



Photograph by Ven. Anzan Hoshin roshi

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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

In the text Zenki or Complete Activity, Eihei Dogen zenji says,

Complete activity naturally brings forth life and brings forth death. At the moment of realizing this complete activity it isn't large, isn't small. It is not limitless, it is not limited. It is not long or far, not short or near. This present life arises within this complete activity. Complete activity arises within this present life.

Each moment is the complete activity of the Vast Way of reality. Small and large, minute and vast, each moment and each event are equal in that they are all empty and are all the Suchness which is beyond the limits and boundaries of the usual view.

To see clearly without limits and boundaries, we must release our usual definitions and dimensions of minute and vast, insignificant and important, self and other, good and bad. Then we can see clearly what needs to happen in this moment because we are sitting, standing, walking, and lying down as this whole moment. Then we can see that in each point of space there is vast space and that vast space enfolds all spaces and unfolds itself as all spaces and all are equally space.

- Ven. Anzan Hoshin roshi, continuing teisho 19: "The Importance of Earnestly Being," from the series "Without Difficulty: Commentaries on Jianzhi Sengcan's Xinxin Ming: Words on Trusting Awareness," Saturday, September 30th, 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 September 28th and on October 12th and 26th.

Dharma Assembly

On Saturday, September 24th, 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 9:30 a.m. general sitting that would ordinarily take place on September 24th is cancelled owing to the Dharma Assembly.

Hermitage

The Roshi will begin a period of hermitage on Wednesday, September 28th, which will end on Sunday, October 2nd, when he leads monastics in Acalanatha Sadhana.

Introduction to Zen Workshop

The next Introduction to Zen Workshop will take place at Dainen-ji on Saturday, October 1st. 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/?operation=long_distance.

Daruma-ki O-sesshin

The Daruma-ki O-sesshin will begin at 8:00 p.m. on Monday, October 3rd and will end at noon on Sunday, October 9th.

During the O-sesshin, there will be two sittings held in the Zendo on Saturday, October 8th, 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, October 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.

Dharma Assembly

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Please note that the general sitting that would ordinarily take place at 9:30 a.m. on Saturday, October 22nd is cancelled due to the Dharma Assembly.

Recorded Teisho Schedule

Sunday, September 25, 2011 formal sitting: SAKN The Self-Secret Matrix of the Total Field: Class 1: Kokyu

Monday, September 26, 2011 general sitting: Bowing and Receiving: Zen Master Anzan Hoshin's Commentaries on "Raihai Tokuzui": "Socks and Rice Cakes" (teisho 8 of 12)

Thursday, September 29, 2011 associate sitting: Dharma Assembly: So Intimate It Cannot be Personal: "This time It's Personal!": Dharma Talk by Ven. Jinmyo Renge osho-ajari

Upcoming Dharma Talk:

On Saturday, October 1, 2011, Ven. Shikai Zuiko o-sensei will present "Receiving Fine Food", Dharma Talk 114 in the ongoing series "Every Breath You Take": Ven. Shikai Zuiko sensei's Comments on "The Practice of Purity": Book Eleven of the Avatamsaka Sutra Translated by Ven. Anzan Hoshin roshi and Ven. Shikai Zuiko sensei. The next talk in the series, No. 115, "Receiving Poor Food", is scheduled for Saturday, October 15th.

Recent Dharma Talk:

On Saturday, September 17th, 2011, Ven. Shikai Zuiko o-sensei presented "Seeing the Shameless", Dharma Talk 113 in the ongoing series "Every Breath You Take".

White Wind Zen Community Website Updates

The White Wind Zen Community website at <http://ww.wwzc.org> has been updated. Ven. Shikai sensei's Dharma Talks from the "Every Breath You Take" series - "Seeing a Forest of Sorrowless Trees", "Seeing a Park", "Seeing People Wearing Adornments" and "Seeing the Unadorned" - are now available.

Back issues of the eMirror published since January 2011 are now available as PDF downloads from the eMirror Newsletter Archives page at <http://wwzc.org/book/emirror-newsletter-archives>

Missed Sittings 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

General student Michael Landay sat a two-day retreat on Monday and Tuesday, the 19th and 20th September, in his home in Aberdeen, Scotland. Margaret McGarry sat a one day retreat on Saturday, September 17th.

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://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 sho, "Shitsu-u Bussho", "[The nature of the] whole being [is the nature of] Awake Awareness", by Ven. Anzan Hoshin roshi hangs in the practice interview and guest room in the basement level of the monastery. It was brushed in the late 1990s.



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:

Lundberg Farm short grain brown rice tossed with chanterelle, oyster, and portobello mushrooms sauteed with butter, olive oil, and sesame oil, and white sherry; stir-fried Chinese vegetarian "spicy beef" with Spanish onion, green bell pepper, and green shishito chiles; sauteed spinach.

Tuesday yakuseki:

Chilli con carne: San Marzano tomatoes, Spanish onion, elephant garlic, red wine, passata, cayenne, cumin, oregano, chipotle and adobo; labneh to garnish the chilli; tortilla corn chips; seared slivered white onion, red and green bell peppers with black cumin and mustard seeds and curry; salad of romaine lettuce, shaved white onion, cucumbers, arugula, raddichio, tomatoes, celery, baby spinach dressed with a vinaigrette of red wine vinegar, grapeseed oil, Dijon mustard, onion and garlic.

Thursday yakuseki:

Agedashi tofu: cubes of silken tofu, rolled in corn starch and deep-fried until crusty; dashi for dipping the tofu: water, soy sauce, memmi, wasabi, sake; noodle salad: thin wheat noodles, slivered daikon, carrots, scallions, ginger, and radicchio to be dipped in the dashi or wrapped in lettuce leaves; sauteed oyster and cremini mushrooms and spinach leaves, stems, and crowns with sesame oil, soy sauce, and togarashi (chile powder); gomasio (toasted sesame salt) to garnish as chosen.



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 Jinmyo osho:

Thank you to Saigyo chiden and Muryo for fishing wires through the Hojo ceiling to install an overhead light.

From Chunen ino:

Thank you to Elizabeth Katz for donation of a one terabyte external hard drive to be used for back-up of the archiving computer.

From Mishin tando:

Thank you to Fushin for regularly cleaning the monastery's green bins.

From Saigyo chiden:

To the Roshi for helping set up Xubuntu Xfce on my desktop computer and for finding useful apps for my Android phone. To Shikai sensei for moving the basement desk to its new place in the guest room and for making repairs to it. To Jinmyo osho for organizing and refining storage in the kitchen and for fantastic salad dressings. To Chunen ino for doing monastery lock-up every night. To Mishin tando for writing up the teisho schedule each week in the eMirror and to Senbo for creating the teisho poster. Thank you to Francois Fournier for work on the new kitchen counter unit being built in the workshop. To Bill Windover for assisting with soji in the Hatto each week before the Monday evening sitting.

From Isshin:

Thank you to the Roshi for Dainen-ji, an oasis where we can practice and open to sanity; to Shikai sensei for the ongoing Dharma Talks in the series, "Every Breath You Take" and for the humour you bring to your Teaching; to Jinmyo osho for pointing out that we are at Dainen-ji so that we can learn with, and from, each other, for your encouragement and for once again fixing a setting on my computer; to the Ino for making sure I had everything I needed during retreat; to Mishin tando for providing teisho CDs and tapes to bring home; to Saigyo chiden for giving me a pain medication that was very helpful; to all of the residents at Dainen-ji and the Sangha for the opportunity to practice with you.

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.