

Report on Our First Virtual Sesshin – April 6 to 8, 2020

About a week before President Duterte ordered that Metro Manila was to be on lockdown because of the Coronavirus Pandemic, on March 8, after our Sunday sit, our sangha met to see what move to take. How can we continue with our sits if we were to practice social distancing? The leaders and the community as well, thought that they would try virtual sits – Virtual Zazenkais on Sundays and then a Virtual Sesshin (later to be called Universal Sesshin)

So on March 14, a few days before the scheduled Sesshin, we did a dry run. It worked well and so we pushed through with it. We followed the following schedule, starting early Monday morning, April 6th:

5:30 AM – 7:00 AM – Zazen
9:00 AM - 11:00 – Zazen
11:00 AM – Teisho (the Teishos were available on our website for the participants to listen)

2:00 PM – 3:30 PM – Zazen
4:00 PM – 5:30 PM – Zazen
7:30 PM – 9:00 PM – Zazen

Everyone was amazed with the turnout. **One hundred sixty three (163) persons signed up eighteen (18)** of which were full time. Aside from practitioner in Metro Manila, Cebu, Davao and Cagayan de Oro, Sanbo Zen members from all over the world joined us. From Asia: Japan - 6; Singapore – 1; From the Americas: US. – 2 and Canada – 10; Central America: El Salvador – 9; Costa Rica – 1 Guatemala – 5; South America: Ecuador – 11; Argentina – 5; Ecuador 11; From Europe: UK – 6; Germany – 1; Spain – 12 Switzerland – 1; Austria – 1; The total summed up to **Philippines – 92 and Other countries – 71**

The feedback we received was overwhelming. Most felt the same effects as those felt in a regular sesshin:

- Gratitude filled with tears
- Cleansing of negative thoughts and emotions
- Strong concentration
- Unity and oneness

- Melting away of fear, grief and helplessness
- Strong oneness as if we were in a Zendo
- Peace clarity and joy
- Gratitude to the teachers for the Teishos

THERE WERE THREE PARTICIPANTS WHO HAD AN EXPERIENCE!!.