



*Photograph by Ven. Saigyo Cross chiden*

## **eMirror Vol. 15, No. 1**

**Friday, January 7th**

**Edited by Ven. Jinmyo Renge osho**

*Practising and Teaching Dogen's Zen for over 25 years.*

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

At this point we begin what has been considered as the fifth section of the text, which, together with the sixth reasserts the principle. The first section began:

**1 至道無難 唯嫌揀擇**

Chih-tao wu-nan. Wei hsien chien-tse.

Zhidao wunan. Wei xian jian3ze.

Shidō bunan. Tada kenjaku o kirau. (Shidō bunan. Yui ken kenjaku.)

The Vast Way is without difficulty:  
just don't accept or reject.

This is restated as,

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**75** 欲取一乘 勿惡六塵

Yü ch'u i-ch'eng, wu eh liu-ch'en.

Yu qu yicheng, wu e liu4chen.

Ichijō o toran to hosseba, rokujin o nikumu koto nakare.

Moving in the One Way,

Have no aversion to the six sense-objects.

Instead of the "Vast Way", the Xinxin Ming refers to the "One Way".

The One Way or the "yi cheng" in Chinese and "ichijo" 一乘 in Japanese is a reconfiguration and broadening of the Sanskrit ekayana or Single Vehicle or Single Path. The term "Single Way" or "yizhong" or "issu" 一種 occurred earlier in the text and is a less common term for ekayana. In such Mahayana sutras as the Lotus sutra, the Lankavatara and the Srimala-devi-simhanada-sutra or the Lion's Roar Discourse of Queen Srimala the ekayana is presented as a way to understand and transcend the fragmentations and misunderstandings that had arisen since the time of the historical Sakyamuni Buddha. Part of this had to do with sectarian partisanship, some of it involved an increase in mythological influences, other aspects had to do with forms of rigidity and more expansive presentations that had developed coming into contrast and perhaps conflict. The term Mahayana which is usually translated as the Great Vehicle and that I refer to as the Vast Path describes a large array of developments in the Dharma. Another term, the Hinayana or Small Vehicle and that I prefer to call the Narrow Path is a pejorative term that Mahayana followers used to refer to earlier schools of Buddhism that not only did not agree with the Mahayana's development but had called a halt to any further development of Buddhism and had adopted not only a narrow view of what the Dharma was but had also tended towards an emphasis on strategies of concentration states in practice.

- Ven. Anzan Hoshin roshi, beginning 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 January 19th.

### January two-day Sesshin

The January 2-day sesshin begins at 8:00 p.m. on Friday, January 7th and will end at 6:00 p.m. on Sunday, January 9th.

On Saturday, January 8th, the general sitting will be held in the Zendo. Arrival time is 9:15 a.m. (in time for First Bell). The sitting ends at 11:30 a.m. Students attending are reminded

to remain on the first floor.

### **Oryoki for General Students**

On Saturday, January 15th, 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.

### **Daiji-ki**

January 22nd is the memorial of the date of death of Daiji Tenku daiosho, who was the Teacher of Joshu Dainen daiosho, both of whom Anzan Hoshin roshi studied with.

### **Dharma Assembly**

On Saturday, January 22nd Ven. Jinmyo Renge osho will lead a Dharma Assembly which will begin at 9:30 a.m. (please arrive by 9:15, in time for first Bell) and will end at 9:00 p.m. Dana is \$40.00, which includes two meals: lunch and supper. Participants are asked to bring clothing and shoes appropriate for samu practice. To register, please send an email to schedule at wwzc dot org or leave a message on the office answering machine at 562-1568. Dharma Assemblies are open to all students.

The general sitting that would ordinarily take place from 9:30 to 11:40 on Saturday morning will be cancelled due to the Dharma Assembly.

## **Recorded Teisho Schedule**

Saturday, January 8, 2011 General sitting, Every Breath You Take, Right Livelihood 2 - Mondo.

Monday, January 10, 2011 general sitting: Round and Bright: Zen Master Anzan Hoshin's Commentaries on Koun Ejo zenji's "Komyozo Zanmai: Reading of the text part 2

Thursday, January 13, 2011 associate sitting: Eight Awarenesses: Zen Master Anzan Hoshin's Commentaries on Eihei Dogen zenji's Hachi Dainin-gaku: "Serenity and Tranquility" (teisho 2 of 8)

## **Upcoming Dharma Talk**

On Saturday, January 15, 2011, Ven. Shikai Zuiko osho will present "Seeing a King", Dharma Talk 96 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 started a 10 day retreat on Tuesday, December 28th and finished on Friday, January 7th at 6:00 p.m. Alexis Fisset sat a one day retreat on Sunday, January 2nd. Mouktar Abdillahi sat a one and a half day retreat on Sunday, January 2nd to noon on January 3rd. Elizabeth Eve sat a one day retreat on January 3rd. Public student Staven Karcz sat a two day retreat at home in Saskatoon on Wednesday Dec. 29 and Thursday Dec. 30, 2010.

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

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

**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.

#### **Training Sessions For Students Living in Ottawa:**

There are a number of options available to associate and general students who wish to practice more intensively, such as sitting a full or partial retreat for one or several days, or extending their practice at home to include two or three rounds.

In addition, associate or general students may register for a "training session". This requires making a commitment to a one-week, month-long, or three month period during which they would attend all of the formal sittings at the monastery, morning and evening with the exception of Tuesday evening and Sunday morning (which are reserved for formal students and monastics) while continuing to live at home. The training sessions are intended to allow students to experience what it is like to participate in the monastery's full schedule. Formal sittings are led by Roshi and include chanting practice and more extensive use of the forms. Students engaging in a training session would also have more opportunities to meet with Dharma Teachers or practice advisors to discuss their practice. At the end of a training session, students would return to their normal schedule. There would be no extra dana involved in practising a training session.

#### **Residential Training:**

With the Undo serving as a dormitory space, students can register for periods of residential training at Dainen-ji for anywhere from overnight to several weeks. In order to be able to undertake residential training, one must be a student of Zen Master Anzan Hoshin's lineage. Residential training involves attending the practice schedule, evening meals, participation in regular soji (cleaning the practice halls) and samu (care-taking). During the days one would go to one's job or could do extra sitting and study outside of a retreat schedule. The dana for this is \$40 a day; work scholarships can also be arranged.

To register for a training session or residential training, please send an email to schedule at wwzc dot org or telephone the Zen Centre office at (613) 562-1568 and leave a message.

When scheduling a training session, please remember not to include dates that fall within a sesshin or an O-sesshin.

#### **Training Sessions For Public Students:**

This requires making a commitment to a one-week, month-long, or three-month period during which public students sit zazen according to the following schedule:

Monday morning: 6:00 a.m. to 7:25 a.m.; Monday evening: 7:30 to 9:10 p.m.

Tuesday morning: 6:00 a.m. to 7:25 a.m.

Wednesday morning: 6:00 a.m. to 7:25 a.m.

Thursday morning: 6:00 a.m. to 7:25 a.m.; Tuesday evening: 7:30 to 9:10 p.m.

Friday morning 6:00 a.m. to 7:25 a.m. (Friday is hosan and there are no scheduled sittings at the monastery, but students are expected to sit at home).

Saturday morning: 6:00 a.m. to 7:25 a.m.

Sunday morning: 6:00 a.m. to 7:25 a.m.

Public students who wish to do a training session should send an email to schedule at wwzc dot org to state their intention and specify the duration and schedule of their Training Session. After completing the training session, please send an email to Chunen ino at chunen at gmail dot com to confirm that you have fulfilled your commitment and notice of it will be included in the eMirror.

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



*photograph by Nathan Comeau*

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A 10” by 30” scroll hangs in the vestibule leading to the dining hall and cloak room. The scroll shows the character “shin” and the text of the “Prajnaparamita Hridaya sutra: Discourse on the Heart of Vast and Perfect Knowing”. The sho and the text are in black with the subtitle, the verse, and the Roshi’s chop in red . Printed on white vinyl the scroll was produced in 2000 by Mudo anagarika of Bright Brush Studio from calligraphy and the translation of the text by Anzan

Hoshin roshi. Made available to students for their home practice space there are a few copies available.



*Photograph by Jinen Sherman Boates, eggs by his chickens*

### **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 Saigyō chiden offer assistance as tenzo-anja. The following meals were prepared prior to the evening sittings on Monday, Tuesday and Thursday:

#### **Monday yakuseki**

Frittata made with a layer of thinly sliced Yukon gold potatoes topped with caramelized onion in beaten egg and finished with a layer of golden-brown havarti cheese; blended cream of vegetable soup (onion, rutabaga, carrots, celery) seasoned with thyme and oregano, Dijon mustard and white wine; salad of heritage lettuces, cucumber, tomato, and Asian pear with an olive oil and balsamic vinegar dressing.

#### **Tuesday yakuseki:**

Roasted chicken thighs seasoned with turmeric, cumin, cayenne, garlic powder, salt and pepper; basmati rice cooked with coconut milk, curry powder, and a small amount of butter; sauteed eryngi mushrooms, oyster mushrooms and shitake mushrooms seasoned with hot chili sauce; sauteed spinach seasoned with butter and lime.

#### **Thursday yakuseki:**

Ziti with petit pois, brown and white hon shimeji mushrooms, cubed red bell pepper, diced

red onion, dressed with butter, extra virgin olive oil, white wine, garlic, Chinese celery, oregano; roasted plum tomatoes; slaw of green cabbage, white onion, and carrot, dressed with mayonnaise and lemon with celery seeds.

**Baked Goods Prepared by Shikai osho:**

Butter tart shortbread; sesame cookies; fruit and berry crisp; blondies



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

From Shikai osho: Thank you to: Mishin tando for a surprise gift; Nathan for a gift of wine and for changing aquarium filters; Sarah Goul for bancha, green tea, soap dishes made from pebbles and artisanal soap for the change rooms; Curtis Cheslock for a moose roast; Peter McRae for gifts of Party Mix, for Kido and Kitsune

From Jinmyo osho: Thanks to Darlene Cohen and Beata Chapman of the Russian River Zendo in Guerneville, California (associated with San Francisco Zen Center) for the gift of copies of their booklet "The Dharma Gate of Ease and Joy: Zazen for Every Body." They quote from Joshu Dainen roshi and Anzan Hoshin roshi's translation of Dogen's Fukanzazengi as published in "Progress Into the Ordinary" in 1986.

From Saigyo chiden: Thank you to the Roshi for excellent audio books and finding wonderful (and free) early classical music for download. To Shikai osho for tasty marzipan blondies and for picking up new peelers for the kitchen and to Jinmyo osho for creating transcriptions of the Roshi's teisho after each presentation. To the Ino for daily care of the Hatto butsudhan and to Mishin tando for extensive archiving work.

**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/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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### **Mountain Gate**

Our handmade wooden Mountain Gate has been kicked in three times and repaired by shissui, Saigyo chiden, but it is only a matter of time before that, too, succumbs, so we shall need to work towards replacing the wooden gate with a wrought iron one that will withstand drunken kicking. Donations for this project now total \$700.00.

If you would like to contribute to the purchase of a wrought iron Mountain Gate, please contact Mishin tando at [mishin at gmail dot com](mailto:mishin@gmail.com) or leave a message on the Zen Centre office answering machine at 613-562-1568.

### **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.