awarenesses" by Zen Master Anzan Hoshin: Teisho 3 of 8: Serenity and Tranquility (13 minutes)

General Sitting, Saturday, September 12th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 12: Wind Between the Ears (22 minutes)

Formal Sitting, Sunday, September 6th:

SAkN "Five Spheres of SAkN": Teisho 5: Guest Meets Host (28 minutes)

August 29th to September 5th:

General Sitting, Saturday, August 29th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 11: Jewels of Flame (45 minutes)

Associate Sitzings, Monday, August 31st and Thursday, September 3rd: "Eight Awarenesses" by Zen Master Anzan Hoshin: Teisho 2: Knowing How To Be Satisfied (19 minutes)

General Sitting, Saturday, September 5th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 12: Wind Between the Ears (22 minutes)

Sunday Formal Sitting, August 30th:

SAkN "Five Spheres of SAkN": Teisho 4: Practising Nothing (24 minutes)

August 22nd to August 29th:

General Sitting, Saturday, August 22nd: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 10: The Forge (27 minutes)

Associate Sitzings, Monday, August 24th and Thursday, August 27th: "Eight Awarenesses" by Zen Master Anzan Hoshin: Teisho 1: Having Few Desires (24 minutes)

General Sitting, Saturday, August 29th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 11: Jewels of Flame (45 minutes)

August 15th to August 22nd:

General Sitting, Saturday, August 15th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 9: In the Hot Seat (22 minutes)

Associate Sitzings, Monday, August 17th and Thursday, August 20th: "What Does It Take to Become Buddha?" by Ven. Jinmyo Renge sensei (16 minutes)

General Sitting, Saturday, August 22nd: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 10: The Forge (27 minutes)

Recorded Teisho Playback During the August Sesshin:

Saturday, August 15th:

Afternoon: SAKN "Five Spheres of SAKN": Teisho 2: Dongshan's Wu-Wei (21 minutes)

Evening: SAKN "Five Spheres of SAKN": Teisho 3: Content and Context: 1st and 2nd Spheres (21 minutes)

Sunday, August 16th:

Afternoon: SAKN "Five Spheres of SAKN": Teisho 3: Content and Context: 1st and 2nd Spheres (21 minutes)

August 8th to August 15th:

General Sitting, Saturday, August 8th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 8: Feeling is Joy (26 minutes)

Associate Sitzings, Monday, August 10th and Thursday, August 13th: "The Point of the Posture and What It Points To" by Ven. Jinmyo Renge sensei (21 minutes)

General Sitting, Saturday, August 15th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 9: In the Hot Seat (22 minutes)

Sunday Formal Sitting, August 9th:

SAKN "Five Spheres of SAKN": Teisho 2: Dongshan's Wu-Wei (21 minutes)

Recorded Teisho Playback During the August Sesshin:

Saturday, August 15th:

Afternoon: SAKN "Five Spheres of SAKN": Teisho 2: Dongshan's Wu-Wei (21 minutes)

Evening: SAKN "Five Spheres of SAKN": Teisho 3: Content and Context: 1st and 2nd Spheres (21 minutes)

Sunday, August 16th:

Afternoon: SAKN "Five Spheres of SAKN": Teisho 3: Content and Context: 1st and 2nd Spheres (21 minutes)

August 1st to August 8th:

Recorded Teachings Schedule for August 1st to August 8th:

General Sitting, Saturday, August 1st: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 7: Reverence for Not Knowing (20 minutes)

Associate Sitzings, Monday, August 3rd and Thursday, August 6th: "The Meaning of Mindfulness" by Ven. Jinmyo Renge sensei (24 minutes)

General Sitting, Saturday, August 8th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 8: Feeling is Joy (26 minutes)

Sunday Formal Sitting, August 2nd:

SAkN "Five Spheres of SAkN": Teisho 1: No Thing Stands Prior (36 minutes)

Schedule for J July 25th to August 1st:

General Sitting, Saturday, July 25th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 6: The Evening News (43 minutes)

Formal Sitting, Sunday, July 26th: SAkN "Dimensions of Space" by Zen Master Anzan Hoshin: Teisho 8: Exploring Spaces (19 minutes)

Associate Sitzings, Monday, July 27th and Thursday, July 30th: "Being Breathed" by Ven. Shikai Zuiko o-sensei: Being Breathed part 4 (17 minutes)

General Sitting, Saturday, August 1st: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 7: Reverence for Not Knowing (20 minutes)

Schedule for July 18th to July 25th:

General Sitting, Saturday, July 18th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 5: The Practice Which Practises All Beings (30 minutes)

Associate Sitzings, Monday, July 13th and Thursday, July 16th: "Being Breathed" by Ven. Shikai Zuiko o-sensei: Being Breathed part 2 (21 minutes)

General Sitting, Saturday, July 25th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 6: The Evening News (43 minutes)

Recorded Teisho Playback During Yaza 2026:

Saturday, July 18th: "Yaza 2010: Dark and Hot" (8 minutes) by Zen Master Anzan Hoshin

July 11th to July 18th:

General Sitting, Saturday, July 11th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 5: The Practice Which Practises All Beings (30 minutes)

Formal Sitting, Sunday, July 12th: SAkN "Dimensions of Space" by Zen Master Anzan Hoshin: Teisho 7: Outshining (13 minutes)

Associate Sitzings, Monday, July 13th and Thursday, July 16th: "Being Breathed" by Ven. Shikai Zuiko o-sensei: Being Breathed part 2 (21 minutes)

General Sitting, Saturday, July 18th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 6: The Evening News (43 minutes)

July 4th to July 11th:

General Sitting, Saturday, July 4th: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai": Teisho 4: Sometimes (27 minutes)

Formal Sitting, Sunday, July 5th: SAkN "Dimensions of Space" by Zen Master Anzan Hoshin: Teisho 6: Space

is Not a Space (29 minutes)

Associate Sittings, Monday, July 6th and Thursday, July 9th: “Being Breathed” by Ven. Shikai Zuiko o-sensei: Being Breathed part 1 (29 minutes)

General Sitting, Saturday, July 11th: Round and Bright: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Teisho 5: The Practice Which Practises All Beings (30 minutes)

June 27th to July 4th:

General Sitting, Saturday, June 27th: Round and Bright: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Teisho 3: No Choice (20 minutes)

Formal Sitting, Sunday, June 28th: SAKN “Dimensions of Space” by Zen Master Anzan Hoshin: Teisho 5: Dimensionless Space (26 minutes)

Associate Sittings, Monday, June 29th and Thursday, July 2nd: “So Intimate It Cannot Be Personal” by Ven. Jinmyo Renge sensei: Dharma Talk 3: The Person of Zazen (18 minutes)

General Sitting, Saturday, July 4th: Round and Bright: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Teisho 4: Sometimes (27 minutes)

June 20th to June 27th:

General Sitting, Saturday, June 20th: Round and Bright: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Teisho 2: Nyu-shitsu: No Shit (34 minutes)

Associate Sittings, Monday, June 22nd and Thursday, June 25th: “So Intimate It Cannot Be Personal” by Ven. Jinmyo Renge sensei: Dharma Talk 2: This Time It’s Personal (21 minutes)

General Sitting, Saturday, June 27th: Round and Bright: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Teisho 3: No Choice (20 minutes)

Recorded Teisho Playback During the June 2026 Sesshin:

SAkN “Dimensions of Space” by Zen Master Anzan Hoshin:

Saturday, June 20th:

Afternoon: Teisho 3: Dimensions of Bodily Space (24 minutes)

Evening: Teisho 4: Dimensions of Mental Space (42 minutes)

Sunday, June 21st:

Afternoon: Teisho 4: Dimensions of Mental Space (42 minutes)

June 13th to June 20th:

Associate Sittings, Monday, June 15th and Thursday, June 18th: “So Intimate It Cannot Be Personal” by Ven. Jinmyo Renge sensei: Dharma Talk 1: So Intimate It Cannot Be Personal (16 minutes)

General Sitting, Saturday, June 20th: Round and Bright: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Teisho 2: Nyu-shitsu: No Shit (34 minutes)

Recorded Teisho Playback During the June 2026 Sesshin:

Saturday, June 20th: SAKN “Dimensions of Space” by Zen Master Anzan Hoshin

Afternoon: Teisho 3: Dimensions of Bodily Space (24 minutes)

Evening: Teisho 4: Dimensions of Mental Space (42 minutes)

Sunday, June 21st: SAKN “Dimensions of Space” by Zen Master Anzan Hoshin

Afternoon: Teisho 4: Dimensions of Mental Space (42 minutes)

June 6th to June 13th:

General Sitting, Saturday, June 6th: “Round and Bright”: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Teisho 1: Entering the Room (46 minutes)

Formal Sitting, Sunday, June 7th: SAKN “Dimensions of Space”: Teisho 3: Dimensions of Bodily Space (24 minutes)

Associate Sittings, Monday, June 8th and Thursday, June 11th: “What Does It Take to Become Buddha” by Ven. Jinmyo Renge sensei (16 minutes)

Recorded Teachings Schedule for May 30th to June 6th:

General Sitting, Saturday, May 30th: “Round and Bright”: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Reading (Part 2) of “Komyozo Zanmai: Complete Practice of the Treasury of Luminosity” by Koun Ejo zenji (34 minutes)

Formal Sitting, Sunday, May 31st: SAKN “Dimensions of Space”: Teisho 2: Speaking of Space (24 minutes)

Associate Sittings, Monday, June 1st and Thursday, June 4th: “The Posture of Practice” by Ven. Shikai Zuiko o-sensei: Dharma Talk 2: Kinhin: The Dignity of the Buddhas (14 minutes)

General Sitting, Saturday, June 6th: “Round and Bright”: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Teisho 1: Entering the Room (46 minutes)

Recorded Teachings Schedule for May 23rd to May 30th:

General Sitting, Saturday, May 23rd: “Round and Bright: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s ‘Komyozo Zanmai’”: Reading (Part 1) of “Komyozo Zanmai: Complete Practice of the Treasury of Luminosity” by Koun Ejo zenji (30 minutes)

Formal Sitting, Sunday, May 24th: SAKN “Dimensions of Space”: Teisho 1: Opening the Space of Understanding (22 minutes)

Associate Sittings, Monday, May 25th and Thursday, May 28th: “The Posture of Practice” by Ven. Shikai Zuiko o-sensei: Dharma Talk 1: Zazen (23 minutes)

General Sitting, Saturday, May 30th: “Round and Bright”: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s “Komyozo Zanmai”: Reading (Part 2) of “Komyozo Zanmai: Complete Practice of the Treasury of Luminosity” by Koun Ejo zenji (34 minutes)

May 16th to May 23rd:

Combined Associate and General Sitting, Saturday, May 16th: “The Meaning of Mindfulness” by Ven. Jinmyo Renge sensei (24 minutes)

General Sitting, Saturday May 23rd: “Round and Bright: Zen Master Anzan Hoshin’s Commentaries on Koun Ejo zenji’s ‘Komyozo Zanmai’”: Reading (Part 1) of “Komyozo Zanmai: Complete Practice of the Treasury of Luminosity” by Koun Ejo zenji (30 minutes)

Recorded Teisho During the Sogaku-ki O-sesshin:

Saturday, May 16th:

Afternoon: SAKN “Infinite Infinities”: Teisho 1: Unfolding/Enfolding (18 minutes)

Evening: SAKN “Infinite Infinities”: Teisho 2: Infinite Points of Chaos (24 minutes)

Sunday, May 17th:

Afternoon: SAKN “Infinite Infinities”: Teisho 2: Infinite Points of Chaos (24 minutes)

Evening: SAKN “Infinite Infinities”: Teisho 3: The Wonton (25 minutes)

Monday, May 18th:

Afternoon: SAKN “Infinite Infinities”: Teisho 3: The Wonton (25 minutes)

Evening: SAKN “Infinite Infinities”: Teisho 4: Huntun’s Faceless Face (23 minutes)

Tuesday, May 19th:

Afternoon: SAKN “Infinite Infinities”: Teisho 4: Huntun’s Faceless Face (23 minutes)

Evening: SAKN “Infinite Infinities”: Teisho 5: Points of Experience (18 minutes)

Wednesday, May 20th:

Afternoon: SAKN “Infinite Infinities”: Teisho 5: Points of Experience (18 minutes)

Evening: SAKN “Infinite Infinities”: Teisho 6: Practising Infinite Infinities: Sagara Mudra Instruction (25 minutes)

Thursday, May 21st:

Afternoon: SAKN “Infinite Infinities”: Teisho 6: Practising Infinite Infinities: Sagara Mudra Instruction (25 minutes)

Evening: SAKN “Infinite Infinities”: Teisho 7: Bright Darkness (19 minutes)

Friday, May 22nd:

Later morning: SAKN “Infinite Infinities”: Teisho 7: Bright Darkness (19 minutes)

May 2nd to May 9th:

General Sitting Saturday, May 2nd: Essentially Real: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Hossho”: Teisho 5: Actualizing the Samadhi of Dharmata (20 minutes)

Formal Sitting Sunday, May 3rd: SAKN “Tathagatagarbha” by Zen Master Anzan Hoshin: Teisho 4: Bodhicitta (26 minutes)

Associate Sitzings Monday, May 4th and Thursday, May 7th: “The Activity of the Primordial Mirror” by Zen Master Anzan Hoshin: Teisho 2: The Mirror of Realization (25 minutes)

General Sitting Saturday, May 9th: Essentially Real: Zen Master Anzan Hoshin’s Commentaries on Dogen

zenji's "Hossho": Teisho 6: Coming Thus As Us (26 minutes)

April 25th to May 2nd:

General Sitting Saturday, April 25th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hossho": Teisho 4: This is not the Samadhi of Dharmata (20 minutes)

Associate Sitzings Monday, April 27th and Thursday, April 30th: "The Activity of the Primordial Mirror" by Zen Master Anzan Hoshin: Teisho 1: The Practice of the Mirror (31 minutes)

General Sitting Saturday, May 2nd: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hossho": Teisho 5: Actualizing the Samadhi of Dharmata (20 minutes)

April 18th to April 25th:

General Sitting Saturday, April 18th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hossho": Teisho 3: This is the Samadhi of Dharmata (21 minutes)

Associate Sitzings Monday, April 20th and Thursday, April 23rd: Aligned With The Way: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hotsu Mujo-shin": Teisho 1: Numberless Noses (34 minutes)

General Sitting Saturday, April 25th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hossho": Teisho 4: This is not the Samadhi of Dharmata (20 minutes)

April 2026 Hanamatsuri Sesshin:

Saturday, April 18th:

Afternoon: Saturday Sesshin: SAKN "Tathagatagarbha" by Zen Master Anzan Hoshin: Teisho 1 of 4: Does a Dog have Buddha Nature? (28 minutes)

Evening: SAKN "Tathagatagarbha" by Zen Master Anzan Hoshin: Teisho 3: What Do We Do With the Dog? (20 minutes)

Sunday, April 19th:

Afternoon: SAKN "Tathagatagarbha" by Zen Master Anzan Hoshin: Teisho 3: What Do We Do With the Dog? (20 minutes)

April 11th to April 18th:

General Sitting Saturday, April 11th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hossho": Teisho 2: What is the Samadhi of Dharmata? (24 minutes)

Formal Sitting Sunday, April 12th: SAKN "Tathagatagarbha" by Zen Master Anzan Hoshin: Teisho 1 of 4: Does a Dog have Buddha Nature? (28 minutes)

Associate Sitzings Monday, April 13th and Thursday, April 16th: Aligned With The Way: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hotsu Mujo-shin": Reading of Dogen zenji's "Hotsu Mujoshin: Arousing the Unsurpassable Mind" (24 minutes)

General Sitting Saturday, April 18th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hossho": Teisho 3: This is the Samadhi of Dharmata (21 minutes)

April 4th to April 11th:

General Sitting Saturday, April 4th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hossho": Teisho 1: Meeting Natural Wisdom (26 minutes)

Formal Sitting Sunday, April 5th: SAKN "Presencing the Open Body": Teisho 5: Opening Past Everything (45 minutes)

Associate Sittings Monday, April 6th and Thursday, April 9th: "Mula Paryiya Sutta" by Zen Master Anzan Hoshin (22 minutes)

General Sitting Saturday, April 11th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hossho": Teisho 2: What is the Samadhi of Dharmata? (24 minutes)

March 28th to April 4th:

General Sitting Saturday, March 28th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hosho": Reading of "Hosho" (13 minutes).

Formal Sitting Sunday, March 29th: SAKN "Presencing the Open Body": Teisho 5: Opening Past Everything (45 minutes)

Associate Sittings Monday, March 30th and Thursday, April 2nd: Flowers and Worms: Zen Master Anzan Hoshin's Commentary on the Maharahulovadasutta: Teisho 7: That Old Fart (8 minutes)

General Sitting Saturday, April 4th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hossho": Teisho 1: Meeting Natural Wisdom (26 minutes)

March 21st to March 28th:

General Sitting Saturday, March 21st: Studying the Mystery: Zen Master Anzan Hoshin's Commentaries on Shitou Xiguan's Sandokai: Teisho 4: The Root of Your Life (29 minutes)

Associate Sittings Monday, March 23rd and Thursday, March 26th: Flowers and Worms: Zen Master Anzan Hoshin's Commentary on the Maharahulovadasutta: Teisho 6: Beginning at the Beginning (25 minutes)

General Sitting Saturday, March 28th: Essentially Real: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Hosho": Reading of "Hosho" (13 minutes).

March Sesshin Recorded Teisho Playback:

Saturday afternoon, March 21st: SAKN "Presencing the Open Body": Teisho 3: Objectifying Reality (24 minutes)

Saturday evening, March 21st: SAKN "Presencing the Open Body": Teisho 4: The Fundamental Process of Self-Image (37 minutes)

Sunday afternoon, March 22nd: SAKN “Presencing the Open Body”: Teisho 4: The Fundamental Process of Self-Image (37 minutes)

March 14th to March 21st:

General Sitting Saturday, March 14th: Studying the Mystery: Zen Master Anzan Hoshin’s Commentaries on Shitou Xigran’s Sandokai: Teisho 3: Waking Up is Not a Matter of Up (23 minutes)

Formal Sitting Sunday, March 15th: SAKN “Presencing the Open Body”: Teisho 3: Objectifying Reality (24 minutes)

Associate Sitzings Monday, March 16th and Thursday, March 19th: Flowers and Worms: Zen Master Anzan Hoshin’s Commentary on the Maharahulovadasutta: Teisho 5: The Flower of Twilight (17 minutes)

General Sitting Saturday, March 21st: Studying the Mystery: Zen Master Anzan Hoshin’s Commentaries on Shitou Xigran’s Sandokai: Teisho 4: The Root of Your Life (29 minutes)

on Shitou Xigran’s Sandokai: Teisho 3: Waking Up is Not a Matter of Up (23 minutes)

March 7th to March 14th:

General Sitting Saturday, March 7th: Studying the Mystery: Zen Master Anzan Hoshin’s Commentaries on Shitou Xigran’s Sandokai: Teisho 2: We Each Are Each Other (40 minutes)

Formal Sitting Sunday, March 8th: SAKN “Presencing the Open Body”: Teisho 1: The Paradox of Absence and Contraction (26 minutes)

Associate Sitzings Monday, March 9th and Thursday, March 12th: Flowers and Worms: Zen Master Anzan Hoshin’s Commentary on the Maharahulovadasutta: Teisho 3: The Worm (19 minutes)

General Sitting Saturday, March 14th: Studying the Mystery: Zen Master Anzan Hoshin’s Commentaries on Shitou Xigran’s Sandokai: Teisho 3: Waking Up is Not a Matter of Up (23 minutes)

February 28th to March 7th:

General Sitting Saturday, February 28th: Studying the Mystery: Zen Master Anzan Hoshin’s Commentaries on Shitou Xigran’s Sandokai: Chanting of the Sandokai and Teisho 1: What We Do Here (34 minutes)

Formal Sitting Sunday, March 1st: SAKN “Presencing the Open Body”: Teisho 1: The Paradox of Absence and Contraction (26 minutes)

Monday, March 2nd and Thursday, March 5th Associate Sitzings: Flowers and Worms: Zen Master Anzan Hoshin’s Commentary on the Maharahulovadasutta: Teisho 3: The Worm (19 minutes)

Saturday, March 7th General Sitting: Studying the Mystery: Zen Master Anzan Hoshin’s Commentaries on Shitou Xigran’s Sandokai: Teisho 2: We Each Are Each Other (40 minutes)

Recorded Teachings Schedule for February 21st to February 28th:

Combined Associate and General Sitting Saturday, February 21st: “Responsibility” by Zen Master Anzan Hoshin (12 minutes)

Monday, February 23rd and Thursday, February 26th Associate Sitzings: Flowers and Worms: Zen Master Anzan Hoshin’s Commentary on the Maharahulovadasutta: Teisho 2: The Elements of Bodymind (19 minutes)

Saturday, February 28th General Sitting: Studying the Mystery: Zen Master Anzan Hoshin’s Commentaries on Shitou Xiqian’s Sandokai: Chanting of the Sandokai and Teisho 1: What We Do Here (34 minutes)

Recorded Teachings Playback for Nehan O-sesshin, Continued:

Saturday, February 21st:

Afternoon: SAKN “Questioning the Enigma”: Teisho 3: Questioning the Enigma (37 minutes)

Evening: SAKN “Questioning the Enigma”: Teisho 4: Dukkha is Bad Space (48 minutes)

Sunday, February 22nd:

Later morning: SAKN “Questioning the Enigma”: Teisho 4: Dukkha is Bad Space (48 minutes)

February 14th to February 21st:

General sitting Saturday, February 14th: The Primordially Awakened Way: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Kobutsu-shin”: Teisho 7: The Naked Post (23 minutes)

Formal sitting Sunday, February 15th: “SAkN The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 7: Mudra (25 minutes)

Combined Associate and General Sitting Saturday, February 21st: “Responsibility” by Zen Master Anzan Hoshin (12 minutes)

Recorded Teachings Playback for the Nehan O-sesshin:

Monday, February 16th:

Afternoon: SAKN “The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 7: Mudra (25 minutes)

Evening: SAKN “The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 8: Strategies of Transcendence (34 minutes)

Tuesday, February 17th:

Afternoon: “SAkN The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 8: Strategies of Transcendence (34 minutes)

Evening: SAKN “The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 9: Feeling into Knowing: Sagara Mudra Samadhi (31 minutes)

Wednesday, February 18th:

Afternoon: SAKN “The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 9: Feeling into Knowing: Sagara Mudra Samadhi (31 minutes)

Evening: SAKN “Questioning the Enigma”: Teisho 1: The Flow of Reality (40 minutes)

Thursday, February 19th:

Afternoon: SAKN “Questioning the Enigma”: Teisho 1: The Flow of Reality (40 minutes)

Evening: SAKN “Questioning the Enigma”: Teisho 2: To Be and Not to Be (38 minutes)

Friday, February 20th:

Afternoon: SAKN “Questioning the Enigma”: Teisho 2: To Be and Not to Be (38 minutes)

Evening: SAKN “Questioning the Enigma”: Teisho 3: Questioning the Enigma (37 minutes)

Saturday, February 21st:

Afternoon: SAKN “Questioning the Enigma”: Teisho 3: Questioning the Enigma (37 minutes)

Evening: SAKN “Questioning the Enigma”: Teisho 4: Dukkha is Bad Space (48 minutes)

Sunday, February 22nd:

Later morning: SAKN “Questioning the Enigma”: Teisho 4: Dukkha is Bad Space (48 minutes)

Recorded Teachings Schedule for January 31st to February 7th:

February 7th to February 14th: General sitting Saturday, February 7th: The Primordially Awakened Way: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Kobutsu-shin”: Teisho 6: Collapsing, Dropping, Falling (18 minutes)

Formal sitting Sunday, February 8th: “SAKN The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 6: The Matter of Consciousness (23 minutes)

Associate sittings Monday, February 9th and Thursday, February 12th: Flowers and Worms: Zen Master Anzan Hoshin’s Commentary on the Maharahulovadasutta: Teisho 1: Introduction: Falling Flowers: a reading of the sutta (16 minutes)

General sitting Saturday, February 14th: The Primordially Awakened Way: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Kobutsu-shin”: Teisho 7: The Naked Post (23 minutes)

Recorded Teachings Schedule for January 31st to February 7th:

General sitting Saturday, January 31st: The Primordially Awakened Way: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Kobutsu-shin”: Teisho 5: Fences, Walls, Tiles, Stones (23 minutes)

Formal sitting Sunday, February 1st: “SAKN The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 5: Tasting, Smelling, and Seeing Light (23 minutes)

Associate sittings Monday, February 2nd and Thursday, February 5th: Flowers and Worms: Zen Master Anzan Hoshin's Commentary on the Maharahulovadasutta: Teisho 1: Introduction: Falling Flowers: a reading of the sutta (16 minutes)

General sitting Saturday, February 7th: The Primordially Awakened Way: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Kobutsu-shin": Teisho 6: Collapsing, Dropping, Falling (18 minutes)

Recorded Teachings Schedule for January 24th to January 31st:

General sitting Saturday, January 24th: The Primordially Awakened Way: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Kobutsu-shin": Teisho 4: The Buddha "Old" (21 minutes).

Formal sitting Sunday, January 25th: "SAkN The Anatomy of Awakening" by Zen Master Anzan Hoshin: Teisho 2: Living the Body (32 minutes)

Associate sittings Monday, January 26th and Thursday, January 29th: "Birth, Old Age, Sickness, and Death" by Zen Master Anzan Hoshin (24 minutes)

General sitting Saturday, January 31st: The Primordially Awakened Way: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Kobutsu-shin": Teisho 5: Fences, Walls, Tiles, Stones (23 minutes)

January 17th to January 24th:

General sitting Saturday, January 17th: The Primordially Awakened Way: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Kobutsu-shin": Teisho 4: The Buddha "Old" (21 minutes).

Associate sittings Monday, January 19th and Thursday, January 22nd: "The Point of Wisdom: Minding Your Own Bodymind" by Ven. Shikai Zuiko o-sensei (40 minutes)

General sitting Saturday, January 17th: The Primordially Awakened Way: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Kobutsu-shin": Teisho 5: Fences, Walls, Tiles, Stones (23 minutes)

January 10th to January 17th:

General sitting Saturday, January 10th: The Primordially Awakened Way: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Kobutsu-shin": Teisho 3: Subtle and Mysterious Mind (19 minutes)

Formal sitting Sunday, January 11th: "SAkN The Anatomy of Awakening" by Zen Master Anzan Hoshin: Teisho 3: Knowing as Feeling (35 minutes)

Associate sittings Monday, January 12th and Thursday, January 15th: "Freedom and Tyranny" by Ven. Shikai Zuiko o-sensei: Dharma Talk 3: The Makeup of Coercion" (40 minutes).

General sitting Saturday, January 17th: The Primordially Awakened Way: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Kobutsu-shin": Teisho 4: The Buddha "Old" (21 minutes).

January 3rd to January 10th:

General sitting Saturday, January 3rd: The Primordially Awakened Way: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Kobutsu-shin": Teisho 2: Assorted Old Buddhas (22 minutes)

Formal sitting Sunday, January 4th: SAKN “The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 2: Living the Body (32 minutes)

Associate sittings Monday, January 5th and Thursday, January 8th: Freedom and Tyranny” by Ven. Shikai Zuiko o-sensei: Dharma Talk 2: Isms and Ists: The Language of Self-image (18 minutes)

General sitting Saturday, January 10th: The Primordially Awakened Way: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Kobutsu-shin”: Teisho 3: Subtle and Mysterious Mind (19 minutes)

December 27th to January 3rd:

General sitting Saturday, December 27th: The Primordially Awakened Way: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Kobutsu-shin”: Teisho 1: Buddhas Loose in the World (30 minutes)

Formal sitting Sunday, December 28th: SAKN The Anatomy of Awakening” by Zen Master Anzan Hoshin: Teisho 1: The Anatomy of Awakening (18 minutes)

Associate sittings Monday, December 29th and Thursday, January 1st: “Freedom and Tyranny” by Ven. Shikai Zuiko o-sensei: Dharma Talk 1: Overthrowing the Inner Dictator (28 minutes)

General sitting Saturday, January 3rd: The Primordially Awakened Way: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Kobutsu-shin”: Teisho 2: Assorted Old Buddhas (22 minutes)

December 20th to December 27th:

General sitting Saturday, December 20th: The Primordially Awakened Way: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Kobutsu-shin”: Reading of the text “Kobutsu-shin” (14 minutes)

Formal sitting Sunday, December 21st: SAKN Root Cycle Five: The Field of Open Knowing: Teisho 5: Just This (13 minutes)

Associate sittings Monday, December 22nd and Thursday, December 25th: “Mind the Gap” by Ven. Shikai Zuiko o-sensei (15 minutes)

General sitting Saturday, December 27th: The Primordially Awakened Way: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Kobutsu-shin”: Teisho 1: Buddhas Loose in the World (30 minutes)

December 13th to December 20th:

General sitting Saturday, December 13th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 25: Three Cases of Zhaozhou part two (Hekiganroku 57-59) (20 minutes)

Formal sitting Sunday, December 14th: SAKN Root Cycle Five: The Field of Open Knowing: Teisho 4 of 5: Unborn (21 minutes)

Associate sittings Monday, December 15th and Thursday, December 18th: “Measureless” by Ven. Jinmyo Renge sensei (5 minutes)

General sitting Saturday, December 20th: The Primordially Awakened Way: Zen Master Anzan Hoshin’s

Commentaries on Eihei Dogen zenji's "Kobutsu-shin": Reading of the text "Kobutsu-shin" (14 minutes)

December 6th to December 13th:

Combined Associate and General Sitting Saturday, December 6th: "Dongshan's Hot and Cold" by Ven. Shikai Zuiko o-sensei: Dharma Talk 1: Hot (25 minutes)

Associate sitting Monday, December 8th: "Dongshan's Hot and Cold" by Ven. Shikai Zuiko o-sensei: Dharma Talk 2: Cold (11 minutes)

General sitting Saturday, December 13th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 25: Three Cases of Zhaozhou part two (Hekiganroku 57-59) (20 minutes)

Recorded Teisho Schedule for the last three days of the Rohatsu O-sesshin:

Saturday, December 6th:

Afternoon: SAKN Root Cycle Five: Teisho 1: The End of All Knowledge (8 minutes)

Evening: SAKN Root Cycle Five: Teisho 2: Beyond the Fields (25 minutes)

Sunday, December 7th:

Afternoon: SAKN Root Cycle Five: Teisho 2: Beyond the Fields (25 minutes)

Evening: SAKN Root Cycle Five: Teisho 3: The Collapse of SAKN (18 minutes)

Monday, December 8th, Jodo-e:

Morning: Reading of Denkoroku Case 1: Shakyamuni Buddhi

Recorded Teisho schedule November 29th to December 6th

General sitting Saturday, November 29th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 24: Three Cases of Zhaozhou part one (Hekiganroku 57-59) (18 minutes)

Combined Associate and General Sitting Saturday, December 6th: "Dongshan's Hot and Cold" by Ven. Shikai Zuiko o-sensei: Dharma Talk 1: Hot (25 minutes)

Recorded Teisho Schedule for the Rohatsu O-sesshin

Tuesday, December 2nd:

Afternoon: SAKN Root Cycle Four: Moving in Knowing: Teisho 2: Unknown Knowing (32 minutes)

Evening: SAKN Root Cycle Four: Moving in Knowing: Teisho 3: Introduction to Finite and Infinite Motion (32 minutes)

Wednesday, December 3rd:

Afternoon: SAKN Root Cycle Four: Moving in Knowing: Teisho 3: Introduction to Finite and Infinite Motion (32 minutes)

Evening: SAKN Root Cycle Four: Moving in Knowing: Teisho 4: Tantra is Unnecessary (20 minutes)

Thursday, December 4th:

Afternoon: SAKN Root Cycle Four: Moving in Knowing: Teisho 4: Tantra is Unnecessary (20 minutes)

Evening: SAKN Root Cycle Four: Moving in Knowing: Teisho 5: Always Moving (2 minutes)

Friday, December 5th:

Afternoon: SAKN Root Cycle Four: Moving in Knowing: Teisho 5: Always Moving (2 minutes)

Evening: SAKN Root Cycle Five: The Field of Open Knowing: Teisho 1: The End of All Knowledge (8 minutes)

Saturday, December 6th:

Afternoon: SAKN Root Cycle Five: The Field of Open Knowing: Teisho 1: The End of All Knowledge (8 minutes)

Evening: SAKN Root Cycle Five: The Field of Open Knowing: Teisho 2: Beyond the Fields (25 minutes)

Sunday, December 7th:

Afternoon: SAKN Root Cycle Five: The Field of Open Knowing: Teisho 2: Beyond the Fields (25 minutes)

Evening: SAKN Root Cycle Five: The Field of Open Knowing: Teisho 3: The Collapse of SAKN (18 minutes)

Monday, December 8th, Jodo-e:

Morning: Reading of Denkoroku Case 1: Shakyamuni

November 22nd to November 29th:

Associate sittings Monday, November 24th and Thursday, November 27th: "The Circle" by Ven. Jinmyo Renge sensei (13 minutes)

General sitting Saturday, November 29th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 24: Three Cases of Zhaozhou part one (Hekiganroku 57-59) (18 minutes)

November 15th to November 22nd:

General sitting Saturday, November 15th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 23: Zhaozhou Does Not Abide (Hekiganroku 2) (21 minutes)

Formal sitting Sunday, November 16th: SAKN Root Cycle Four: Moving in Knowing: Teisho 2: Unknown Knowing (32 minutes)

Associate sittings Monday, November 17th and Thursday, November 20th: “Choice” by Ven. Jinmyo Renge sensei (24 minutes)

General sitting Saturday, November 22nd: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 24: Three Cases of Zhaozhou part one (Hekiganroku 57-59) (18 minutes)

November 8th to November 15th:

General sitting Saturday, November 8th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 22: Shinjin Funi, Shinjin Datsaraku (20 minutes) and Chanting of the Gohon Shingon (4 minutes)

Associate sittings Monday, November 10th and Thursday, November 13th: “Is There a Problem?” by Ven. Jinmyo Renge sensei (20 minutes)

General sitting Saturday, November 15th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 23: Zhaozhou Does Not Abide (Hekiganroku 2) (21 minutes)

November Sesshin:

Saturday, November 8th:

Afternoon: SAKN Root Cycle Three: Aware Space by Zen Master Anzan Hoshin:Teisho 8: The Spectrum of Radiance (14 minutes) & Chanting of the Gohon Shingon (4 minutes)

Evening: SAKN Root Cycle Four: Moving in Knowing: Teisho 1: Motion (28 minutes)

Sunday, November 9th:

Afternoon: SAKN Root Cycle Four: Moving in Knowing: Teisho 1: Motion (28 minutes)

November 1st to November 8th:

General sitting Saturday, November 1st: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 21: One Thing (24 minutes)

Formal sitting Sunday, November 2nd: SAKN Root Cycle Three: Aware Space by Zen Master Anzan Hoshin: Teisho 8: The Spectrum of Radiance (14 minutes)

Associate sittings Monday, November 3rd and Thursday, November 6th: “Simple Minded” by Ven. Jinmyo Renge sensei (8 minutes)

General sitting Saturday, November 8th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 22: Shinjin Funi, Shinjin Datsaraku (20 minutes)

October 25th to November 1st:

General sitting Saturday, October 25th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries

on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 20: Existence Stands Out (19 minutes)

Formal sitting Sunday, October 26th: SAKN Root Cycle Three: Aware Space by Zen Master Anzan Hoshin: Teisho 7: Surrender Into Radiance (12 minutes)

Associate sittings Monday, October 27th and Thursday, October 30th: “Being Breathed” by Ven. Shikai Zuiko o-sensei: Being Breathed part 4 (17 minutes)

General sitting Saturday, November 1st: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 21: One Thing (24 minutes)

October 18th to October 25th:

General sitting Saturday, October 18th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 19: The Importance of Earnestly Being (28 minutes)

Formal sitting Sunday, October 19th: SAKN Root Cycle Three: Aware Space by Zen Master Anzan Hoshin: Teisho 6: Expanse (25 minutes)

Associate sittings Monday, October 20th and Thursday, October 23rd: Being Breathed part 3 (17 minutes)

General sitting Saturday, October 25th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 20: Existence Stands Out (19 minutes)

October 11th to October 18th:

General sitting Saturday, October 11th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 18: Wise Up, Down And All Around (18 minutes)

Formal sitting Sunday, October 12th: SAKN Root Cycle Three: Aware Space by Zen Master Anzan Hoshin: Teisho 5: Presumption of Separateness (18 minutes)

Associate sittings Monday, October 13th and Thursday, October 16th: “Being Breathed” by Ven. Shikai Zuiko o-sensei: Being Breathed part 2 (21 minutes)

General sitting Saturday, October 18th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 19: The Importance of Earnestly Being (28 minutes)

October 4th to October 11th:

Combined associate and general sitting Saturday, October 4th:

“Being Breathed” by Ven. Shikai Zuiko osho: Being Breathed part 1 (29 minutes)

General sitting Saturday, October 11th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 18: Wise Up, Down And All Around (18 minutes)

October 2025 Daruma-ki O-sesshin Recorded Teisho Playback

Saturday, October 4th:

Afternoon: SAKN Root Cycle Two: Locating the Self by Zen Master Anzan Hoshin: Teisho 1: Understanding, Misunderstanding (13 minutes)

Evening: SAKN Root Cycle Two: Locating the Self by Zen Master Anzan Hoshin: Teisho 2: Locatedness and Framing (29 minutes)

Sunday, October 5th:

Afternoon: SAKN Root Cycle Two: Locating the Self by Zen Master Anzan Hoshin: Teisho 2: Locatedness and Framing (29 minutes)

Evening: SAKN Root Cycle Two: Teisho 3: The Energy of Framing (22 minutes)

Monday, October 6th:

Afternoon: SAKN Root Cycle Two: Teisho 3: The Energy of Framing (22 minutes)

Evening: SAKN Root Cycle Three: Aware Space: Teisho 1: Entering Aware Space (15 minutes)

Tuesday, October 7th:

Afternoon: SAKN Root Cycle Three: Aware Space: Teisho 1: Entering Aware Space (15 minutes)

Evening: SAKN Root Cycle Three: Aware Space: Teisho 2: Frames of Time and Space (21 minutes)

Wednesday, October 8th:

Afternoon: SAKN Root Cycle Three: Aware Space: Teisho 2: Frames of Time and Space (21 minutes)

Evening: SAKN Root Cycle Three: Aware Space: Teisho 3: The Body of Knowing (14 minutes)

Thursday, October 9th:

Afternoon: SAKN Root Cycle Three: Aware Space: Teisho 3: The Body of Knowing (14 minutes)

Evening: SAKN Root Cycle Three: Aware Space: Teisho 4: Open Details (13 minutes)

Friday, October 10th:

Later morning: SAKN Root Cycle Three: Aware Space: Teisho 4: Open Details (13 minutes)

September 20th to September 27th

General sitting Saturday, September 20th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on

“Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 16: The Practice of Entrusting (23 minutes)

Formal sitting Sunday, September 21st: SAKN “Transcending Sleep, Dreams, Death, and Everything Else” by Zen Master Anzan Hoshin: Teisho 5: Sleep Practice, Dream Practice (22 minutes)

Associate sittings Monday, September 22nd and Thursday, September 25th: Sitting Up Straight: Zen Master Anzan Hoshin’s Commentaries on Keizan Jokin zenji’s “Zazen Yojinki”: Teisho 17: Inexhaustible Field of Zazen (31 minutes)

General sitting Saturday, September 27th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 17: Water Within Water (21 minutes)

September 13th to September 20th

General sitting Saturday, September 13th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 15: Resting in Motion (17 minutes)

Associate sittings Monday, September 15th and Thursday, September 18th: Sitting Up Straight: Zen Master Anzan Hoshin’s Commentaries on Keizan Jokin zenji’s “Zazen Yojinki”: Teisho 16: Straighter! (30 minutes)

General sitting Saturday, September 20th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 16: The Practice of Entrusting (23 minutes)

September Sesshin Recorded Teachings playback

Saturday, September 13th afternoon: SAKN “Transcending Sleep, Dreams, Death, and Everything Else” by Zen Master Anzan Hoshin: Teisho 2: Closing verse and comments (6 minutes)

Saturday, September 13th evening: SAKN “Transcending Sleep, Dreams, Death, and Everything Else” by Zen Master Anzan Hoshin: Teisho 3: Morning verse and comments (1 minute), and Teisho 4: Cycles on Waking (7 minutes)

Sunday, September 14th afternoon: SAKN “Transcending Sleep, Dreams, Death, and Everything Else” by Zen Master Anzan Hoshin: Teisho 3: Morning Verse and Comments (1 minute), and Teisho 4: Cycles on Waking (7 minutes)

September 6th to September 13th

General sitting Saturday, September 6th: Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 14: A Single Suchness (16 minutes)

Formal sitting Sunday, September 7th: SAKN “Transcending Sleep, Dreams, Death, and Everything Else” by Zen Master Anzan Hoshin: Teisho 2: Closing verse and comments (6 minutes)

Associate sittings Monday, September 8th and Thursday, September 11th: Sitting Up Straight: Zen Master Anzan Hoshin’s Commentaries on Keizan Jokin zenji’s “Zazen Yojinki”: Teisho 15: It’s Just That Simple (20 minutes)

General sitting Saturday, September 13th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 15: Resting in Motion (17 minutes)

August 30th to September 7th

Associate sittings Monday, September 1st and Thursday, September 4th: Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 14: Incomparable (26 minutes)

General sitting Saturday, September 7th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 14: A Single Suchness (16 minutes)

August 23rd to August 30th

General sitting Saturday, August 23rd:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 13: Satori and Fleurs du Mal (19 minutes)

Formal sitting Sunday, August 24th:

SAkN "Transcending Sleep, Dreams, Death, and Everything Else" by Zen Master Anzan Hoshin: Teisho 1: Introduction (28 minutes)

Associate sittings Monday, August 25th and Thursday, August 28th: Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 13: A Single Bright Point (28 minutes)

August 16th to August 23rd, 2025

General sitting Saturday, August 16th:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 12: Not Holding the Mind (19 minutes)

Formal sitting Sunday, August 17th:

"The Secret Life of Manjusri" by Zen Master Anzan Hoshin: Teisho 10: Killing Manjusri (38 minutes)

Associate sittings Monday, August 18th and Thursday, August 21st:

Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 12: Say Cheese (29 minutes)

General sitting Saturday, August 23rd:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 13: Satori and Fleurs du Mal (19 minutes)

August 9th to August 16th, 2025

General sitting Saturday, August 9th:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 11: Wuwei (19 minutes)

Associate sittings Monday, August 11th and Thursday, August 14th:

Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 11: Into This Step (17 minutes)

General sitting Saturday, August 16th: Without Difficulty:

Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 12: Not Holding the Mind (19 minutes)

Recorded Teachings Played During the August Sesshin

The Secret Life of Manjusri by Zen Master Anzan Hoshin

Saturday Afternoon: Teisho 8: Not a Muffin (36 minutes)

Saturday Evening: Teisho 9: The Sky of Radiance (34 minutes)

Sunday afternoon: Teisho 9: The Sky of Radiance (34 minutes)

August 2nd to August 9th, 2025

General sitting Saturday, August 2nd:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 10: The One Way Is All Directions (24 minutes)

Formal sitting Sunday, August 3rd:

"The Secret Life of Manjusri" by Zen Master Anzan Hoshin: Teisho 8: Not a Muffin (36 minutes)

Associate sittings Monday, August 4th and Thursday, August 7th:

Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 10: Penetrating Zen (26 minutes)

General sitting Saturday, August 9th:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 11: Wuwei (19 minutes)

July 26th to August 2nd, 2025

General sitting Saturday, July 26th

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 9: Straying? Dimming? Sinking? Rotting? Flowering? (21 minutes)

Formal sitting Sunday, July 27th

“The Secret Life of Manjusri” by Zen Master Anzan Hoshin: Teisho 7: The Bindu (37 minutes)

Associate sittings Monday, July 28th and Thursday, July 31st

Sitting Up Straight: Zen Master Anzan Hoshin’s Commentaries on Keizan Jokin zenji’s “Zazen Yojinki”: Teisho 9: The World of True Zazen (20 minutes)

General sitting Saturday, August 2nd

Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 10: The One Way Is All Directions (24 minutes)

July 19th to July 26th, 2025

General sitting Saturday, July 19th: Without Difficulty:

Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 8: Vast Intimacy Is All That Is (23 minutes)

Formal sitting Sunday, July 20th:

“The Secret Life of Manjusri” by Zen Master Anzan Hoshin: Teisho 6: Shimitsu Part 3 (35 minutes)

Associate sittings Monday, July 21st and Thursday, July 24th:

Sitting Up Straight: Zen Master Anzan Hoshin’s Commentaries on Keizan Jokin zenji’s “Zazen Yojinki”: Teisho 8: Egad (20 minutes)

General sitting Saturday, July 26th:

Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 9: Straying? Dimming? Sinking? Rotting? Flowering? (21 minutes)

July 12th to July 19th, 2025

General sitting Saturday, July 12th:

Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 7: Opinions and Opening (20 minutes)

Associate sittings Monday, July 14th and Thursday, July 17th:

Sitting Up Straight: Zen Master Anzan Hoshin’s Commentaries on Keizan Jokin zenji’s “Zazen Yojinki”: Teisho 7: Enter Here (27 minutes)

General sitting Saturday, July 19th:

Without Difficulty: Zen Master Anzan Hoshin’s Commentaries on “Xinxin Ming: Words on Trusting Awareness” by Jianzhi Sengcan: Teisho 8: Vast Intimacy Is All That Is (23 minutes)

Recorded teisho playback for Yaza 2025, Saturday, July 12th:

"Yaza 2015: Siddhartha's Night Like This One" by Zen Master Anzan Hoshin (12 minutes)

June 28th to July 5th, 2025

General sitting Saturday, June 28th:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 5: Ideas of Emptiness and Oneness (19 minutes)

Formal sitting Sunday, June 29th:

"The Secret Life of Manjusri" by Zen Master Anzan Hoshin: Teisho 4: Shimitsu Part 1 (46 minutes)

Associate sittings Monday, June 30th and Thursday, July 3rd:

Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 5: Conspiracy Theories (27 minutes)

General sitting Saturday, July 5th:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 6: Don't Swerve (17 minutes)

June 21st to June 28th

General sitting Saturday, June 21st:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 4: Not For or Against (22 minutes)

Formal sitting Sunday, June 22nd:

"The Secret Life of Manjusri" by Zen Master Anzan Hoshin: Teisho 3: The Secret of Secrets (39 minutes)

Associate sittings Monday, June 23rd and Thursday, June 26th:

Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 4: On Purpose (29 minutes)

General sitting Saturday, June 28th:

Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 5: Ideas of Emptiness and Oneness (19 min)

June 14th to June 21st:

- General sitting Saturday, June 14th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 3:

Wunan, Bunan. Just Do It! (16 minutes)

- Associate sittings Monday, June 16th and Thursday, June 19th: Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 3: Pile of Socks (32 minutes)
- General sitting Saturday, June 21st: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 4: Not For or Against (22 minutes)

Recorded Teachings During the June 2025 Sesshin:

- Saturday afternoon, June 14th: The Secret Life of Manjusri: Teisho 1: He Bites You! (32 minutes)
- Saturday evening, June 14th: The Secret Life of Manjusri: Teisho 2: Strange (40 minutes)
- Sunday afternoon, June 15th: The Secret Life of Manjusri: Teisho 2: Strange (40 minutes)

June 7th to June 14th

- General sitting Saturday, May 31st: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Saturday, June 7th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 2: Faith in Mind, Trusting Awareness (21 minutes)
- Sunday, June 8th: "The Secret Life of Manjusri" by Zen Master Anzan Hoshin: Teisho 1: He Bite You! (32 minutes)
- Associate sittings Monday, June 9th and Thursday, June 12th: Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 2: A Very Good Thing (22 minutes)
- General sitting Saturday, June 14th: Without Difficulty:

Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 3: Wunan, Bunan. Just Do It! (16 minutes)

May 31st to June 7th

- General sitting Saturday, May 31st: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 1: It Wasn't Sengcan (23 minutes)
- Associate sittings Monday, June 2nd and Thursday, June 5th: Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Teisho 1: Pine Needle Tea and Dreams (34 minutes)
- General sitting Saturday, June 7th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 2: Faith in Mind, Trusting Awareness (21 minutes)

May 24th to May 31st

- General sitting Saturday, May 24th:
Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Reading of the text "Xinxin Ming: Words on Trusting Awareness" (11 minutes)
- Formal sitting Sunday, May 25th:
"The Secret Life of Manjusri" by Zen Master Anzan Hoshin: Teisho 7: The Bindu (37 minutes)
- Associate sitting Monday, May 26th:
Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Introduction and Reading of the text "Zazen Yojinki" by Keizan Jokin zenji (43 minutes)
- General sitting Saturday, May 31st:
Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: Teisho 1: It Wasn't Sengcan (23 minutes)

May 17th to May 23rd

- Combined associate and general sitting Saturday, May 17th: Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Introduction and Reading of the text "Zazen Yojinki" by Keizan Jokin zenji (43 minutes).
- General sitting Saturday, May 24th: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengca: Reading of the text "Xinxin Ming: Words on Trusting Awareness" (11 minutes).

May 10th to May 17th

- General sitting Saturday, May 10th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 8: Here It Is (30 minutes)
Formal sitting Sunday, May 11th: "Working With Koan" by Zen Master Anzan Hoshin: Questions and Answers (31 minutes)
- Associate sittings Monday, May 12th and Thursday, May 15th: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 22: Mahavairocana, part 2 (13 minutes)
- Combined associate and general sitting Saturday, May 17th: Sitting Up Straight: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's "Zazen Yojinki": Introduction and Reading of the text "Zazen Yojinki" by Keizan Jokin zenji (43 minutes)

May 3rd to May 9th

- General sitting Saturday, May 3rd: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 7: The Holes in Our Quilts

(38 minutes).

- Formal sitting Sunday, May 4th: “Working With Koan” by Zen Master Anzan Hoshin: Working With Koan 1 (31 minutes)
- Associate sittings Monday, May 5th and Thursday, May 8th: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 21: Mahavairocana, part 1 (12 minutes)

April 26th to May 3rd:

- Associate sittings Monday, April 28th and Thursday, May 1st: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 20: Fudo Myo-o, part 2 (14 minutes)
- General sitting Saturday, May 3rd: Five Fingers, Ten Directions: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Jippo”: Teisho 7: The Holes in Our Quilts (38 minutes).

April 19th to April 26th:

- General sitting Saturday, April 19th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Jippo”: Teisho 6: Completely It (23 minutes)
- Formal sitting Sunday, April 20th: “Practising Mu” by Zen Master Anzan Hoshin: Teisho 4: Mu-ji: The Great Mystery (17 minutes)
- Associate sittings Monday, April 21st and Thursday, April 24th: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 19: Fudo Myo-o, part 1 (12 minutes)

April 12th to April 19th

- General sitting Saturday, April 12th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin’s Commentaries on

Dogen zenji's "Jippo": Teisho 5: Everyday Talk (22 minutes)

- Associate sittings Monday, April 14th and Thursday, April 17th: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 18: Vastness (15 minutes)

April 2025 Hanamatsuri Sesshin Recorded Teisho:

- "Practising Mu" by Zen Master Anzan Hoshin: Teisho 3: This Morning is a Good Morning: Questioning the Questioner, including comments by Yasuda Joshu roshi (21 minutes)

April 5th to April 12th

- General sitting Saturday, April 5th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 4: Sun and Moon, Hands and Eyes (21 minutes)
- Associate sittings Monday, April 7th and Thursday, April 10th: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 17: Samantabhadra (18 minutes)
- General sitting Saturday, April 12th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 5: Everyday Talk (22 minutes)

March 29th to April 5th

- General sitting Saturday, March 29th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 3: A Whole World (22 minutes)
- Formal sitting Sunday, March 30th: Practising Mu: Teisho 1: Actualizing Mu: Dogen's Comments from the Gakudo.

Yojin-Shu: Working With Mu (30 minutes)

- Associate sittings Monday, March 31st and Thursday, April 3rd: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 16: Manjusri (17 minutes)
- General sitting Saturday, April 5th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Jippo”: Teisho 4: Sun and Moon, Hands and Eyes (21 minutes)

March 22nd to March 29th

- General sitting Saturday, March 22nd: Five Fingers, Ten Directions: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Jippo”: Teisho 2: Fields of Awakening (21 minutes)
- Formal sitting Sunday, March 23rd: “Practising Mu” by Zen Master Anzan Hoshin: Teisho 1: Actualizing Mu: Dogen’s Comments from the Gakudo. Yojin-Shu: Working With Mu (30 minutes)
- Associate sittings Monday, March 24th and Thursday, March 27th: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 15: Ceaseless Activity (15 minutes)
- General sitting Saturday, March 29th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Jippo”: Teisho 3: A Whole World (22 minutes)

March 15th to March 22nd

- General sitting Saturday, March 15th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Jippo”: Teisho 1: Naked Awareness (19 minutes)
- Formal sitting Sunday, March 16th: SAKN Oceans of Realms:

Zen Master Anzan Hoshin's Commentaries on the Vow of Samantabhadra: Teisho 14: Setting Forth as Infinite Forms (18 minutes)

- Associate sittings Monday, March 17th and Thursday, March 20th: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 14: Karuna (21 minutes)
- General sitting Saturday, March 20th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 2: Fields of Awakening (21 minutes)

March 8th to March 15th

- General sitting Saturday, March 8th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Reading of the text (16 minutes)
- Associate sittings Monday, March 10th and Thursday, March 13th: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 13: Living in the Space of Maitri (25 minutes)
- General sitting Saturday, March 15th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 1: Naked Awareness (19 minutes)

March 1st to 8th

- General sitting Saturday, March 1st: "Practising Without an Edge" by Ven. Jinmyo Renge sensei
- Formal sitting Sunday, March 2nd: "Mu: Collaring the Dog" by Zen Master Anzan Hoshin: Teisho 2: No! (28 minutes)
- Associate sittings Monday, March 3rd and Thursday, March 6th: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 12: The Practice of Taking Care (22 minutes)
- General sitting Saturday, March 8th: Five Fingers, Ten

Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 2: Reading of the text (16 minutes)

February 22nd to March 1st, 2025

- Formal sitting Sunday, February 23rd: "Mu: Collaring the Dog" by Zen Master Anzan Hoshin: Teisho 1: Simple Minded (23 minutes)
- Associate sittings Monday, February 24th and Thursday, February 27th: "Practising Without an Edge" by Ven. Jinmyo Renge sensei
- General sitting Saturday, March 1st: "Practising Without an Edge" by Ven. Jinmyo Renge sensei

February 8th to February 15th

- General sitting Saturday, February 8th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 1: Opening comments (7 minutes)
- Formal sitting Sunday, February 9th: SAKN Oceans of Realms: Zen Master Anzan Hoshin's Commentaries on the Vow of Samantabhadra: Teisho 13: Inconceivable Magic (17 minutes)
- Combined sitting Saturday, February 15th: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 11: Entering the Space of Maitri (17 minutes)

Recorded Teachings During the Nehan O-sesshin:

Series: Koan: The Real Question

- Monday, February 10th: Teisho 1: The Real Question (40 minutes)

- Tuesday, February 11th: Teisho 2: Gnashing Its Teeth (30 minutes)
- Wednesday, February 12th: Teisho 3: A Little Story (42 minutes)
- Thursday, February 13th: Teisho 4: Not Raising a Finger (47 minutes)
- Friday, February 14th: Teisho 5: Please Don't Miss This (36 minutes)
- Saturday, February 15th: Teisho 6: Embarrassing (33 minutes)

February 8th to February 15th

- General sitting Saturday, February 8th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 1: Opening comments (7 minutes)
- Formal sitting Sunday, February 9th: SAKN Oceans of Realms: Zen Master Anzan Hoshin's Commentaries on the Vow of Samantabhadra: Teisho 13: Inconceivable Magic (17 minutes)
- Combined sitting Saturday, February 15th: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 11: Entering the Space of Maitri (17 minutes)

Recorded Teachings During the Nehan O-sesshin:

Series: Koan: The Real Question

- Monday, February 10th: Teisho 1: The Real Question (40 minutes)
- Tuesday, February 11th: Teisho 2: Gnashing Its Teeth (30 minutes)
- Wednesday, February 12th: Teisho 3: A Little Story (42 minutes)

- Thursday, February 13th: Teisho 4: Not Raising a Finger (47 minutes)
- Friday, February 14th: Teisho 5: Please Don't Miss This (36 minutes)
- Saturday, February 15th: Teisho 6: Embarrassing (33 minutes)

February 1st to February 8th

- General sitting Saturday, February 1st: Zen Arts: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho 6: Mind is Not Mind (37 minutes)
- Formal sitting Sunday, February 2nd: SAKN Oceans of Realms: Zen Master Anzan Hoshin's Commentaries on the Vow of Samantabhadra: Teisho 12: Samantabhadra Sadhana (17 minutes)
- Associate sittings Monday, February 3rd and Thursday, February 6th: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 10: Serenity is Not Special (18 minutes)
- General sitting Saturday, February 8th: Five Fingers, Ten Directions: Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Jippo": Teisho 1: Opening comments (7 minutes)

January 25th to February 1st

- General sitting Saturday, January 25th: Zen Arts: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho 5: It Becomes You (37 minutes)
- Formal sitting Sunday, January 26th: SAKN Oceans of Realms: Zen Master Anzan Hoshin's Commentaries on the Vow of Samantabhadra: Teisho 12: Samantabhadra Sadhana (17 minutes)

- Associate sittings Monday, January 27th and Thursday, January 30th: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 9: Honestly (21 minutes)
- General sitting Saturday, February 1st: Zen Arts: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho 6: Mind is Not Mind (37 minutes)

January 18th to January 25th

- General sitting Saturday, January 18th: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho 4: Touching the Sensations of the World (32 minutes)
- Formal sitting Sunday, January 19th: SAKN Oceans of Realms: Zen Master Anzan Hoshin’s Commentaries on the Vow of Samantabhadra: Teisho 12: Samantabhadra Sadhana (17 minutes)
- Associate sittings Monday, January 20th and Thursday, January 23rd: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 8: The Nobility of Truth (21 minutes)
- General sitting Saturday, January 18th: Zen Arts: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho 5: It Becomes You (37 minutes)

January 11th to January 18th:

- General sitting Saturday, January 11th: Zen Arts: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho 3: Sea of Sounds (36 minutes)
- Associate sittings Monday, January 13th and Thursday, January 16th: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 7: Faster Than the Speed of Thoughts (23 minutes)
- General sitting Saturday, January 18th: Zen Arts: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho

4: Touching the Sensations of the World (32 minutes)

Recorded Teisho Schedule for sesshin:

- Saturday, January 11th afternoon: SAKN: Dimensions of Space Teisho 4: Dimensions of Mental Space (42 minutes)
- Saturday, January 11th evening: SAKN: Dimensions of Space Teisho 5: Dimensionless Space (26 minutes)
- Sunday, January 12th afternoon: SAKN: Dimensions of Space Teisho 5: Dimensionless Space (26 minutes)

January 4th to January 11th:

- General sitting Saturday, January 4th: Zen Arts: The Flowering of the Senses” by Zen Master Anzan Hoshin: Teisho 2: Both Eyes Open (33 minutes)
- Formal sitting Sunday, January 5th: SAKN Oceans of Realms: Zen Master Anzan Hoshin’s Commentaries on the Vow of Samantabhadra: Teisho 11: Entering the Action
- Associate sittings Monday, January 6th and Thursday, January 9th: The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 6: Not a Tourist (24 minutes)
- General sitting Saturday, January 11th: Zen Arts: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho 3: Sea of Sounds (36 minutes)

December 28th to January 4th

- General sitting Saturday, December 28th: “Zen Arts: The Flowering of the Senses” by Zen Master Anzan Hoshin: Teisho 2: Both Eyes Open (33 minutes)
- Formal sitting Sunday, December 29th: SAKN Oceans of Realms: Zen Master Anzan Hoshin’s Commentaries on the Vow of Samantabhadra: Teisho 10: Lifetimes On Purpose (17

minutes)

- Associate sittings Monday, December 30th and Thursday, January 2nd: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 5: Washing Rice with Water (22 minutes)
- General sitting Saturday, January 4th: Zen Arts: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho 3: Sea of Sounds (36 minutes)

December 21st to December 28th

- General sitting Saturday, December 21st: “Zen Arts: The Flowering of the Senses” by Zen Master Anzan Hoshin: Teisho 1: Flowering of the Senses (34 minutes)
- Formal sitting Sunday, December 22nd: SAKN Oceans of Realms: Zen Master Anzan Hoshin’s Commentaries on the Vow of Samantabhadra: Teisho 9: All Beings (21 minutes)
- Associate sittings Monday, December 23rd and Thursday, December 26th: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 4: The Three Natures (16 minutes)
- General sitting Saturday, December 28th: Zen Arts: The Flowering of the Senses by Zen Master Anzan Hoshin: Teisho 2: Both Eyes Open (33 minutes)

December 14th to December 21st

- General sitting Saturday, December 14th: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Yuibutsu Yobutsu”: Teisho 8: The Track of the Buddha (24 minutes)
- Formal sitting Sunday, December 15th: SAKN Oceans of Realms: Zen Master Anzan Hoshin’s Commentaries on the Vow of Samantabhadra: Teisho 8 of 14: The Merit of Releasing (32 minutes)
- Associate sittings Monday, December 16th and Thursday,

December 19th: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 3: Sticks and Feathers (22 minutes)

- General sitting Saturday, December 21st: “Zen Arts: The Flowering of the Senses” by Zen Master Anzan Hoshin: Teisho 1: Flowering of the Senses (34 minutes)

December 7th to December 14th

- Combined Associate and General Sitting Saturday December 7th: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 1: The Touchstone (19 minutes)
- Associate sittings Monday, December 9th and Thursday, December 12th: “The Touchstone” by Ven. Jinmyo Renge sensei: Dharma Talk 2: Countless (20 minutes)
- General sitting Saturday, December 14th: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Yuibutsu Yobutsu”: Teisho 8: The Track of the Buddha (24 minutes)

Recorded Teisho Playback During the Rohatsu O-sesshin, December 1st to 8th:

Monday, December 2nd:

- □Afternoon: SAKN Infinite Infinities: Teisho 5: Points of Experience (18 minutes)
- Evening: SAKN Infinite Infinities: Teisho 6: Practising Infinite Infinities-Sagara Mudra Instruction (25 minutes)

Tuesday, December 3rd:

- Afternoon: SAKN Infinite Infinities: Teisho 6: Practising Infinite Infinities-Sagara Mudra Instruction (25 minutes)
- Evening: SAKN Infinite Infinities: Teisho 7: Bright Darkness (19 minutes)

Wednesday, December 4th:

- Afternoon:□ SAKN Infinite Infinities: Teisho 7: Bright Darkness (19 minutes)
- Evening:□ SAKN Dimensions of Space: Teisho 1: Opening the Space of Understanding (22 minutes)

Thursday, December 5th:

- Afternoon:□ SAKN Dimensions of Space: Teisho 1: Opening the Space of Understanding (22 minutes)
- Evening:□ SAKN Dimensions of Space: Teisho 2: Speaking of Space (24 minutes)

Friday, December 6th:

- Afternoon:□ SAKN Dimensions of Space: Teisho 2: Speaking of Space (24 minutes)
- Evening:□ SAKN Dimensions of Space: Teisho 3: Dimensions of Bodily Space (24 minutes)

Saturday, December 7th:

- Afternoon:□ SAKN Dimensions of Space: Teisho 3: Dimensions of Bodily Space (24 minutes)
- Evening: SAKN Dimensions of Space: Teisho 4: Dimensions of Mental Space (42 minutes)

Sunday, December 8th:

- Morning:□ SAKN Dimensions of Space: Teisho 4: Dimensions of Mental Space (42 minutes)□

November 30th to December 7th:

- General sitting Saturday, November 30th: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Teisho 7: Falling Down and Falling Away (24 minutes)
- Formal sitting Sunday, December 1st: SAKN Oceans of Realms: Zen Master Anzan Hoshin's Commentaries on the Vow of Samantabhadra: Teisho 7: Requesting and Beseeching (28 minutes)
- Combined Associate and General Sitting: "The Touchstone" by Ven. Jinmyo Renge sensei: Dharma Talk 1: The Touchstone (19 minutes)

November 23rd to November 30th

- General sitting Saturday, November 23rd: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Teisho 6: Buddhas Practising Together With Each Person (22 minutes)
- Formal sitting Sunday, November 24th: SAKN Oceans of Realms: Zen Master Anzan Hoshin's Commentaries on the Vow of Samantabhadra: Teisho 6 of 14: Repenting Beginningless Craziness (20 minutes)
- Associate sittings Monday, November 25th and Thursday, November 28th: "The Point of the Posture and What It Points To" by Ven. Jinmyo Renge sensei (21 minutes)
- General sitting Saturday, November 30th: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Teisho 7: Falling Down and Falling Away (24 minutes)

November 9th to November 16th

- General sitting Saturday, November 9th: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Teisho 4: What a Buddha Knows (20 minutes)
- Associate sittings Monday, November 11th and Thursday, November 14th: "The Tiny Book of Stopping and Looking" by Ven. Shikai O-sensei: Dharma Talk 3: Balance (18 minutes)
- General sitting Saturday, November 16th: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Teisho 5: A Hundred Thousand Myriads (20 minutes)

November 2nd to November 9th

- General sitting Saturday, November 2nd: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Teisho 3: The Body of the Buddha (20 minutes)
- Formal sitting Sunday, November 3rd: SAKN Oceans of Realms: Zen Master Anzan Hoshin's Commentaries on the Vow of Samantabhadra: Teisho 4: All-Pervasive Richness Speaks as You (24 minutes)
- Associate sittings Monday, November 4th and Thursday, November 7th: "The Tiny Book of Stopping and Looking" by Ven. Shikai O-sensei: Dharma Talk 2 of 3: Vipashyana (13 minutes)
- General sitting Saturday, November 9th: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Teisho 4: What a Buddha Knows (20 minutes)

October 26th to November 2nd

- Associate sittings Monday, October 28th and Thursday,

October 31st: “The Tiny Book of Stopping and Looking” by Ven. Shikai O-sensei: Dharma Talk 1 of 3: Samatha (10 minutes)

- General sitting Saturday, November 2nd: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Yuibutsu Yobutsu”: Teisho 3: The Body of the Buddha (20 minutes)

October 19th to October 26th

- General sitting Saturday, October 19th: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Yuibutsu Yobutsu”: Teisho 2: Face-and-eye (20 minutes)
- Formal sitting Sunday, October 20th: SAKN Oceans of Realms: Zen Master Anzan Hoshin’s Commentaries on the Vow of Samantabhadra: Teisho 3: The Ten Paramitas, The Ten Bhumis, The Ten... (17 minutes)
- Associate sittings Monday, October 21st and Thursday, October 24th: “Thinking About Not Thinking” by Ven. Jinmyo sensei (17 minutes)

October 12th to October 19th

- General sitting Saturday, October 12th: Seeing Eye to Eye: Zen Master Anzan Hoshin’s Commentaries on Eihei Dogen zenji’s “Yuibutsu Yobutsu”: Teisho 1: Letting Loose the Lotus (27 minutes)
- Formal sitting Sunday, October 13th: SAKN Oceans of Realms: Zen Master Anzan Hoshin’s Commentaries on the Vow of Samantabhadra: Teisho 2: The Fourfold Dharmadhatu (25 minutes)
- Associate sittings Monday, October 14th and Thursday, October 17th: “Sitting and Walking” by Zen Master Anzan

Hoshin: Teisho 3: Flowing (27 minutes)

- General sitting Saturday, October 19th: Seeing Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Teisho 2: Face-and-eye (20 minutes)

October 5th to October 12th

- Saturday, October 5th Combined sitting during the O-sesshin: Sitting and Walking: Teisho 2: Water Moves Water (34 minutes)
- General sitting Saturday, October 12th: Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Teisho 1: Letting Loose the Lotus (27 minutes)

Daruma-ki O-sesshin recorded teisho playback:

- Saturday, October 5th: Teisho 3: What Do We Do With The Dog? (21 minutes)
- Sunday, October 6th: Tathagatagarbha: Teisho 4: Bodhicitta (27 minutes)
- Monday, October 7th: SAKN Infinite Infinities: Teisho 1: Unfolding, Enfolding (18 minutes)
- Tuesday, October 8th: SAKN Infinite Infinities Teisho 2: Infinite Points of Chaos (24 minutes)
- Wednesday, October 9th: SAKN Infinite Infinities: Teisho 3: The Wonton (25 minutes)
- Thursday, October 10th: SAKN Infinite Infinities: Teisho 4: Huntun's Faceless Face (23 minutes)

September 28th to October 5th

- General sitting Saturday, September 28th: Seeing Eye to

Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Reading of Eihei Dogen zenji's "Yoibutsu Yubutsu: Buddha Meets Buddha" (22 minutes)

- Formal sitting Sunday, September 29th: SAKN Oceans of Realms: Zen Master Anzan Hoshin's Commentaries on the Vow of Samantabhadra: Teisho 1: Vast and Intimate and Elephants (32 minutes)
- Associate sittings Monday September 30th and Thursday October 3rd: Sitting and Walking: Teisho 1: Simplicity (23 minutes)
- Combined sitting during the 0-sesshin: Sitting and Walking: Teisho 2: Water Moves Water (34 minutes)

September 21st to September 28th

- General sitting Saturday, September 21st: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 8: The Purpose of the Sutras (23 minutes)
- Formal sitting Sunday, September 22nd: SAKN The Forms of Intelligent Reality by Zen Master Anzan Hoshin: Teisho 4: The Radiance of Skin, Meat, Bones, and Marrow: Reading of "Himitsu no Katto" by Anzan Daiko zenji (31 minutes)
- Associate sittings Monday, September 23rd and Thursday, September 26th: The Posture of Practice by Shikai Zuiko o-sensei: Dharma Talk 2: Kinhin: The Dignity of the Buddhas (14 minutes)
- General sitting Saturday, September 27th: Seeing Eye to Eye: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's "Yuibutsu Yobutsu": Reading of Eihei Dogen zenji's "Yoibutsu Yubutsu: Buddha Meets Buddha" (22 minutes)

September 14th to 21st, 2024

- General sitting Saturday, September 14th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 7: The Twelve Divisions of the Sutras (19 minutes)
- September Sesshin Saturday afternoon September 14th, September 14th: SAKN: Presencing the Open Body by Ven. Anzan Hoshin roshi, Teisho 5: Opening Past Everything
- September Sesshin Saturday evening September 14th: SAKN: Tathagatagarbha Teisho 1: Does a Dog Have Buddha Nature?
- Associate sittings Monday, September 16th and Thursday, September 19th: The Posture of Practice by Shikai Zuiko o-sensei: Dharma Talk 1: Zazen (23 minutes)

September 7th to September 14th

- General sitting Saturday, September 7th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 6: The Paramitas (16 minutes)
- Formal sitting Sunday, September 8th: SAKN: The Forms of Intelligent Reality by Zen Master Anzan Hoshin: Teisho 3: The Pattern of Changes (46 minutes)
- Associate sittings Monday, September 9th and Thursday, September 12th: The Point of the Posture and What It Points To by Jinmyo sensei (21 minutes)
- General sitting Saturday, September 14th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 7: The Twelve Divisions of the Sutras (19 minutes)
- September Sesshin Saturday afternoon, September 14th: SAKN: Presencing the Open Body by Ven. Anzan Hoshin roshi, Teisho 5: Opening Past Everything
- September Sesshin Saturday evening: SAKN: Tathagatagarbha by Ven. Anzan Hoshin roshi, Teisho 1: Does a Dog Have Buddha Nature?

August 31st to September 7th, 2024

- General sitting Saturday, August 31st: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 5: The Four Noble Truths and Interdependent Emergence (23 minutes)
- Formal sitting Sunday, September 1st: SAKN: The Forms of Intelligent Reality by Zen Master Anzan Hoshin: Teisho 2: Moving in Ocean Seal: Reading of "Scattered Notes on the Daruma Kata" by Sogaku Hakukaze zenji (32 minutes)
- Associate sittings Monday, September 2nd and Thursday, September 2nd: Before Thinking: Foundations of Zen Practice by Zen Master Anzan Hoshin: Dharma Talk 71: Spiders, Life, Death, and Understanding (9 minutes)
- General sitting Saturday, September 7th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 6: The Paramitas (16 minutes)

August 24th to August 31st, 2024

- General sitting Saturday, August 24th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 4: "Yes?" (22 minutes)
- Formal sitting Sunday, August 25th: SAKN: The Forms of Intelligent Reality by Zen Master Anzan Hoshin: Teisho 2: Moving in Ocean Seal: Reading of "Scattered Notes on the Daruma Kata" by Sogaku Hakukaze zenji (32 minutes)
- Associate sittings Monday, August 26th and Thursday, August 29th: Before Thinking: Foundations of Zen Practice by Zen Master Anzan Hoshin: Dharma Talk 70: Ordinary (16 minutes)
- General sitting Saturday, August 31st: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 5: The Four Noble Truths and

Interdependent Emergence (23 minutes)

August 17th to 24th, 2024

- General sitting Saturday, August 17th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 3: Turning and Shining (24 minutes)
- Formal sitting Sunday, August 18th: SAKN: The Forms of Intelligent Reality by Zen Master Anzan Hoshin: Teisho 1: Once Upon a Time in the Ocean of Reality (36 minutes)
- Associate sittings Monday, August 19th and Thursday, August 22nd: Before Thinking: Foundations of Zen Practice by Zen Master Anzan Hoshin: Dharma Talk 69: Easy, Difficult (19 minutes)
- General sitting Saturday, August 24th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 4: "Yes?" (22 minutes)

August 10th to August 17th, 2024

- General sitting Saturday, August 10th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 2: The Whole Dharma as a Whole (27 minutes)
- August sesshin playback for monastics and deshi, Saturday, August 10th: SAKN Presencing the Open Body: Teisho 5: Opening Past Everything (45 minutes)
- Associate sittings Monday, August 12th and Thursday, August 15th: Before Thinking: Foundations of Zen Practice by Zen Master Anzan Hoshin: Dharma Talk 68: A Jewel in Bright Light (9 minutes)
- General sitting Saturday August 17th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo:

The Buddha's Sutras: Teisho 3: Turning and Shining (24 minutes)

Schedule for August 3rd to August 10th:

- General sitting Saturday August 3rd: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 1: Buddha's Sutras and Sutra-Buddhas. (19 minutes)
- Formal sitting Sunday, August 4th: SAKN: The Forms of Intelligent Reality by Zen Master Anzan Hoshin: Teisho 1: Once Upon a Time in the Ocean of Reality (36 minutes).
- Associate sittings Monday, August 5th and Thursday, August 8th: Before Thinking: Foundations of Zen Practice by Zen Master Anzan Hoshin: Dharma Talk 67: Feeling (8 minutes)
- General sitting Saturday August 10th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 2: The Whole Dharma as a Whole (27 minutes)

Saturday, July 27th to Saturday, August 3rd, 2024

- General sitting Saturday July 27th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Reading of "Bukkyo: The Buddha's Sutras". 31 minutes.
- Formal sitting Sunday, July 28th: SAKN: Four Energies by Zen Master Anzan Hoshin. Teisho 2: The Four Energies (morning teisho) (41:16 minutes)
- Associate sittings Monday, July 29th and Thursday, August 1st: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: Dharma Talk 66: Exposure (12:36 minutes)à
- General sitting Saturday August 3rd: The Thread of the

Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Teisho 1: Buddha's Sutras and Sutra-Buddhas. (19:59 minutes)

Saturday, July 20th to Saturday, July 27th:

- General sitting Saturday July 20th: Without Difficulty: Zen Master Anzan Hoshin's commentaries on Jianzhi Sengcan's "Xinxin Ming: Words on Trusting Awareness": Teisho 25: Three Cases of Zhaozhou, part two (Hekiganroku Cases 57-59), (November 11, 2006), 20 minutes.
- Formal sitting Sunday, July 21st: SAKN: Four Energies. Teisho 1 of 2: Introduction: The Current of Feeling (morning teisho) January 15, 1994. 31 minutes.
- Associate sittings Monday, July 22nd and Thursday, July 25th: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Shadows and Colours" (65 of 71). 18 minutes.
- General sitting Saturday July 27th: The Thread of the Buddhas: Zen Master Anzan Hoshin's Commentaries on Bukkyo: The Buddha's Sutras: Reading of "Bukkyo: The Buddha's Sutras". 31 minutes.

Saturday, July 13th to Saturday, July 20th, 2024:

- General sitting Saturday July 13th: "Without Difficulty: Zen Master Anzan Hoshin's commentaries on Jianzhi Sengcan's "Xinxin Ming: Words on Trusting Awareness": "Three Cases of Zhaozhou part one (Hekiganroku Cases 57-59)" (teisho 24), 18 minutes.
- Associate sittings Monday July 15th and Thursday July 18th: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Breathe This Breeze" (64 of 71, 8 minutes)

- General sitting Saturday July 20th: “Without Difficulty: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: Teisho 25: Three Cases of Zhaozhou part two (Hekiganroku Cases 57-59), (November 11, 2006), 20 minutes.

Saturday, July 6th to Saturday, July 13th

- Saturday, July 6th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Zhoushou Does Not Abide (Hekiganroku 2)” (teisho 23 of 25, 21 minutes)
- Monday, July 8th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “How We Mean” (62 of 71, 8 minutes)
- Thursday, July 11th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “How We Mean” (62 of 71, 8 minutes)
- Saturday, July 13th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Three Cases of Zhaozhou part one (Hekiganroku 57-59)” (teisho 24 of 25, 18 minutes)

Saturday, June 29th to Saturday, July 6th

- Monday, July 1st associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Feet First” (63 of 71, 15 minutes)
- Thursday, July 4th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Feet First” (63 of 71, 15 minutes)
- Saturday, July 6th general sitting: “Without Difficulty”:

Zen Master Anzan Hoshin's commentaries on Jianzhi Sengcan's "Xinxin Ming: Words on Trusting Awareness": "Zhouzhou Does Not Abide (Hekiganroku 2)" (teisho 23 of 24, 21 minutes)

Saturday, June 22nd to Saturday, June 29th

- Saturday, June 22nd general sitting: "Without Difficulty": Zen Master Anzan Hoshin's commentaries on Jianzhi Sengcan's "Xinxin Ming: Words on Trusting Awareness": "Shinjin Funi, Shinjin Datsaraku" (teisho 22 of 24, 20 minutes)
- Monday, June 24th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "How We Mean" (62 of 71, 10 minutes)
- Thursday, June 27th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "How We Mean" (62 of 71, 10 minutes)

Saturday, June 15th to Saturday, June 22nd

- Saturday, June 15th general sitting: "Without Difficulty": Zen Master Anzan Hoshin's commentaries on Jianzhi Sengcan's "Xinxin Ming: Words on Trusting Awareness": "One Thing" (teisho 21 of 25, 24 minutes)
- Sunday, June 16th formal sitting: SAKN The Self-Secret Matrix of the Total Field: "Jodo-e: Teaching the Unteachable" (5 of 5, 18 minutes)
- Monday, June 17th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Choice" (61 of 71, 11 minutes)
- Thursday, June 20th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Choice" (61 of 71, 11 minutes)

- Saturday, June 22nd general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Shinjin Funi, Shinjin Datsaraku” (teisho 22 of 24, 20 minutes)

Saturday, June 1st to Saturday, June 8th

- Saturday, June 1st general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “The Importance of Earnestly Being” (teisho 19 of 25, 28 minutes)
- Sunday, June 2nd formal sitting: SAKN The Self-Secret Matrix of the Total Field: Class 2: “Ki” and “Final Comment” (part 2)
- Monday, June 3rd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Four Ways of Working with Energy” (59 of 71, 18 minutes)
- Thursday, June 5th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Four Ways of Working with Energy” (59 of 71, 18 minutes)
- Saturday, June 8th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Existence Stands Out” (teisho 20 of 25, 20 minutes)

Recorded teisho playback schedule during the June Sesshin.

- Saturday, June 8th: SAKN Presencing the Open Body: “The Fundamental Process of Self-image” (4 of 5, 36 minutes)

Saturday, June 1st to Saturday, June 8th

- Saturday, June 1st general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “The Importance of Earnestly Being” (teisho 19 of 25, 28 minutes)
- Sunday, June 2nd formal sitting: SAKN The Self-Secret Matrix of the Total Field: “Only Knowing Is” (4 of 5, 22 minutes)
- Monday, June 3rd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Four Ways of Working with Energy” (59 of 71, 18 minutes)
- Thursday, June 5th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Four Ways of Working with Energy” (59 of 71, 18 minutes)
- Saturday, June 8th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Existence Stands Out” (teisho 20 of 25, 20 minutes)

Saturday, May 25th to Saturday, June 1st

- Saturday, May 25th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Wise Up, Down, and All Around” (teisho 18 of 24, 18 minutes)
- Sunday, May 26th formal sitting: SAKN The Self-Secret Matrix of the Total Field: Class 2: “Ki” and “Final Comment” (4 and 5 of 7, 70 minutes)
- Monday, May 27th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Names” (58 of 71, 11 minutes)
- Thursday, May 30th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin:

“Names” (58 of 71, 11 minutes)

- Saturday, June 1st general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “The Importance of Earnestly Being” (teisho 19 of 24)

Saturday, May 18th to Saturday, May 25th

- Saturday, May 18th combined sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Tenderness” (56 of 71, 14 minutes)
- Monday, May 20th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Samu” (57 of 71, 14 minutes)
- Thursday, May 23rd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Samu” (57 of 71, 14 minutes)
- Saturday, May 25th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Wise Up, Down, and All Around” (teisho 18 of 24, 18 minutes)

Saturday, May 11th to Saturday, May 18th

- Saturday, May 11th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Water Within Water” (teisho 17 of 24, 21 minutes)
- Sunday, May 12th formal sitting: SAKN The Self-Secret Matrix of the Total Field: “Class 1: Kokyo” (3 of 8)
- Saturday, May 18th combined sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Tenderness” (56 of 71, 14 minutes)

Recorded teisho playback during the Sogaku-ki O-sesshin

- Monday, May 13th: SAKN Questioning the Enigma: “To Be and Not to Be” (2 of 4, 38 minutes)
- Tuesday, May 14th: SAKN Questioning the Enigma: “Questioning the Enigma” (3 of 4, 37 minutes)
- Wednesday, May 15th: SAKN Questioning the Enigma: “Dukkha is Bad Space” (4 of 4, 48 minutes)
- Thursday, May 16th: SAKN Questioning the Enigma: “The Paradox of Absence and Contraction” (1 of 5, 26 minutes)
- Friday, May 17th: SAKN Presencing the Open Body: “Where is Your Face?” (2 of 5, 15 minutes)
- Saturday, May 18th: SAKN Presencing the Open Body: “Objectifying Experience” (3 of 5, 24 minutes)

Saturday, May 4th to Saturday, May 11th

- Saturday, May 4th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “The Practice of Entrusting” (teisho 16 of 24, 24 minutes)
- Sunday, May 5th formal sitting: SAKN The Self-Secret Matrix of the Total Field: Chanting of the Gohon Shingon (1 of 8,
- Monday, May 6th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Pivot” (55 of 71, 9 minutes)
- Thursday, May 9th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Pivot” (55 of 71, 9 minutes)
- Saturday, May 11th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Water Within Water” (teisho 17 of 24, 21 minutes)

Saturday, April 27th to Saturday, May 4th

- Saturday, April 27th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Resting in Motion” (teisho 15 of 24, 18 minutes)
- Sunday, April 28th formal sitting: SAKN The Horizon of Knowing by Ven. Anzan Hoshin roshi: “Facets of Radiance” (2 of 2, 32 minutes)
- Monday, April 29th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Spring” (54 of 71, 8 minutes)
- Thursday, May 2nd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Spring” (54 of 71, 8 minutes)
- Saturday, May 4th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “The Practice of Entrusting” (teisho 16 of 24, 24 minutes)

Saturday, April 20th to Saturday, April 27th

- Saturday, April 20th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “A Single Suchness” (teisho 14 of 24, 16 minutes)
- Monday, April 22nd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “So Much To Say” (53 of 71, 9 minutes)
- Thursday, April 25th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “So Much To Say” (53 of 71, 9 minutes)

- Saturday, April 27th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Resting in Motion” (teisho 15 of 24, 18 minutes)

Saturday, April 13th to Saturday, April 20th

- Saturday, April 13th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Satori and Fleurs du Mal” (teisho 13 of 24, 19 minutes)
- Monday, April 15th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Waters Original Sound” (52 of 71, 9 minutes)
- Thursday, April 18th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Waters Original Sound” (52 of 71, 9 minutes)
- Saturday, April 20th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “A Single Suchness” (teisho 14 of 24, 16 minutes)

Saturday, April 6th to Saturday, April 13th

- Saturday, April 6th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Not Holding the Mind” (teisho 12 of 24, 20 minutes)
- Sunday, April 7th formal sitting: SAKN The Horizon of Knowing by Ven. Anzan Hoshin roshi: “The Dawn of Radiance” (teisho 1 of 2, 32 minutes)

- Monday, April 8th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Hello Goodbye” (51 of 71, 4 minutes)
- Thursday, April 11th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Hello Goodbye” (51 of 71, 4 minutes)
- Saturday, April 13th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Satori and Fleurs du Mal” (teisho 13 of 24, 19 minutes)

Saturday, March 30th to Saturday, April 6th

- Saturday, March 30th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Wuwei” (teisho 11 of 24, 19 minutes)
- Sunday, March 31st formal sitting: SAKN The Drift of Meaning by Ven. Anzan Hoshin roshi: “Knowing Is” (7 of 7, 25 minutes)
- Monday, April 1st associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Hear the World” (50 of 71, 5 minutes)
- Thursday, April 4th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Hear the World” (50 of 71, 5 minutes)
- Saturday, April 6th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Not Holding the Mind” (teisho 12 of 24, 20 minutes)

Saturday, March 23rd to Saturday, March 30th

- Monday, March 25th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Sky Talking” (49 of 71, 13 minutes)
- Thursday, March 28th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Sky Talking” (49 of 71, 13 minutes)
- Saturday, March 30th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Wuwei” (teisho 11 of 24, 19 minutes)

Saturday, Saturday, March 16th to Saturday, March 23rd

Please note: Due to an error during the playback at the recent Monday evening associate sitting we shall be repeating the Dharma Talk “Saying the Word Fire Does Not Burn the Mouth” this week.

- Saturday, March 16th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “The One Way is All Directions” (teisho 10 of 24, 24 minutes)
- Sunday, March 17th formal sitting: SAKN The Drift of Meaning by Ven. Anzan Hoshin roshi: “Feeling into Sambhogakaya: Ocean Seal Instruction” (6 of 7, 32 minutes)
- Monday, March 18th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Saying the Word Fire Does Not Burn the Mouth” (48 of 71, 9 minutes)
- Thursday, March 21st associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Saying the Word Fire Does Not Burn the Mouth” (48 of 71, 9 minutes)

Saturday, Saturday, March 9th to Saturday, March 16th

- Saturday, March 9th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Straying, Dimming, Sinking, Rotting, Flowering” (teisho 9 of 24, 22 minutes)
- Monday, March 11th associate sitting: “”Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Saying the Word Fire Does Not Burn the Mouth” (48 of 71, 9 minutes)
- Thursday, March 14th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Saying the Word Fire Does Not Burn the Mouth” (48 of 71, 9 minutes)
- Saturday, March 16th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “The One Way is All Directions” (teisho 10 of 24, 24 minutes)

Recorded teisho playback during the March Sesshin:

- Saturday, March 9th: SAKN The Anatomy of Awakening: “Feeling into Knowing: Sagara Mudra Samadhi” (10 of 10, 31 minutes)

Saturday, Saturday, March 2nd to Saturday, March 9th

- Saturday, March 2nd, general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Vast Intimacy Is All That Is” (teisho 8 of 24)
- Sunday, March 3rd formal sitting: SAKN The Drift of Meaning by Ven. Anzan Hoshin roshi: “Configurations of

Meaning" (5 of 7, 38 minutes)

- Monday, March 4th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Surrender" (47 of 71, 9 minutes)
- Thursday, March 7th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Surrender" (47 of 71, 9 minutes)
- Saturday, March 9th general sitting: "Without Difficulty": Zen Master Anzan Hoshin's commentaries on Jianzhi Sengcan's "Xinxin Ming: Words on Trusting Awareness": "Straying, Dimming, Sinking, Rotting, Flowering" (teisho 9 of 24)

Saturday, February 24th to Saturday, March 2nd

- Saturday, February 24th general sitting: "Wandering on Medicine Mountain": Zen Master Anzan Hoshin's commentaries on "Medicine Mountain": The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: "Unthinkable" (teisho 8 of 22, 29 minutes)
- Sunday, February 25th formal sitting: SAKN The Drift of Meaning by Ven. Anzan Hoshin roshi: "Set Adrift" (4 of 7, 27 minutes)
- Monday, February 26th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "New Years Resolution" (46 of 71, 9 minutes)
- Thursday, February 29th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "New Years Resolution" (46 of 71, 9 minutes)
- Saturday, March 2nd, general sitting: "Wandering on Medicine Mountain": Zen Master Anzan Hoshin's commentaries on "Medicine Mountain": The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: "Going Home" (teisho 9 of 22, 20 minutes)

Saturday, February 17th to Saturday, February 24th

- Saturday, February 17th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Don’t Swerve” (7 of 26, 18 minutes)
- Sunday, February 18th formal sitting: SAKN The Drift of Meaning by Ven. Anzan Hoshin roshi: “Speaking, Seeing, Feeling, Meaning” (3 of 7, 33 minutes)
- Monday, February 19th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Christmas Gift” (45 of 71, 5 minutes)
- Thursday, February 22nd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Christmas Gift” (45 of 71, 5 minutes)
- Saturday, February 24th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Unthinkable” (teisho 8 of 22, 29 minutes)

Saturday, February 10th to Saturday, February 17th

- Saturday, February 10th combined sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Thoughts” (44 of 71, 4 minutes)
- Saturday, February 17th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Don’t Swerve” (7 of 26, 18 minutes)

Recorded teisho playback during the Nehan O-sesshin

- Saturday, February 10th: SAKN The Anatomy of Awakening:

“Knowing as Feeling” (3 of 9, 35 minutes)

- Sunday, February 11th: SAKN The Anatomy of Awakening: “Hearing and Speaking” (4 of 9, 25 minutes)
- Monday, February 12th: SAKN The Anatomy of Awakening: “Tasting, Smelling, and Seeing Light” (5 of 9, 24 minutes)
- Tuesday, February 13th: SAKN The Anatomy of Awakening: “The Matter of Consciousness” (6 of 9, 23 minutes)
- Wednesday, February 14th: SAKN The Anatomy of Awakening: “Mudra” (7 of 9, 26 minutes)
- Thursday, February 15th: SAKN The Anatomy of Awakening: “Strategies of Transcendence” (8 of 9, 34 minutes)

Saturday, February 3rd to Saturday, February 10th

- Saturday, February 3rd general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Ideas of Emptiness and Oneness” (6 of 26, 19 minutes)
- Sunday, February 4th formal sitting: SAKN The Drift of Meaning: “What Does Meaning Meant?” (2 of 7, 27 minutes)
- Monday, February 5th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Cycles” (43 of 71, 9 minutes)
- Thursday, February 8th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Cycles” (43 of 71, 9 minutes)
- Saturday, February 10th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Don’t Swerve” (7 of 26, 18 minutes)

Saturday, January 27th to Saturday, February 3rd

- Saturday, January 27th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Not For or Against” (5 of 26, 22 minutes)
- Sunday, January 28th formal sitting: SAKN The Drift of Meaning by Zen Master Anzan Hoshin: “Catch My Drift?” (1 of 7, 25 minutes)
- Monday, January 29th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Welcome” (42 of 71, 7 minutes)
- Thursday, February 1st associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Welcome” (42 of 71, 7 minutes)
- Saturday, february 3rd general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”: “Ideas of Emptiness and Oneness” (6 of 26, 19 minutes)

Saturday, January 20th to Saturday, January 27th

- Saturday, January 20th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Wunan, Bunan. Just Do It!” (4 of 26, 17 minutes)
- Sunday, January 21st formal sitting: “SAKN Releasing by Zen Master Anzan Hoshin: “Opening...Past...Everything” (5 of 5, 22 minutes)
- Monday, January 22nd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Yes, No, Maybe” (41 of 71, 11 minutes)
- Thursday, January 25th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Yes, No, Maybe” (41 of 71, 11 minutes)

- Saturday, January 27th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Not For or Against” (5 of 26, 22 minutes)

Saturday, January 13th to Saturday, January 20th

- Saturday, January 13th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Faith in Mind, Trusting Awareness” (3 of 26, 21 minutes)
- Monday, January 15th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “I Hate This” (40 of 71, 12 minutes)
- Thursday, January 18th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “I Hate This” (40 of 71, 12 minutes)
- Saturday, January 20th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Wunan, Bunan. Just Do It!” (4 of 26, 17 minutes)

Recorded teisho playback during the January Sesshin

- Saturday, January 13th: SAKN The Anatomy of Awakening: “Living the Body” (2 of 9, 32 minutes)

Saturday, December 30th to Saturday, January 6th

- Saturday, December 30th general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”; reading of the text. (1 of 26, 11 minutes)
- Sunday, December 31st formal sitting: SAKN Releasing by

Zen Master Anzan Hoshin: "How Do You Do? Anything At All?"
(3 of 5, 37 minutes)

- Monday, January 1st associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "So Absurd" (38 of 71, 8 minutes)
- Thursday, January 4th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "So Absurd" (38 of 71, 8 minutes)
- Saturday, January 6th general sitting: "Without Difficulty": Zen Master Anzan Hoshin's commentaries on Jianzhi Sengcan's "Xinxin Ming: Words on Trusting Awareness": "It Wasn't Sengcan" (2 of 26, 24 minutes)

Saturday, December 23rd to Saturday, December 30th

- Saturday, December 23rd general sitting: "Without Difficulty": Zen Master Anzan Hoshin's commentaries on Jianzhi Sengcan's "Xinxin Ming: Words on Trusting Awareness"; reading of the text. (1 of 26, 11 minutes)
- Sunday, December 24th formal sitting: SAKN Releasing by Zen Master Anzan Hoshin: "Unobstructed" (2 of 5, 22 minutes)
- Monday, December 25th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Confusion" (37 of 71, 9 minutes)
- Thursday, December 28th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Confusion" (37 of 71, 9 minutes)
- Saturday, December 30th general sitting: "Without Difficulty": Zen Master Anzan Hoshin's commentaries on Jianzhi Sengcan's "Xinxin Ming: Words on Trusting Awareness": "It Wasn't Sengcan" (2 of 26, 24 minutes)

Saturday, December 16th to Saturday, December 23rd

- Saturday, December 16th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Yaoshan’s ‘You Don’t Understand’” (22 of 22, 19 minutes)
- Sunday, December 17th formal sitting: SAKN Releasing by Zen Master Anzan Hoshin: “Lankavatara: A reading of the text” (1 of 5, 6 minutes)
- Monday, December 18th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Pisspot of Life” (36 of 71, 5 minutes)
- Thursday, December 21st associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Pisspot of Life” (36 of 71, 5 minutes)
- Saturday, December 23rd general sitting: “Without Difficulty”: Zen Master Anzan Hoshin’s commentaries on Jianzhi Sengcan’s “Xinxin Ming: Words on Trusting Awareness”; reading of the text. (1 of 26, 11 minutes)

Saturday, December 9th to Saturday, December 16th

- Saturday, December 9th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Yaoshan’s Shout” (21 of 22, 16 minutes)
- Sunday, December 10th formal sitting: SAKN Five Spheres of SAKN: “Any Questions?” by Zen Master Anzan Hoshin (7 of 7, 27 minutes)
- Monday, December 11th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Mirroring” (35 of 71, 9 minutes)

- Thursday, December 14th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Mirroring” (35 of 71, 9 minutes)
- Saturday, December 16th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Yaoshan’s ‘You Don’t Understand’” (22 of 22, 19 minutes)

Saturday, December 2nd to Saturday, December 9th

- Saturday, December 2nd combined sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Sunflower” (34 of 71, 8 minutes)
- Saturday, December 9th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Yaoshan’s Shout” (21 of 22, 16 minutes)

Recorded teisho playback during the Rohatsu O-sesshin:

- Saturday, December 2nd: SAKN Root Cycle Five: “The End of All Knowledge” (1 of 5, 8 minutes)
- Sunday, December 3rd: SAKN Root Cycle Five: “Beyond the Fields” (2 of 5, 25 minutes)
- Monday, December 4th: SAKN Root Cycle Five: “The Collapse of SAKN” (3 of 5, 20 minutes)
- Tuesday, December 5th: SAKN Root Cycle Five: “Unborn” (4 of 5, 21 minutes)
- Wednesday, December 6th: SAKN Root Cycle Five: “Just This” (5 of 5, 13 minutes)
- Thursday, December 7th: SAKN The Anatomy of Awakening: “The Anatomy of Awakening” (1 of 9, 18 minutes)

Saturday, November 25th to Saturday, December 2nd

- Saturday, November 25th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “The Way of Clouds and Water” (20 of 22, 19 minutes)
- Sunday, November 26th formal sitting: SAKN Five Spheres of SAKN: “4th and 5th Spheres, Everywhere and All At Once” (6 of 7, 29 minutes)
- Monday, November 27th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “All Kinds of Cats” (33 of 71, 7 minutes)
- Thursday, November 30th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “All Kinds of Cats” (33 of 71, 7 minutes)
- Saturday, December 2nd combined sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Sunflower” (34 of 71, 8 minutes)

Saturday, November 18th to Saturday, November 25th

- Saturday, November 18th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Balls of Mud” (19 of 22, 21 minutes)
- Sunday, November 19th formal sitting: SAKN Five Spheres of SAKN: “Guest Meets Host” by Zen Master Anzan Hoshin (5 of 7, 28 minutes)
- Monday, November 20th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Open Heart” (32 of 71, 5 minutes)
- Thursday, November 23rd associate sitting: “Before

Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Open Heart” (32 of 71, 5 minutes)

- Saturday, November 25th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “The Way of Clouds and Water” (20 of 22, 19 minutes)

Saturday, November 11th to Saturday, November 18th

- Saturday, November 11th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Gao” (18 of 22, 22 minutes)
- Monday, November 13th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Garden” (31 of 71, 7 minutes)
- Thursday, November 16th, associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Garden” (31 of 71, 7 minutes)
- Saturday, November 18th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Balls of Mud” (19 of 22, 21 minutes)

Recorded teisho to be played during November Sesshin

- SAKN Root Cycle Four: Moving in Knowing – “Always Moving” (teisho 5 of 5, 2 minutes)

Saturday, November 4th to Saturday, November 11th

- Saturday, November 4th general sitting: “Wandering on

Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “At Rest” (17 of 22, 22 minutes)

- Sunday, November 5th formal sitting: SAKN Five Spheres of SAKN by Zen Master Anzan Hoshin: “Practising Nothing” (4 of 7, 24 minutes)
- Monday, November 6th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Motives” (30 of 71, 13 minutes)
- Thursday, November 9th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Motives” (30 of 71, 13 minutes)
- Saturday, November 11th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Gao” (18 of 22, 22minutes)

Saturday, October 28th to Saturday, November 4th

- Saturday, October 28th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Oxen” (16 of 22, 19 minutes)
- Sunday, October 29th formal sitting: SAKN: Five Spheres of SAKN by Zen Master Anzan hoshin: “Content and Context: 1st and 2nd Spheres” (3 of 7, 22 minutes)
- Monday, October 30th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Top of the Mountain” (29 of 71, 12 minutes)
- Thursday, November 2nd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Top of the Mountain” (29 of 71, 12 minutes)
- Saturday, October 4th general sitting: “Wandering on

Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “At Rest” (17 of 22, 22 minutes)

Saturday, October 21st to Saturday, October 28th

- Saturday, October 21st general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “A Dog’s Mouth” (teisho 15 of 22, 18 minutes)
- Sunday, October 22nd formal sitting: SAKN: Five Spheres of SAKN by Zen Master Anzan Hoshin: “Dongshan’s Wu-Wei” (2 of 7, 21 minutes)
- Monday, October 23rd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Game” (28 of 71, 7 minutes)
- Thursday, October 26th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Game” (28 of 71, 7 minutes)
- Saturday, October 28th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Oxen” (16 of 22, 19 minutes)

Saturday, October 14th to Saturday, October 21st

- Saturday, October 14th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Bodhidharma’s Meaning” (teisho 14 of 22, 19 minutes)
- Monday, October 16th associate sitting: “Before Thinking:

Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Gong” (27 of 71, 5 minutes)

- Thursday, October 19th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Gong” (27 of 71, 5 minutes)
- Saturday, October 21st general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “A Dog’s Mouth” (teisho 15 of 22, 18 minutes)

Saturday, October 7th to Saturday, October 14th

- Saturday, October 7th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Magic” (teisho 13 of 22, 22 minutes)
- Monday, October 9th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “What Makes Sense” (26 of 71, 9 minutes)
- Thursday, October 12th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “What Makes Sense” (26 of 71, 9 minutes)
- Saturday, October 14th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Bodhidharma’s Meaning” (teisho 14 of 22, 19 minutes)

Saturday, September 30th to Saturday, October 7th

- Saturday, September 30th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries

on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Yaoshan Solves a Problem” (teisho 12 of 22, 23 minutes)

- Sunday, October 1st formal sitting: SAKN: Five Spheres of SAKN: “No Thing Stands Prior” (teisho 1 of 7, 36 minutes)
- Saturday, October 7th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Bodhidharma’s Meaning” (teisho 14 of 22, 19 minutes)

Recorded teisho playback during the Daruma-ki O-sesshin:

- Monday, October 2nd – SAKN Root Cycle Three: Aware Space: “Surrender into Radiance” (teisho 7 of 8, 12 minutes)
- Tuesday, October 3rd – SAKN Root Cycle Three: Aware Space: “The Spectrum of Radiance” (teisho 8 of 8, 14 minutes)
- Wednesday, October 4th – SAKN Root Cycle Four: Moving in Knowing: “Motion” (teisho 1 of 5, 28 minutes)
- Thursday, October 5th – SAKN Root Cycle Four: Moving in Knowing: “Unknown Knowing” (2 of 5, 32 minutes)
- Friday, October 6th – SAKN Root Cycle Four: Moving in Knowing: “Finite and Infinite Motion: The Total Field of All Possibilities” (3 of 5, 31 minutes)
- Saturday, October 7th – SAKN Root Cycle Four: Moving in Knowing: “Tantra is Unnecessary” (4 of 5, 20 minutes)

Saturday, September 16th, to Saturday, September 23rd.

- Saturday, September 16th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “The Highest Mountain, the Floor of the Deepest Ocean” (teisho 11 of 22, 22 minutes)

- Sunday, September 17th formal sitting: “SAkN: Dimensions of Space by Ven. Anzan Hoshin roshi: “Exploring Spaces” (8 of 8, 19 minutes)
- Monday, September 18th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Understanding” (23 of 71, 13 minutes)
- Thursday, September 21st associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Understanding” (23 of 71, 13 minutes)

Saturday, September 9th, to Saturday, September 16th.

- Saturday, September 9th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Layman Pang’s Good Start” (teisho 10 of 22, 23 minutes)
- Sunday, September 10th formal sitting: SAKN: Dimensions of Space by Ven. Anzan Hoshin roshi: “Outshining” (7 of 8, 13 minutes)
- Monday, September 11th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Before Thinking” (22 of 71, 7 minutes)
- Thursday, September 14th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Before Thinking” (22 of 71, 7 minutes)
- Saturday, September 16th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “The Highest Mountain, the Floor of the Deepest Ocean” (teisho 11 of 22, 22 minutes)

Saturday, September 2nd, to Saturday, September 9th

- Saturday, September 2nd general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Going Home” (teisho 9 of 22, 20 minutes)
- Sunday, September 3rd formal sitting: SAKN: Dimensions of Space by Ven. Anzan Hoshin roshi: “Space Is Not A Space” (6 of 8, 29 minutes)
- Monday, September 4th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Jewel of the Sky” (21 of 71, 7 minutes)
- Thursday, September 7th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Jewel of the Sky” (21 of 71, 7 minutes)
- Saturday, September 9th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Layman Pang’s Good Start” (teisho 10 of 22, 23 minutes)

Saturday, August 19th to Saturday, August 26th, 2023

- Saturday, August 19th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Yaoshan Sits Down and Gets Up” (teisho 7 of 22, 26 minutes)
- Sunday, August 20th formal sitting: “SAKN: Dimensions of Space by Ven. Anzan Hoshin roshi: “Dimensions of Bodily Space” (3 of 8, 24 minutes)
- Monday, August 21st associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Primordial Space” (19 of 71, 9 minutes)
- Thursday, August 24th associate sitting: “Before Thinking:

Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Primordial Space” (19 of 71, 9 minutes)

- Saturday, August 26th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Unthinkable” (teisho 8 of 22, 29 minutes)

Saturday, August 12th, 2023 to Saturday, August 19th, 2023

- Saturday, August 12th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Yaoshan’s Single Phrase” (teisho 6 of 22, 19 minutes)
- Monday, August 14th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Using It Without Knowing It” (18 of 71, 8 minutes)
- Thursday, August 17th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Using It Without Knowing It” (18 of 71, 8 minutes)
- Saturday, August 19th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Yaoshan Sits Down and Gets Up” (teisho 7 of 22, 26 minutes)

Saturday, August 5th to Saturday, August 12th, 2023

- Saturday, August 5th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “The Source of Wisdom” (teisho 5 of 22, 23 minutes)

- Sunday, August 6th formal sitting: SAKN: Dimensions of Space by Ven. Anzan Hoshin roshi: “Dimensions of Bodily Space” (3 of 8, 24 minutes)
- Monday, August 7th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Beginners Mind Workshop Part 2” (17 of 71, 13 minutes)
- Thursday, August 10th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Beginners Mind Workshop Part 2” (17 of 71, 13 minutes)
- Saturday, August 12th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Yaoshan’s Single Phrase” (teisho 6 of 22, 19 minutes)

Recorded teisho schedule - Saturday, July 29th to Saturday, August 5th, 2023

- Saturday, July 29th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Shit, Bowls, Lion, and a Knife” (teisho 4 of 22, 21 minutes)
- Sunday, July 30th formal sitting: “SAKN: Dimensions of Space” by Ven. Anzan Hoshin roshi: “Speaking of Space” (teisho 2 of 8, 24 minutes)
- Monday, July 31st associate sitting: “Before Thinking: Foundations of Zen Practice” by Ven. Anzan Hoshin roshi: “Beginner’s Mind Workshop Part 1” (16 of 71, 20 minutes)
- Thursday, August 3rd associate sitting: “Before Thinking: Foundations of Zen Practice” by Ven. Anzan Hoshin roshi: “Beginner’s Mind Workshop Part 1” (16 of 71, 20 minutes)
- Saturday, August 5th general sitting: Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of

Zen Master Yaoshan Weiyan: " The Source of Wisdom" (teisho 5 of 22, 23 minutes)

Saturday, Saturday, July 22nd to Saturday, July 29th, 2023

- Saturday, July 22nd general sitting: "Wandering on Medicine Mountain": Zen Master Anzan Hoshin's commentaries on "Medicine Mountain": The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: "Try to Lift It" (teisho 3 of 22, 17 minutes)
- Sunday, July 23rd formal sitting: SAKN: Dimensions of Space by Ven. Anzan Hoshin roshi: "Opening the Space of Understanding" (1 of 8, 22 minutes)
- Monday, July 24th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "The Arising of Spring" (15 of 71, 6 minutes)
- Thursday, July 27th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "The Arising of Spring" (15 of 71, 6 minutes)
- Saturday, July 29th "Wandering on Medicine Mountain": Zen Master Anzan Hoshin's commentaries on "Medicine Mountain": The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: "Shit, Bowls, Lion, and a Knife" (teisho 4 of 22, 21 minutes)

Saturday, July 15th to Saturday, July 22nd, 2023

- Saturday, July 15th general sitting: "Wandering on Medicine Mountain": Zen Master Anzan Hoshin's commentaries on "Medicine Mountain": The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: "Planting Flowers on a Stone" (teisho 2 of 22, 23 minutes)
- Sunday, July 16th formal sitting: SAKN: Infinite Infinities by Ven. Anzan Hoshin roshi: "Bright Darkness"

(7 of 7, 19 minutes)

- Monday, July 17th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Rabbit-Killing Tree” (14 of 71, 18 minutes)
- Thursday, July 20th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Rabbit-Killing Tree” (14 of 71, 18 minutes)
- Saturday, July 22nd general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Try to Lift It” (teisho 3 of 22, 17 minutes)

Saturday, Saturday, July 8th to Saturday, July 15th, 2023

- Saturday, July 8th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “What About You?” (teisho 1 of 22, 22 minutes)
- Saturday, July 8th Yaza: “Yaza 2012: Morning Star” by Zen Master Anzan Hoshin.
- Monday, July 10th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Self-doubt and No-self” (11 of 71, 17 minutes)
- Thursday, July 13th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Self-doubt and No-self” (11 of 71, 17 minutes)
- Saturday, July 15th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “Planting Flowers on a Stone” (teisho 2 of 22, 23 minutes)

Saturday, Saturday, July 1st to Saturday, July 8th, 2023

- Saturday, July 1st general sitting: “Bowing and Receiving”: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Raihai Tokuzui: Bowing and Acquiring the Essence”: “Sacred Space” (13 of 13, 21 minutes)
- Sunday, July 2nd formal sitting: SAKN: Infinite Infinities by Ven. Anzan Hoshin roshi: “Practicing Infinite Infinities” (6 of 7, 25 minutes)
- Monday, July 3rd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Simplicity” (12 of 71, 3 minutes)
- Thursday, July 6th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Simplicity” (12 of 71, 3 minutes)
- Saturday, July 8th general sitting: “Wandering on Medicine Mountain”: Zen Master Anzan Hoshin’s commentaries on “Medicine Mountain”: The Recorded Sayings and Doings of Zen Master Yaoshan Weiyan: “What About You?” (teisho 1 of 22, 22 minutes)

Saturday, Saturday, June 24th to Saturday, July 1st, 2023

- Monday, June 26th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Self-doubt and No-self” (11 of 71, 17 minutes)
- Thursday, June 29th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Self-doubt and No-self” (11 of 71, 17 minutes)
- Saturday, July 1st general sitting: “Bowing and Receiving”: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Raihai Tokuzui: Bowing and Acquiring the Essence”: “Sacred Space” (13 of 13, 21 minutes)

Saturday, Saturday, June 17th to Saturday, June 24th, 2023

- Saturday, June 17th general sitting: “Bowing and Receiving”: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Raihai Tokuzui: Bowing and Acquiring the Essence”: “What Will Be Lost” (12 of 13, 29 minutes)
- Sunday, June 18th formal sitting: SAKN: Infinite Infinities by Ven. Anzan Hoshin roshi: “Points of Experience” (5 of 7, 18 minutes)
- Monday, June 19th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Inside and Outside” (10 of 71, 14 minutes)
- Thursday, June 22nd associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Inside and Outside” (10 of 71, 14 minutes)
- Saturday, June 24th general sitting: “Bowing and Receiving”: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Raihai Tokuzui: Bowing and Acquiring the Essence”: “Sacred Space” (13 of 13, 21 minutes)

Saturday, Saturday, June 10th to Saturday, June 17th, 2023

- Saturday, June 10th general sitting: “Bowing and Receiving”: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Raihai Tokuzui: Bowing and Acquiring the Essence”: “The Place the Three Jewels Shine” (11 of 13, 24 minutes)
- Monday, June 12th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Great Matter” (9 of 71, 14 minutes)
- Thursday, June 15th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “The Great Matter” (9 of 71, 14 minutes)
- Saturday, June 17th general sitting: “Bowing and

Receiving”: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Raihai Tokuzui: Bowing and Acquiring the Essence”: “What Will Be Lost” (12 of 13, 29 minutes)

Recorded teisho playback during the June Sesshin:

- Saturday, June 10th: SAKN Root Cycle Three: Aware Space: “Open Details” (4 of 8, 13 minutes)

Saturday, Saturday, June 3rd to Saturday, June 10th, 2023

- Saturday, June 3rd general sitting: “Bowing and Receiving”: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Raihai Tokuzui: Bowing and Acquiring the Essence”: “Authority and Customs” (10 of 13, 23 minutes)
- Sunday, June 4th formal sitting: SAKN: Infinite Infinities by Ven. Anzan Hoshin roshi: “Huntun’s Faceless Face” (4 of 7, 23 minutes)
- Monday, June 5th associate sitting: “Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Uncertainty” (8 of 71, 14 minutes)
- Thursday, June 8th associate sitting: Before Thinking: Foundations of Zen Practice” by Zen Master Anzan Hoshin: “Uncertainty” (8 of 71, 14 minutes)
- Saturday, June 10th general sitting: “Bowing and Receiving”: Zen Master Anzan Hoshin’s Commentaries on Dogen zenji’s “Raihai Tokuzui: Bowing and Acquiring the Essence”: “The Place the Three Jewels Shine” (11 of 13, 24 minutes)

Saturday, Saturday, May 27th to Saturday, June 3rd, 2023

- Saturday, May 27th general sitting: “Bowing and Receiving”: Zen Master Anzan Hoshin’s Commentaries on

Dogen zenji's "Raihai Tokuzui: Bowing and Acquiring the Essence": "Socks and Rice Cakes" (9 of 13, 26 minutes)

- Monday, May 29th associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Beyond Convenience" (7 of 71, 11 minutes)
- Thursday, June 1st associate sitting: "Before Thinking: Foundations of Zen Practice" by Zen Master Anzan Hoshin: "Beyond Convenience" (7 of 71, 11 minutes)
- Saturday, June 3rd general sitting: "Bowing and Receiving": Zen Master Anzan Hoshin's Commentaries on Dogen zenji's "Raihai Tokuzui: Bowing and Acquiring the Essence": "Authority and Customs" (10 of 13, 23 minutes)