



Photograph by Ven. Mishin Roelofs tando

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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

Having discussed the minute and the vast, being and non-being, one thing and all things and the only skill that is needed, the Xinxin Ming goes on to say,

143 信心不二 不二信心
Hsin-hsin pu-erh. Pu-erh hsin-hsin.

Xinxin buer. Bu4er xinxin.
Shinjin funi. Funi shinjin.

Trusting Awareness is nondual,
nonduality is trusting Awareness.

Xinxin buer. Buer xinxin. Shinjin funi. Funi shinjin.

The nonduality of the Xinxin Ming is not a doctrine, a philosophical position, an attitude or a trick to play on others in language games. It is not a matter of reconciling opposites but of releasing them. It is not a matter of driving the opposites together until they implode but of dropping them into the space of experiencing and being with empty hands, ready to receive what experiencing presents.

You cannot really think about this nonduality. You can only be practising it. It is simply the activity of releasing all gestures of attention towards and away from any kind of "this" or "that" through recognizing these gestures and then letting attention fall open and the whole bodymind be alive to, with, and as the whole moment. This is an activity, a practice, of entrusting whatever is arising and falling to the space of radiant Awareness. It is trusting beyond hope and fear, beyond self and other, in the fact of experiencing as it is with the bodymind together and whole, beyond the fragmentation of self-image.

It is allowing whatever you are holding on to to just drop and if it falls away, it falls away, if it stays then it stays. If it is closed open around it, if it is open then open further. Let the field of present experience and the space of experiencing take care of it.

- Ven. Anzan Hoshin roshi, concluding teisho 22 "Shinjin Funi, Shinjin Datsaraku," from the series "Without Difficulty: Commentaries on Jianzhi Sengcan's Xinxin Ming: Words on Trusting Awareness," Tuesday, October 3rd, 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 December 7th and 21st.

Rohatsu O-sesshin

The Rohatsu O-sesshin began at 8:00 p.m. on Thursday, December 1st, and will end on Thursday, December 8th following Jodo-e (commemorating the Buddha's Awakening).

During the O-sesshin, there will be two sittings held in the Zendo on Saturday, December 3rd, which associate and general students may attend. The first sitting begins at 9:30 a.m. (please arrive by 9:15 in time for first Bell); the sitting ends at 11:30. The second sitting begins at 3:00 (please arrive by 2:45 in time for first Bell); the sitting ends at 5:00. Students attending either of these sittings are reminded to remain on the first floor. There are no other sittings throughout the week of O-sesshin that associate and general students may attend.

A Note to Preliminary and Public Students Concerning O-sesshin

During an O-sesshin the schedule is such that there is no time to meet face to face with preliminary students or to reply to email correspondence sent by public students. Public students are asked to send their weekly practice journals, as they will be reviewed. But unless

there is something that needs an immediate reply, you will not receive an email reply until the week following the O-sesshin.

Jodo-e: December 8th

Dharma Talk

On Saturday, December 10th, 2011, Ven. Shikai Zuiko o-sensei will present "When Finished Eating", Dharma Talk 120 in the ongoing 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.

Dainen-ki

December 12th is the anniversary of the day on which the Roshi's Teacher, Ven. Yasuda Joshu Dainen roshi died.

Hermitage

The Roshi will begin a period of hermitage on Monday, December 12th which will end on the morning of Thursday, December 15th, when he leads monastics in Acalanatha Sadhana.

Oryoki for General Students

On Saturday, December 17th, 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.

Joya (New Year's Celebration)

On Friday, December 31st at 10 p.m. until Saturday, January 1st at 12:00 a.m., we will celebrate Joya or New Year's. Join Zen Master Anzan Hoshin, Ven. Shikai sensei and Ven. Jinmyo osho and the monastics of the Northern Mountain Order in ringing in the New Year with 108 recitations of the Mahaprajnaparamita Hridaya sutra mantra. Following the sitting there will be an array of shojin-ryori (Zen vegetarian cuisine) dishes for an informal feast. There is no better way to begin the year. Dana is \$25. Please register by sending an email to schedule at WWZC dot org, or telephone the Zen Centre office (613) 562-1568.

Recorded Teisho Schedule

Saturday, December 3rd, 2011 associate and general sittings: "Being Without Struggle": Dharma Talk 13 in the "Every Breath You Take" series by Ven. Shikai Zuiko o-sensei

Thursday, December 8th, 2011 associate sitting: "Honesty and Humour": Shusso Hossen Dharma Talk by Ven. Saigyō chiden

Recent Dharma Talk

On Saturday, November 26th, 2011, Ven. Shikai Zuiko o-sensei presented "When Tasting", Dharma Talk 119 in the ongoing 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.

Missed Sittings and Teisho

If associate students are unable to attend the Thursday evening associate sitting, they may attend one of the general sittings to make up for the sitting they missed. General sittings are held on Monday evenings at 7:30 p.m. (first Bell is at 7:15) and Saturday mornings at 9:30 a.m. (first Bell at 9:15 a.m.). Please send an email to request permission to attend one of these sittings.

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>

Retreats

Deshi Isshin sat a retreat at her home in Gabriola Island on Saturday, November 26th.
Fernand Larouche sat a retreat on Saturday from 9:30 a.m. to 6:00 p.m.

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://www.wwzc.org/book/schedule-retreat>

Who, What, Where, When, & Why? Unfolding the "Mystery" of Monastery Objects by Shikai Zuiko o-sensei



Photograph by Nathan Fushin Comeau

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This Korean “old man” mask hanging in the third floor reminds residents to put away their own masks, they are not needed..

From Moore House to Dainen-ji. Room by room overview of the transformation

In September 1996, 240 Daly Avenue was purchased by White Wind Zen Community for \$485,000 with the assistance of a patron and through two mortgages, dana and personal loans from monastics and lay Sangha members. Over the next twelve years, a further \$250,000 and literally thousands of hours of work by the Sangha transformed the heritage building (built in 1875) from the original warren of impractical small rooms to an elegant and functioning monastery, Honzan Dainen-ji.

The vast transformation inside the building and on the grounds have been made possible by the ongoing generosity of the monastic and lay Sangha. Over two-thirds of the funds needed for the mortgage, renovations, and major repairs have been contributed by monastics, with lay members contributing the remainder.

Over the next months we shall be chronicling much of the work that has taken place over the last 15 years with a room by room breakdown of the renovations and improvements.

Kuin (kitchen) renovation, part five: The counters, shelves and work stations

Once the room structure of the kuin renovation was completed work began to build the counters and shelving units. It was decided the most useful style of storage in the kitchen would be open shelving so that everything is visible and easily at hand. Closed cupboards invite clutter and rarely stay tidy. The first area to be done was the west wall. A huge piece of hard maple was bought for the counter top which was hand planed flat by the shissui. This 2 ½ thick counter sits upon shelving units which were built using reclaimed heart pine floorboards from the attic. These boards were removed several years ago and kept in storage in the wood shed. Antique heart pine is increasingly hard to come by and this wood is lovely. It has very tight grain and a rich reddish tint which deepens and darkens through exposure to light.



Shelving units made from reclaimed heart pine floorboards and the finished west wall

A unit was built which holds the convection oven and the microwave and has a closet section where we now store the kitchen essentials which we would rather not have on the open shelves, such as plastic containers and various wrapping products.

The large floor joists removed from the kuin ceiling during the renovation were used to build the high shelving which now runs along the east wall and above the stove. Jido anagarika had the excellent idea of using threaded rods to hang the shelves. Although very difficult to install, this system gives the shelving unit an open airy feel and has the benefit of being easy to get perfectly level simply by threading the nuts which hold the shelves up and down.

The wall of shelving along the east wall has grown steadily in the past year. The recent

addition of a butcher block storage unit and then more shelving above the baking area has increased storage and functionality.



Kuin west wall

The next stage will be to build two matching butcher block work stations one of which will replace the stainless steel island shown above. We will also be building a counter top work surface for the baking area and new drawer units to go next to the stove and sink. We hope to work on this through the early part of next year.

Snow Shovelling assistance

During the next months any help you are able to give to assist with snow shovelling on the grounds of Dainen-ji would be appreciated. If you would like to help for example for a short time after a morning sittings or come early prior to a sitting this would be very helpful after snowfalls. Please speak to a monastic or send an email to [info at wwzc dot org](mailto:info@wwzc.org) if you would like to do this. Thank you.

Dainen-ji roof repair update

Thank you to everyone who contributed toward the much needed roof repairs. As we collected the required donation late in the season the company we hired were not able to schedule our job before the weather turned due to prior obligations. They will be coming in the next few weeks to make minor repairs which will ensure none of the leaks will recur during the thaws of spring and will be commencing with the work to fully repair the roofs early in 2012.



Office of the Tenzo

Dogen zenji taught in the Tenzokyokun that the work of preparing and serving meals is "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. Jinmyo Renge osho serves as tenzo and Mishin tando and Saigyo chiden offer assistance as tenzo-anja.

Monday yakuseki:

Japanese leeks and Chinese celery, shitake and eryingi mushrooms, atsUAGE tofu triangles braised in butter and white wine; mixed grain (Thai long grain-white rice, basmati white and brown rice, calrose rice, barley, white quinoa, Thai white and brown sticky rice, arborio rice and sona masoori)salad of romain lettuce, English cucumber, celery, plum tomatoes dressed with Dijon vinaigrette: grapeseed oil, lemon juice and white balsamic vinegar, Dijon mustard, rosemary, thyme, much cracked black pepper.

Tuesday yakuseki:

Chile con carne: minced chicken, pork, and beef, Spanish and white onions, tinned San Marzano tomatoes, passata, vegetable juice, red wine, cumin, cayenne, dried chiles, oregano, chipotle and adobo; miniature corn muffins with jalapenos by Shikai sensei; salad of romaine and iceberg lettuces, arugala, celery, plum tomatoes with Dijon vinaigrette and crumbled corn tortilla croutons.

Thursday yakuseki:

Ziti in a cream, wine, and parmesan sauce with petit pois, cremini mushrooms, garlic, and white onions; sauteed spinach leaves, stems, and crowns with parmesan and lime; butter-fried atsUAGE tofu with lime and much black pepper.

Baking by Shikai sensei:

Banana muffins; butter tart shortbread; oat, date, raisin, brazil nut "Happy Horse" cookies; spicy hot jalapeno corn muffins; mild cheese corn muffins; beet crackers topped with saffron salt; two loaves fresh beet bread



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: Mishin tando for making borscht from scratch; Saigyo chiden for repairing the antique very clever "Daruma Acrobat" toy given to me by Chiso anagarika; Ryoshin for contributing to Shindo's spay procedure and for providing transportation; Fushin for algae scraping in the aquariums;

From Ryoshin:

Thank you to the Sensei for kefir, for baked goods, and for visits with Shindo (a monastery cat) and other creatures. Thank you to the Tando for the impressive amount and quality of administrative work for the running of Dainen-ji; and to the Chiden for leading another fun and productive Samu Weekend, and for installing lights in my room and fixing the wall in my closet.

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 exterior 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.