

A group of about ten people are working in a large, open field. They are spaced out across the field, some holding long-handled tools like hoes or rakes. The field appears to be a mix of tilled earth and some young plants. In the background, there is a dense line of trees and a forested hillside under an overcast sky. The overall scene is one of manual labor in a rural setting.

If you do not have the mind of the Way, then all of this hard work is meaningless and not beneficial.

Dōgen Zenji, *Tenzokyōkun*

Aspects of Zen Work Practice (*samu* 作務)

- Central to the Zen Tradition
- Silence
- Mindfulness/Concentration/Focus
- Wholeheartedness/Oneness with Activity
- No Trace
- Useful/Service/Dana Paramita
- Realizes & Enacts Interconnection
- Simply Another Form of Zazen
- Reveals Habits of Body & Mind for Study of Self
- Harmonizing with Others
- Cultivate Careful Attention to Detail (*menmitsu no kafu*)
- Train in *hara*
- What Other Aspects of Work Practice Would You Add?

