

Guidelines for In-Person 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.
- Proceed down the driveway to the rear door to enter the house through the kitchen.
- Remove shoes immediately upon entering. Place shoes and coats in the zendo closet, and close the door to keep animals out of the closet.
- Despite what they say (*they can be pretty convincing!*), please don't let cats in/out of the house, invite them into the zendo, or feed them. Avoid picking them up or petting them excessively. Cats have teeth and claws.
- Participants may use the zendo, cushion storage room, kitchen, dining room, and bathrooms. Louisville Zen Center members may also use the sangha library. Please don't enter bedrooms, the office, other areas in the basement, or the garage. Don't touch figures, artwork, or instruments.
- The 1st floor bathroom (next to the kitchen) is primary. You may use the 2nd floor bathroom if the other is occupied. To keep toilets flowing smoothly, don't flush paper towels; throw them in the trash. 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. Also place used tea cups in the dishwasher.
- Report injuries or property damage to Jeanette as soon as possible.
- Louisville Zen Center activities are made possible by your generosity. Giving \$3 or \$5 or whatever keeps sittings available for future participants. Monetary offerings to LZC may be made at the designated spot in the kitchen.