



*Woodblock image of Eihei Dogen zenji*

## **eMirror Vol. 15, No. 4**

**Friday, January 26th**

**Edited by Ven. Jinmyo Renge osho**

*The White Wind Zen Community:*

*An international community practising and teaching Dogen's Zen for over 25 years.*

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### **Quotes from teisho are run sequentially in the eMirror**

The ekayana, the Single Path, is the understanding that the Hinayana and Mahayana are not two separate things but parts of the whole, parts of the Complete Teachings, the Sat-Dharma or Shobo. The followers of the Hinayana can continue on to practise and realize the Mahayana. And so the ekayana is a call to go further.

The yi cheng or ichijo 一乘, the One Way or Single Way, as it came to be understood in Far East Asia includes the meanings of the Sanskrit ekayana but broadens it considerably. First

of all, the Chinese people were very practical and had never really had as much of a sense of problem about the world and the senses as the Indian and Western religions and philosophies have had. They could understand the point of denying the senses if you got something valuable in return for it, like entering into a trance state to gain some kind of magical power as many Daoists and some Buddhists believed they were doing. But for the most part they were more interested in understanding the world, understanding how the mountains and rivers, the colours and sounds, the fall of rain and the rising of mist occurred and how they involved each other. This led to great technical and scientific advancements and it also led them to understand the One Way as involving all the myriad beings and stones and events and tastes all together. The Dao was one way of unifying what seems separate by acting as a kind of conceptual background. The Way of the Buddha was understood as something that included not only a vast range of doctrines and methods and texts but everything all together.

The Xinxin Ming presents the Zen realization that the One Way is all directions. The One Way is not only in all directions as everything everywhere but it also is all directions.

- Ven. Anzan Hoshin roshi, continuing teisho 10: "The One Way Is All Directions," from the series "Without Difficulty: Commentaries on Jianzhi Sengcan's Xinxin Ming: Words on Trusting Awareness," Saturday, May 13, 2006. (If strange characters instead of 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 February 16th.

### **Chuu-jo**

On Monday, January 10th, Janet Neufeld, aunt of Amy Woods, died. On Wednesday, January 12th, Leonard Peacock, father-in-law of Denise Beaudot, died. On the same day, Darlene Surei Kenpo Cohen, a Teacher associated with San Francisco Zen Center, died.

Ven. Anzan Hoshin roshi has been requested to do Chuu-jo for them and the monastics of the Northern Mountain Order will join in this process by daily chanting of the Komyo Shingyo until Sunday, February 27th and Tuesday, March 1st.

### **Kata Class**

Ven. Mishin tando and Ven. Saigyo chiden are presenting a series of six classes on the Daruma-kata aiki on upcoming Monday evenings. This will allow an opportunity for students to ask questions and receive clarification on different aspects of the movements outside of the Kata sessions following formal sittings. The class will run from 6:30pm until 7:00pm. To register please write to [info@wwzc.org](mailto:info@wwzc.org). The series of six classes is open to general students attending the Monday night sitting and the suggested donation for the series of classes is \$30. This series began Monday, January 24th. Another series will begin in April.

### **Introduction to Zen Workshop**

The next Introduction to Zen Workshop will take place at Dainen-ji on Saturday, February 5th. 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>

### **Nehan O-sesshin**

The Nehan O-sesshin will begin at 8:00 p.m. on Friday, February 11th, and will end on Friday, February 18th, at noon. Formal students are reminded to send their schedules to [schedule@wwzc.org](mailto:schedule@wwzc.org) as soon as is possible.

During the O-sesshin, there will be two sittings held in the Zendo on Saturday, February 12th, 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.

### **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.

### **Oryoki for General Students**

On Saturday, February 19th, 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@wwzc.org](mailto:schedule@wwzc.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.

### **Samu Weekend**

The next Samu Weekend is scheduled to take place on Saturday, February 26th and Sunday, February 27th. Please pencil these dates into your diary so that you will be able to attend some or all of this weekend of samu practice. Over the two days we shall be working to install wiring for new lighting in the Zendo, continuing with building the archiving room in the attic, working in the kitchen and creating improved shelving for the storage areas in the pantry. 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@chiden.com](mailto:saigyo@chiden.com) or leave a message on the Zen Centre office answering machine at 613-562-1568.

## **Recorded Teisho Schedule**

Sunday, January 30, 2011 formal sitting: "Five Spheres of SAKN" by Zen Master Anzan Hoshin: "No Thing Stands Prior" (teisho 1 of 7)

Monday, January 31, 2011 general sitting: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai: "No Choice" (teisho 3 of 22)

Thursday, February 3, 2011 associate sitting: Eight Awarenesses: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's Hachi Dainin-gaku: "Not Forgetting Right Thought" (teisho 5 of 8)

### **Current Dharma Talk**

On Saturday, January 22, 2011, Ven. Jinmyo Renge osho presented a Dharma Assembly with the Dharma Talk "Opening Traps and Cages 2".

### **Upcoming Dharma Talk**

On Saturday, January 29, 2011, Ven. Shikai Zuiko osho will present "Seeing a Prince", Dharma Talk 97 in the series "Every Breath You Take: Ven. Shikai Zuiko osho's Comments on "The Practice of Purity": Book Eleven of the Avatamsaka Sutra Translated by Ven. Anzan Hoshin roshi and Ven. Shikai Zuiko osho".

### **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>



## **Retreats and Training Sessions**

Sarah Goul, public student from Petawawa; and Mchael Lifshitz, public student from Montreal sat a one day retreat on Sunday, January 23rd following the Dharma Assembly on January 22nd.

### **To Schedule a Retreat**

Please email schedule at wwzc dot org to schedule a retreat, even if you have made verbal arrangements with a practice advisor or a Dharma Teacher. Emails sent to that address are routed to all members of the Practice Council who will need this information for the purposes of meal planning, preparing tapes for your retreat and planning samu assignments. Retreats are

defined in the following way:

**Half-day Retreat** (you would need to arrive 15 minutes before the actual starting time) Begin at 6:00 a.m., end at noon. Or begin at 9:30 a.m., end at 6:00. Or begin at 3:00 p.m., end at 9:10.

**Partial Retreat** (You would need to arrive 15 minutes before the actual starting time) Begin at 6:00 a.m., end at 6:00 p.m. Or begin at 9:30 a.m., end at 9:10 p.m.

**Full retreat** (you would need to arrive by 5:45) Begin at 6:00 a.m., end at 9:10 p.m. Please remember to bring a change of clothes suitable for samu (caretaking practice). If staying overnight, please remember to bring a sleeping bag, a towel and other such necessities. If you have been diagnosed by a medical doctor as having allergies to specific foods, please contact the tenzo, Jinmyo osho at rengo at gmail dot com, a week in advance of your retreat to inform her of dietary restrictions as this affects food purchases and meal planning. The suggested dana for retreats is \$40 a day, which covers the basic cost of food and other materials. Donations above this figure are very welcome and all donations are tax deductible.

**Public Students' Retreats** For retreats to be mentioned in the eMirror, public students are asked to send an email to schedule at wwzc dot org after they sit a retreat mentioning the date of their retreat and whether it is a partial, half-day or full retreat. Please also include the name of the city in which you live.

There is also a retreat schedule for public students posted on our Website at:

<http://www.wwzc.org/Resources/Public.student.retreat.schedule.htm>

For information on training sessions and residential training please see:

<http://wwzc.org/book/training-sessions>

<http://wwzc.org/book/residential-training>

## **Charitable Tax Receipts for Dana Contributions**

Charitable tax receipts will be prepared shortly for all donations made during 2010. In order to ensure that your tax receipt reaches you, please confirm your current address details with Mishin tando, treasurer at mishin at gmail dot com if you have moved in the last year or are not sure if we have your current address on file. Receipts will be issued no later than the end of February. Thank you to all who have offered dana over the past year to support the costs of maintaining, repairing, and improving the practice environment.

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

by Shikai osho



*photograph by Nathan Comeau*

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“Give rise to the mind that abides nowhere,” says this framed 18” by 48” presentation of calligraphy which hangs on the east wall of the hallway leading to the Shuryo, the monastery’s Study Hall. The original calligraphy was brushed by the famous scholar Lu Xun and carved into stone and this is a rubbing of that carving which was given to the Roshi by the Taiwanese Chan Master Yun Feng sifu who visited the Roshi several times at Zazen-ji in the early 1990s. The phrase is from the Diamond Sutra. In China in the mid to late 600s the hearing of a recitation of this Sutra in a shop where he was delivering wood caused Huineng, the future Sixth Ancestor, to leave home and seek out his teacher Hongren from whom he eventually received transmission. Said to be illiterate all his life, Huineng chopped wood, pounded rice and eventually studied the Diamond Sutra with master Hongren. The Diamond or, in Sanskrit, the Vajracheddika Prajnaparamita Sutra also known as the Diamond Cutter sutra, is a short, very well known Mahayana sutra of the Prajnaparamita or Perfection of Wisdom genre emphasizing the practice of non-abiding and non-attachment. In the early 20th century a scroll of the Diamond Sutra was discovered, amongst others, in a cave in Dunhuang, China. The scroll is considered by the British Library to be the earliest dated and printed book in existence.



### **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. Jinmyo Renge osho

serves as tenzo and Mishin tando and Saigyo chiden offer assistance as tenzo-anja. The following meals were prepared prior to the evening sittings on Monday, Tuesday and Thursday:

### **Monday yakuseki**

Shanghai flat wheat noodles (like linguine) tossed with slivered ginger, chopped scallions, chile oil, sweet holy basil, ngoc mam, soy sauce, garnished with more fresh basil and peanuts; mug of hot and sour broth; stir fried shitake mushrooms, pillow tofu and yuba (soymilk skin) squares, and spinach (leaves, stems, and crowns) with soy sauce, Xiaoxing wine, and sweet chile sauce and slivered ginger; baechu kimchi (Napa cabbage).

### **Tuesday yakuseki:**

Pyogo dweji jigae (mushroom and pork stew): shitake and eryingi mushrooms, Spanish onions, red bell peppers, chopped pork rib roast braised in soy sauce, kimchi juice, chile sauce with slivered ginger; dweji kalbi: pork rib portions poached then roasted with kalbi sauce marinade; boribap: mixed grain: red quinoa, millet, Korean brown sticky rice, pearled barley, arborio and short-grain Calrose rice; stir-fried Shanghai bok choy; abaechu lkimchi (young Napa cabbage).

### **Thursday yakuseki:**

Stir-fried celery with white onion, pressed yuba blocks with five spice, sesame oil, slivered ginger, soy sauce, Xiaoxing wine; oyster and cremini mushrooms in a savoury vegetable and seaweed broth; calrose and arborio rice; salad of spinach, chopped cucumbers and plum tomatoes, dressed with a lime vinaigrette.

### **Baked Goods Prepared by Shikai osho:**

Baked apples stuffed with apple, 2 kinds of raisins, walnuts, almonds, bit of butter, brown sugar, cinnamon, cloves served topped with yogourt and a dollop of dulce de leche

## **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 was done. 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 osho'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 your generosity.

### **Mountain Gate Project**

After consulting with a blacksmith we have decided to not go ahead with the project to build a pair of new metal gates for the front Mountain Gate. This is because the Mountain Gate does not have sufficient foundational support for heavy metal doors and the freeze/thaw cycles of seasons may affect the new gates without a complete rebuild of the foundations. This, along with the cost of the construction of the metal doors, will make the project prohibitively expensive and other projects currently underway would be delayed. We may look into this in the future but in the meantime students who have contributed funds towards this have redirected their donations to other ongoing projects.



### **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 rengo at Gmail dot com, but be sure to type "eMirror" in the subject line.

#### **From Anzan roshi:**

"My thanks to Saigyo chiden and his assistant Graham Mayeda for their work as shissui and

shissui-anja, and to Neil Porter, Francois Fournier, Michael Urbanski, and Sarah Goul and all who are continuing to refine the monastery kitchen. The functionality and elegance of the space is becoming clearer and clearer.”

**From Shikai osho:**

Chunen ino for a dance magazine; Jido anagarika for feline necessities; Nathan for an orchestral evening at the National Arts Centre.

**From Mishin tando:**

Thank you to the Roshi for numberless teisho that clearly present, in so many different ways, what I need to do, and for writing down Joshu Dainen zenji's teisho "Water Burns the Stone" so that it is available now; to Shikai osho for an afternoon refreshment of baked apple stuffed with nuts and raisins that was perfect on a cold day; to Jinmyo osho for the Dharma Assembly and Dharma Talk "Opening Traps and Cages 2", and a delicious and spicy black bean soup; to Francois Fournier, Kent Swinbourne, and Abigail Lixfeld for archiving work to convert CDs to FLAC (free lossless audio format) for the digital master archives.

**From Gillian Higenbottam:**

Thank you to Jinmyo osho for leading the Dharma Assembly on January 22nd and for continuing her Dharma Talks which always seem to address the very questions that have been coming up that day; to Mishin tando for clear and helpful advice about practice on and off the mat; to everyone involved in arranging for a new archiving computer as the old computer was causing a lot of wasted CDs and time; to the Roshi for the blue glass vase; to the Roshi and the office of the Tenzo for the food served at the Dharma Assembly especially the black bean banana dish with the tomato and olive salad; to Shikai osho for the interesting explanation in last week's e-Mirror involving Hakusan and Midori-ga-Ike, and to find out about this sho (object 36?) which I have seen so often but not really looked at.

### **Bendowa eBook Available**

A new 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 is the basis of the Roshi's current teisho series, begun during the last Rohatsu O-sesshin, "Drawn In, Moving Forth: Commentaries on Eihei Dogen zenji's Bendowa: A Talk on Exerting the Way" and just concluded last Friday evening of Rohatsu.

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://www.wwzc.org/great-matter>

[/wwzc.org/node/64](http://wwzc.org/node/64). This paperback publication has recently sold out and Shikai osho 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.

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### **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.