



*Spring in the monastery grounds, May 19th, Sogaku-ki O-sesshin,
photograph by Ven. Saigyo Cross chiden*

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Friday, May 20th, 2011

Edited by Ven. Jinmyo Renge osho

*The White Wind Zen Community:
An international community practising and teaching Dogen's Zen since 1985.*

Quotes from teisho are run sequentially in the eMirror

So, the Xinxin Ming says,

103 止動無動 動止無止

Chih tung wu-tung. Tung chih wu-chih.

Zhi dong wudong. Dong zhi wuzhi.

Dō o yamureba dō naku, shi o dōzureba shi nashi

Stop moving and there is no motion;
set what is at rest in motion and there is no rest.

Just stop. That's all. Just stop.

All of the tendencies and habits that are restlessly pushing and pulling will just go on and on if you don't stop. So stop. Please.

Then just don't stir yourself up. Just rest in this moment.

Just sit up straight and be without difficulty.

Please, this evening, enjoy yourselves.

- Ven. Anzan Hoshin roshi, concluding teisho 14: "A Single Suchness," from the series "Without Difficulty: Commentaries on Jianzhi Sengcan's Xinxin Ming: Words on Trusting Awareness," Wednesday, May 17, 2006. (If strange characters instead of 漢字 hanji or kanji appear this means that you need to enable UTF-8 in your Character Encoding settings.)

Upcoming Events

Fusatsu

Chanting of the Precepts will take place on June 1st and June 18th.

Oryoki for General Students

On Saturday, May 21st, general students who attend the 6:00 a.m. formal sitting may participate in oryoki practice led by Jinmyo osho. Please register one week in advance by sending an email to schedule at wwzc dot org or leave a message on the Zen Centre office answering machine at 613-562-1568. Associate or visiting public students who are in retreat at the monastery on that day may also participate in oryoki.

Fudo ennichi

May 28th is a day traditionally dedicated to Fudo Myo-o.

Samu Weekend

The next Samu Weekend is scheduled to take place on Saturday, May 28th and Sunday, May 29th. Please pencil these dates into your diary so that you will be able to attend some or all of this weekend of samu practice. Saigyo chiden will be writing soon to students with more details about the activities taking place over the weekend. To register please send an email to Saigyo chiden at saigyo at telecomottawa dot net or leave a message on the Zen Centre office answering machine at 613-562-1568.

Introduction to Zen Workshop

The next Introduction to Zen Workshop will take place at Dainen-ji on Saturday, June 4th. For more information please see:

<http://www.wwzc.org/content/introduction-zen-workshop-ottawa>

For information concerning our Long-distance Training Program, please visit this Web Page:

<http://www.wwzc.org/book/long-distance-training-program>

Recorded Teisho Schedule

Sunday, May 22, 2011 formal sitting: SAKN "Releasing": "Opening Past Everything" (teisho 4 of 4)

Monday, May 23, 2011 general sitting: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai: "Wonder" (teisho 17 of 22)

Thursday, May 26, 2011 associate sitting: "Just a Moment": Dharma Talk by Ven. Jinmyo Renge osho-ajari

Upcoming Dharma Talk

On Saturday, May 21st, 2011, Ven. Shikai Zuiko o-sensei will present "Seeing Someone in a Forest", Dharma Talk 102 in the series "Every Breath You Take: Ven. Shikai Zuiko o-sensei's Comments on "The Practice of Purity": Book Eleven of the Avatamsaka Sutra Translated by Ven. Anzan Hoshin roshi and Ven. Shikai Zuiko o-sensei".

Current Teisho

During the May 2011 Sogaku-ki O-sesshin, Ven. Anzan Hoshin roshi continued with the series "The Lineage of Luminosity: Zen Master Anzan Hoshin's Commentaries on Keizan Jokin zenji's 'Denkoroku: Record of the Transmission of Luminosity': Part One: The Lineage in India":

May 14th: Reading of Denkoroku Case 3: Ananda

May 15th: Teisho 5 on Case 3: Listen

May 16th: Reading of Denkoroku Case 4: Shanavasa

May 17th: Teisho 6 on Case 4: Pick It Up

May 18th: Reading of Denkoroku Case 5: Upagupta

May 19th: Teisho 7 on Case 5: Total Bodymind

Missed Sitzings and Teisho

Teisho presented at general and associate sittings which are part of a series need to be listened to in the correct order and with none missed out. If a student misses a sitting then it's necessary to borrow a copy of the missed teisho from the library or download it from the WWZC Media Site as soon as possible, so that the continuity of what is being presented is not disrupted. The weekly list of recorded teisho played at sittings is posted on the web site at <http://www.wwzc.org/book/teisho-schedule>

Congratulations

Congratulations and deep gassho to Nathan Comeau on being accepted as a formal student by Ven. Shikai Zuiko o-sensei. Nathan began as an associate student in November 2005, was accepted as a general student in November, 2006, and began probation as a formal student on April 16, 2009.

Retreats and Training Sessions

To Schedule a Retreat

Please visit this Web page for information about scheduling a retreat and an explanation of the different kinds of retreat (duration and timing) you can sit:

<http://wwwzc.org/book/schedule-retreat>

Who, What, Where, When, & Why? Unfolding the “Mystery” of Monastery Objects

by Shikai Zuiko o-sensei



Triptych of the Buddha rupa on the Butsudān in the Hatto, flanked by the zenga (portraits) of Eihei Dogen zenji and Bodhidharma daishi, photograph by Nathan Comeau

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The Buddha rupa sitting on top of the Butsudān in the Hatto demonstrates an awake and elegant posture; the back is straight, the chin is tucked in aligned over the sternum and the neck is straight and open. This contemporary rupa is cast in a heavy ceramic and is Nepalese

in style. It was acquired by Anzan roshi in 1982 from a vendor in Toronto. While the hands are in hokkai-join or Dharmadhatu mudra, the thumbs are not quite touching. The Roshi has said he would like us to think of it then as representing the Buddha just beginning a round of zazen or just ending a round before he rises for kinhin or to present a teisho.



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Spring Grounds Work

With the arrival of spring there is much work to do in the grounds and so any assistance with this would be much appreciated. If you would like to offer any time in the grounds please write to Saigyo chiden at saigyo.cross at gmail dot com. Thank you.

Monastery Roofs

Over the last years several areas of the roofs of Dainen-ji have been re-tiled. In 2005 the west section facing Friel Street was completed and then in 2007 the east side. What remains to be done is the front sections facing Daly Avenue and the flat roofs. Although the tiles on the front section of the roofs are beginning to lift this is not an immediate concern due to the very steep pitch (unusually so in Ottawa) of the roof. Snow, debris and rain tend to come off the roofs quickly and so there are still at least two or three more years left in these tiles.

The flat roofs are becoming a problem however. The covered balcony roof has leaked

regularly in the last years and during the thaw last spring was quite bad. The attic flat roof has also leaked on and off but because there was no ceiling to the room this has never been much of a problem. A couple of buckets and some time to dry out has taken care of it. But now that we are nearing the completion of the attic conversion into the new archiving room the need to get this flat roof redone is pressing. A finished ceiling means any problem won't be noticed until potentially it's quite a big one. The bay window in Shikai sensei's room facing the ponds has also leaked in the past and like the other bay windows has been repaired with coats of patching compound by the Shissui.

So this year we have decided to redo all of the flat sections of roof of Dainen-ji. This will include the covered balcony roof, the main flat section of roof above the attic, the three bay window roofs including the one above the window in the first floor library. After meeting with three roofing contractors for quotes, the total cost will be in the region of \$16,000 to get this work done. We are asking students to help contribute for this over the coming months so that we can schedule the work for late Autumn or sooner.

Thank you for the generous contributions to date. As of May 12th, 2011, \$6,150 of the needed \$16,000 has been raised for the roof improvement project.



Office of the Tenzo

Dogen zenji taught that the work of preparing and serving meals was "a matter for realized monks who have the mind of the Way or by senior disciples who have roused the Way-seeking mind." In alignment with this, part of Zen Master Anzan Hoshin's samu for the Community involves personally overseeing the activities of the ancient office of tenzo

Meals prepared by the tenzo, Jinmyo Renge osho, during the week of O-sesshin:

Saturday

Breakfast:

Chow mein noodles tossed with sauteed sliced Spanish onion, cubanelle peppers, red bell peppers, daikon, ginger, garlic, shoyu, roasted red chili oil, sesame oil and shoyu; scrambled eggs.

Lunch: Calrose short-grain white rice with gomassio; miso shiru made with fresh shitake mushrooms, Shanghai bokchoy and silken tofu; takuan and ginger.

Supper: roasted Yukon gold potatoes; mushroom soup with puffed tofu (porcini, cremini, eryngi and oyster mushrooms); roasted vine tomatoes with fruilano cheese.

Sunday:

Breakfast: Scallion congee with deep-fried tofu.

Lunch: Thai Jasmine rice with furikake; wakame seaweed soup with silken tofu; baechu kimchi.

Supper: Spicy mixed grain cooked with coconut milk (arborio, basmati, sona masoori, sweet pearled barley, Chinese long-grain rice, Calrose short-grain rice and Korean sticky rice) seasoned with turmeric, cumin, cardamom, and cayenne pepper; Curried greens in a spicy cashew sauce (Nappa cabbage, spinach, sliced onion, red bell pepper, banana peppers, cubed potatoes); fried paneer seasoned with cardamom and cumin.

Monday:

Lunch: Calrose short-grain white rice with gomasio; miso shiru made with fresh shitake mushrooms, Shanghai bok choy and silken tofu; takuan and ginger.

Breakfast: Indian fried rice; scrambled eggs.

Supper: Cavatappi pasta in a garlic/butter sauce; tomato soup with puffed tofu; cubed fruillano and artichoke hearts.

Tuesday:

Congee with tofu and peanuts; baked you tiao (Chinese bread sticks) with minced ginger and shoyu.

Lunch: Chinese long-grain rice with furikake; wakame seaweed soup with silken tofu; daikon kimchi.

Supper: Lundberg short-grain brown rice with mushrooms (chopped cremini, oyster and shitake mushrooms); Sauteed Napa cabbage, onion, gai lan, dai gai choy, cubanelle, red bell peppers mixed with Romano and white kidney beans, seasoned with chipotle; bocconcini, black olives and tomato spears drizzed with olive oil, seasoned with salt, pepper, basil and lemon zest.

Wednesday:

Breakfast: chow mein noodles with sauteed sliced eryngi mushrooms, onion, red bell pepper, ginger, garlic, sesame oil, and memmi; scrambled eggs.

Lunch: Calrose short-grain white rice with gomasio; miso shiru made with fresh shitake mushrooms, Shanghai bok choy and silken tofu; takuan and ginger (made by Mishin tando).

Supper: Mixed grain seasoned with garlic, lemon grass and ginger (arborio, basmati, sona masoori, sweet pearled barley, Chinese long-grain rice, Calrose short-grain rice and Korean sticky rice); Vegetables and deep-fried tofu in a spicy peanut sauce; a salad made from a chiffonade of Romaine lettuce, bean sprouts, thinly sliced tomato and slivered white onion, dressed with gnoc mam and lime juice.

Thursday:

Breakfast: fried cavatappi pasta; scrambled eggs.

Lunch: Fried rice; wakame seaweed soup with silken tofu; baechu kimchi.

Supper: Lundberg short-grain brown rice with baby green peas and butter; butternut squash soup with chickpeas and chopped parsley; roasted plum tomatoes with basil and olive oil.

Friday Breakfast:

Scallion congee; scrambled eggs.



Thank You

If you would like to thank someone for a contribution they have made, please feel free to send an email to Jinmyo osho at renezo at Gmail dot com, but be sure to type "eMirror" in the subject line.

From Shikai sensei:

Thank you to the Roshi for reposting a great number of books on the replacement "Kindle"; Chunen ino for arranging a super fast replacement "Kindle" from Amazon when the original which he gave me met with an accident; Saigyō chiden for diagnosing algae bloom in Doug and Roseline's aquarium; with a diagnosis the solution to what seemed to be an ongoing problem of murky green water was clear, simply to cover and prevent light getting in for a couple of days thus inhibiting photosynthesis; Jido anagarika for technical drawings of a "studio in a box" which I designed to store masses of photographs, negatives, slides, VHS & Beta tapes, art supplies and other assorted stuff to facilitate the creation of a permanent daisan room in the current Sensei-ryo.

From Jinmyo osho: Thank you to the Roshi for the teisho he presented this week in the ongoing teisho series, "The Lineage of Luminosity: Commentaries on the Denkoroku". Despite feeling very unwell, his presentation was as always, clear and concise. Thank you to Chiso anagarika for accompanying Isshin to a walk-in clinic and then the emergency department when Isshin became ill; to Saigyō chiden for picking up a prescription for her and to Senbo for driving her from the hospital to the monastery (she's now recovering well). Thank you to Chunen ino for quickly and simply organizing the situation.

From Mishin tando: Thank you to the Roshi for the practice of Sogaku-ki O-sesshin, for the teisho and readings in the current series "The Lineage of Luminosity", and for leading Fusatsu and the Sogaku-ki memorial chant while unwell; to Jinmyo osho for the many nourishing and delicious O-sesshin breakfasts, lunches, and dinners, and for the opportunity to lead oryoki for some meals; to Senbo for archiving and administrative samu done between the sittings and regular samu periods during O-sesshin.

Bendowa eBook Available

This translation by Ven. Anzan Hoshin roshi and Ven. Yasuda Joshu roshi, over thirty years in the making, of Eihei Dogen zenji's "Bendowa: A Talk on Exerting the Way" is available as an ebook in PDF format for free download from the web site. The Roshi has made it available under a Creative Commons license so everyone is free to copy and distribute it as long as it is not for commercial purposes, proper attribution is maintained, and the text is unaltered. The ebook is extensively annotated and provides the Japanese text. This text was the basis of the Roshi's teisho series, "Drawn In, Moving Forth: Commentaries on Eihei Dogen zenji's Bendowa: A Talk on Exerting the Way."

Download it here: <http://www.wwzc.org/translations/Bendowa-book.pdf>

Freedom and Tyranny eBook Available

"Freedom and Tyranny: A series of Dharma Talks and Zen Mondo presented by Ven. Shikai Zuiko osho", is now available for free download as PDF on the Great Matter page at <http://wwzc.org/node/64>. This paperback publication has recently sold out and Shikai sensei has generously proposed that it be made available as a free ebook. Everyone is free to copy and distribute it as long as it is not for commercial purposes, proper attribution is maintained, and the text is unaltered.

Ongoing Project: "All is Change"

Dainen-ji, being a 136-year-old building, is continuously in need of maintenance and the costs associated with this can be astronomical when such things as roof repairs or painting are needed. This is something that we cannot afford to do, yet must do and so the "All is Change" project has been created. The "All is Change" project is very simple. Most of us have a bowl or a jar or some other kind of container that we keep somewhere at home and fill up with loose change because it's too heavy to carry around. Many hundreds of dollars has been collected so far both in loose change and Canadian tire money which has been put towards the building maintenance fund. If anyone would like to contribute to this fund, each penny will be appreciated.