

*The bright road that the ancestors  
knew is right in front of you, in  
everything you see and hear.*



*Springs Mountain Sangha  
2019 Practice Period  
February 4 to March 20*



## SMS During Practice Period

Rather than add special scheduled events during practice period, we focus on deepening and strengthening practice, both individually and as a community.

5:15 Monday discussions at Shove Chapel during this time will focus on various facets of our practice lives, with brief readings brought in to help launch discussion.

Topics may include, for example:

Meeting obstacles in meditation practice

What does continuous practice look like, and how do I support it?

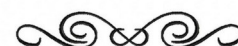
Working with koans

How does practice help me keep my heart open in difficult times?

What about devotional practice? Does it have a place in Zen?

What are practices that encourage embodied awareness?

And please feel free to propose topics of interest to you!



SMS Steering Committee members are happy to serve as resources, so please don't hesitate to contact them.

The members of the Steering Committee are:

Liz Cramer

Robert King

Brandy Lancaster

Kelly McFarland

Steve Milligan

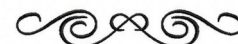
Clay Taylor



This can also be a good time to renew or make contact with one of our teachers, for individual conversation:

Contact Sarah Bender at [sembender@gmail.com](mailto:sembender@gmail.com)

Contact Andrew Palmer at [alpsensei@gmail.com](mailto:alpsensei@gmail.com)

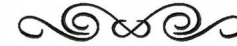


## Field Notes

Commitments or themes for practice period?

Questions you'd like to investigate?

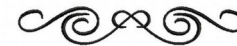
Observations?



On Monday evenings during practice period, after we close up the hall, some people will be going down to Rico's for additional informal conversation time. All are welcome! Likewise, people often share breakfast at Wooglins Deli after sitting on Wednesday and Saturday mornings.

It can be very helpful during a practice period to pair up with a buddy to encourage and support your regular meditation practice. Please let one of the practice leaders know if you would like some help connecting with a practice buddy.

Occasionally other offerings pop up. Announcements will come out by email, so if you want to know about them, get on the email list by visiting [www.smszen.org](http://www.smszen.org). At our website you can also find links to suggested readings, talks by our teachers, other Open Source teachers and our founding teacher, Joan Sutherland, and other resources.



## KOANS FOR PRACTICE PERIOD

February 4 to March 20, 2019

Springs Mountain Sangha

For whom do you bathe and make yourself beautiful?

The voice of the cuckoo is calling you home.

Hundreds of flowers fall, yet the voice is not stilled;

even deep in jumbled mountains, it is calling clearly.

*attributed to Dongshan*



We and everything we perceive

are interwoven and not interwoven,

and this interweaving continues on and on,

while each thing stands in its own place.

*from Shitou Xiqian, "Taking Part in the Gathering"*



It's as fleeting as a cloud

It's as still as a valley

It's the dye in color

It's the mist that soaks your clothes unseen

It's the flower that falls to earth unheard."

*from The Zen Works of Stonehouse Book Three: Zen Talks*

Layman P'ang was sitting in his thatched cottage one day.

"Difficult, difficult, difficult," he suddenly exclaimed, "to scatter ten measures of sesame seed all over a tree!"

"Easy, easy, easy," returned Mrs. P'ang, "just like touching your feet to the ground when you get out of bed."

"Neither difficult nor easy," said their daughter, Ling-chao. "On the hundred grass-tips, the Ancestors' meaning."



Shenshan was mending clothes with a needle and thread. Dongshan asked, "What are you doing?"

Shenshan said, "Mending."

Dongshan: "How are you mending?"

Shenshan: "One stitch is like the next."

Dongshan: "We've been traveling together for twenty years now, and you can still say such a thing! How could this be?"

Shenshan: "How do you mend?"

Dongshan: "As if the whole earth were spewing flames."



This is true yoga: the unbinding  
of the bonds of sorrow. Practice  
this yoga with determination  
and with a courageous heart.

*from the Bhagavad Gita*