



Photograph by Graham Endai Mayeda

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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

And so the Xinxin Ming says,

137 若不如此 必不須守

Jo pu-ju tz'u – pi pu hsü shou.

Ruo buru ci – bi bu xu shou.

Moshi kaku no gotoku narazareba, kanarazu mamoru koto o mochiizare.

If not thus,
do not stay there.

Do not stay, do not dwell, do not be caught in contraction, in the limitations and boundaries that congeal the living world into a phantom world of the delusion of solid and unchanging things.

If you have trust in Awareness, if you are practising trusting Awareness and are moving in the Vast Way, if there is a moment of conceiving of being or non-being separate from each other then do not stay there but keep moving into the motion of reality. In experiencing a table, a cup, a bowl, a leaf, a breath understand that its being is non-being and that it is wordlessly presencing primordially before and beyond concept. In understanding non-being, if you are not open with the whole bodymind to the whole moment, you are just lost in thought and are avoiding the vividness of being.

Suchness or Thusness is always available. And so, if it is not thus, let go of this and that, be without difficulty, and let it be thus.

Please, this evening, enjoy yourselves.

- Ven. Anzan Hoshin roshi, concluding teisho 20: "Existence Stands Out," from the series "Without Difficulty: Commentaries on Jianzhi Sengcan's Xinxin Ming: Words on Trusting Awareness," Sunday, October 1st, 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 October 26th, November 9th and November 23rd.

Cancellation of Dharma Assembly

The Dharma Assembly that was scheduled to take place on Saturday, October 22nd has been cancelled. The 9:30 a.m. general sitting will take place, during which Shikai sensei will present a Dharma Talk.

Dharma Talk

On Saturday, October 22nd, 2011, Ven. Shikai Zuiko o-sensei will present "Receiving Soft Food", Dharma Talk 116 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 Dharma Talk in the series, Number, 117, "Receiving Coarse, Hard Food" is scheduled for Saturday, October 29.

Hermitage

The Roshi will begin a period of hermitage on Wednesday, November 2nd, which will end on Sunday, November 6th 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, November 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/?operation=long_distance.

November Two-day Sesshin

The November 2-day sesshin begins at 8:00 p.m. on Friday, November 11th and will end at 6:00 p.m. on Sunday, November 13th.

On Saturday, November 12th, associate and general students may attend a sitting 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.

Daiko-ki

November 18th is the Memorial for the death of Anzan Daiko zenji.

Oryoki for General Students

On Saturday, November 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 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.

Samu Weekend

The next Samu Weekend is scheduled to take place on Saturday, November 26th and Sunday, November 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. Saigyō 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 Saigyō chiden at saigyō dot cross at gmail.com or leave a message on the Zen Centre office answering machine at 613-562-1568.

Recorded Teisho Schedule

Sunday, October 23rd, 2011 formal sitting: SAKN "The Self-Secret Matrix of the Total Field" by Zen Master Anzan Hoshin: "Only Knowing Is"

Monday, October 24th, 2011 general sitting: Bowing and Receiving: Zen Master Anzan Hoshin's Commentaries on "Raihai Tokuzui": "What Will Be Lost" (teisho 11 of 12)

Thursday, October 27th, 2011 associate sitting: "The Dragon in His Waters, the Tiger in Her Mountains" by Ven. Jinmyo Renge osho-ajari: Dharma Talk 3

Recent Dharma Talk

On Saturday, October 15, 2011, Ven. Shikai Zuiko o-sensei presented "Receiving Poor Food", Dharma Talk 115 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.

White Wind Zen Community Website Updates

The White Wind Zen Community website at <http://www.wwzc.org> has been updated with Ven. Shikai sensei's Dharma Talks from the "Every Breath You Take" series: "Seing People Who Suffer".

Zanmai 11 is available in PDF format on the website at:

<http://www.wwzc.org/book/zanmai-0>

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

Michael Landay sat a 2 day retreat at his home in Scotland on Saturday, October 15th and Sunday, October 16th.

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://www.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 work was created by Ven. Anzan Hoshin roshi and Ven. Jinmyo Renge osho at Zazen-ji in the early 1990s. Pages from the Astasahasrika Prajnaparamita sutra (the 8,000 Line, one of the earliest of such texts) are mounted and one torn away to reveal prajna: radical insight into the nature of experiences and experiencing (traditionally represented by the sun or the colour gold) and karuna: compassionate activity grounded in emptiness (traditionally represented by the moon or the colour silver) underneath. It now hangs in a hallway of the residential area of the third floor of Dainen-ji.

From Moore House to Dainen-ji. Room by room overview of the transformation by Ven. Saigyo chiden

In September 1996, 240 Daly Avenue was purchased by White Wind Zen Community for \$485,000 with the assistance of a patron and through two mortgages, dana and personal loans from monastics and lay Sangha members. Over the next twelve years, a further \$250,000 and literally thousands of hours of work by the Sangha transformed the heritage building (built in 1875) from the original warren of impractical small rooms to an elegant and functioning monastery, Honzan Dainen-ji.

The vast transformations inside the building and on the grounds has been made possible by the ongoing generosity of the monastic and lay Sangha. Over two-thirds of the funds needed for the mortgage, renovations, and major repairs have been contributed by monastics, with lay members contributing the remainder.

Over the next months we shall be chronicling much of the work that has taken place

over the last 15 years with a room by room breakdown of the renovations and improvements.



Construction photographs of the Walk-in Cooler in the Kuin (kitchen)

4. Kuin (kitchen), part one. The Walk-in Cooler.

The first stage of the renovation and remodelling of the kuin (monastery kitchen) was begun in August 2008 with the construction of a walk-in refrigerated room to replace three large refrigerators that were taking up an enormous amount of space in the kitchen. In the south-west corner of the kitchen there was a small room that measured approximately eight feet by six feet and had previously been used as a laundry and storage room and we decided that would be the location of the walk-in cooler. In designing it we also created a jut in one wall which would allow space for an upright freezer accessible from the kitchen.

In the course of researching walk-in coolers, we found that pre-fabricated walk-in coolers were expensive and made use of a compressor and fan mounted above the ceiling of the unit. If there is a problem with either the compressor or the fan, a technician is required to make repairs - involving waiting time and costs that we wanted to eliminate. So instead of purchasing a pre-fabricated unit, we decided to build our own room and refrigerate it using a "Coolbot" system, which Jinmyo osho found on the Internet. The "Coolbot" is a controller that overrides the normal low-temperature shut-off on an air-conditioner by providing extra heat to its thermostat, thus enabling it to run continuously until the low temperature required for refrigeration is achieved. With a very well insulated room, this system can create a cost-efficient and huge refrigerated space.

The ex-laundry space was stripped of cupboards, shelves and fixtures, then framed to allow for thick insulation on all sides with plenty of insulation in the ceiling and floor. Bat insulation was used in the stud walls and the whole inside was skinned with rigid foam insulation. Two layers of rigid foam went under the floor. The walls were panelled with drywall, then painted with high quality kitchen and bathroom paint and we laid a new floor of bamboo, donated by Muryo.

The air-conditioner was mounted, sealed and stabilized, and we hooked up the Coolbot controller, which regulates the temperature of the walk-in. We were immediately able to lower the temperature in the room to the suggested range (about 39 to 40 degrees) and this has

been stable and running well since the installation - about two years. And unlike a pre-fabricated walk-in unit, if there is a problem with the unit, there is no need to call a technician. We have a spare "Coolbot" controller and a backup air-conditioner that can be swapped out in a matter of minutes.

Shelving for the walk-in is a mixture of white wire bracketed shelving which the shissui cut to fit the space, as well as reclaimed racks from one of our old reffridgerators. The usable capacity of the walk-in is tremendous. We easily were able to accommodate all of the contents of three large reffridgerators and have much more room available. Ease of access to the food and ability to keep track of the inventory has been of huge benefit to all of the activities of the Tenzo. Food stored in the walk-in stays fresher longer, cutting down on waste. The cost to run this room is about 30 to 40 cents a day which is more efficient than the three reffridgerators we ran previously.

Next year we will be making a few modifications which will include removing the drywall to install waterproof plywood instead. This will allow for better air leak sealing as there are some areas around the air-conditioner that are subject to moisture during the hot, humid summer months. This work will be done in early 2012. We also expect to change the lighting for dedicated walk-in lights, designed for lighting very cold spaces.





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:

Buttered Thai Jasmine rice with baby green peas; a curry of paneer, eryngi and oyster mushrooms, halved new potatoes, chopped onion and red bell pepper, coconut milk, ginger, turmeric, cayenne, cumin, red chiles and cardamom; a salad of thinly sliced nappa cabbage and bean sprouts in an apple/mango/yogurt dressing with cardamom, salt and pepper.

Tuesday yakuseki:

Deep-fried chicken wings and drumettes dressed with cayenne and vinegar, garlic, and bulgogi sauce; chicken and mushroom soup: stock made from wing tips, ginger, and white onion with chopped chicken breast and eryngi mushrooms, lemongrass, lemon, and basil puree; Lundberg Farm short grain brown rice with sesame oil; slaw of slivered daikon, carrots, shaved white onion, and diced heritage cucumber, dressed with sesame oil, lime, mirin, and wasabi.

Thursday yakuseki:

Frittata made from whipped egg, sauteed slivered daikon, carrots, shaved white onion, diced heritage cucumber, and pre-cooked wedges of potato, topped with fruilano cheese; tomato

soup: Spanish onion, San Marzano tomatoes, passata, vegetable juice, red wine, garlic chips, oregano and basil; salad: romaine lettuce, heritage cucumbers, field tomatoes, cubed Fruilano cheese with a dressing made from grape seed oil, white balsamic vinegar, lime juice, paprika, onion powder, garlic powder, cayenne, salt and pepper.

From Shikai sensei:

Two loaves of 24 hour 'no knead' bread, tempura kale, oven baked kale, braised kale, and a spaghetti squash 'spaghetti'



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 sensei:

Thank you; to Ryoshin for transcribing more of the Every Breath You Take Dharma Talks; to Peter McRae for magazines and the New York Review of Books; to Fushin for coming on a trip to the market for fresh vegetables, for carrying some back to the Monastery and for cleaning and cutting vegetables, which we brined, and pickled;

From Mishin tando:

Thank you to Jinmyo osho for her humour, encouragement, and precision of instruction in the many Dharma Assemblies and Dharma Talks she has presented, helping students understand exactly how it is that we get lost and also how to practise right now in this moment; to David Gallant for providing IT assistance from a distance for the website.

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 exterior 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.