

Recorded Teachings Curriculum

by Ven. Mishin godo
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The recorded teisho library offers students a vast treasury of instruction in the Dharma. The library contains many of the thousands of teisho, Dharma Talks and classes presented by Zen Master Anzan Hoshin, as well as Dharma Talks and mondo presented by Ven. Shikai Zuiko o-sensei, Ven. Jinmyo Renge sensei and practice advisors. Listening to these recordings is part of developing an understanding of practice and familiarizing yourself with the Teachings of the Buddhas and Awakened Ancestors.

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With so much to choose from, students often wonder where to begin or what to listen to next. As a starting point, students can work through the [associate student teisho curriculum](#) or the [general student teisho curriculum](#) listed below. New students should begin with the series, “Before Thinking: Foundations of Zen Practice”, and then follow the rest of the curriculum. Please make a copy of the teisho curriculum and keep it on your computer to keep track of the teisho series you have listened to.

How often should you listen to teisho?

If you are sitting once a week, listen to one teisho per month. If you are sitting several times a week, listen to one teisho a week. If you are sitting at least once a day every day, listen to two teisho a week. It is best to set a schedule for listening to teisho, rather than leaving it up to whether or not you “feel” like hearing a recording.

Thank you.

Gassho,
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Associate Student Teisho Curriculum

1. Before Thinking
2. The Posture of Practice
3. Sitting and Walking
4. Thinking About Not Thinking
5. The Tiny Book of Stopping and Looking
6. The Meaning of Mindfulness
7. The Point of the Posture and What It Points To
8. The Touchstone
9. Sitting Up Straight

10. Monkey in the House of Six Windows
11. Being Breathed
12. Simple Minded
13. Is There a Problem?
14. Choice
15. The Circle
16. Dongshan's Hot and Cold
17. Measureless
18. Mind the Gap
19. Freedom and Tyranny
20. The Point of Wisdom: Minding Your Own Bodymind
21. Birth, Old Age, Sickness and Death
22. Flowers and Worms
23. Mula Paryiya Sutta
24. The Activity of the Primordial Mirror
25. Wild Horse of Mind
26. The Four Noble Truths
27. The Four Great Vows
28. What Does it Take to Become Buddha?
29. Responsibility
30. The Eightfold Path
31. The Unborn
32. Eight Awarenesses
33. This World of Ten Directions
34. Zazen: The Practice of Realization
35. Four Dhyanas
36. Hekiganroku 14: Yunmen's "A Right Word"
37. Mind Cannot be Grasped
38. Realm of Appearances
39. The Wheel of Becoming
40. Traps and Cages Spring Open
41. Zen Arts: The Flowering of the Senses
42. Vain and Vanished
43. Snake's Head Soup

44. Stainless
45. Expect to be Surprised
46. Virya – Exertion
47. The Bridge
48. Dealing With the Demon
49. Freefall
50. Life and Death and All That
51. Lineage
52. Zen is Not Kidding
53. The Forms of Attention
54. Maintaining the Way
55. Braising the Mind of the Way
56. The Dragon in His Waters, the Tiger in Her Mountains
57. Return to the Root

General Student Teisho Curriculum

1. Remembering Reality
2. Studying the Mystery
3. Aligned with the Way
4. Living With This Breath
5. Immo: Suchness
6. Shodoka by Yoka Daishi
7. Development of Buddhist Psychology
8. Bodymind of the Way
9. Landscape of Reality
10. Painting Reality
11. Bodhidharma's Eyes
12. Round and Bright
13. Playing with Space
14. Five Fingers, Ten Directions
15. Turning the Wheel of the Way
16. Bright Right Through
17. Bowing and Receiving
18. The Thread of the Buddhas

19. Essentially Real
20. Without Difficulty
21. Wandering on Medicine Mountain