

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,
Ven. Mishin godo
Librarian, White Wind Zen Community Archives
mishin at gmail dot com

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. Aligned with the Way
25. The Activity of the Primordial Mirror
26. Wild Horse of Mind
27. The Four Noble Truths
28. The Four Great Vows
29. What Does it Take to Become Buddha?
30. Responsibility
31. The Eightfold Path
32. The Unborn
33. Eight Awarenesses
34. This World of Ten Directions
35. Zazen: The Practice of Realization
36. Four Dhyanas
37. Hekiganroku 14: Yunmen's "A Right Word"
38. Mind Cannot be Grasped
39. Realm of Appearances
40. The Wheel of Becoming
41. Traps and Cages Spring Open
42. Zen Arts: The Flowering of the Senses
43. Vain and Vanished

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

General Student Teisho Curriculum

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

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