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*Chobo-Ji's seven traditional practice modalities*

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*1) Samadhi Chanting (chanting the sutras, commentaries, dharani and mantras).*

*2) Samadhi Seated Meditation (zazen).*

*3) Samadhi Harmonious Motion (bowing, walking meditation, opening and re-nesting meal bowls, chi gong, tai chi, yoga, tea ceremony – arts of all kinds).*

*4) Samadhi Work Meditation (sweeping, chopping vegetables, gardening, cleaning dishes, etc.).*

*5) Samadhi Heart-mind Exchange (one on one Dokusan, Saturday group councils, Sunday Dharma dialogues, NVC as Spiritual Practice workshops and workgroups, quarterly Follower of the Way talks, annual Gestalt workshop, annual Soul Collage workshop).*

*6) Samadhi Study (precept classes, sutras study, koan study, teishos, dharma talks, and book groups).*

*7) Samadhi Service (Beacon Emergency Action Network, 100 Vegetarian Meals Program, and our association with the state wide Faith Action Network).*

Beyond these modalities Chobo-Ji offers a residential practice program that currently houses eight sangha members.

The above practice modalities all begin with the word “samadhi.” This is key! Zen practice is the practice of honing skillful means for samadhi. Samadhi is being harmonious with whatever action we are engaged in, where we lose or at least loosen our sense of self and other. In samadhi bike riding, there is no bike, no rider, no time, and no destination. In samadhi playing music, there is no instrument, no score, no composer, no musician, no audience, just harmonious music that transcends self and other.