

Great Lake Zen Center Practice

Getting Started

We are currently running online practice sessions on the following days:

Tuesday and Thursday evenings, 7:00 PM – 8:00 PM CT

Saturday mornings, 9:00 AM – 10:00 AM CT

Links to our online Zoom meetings are sent out to our mailing list one or two days prior to each session. They are also posted on our Facebook page: <https://www.facebook.com/greatlakezen>

If you wish to be added to our mailing list, please send an email to info@glzc.org. We just need your email address to be added to the list.

At each practice, we typically do some chanting followed by sitting meditation.

Please review the following resources prior to attendance at your first session:

- Forms of Zen Practice
 - Why We Chant
 - Sitting Meditation
 - Bowing Forms

In particular, for online practice, review **Why We Chant** and **Sitting Meditation**. (See the Resources below for links.)

You should also download the Chanting Book (also in Resources below). The main chants that are chanted at our online practices are:

- Saturdays
 - Morning Bell Chant
- Tuesdays and Thursdays
 - Evening Bell Chant (solo chant recording)
 - Homage to the Three Jewels
 - Heart Sutra in Korean
 - Heart Sutra in English
 - Great Dharani

Resources

Kwan Um School of Zen Resources:

<https://kwanumzen.org/zen-resources>

Forms of Zen Practice:

<https://kwanumzen.org/forms-of-zen-practice>

Sitting Meditation:

<https://kwanumzen.org/how-to-practice-sitting-meditation>

Why We Chant:

<https://kwanumzen.org/chanting>

Bowing Forms:

<https://kwanumzen.org/bowing-forms>

Chanting Books:

<https://kwanumzen.org/resources-collection/2017/9/6/chanting-book>

<https://kwanumzen.org/s/Chanting-Book-North-America-ce9n.pdf>