

Guidelines for Sittings at Heart of Perfect Wisdom Zendo (HPWZ)

- Keep an eye on the schedule. Infrequently the zendo will be closed.
- Park in the driveway or on the cement pad directly in front of the house. Please pull forward so others can park behind you.
- Street parking is allowed on the north side of the street (same side as HPWZ). The south side is a fire lane; you may get ticketed or towed if you park there. For the convenience of our immediate neighbors, spread out and park away from the house. Take care not to block driveways or use others' parking pads. Avoid parking on sidewalks or in grass. Be sure all tires are on asphalt.
- To keep the zendo uncluttered, please don't take personal items to your seat (eyeglasses are o.k.). Lock valuables out of sight in your car. Also bring or dress in layers. No blankets, shawls, wraps, coats, hats, or gloves are worn in the zendo.
- To lower noise being funneled to the zendo, proceed down the driveway to the rear door to enter the house through the kitchen. After the sitting, you may exit through the front door if you wish.
- Remove shoes immediately upon entering. Place shoes and coats in the living room closet, and close the door to keep cats out of the closet.
- Despite what they say (*they can be pretty convincing!*), please don't let cats in or out of the house, invite them into the zendo, or feed them. Avoid picking them up or petting them excessively. The cats have teeth and claws.
- Participants may use the zendo, kitchen, dining room, and bathrooms. Please don't enter the bedrooms, library/office, basement, or garage. Don't touch figures, artwork, or instruments.
- The 1st floor bathroom (next to the kitchen) is primary. To maintain silence around the zendo, only use the 2nd floor bathroom during kinhin. When finished, leave bathroom doors wide open so others will know they are available.
- At the end of sitting, leave no traces. Fluff the round cushion (*zafu*) and smooth the mat (*zabuton*). Ensure the back edge of the mat or chair is aligned with those to either side of it and return extra cushions to the storage room.
- Report injuries or property damage to the Group Leader or zendo monitor as soon as possible.
- These sittings are made possible by your generosity. Giving \$3 - \$5 (or whatever) keeps this service available for future attendees. Monetary offerings may be made at the designated spot in the kitchen.