



Berkeley Zen Center



November 2005 Newsletter

Practice Period

This month, BZC continues our Aspects of Practice period and we invite you to join in 4 weeks of practice, study, and discussion. The opportunity is for newer students and older members to make a reasonable commitment to practice regularly in the zendo, study our home traditions and forms, and refresh our practice.

This year's focus is on Zen ancestors as seen through the lens of Suzuki Roshi's book *Not Always So*. The practice leaders will lecture on Saturdays, offer Monday morning talks, and lead a four week class. Your interest, support and encouragement can be of help to the whole sangha. Further details are on the Zendo events bulletin board.

Rohatsu Sesshin

Monday, November 28 - Sunday, December 4

Rohatsu Sesshin begins at 5:00 AM and ends at 9:10 PM, all days but Sunday, when it ends at 3:30 PM. Attendance requirement is a minimum of the entirety of **THREE** consecutive days.

We expect to seat everyone who wants to participate, but kitchen space and seating for oryoki cap sesshin size. If needed, priority will be given to those sitting 4 and more days, and Sojun's students coming from out of town.

If you can only sit three days, consider sitting early in the week. A registration form
continued on page 2



Affirmation of Welcome

Walking the path of liberation, we express our intimate connection with all beings. Welcoming diversity, here at Berkeley Zen Center the practice of

Zazen is available to people of every race, nationality, class, gender, sexual orientation, age, and physical ability. May all beings realize their true nature.

Schedule

November & December

Bodhisattva Ceremony

Saturday, 11-19, 9:30 am

Founders' Ceremony

Thursday, 11-3, 6:20 pm

Friday, 11-4, 6:40 am

Kanzeon Sitting

Sunday, 11-6, 8:45am to 4:30pm

Half-Day Sitting

Saturday, 11-12, 8:00am to noon

Bodhisattva Ceremony

Saturday, 11-19, 9:30am

One-Day Sitting

Close Aspects of Practice

Saturday, 11-19, 5:00am to 9:30pm

Thanksgiving (zendo closed)

Thursday, 11-24

Rohatsu Sesshin

Monday, 11-28 through 12-4, Sunday

Founders' Ceremony

Monday, 12-5, 6:20 pm

Tuesday, 12-6, 6:40 am

Buddha's Enlightenment Ceremony

Saturday 12-3

Suzuki Roshi Memorial

Saturday, 12-3

Bodhisattva Ceremony

Saturday, 12-17, 9:30 am

Winter Break

12-19 to 12-31 (Zendo Closed)

New Year's Eve Sitting

Saturday, 12-31, 8:00 pm

ROHATSU SESSHIN

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MUST be turned in by Wednesday, November 23 to verify that you are sitting. The forms are necessary for sesshin planning. Turning them in soon helps. Leave them in the Sesshin Director's box on the community room porch. Late sign-ups will not be possible.

Cancellations after the sign-up sheet comes down affect many aspects of sesshin planning. Carefully consider your intention, so that cancellations occur only for illness and emergencies. If you have questions about sesshin or sesshin attendance, speak with the Sesshin Director, Andrea Thatch at **420-0902 BEFORE 9 PM.**

Remember, do not wear jewelry, watches or scents in the zendo. Leave cell phones, watches and pagers at home. The sitting fee is \$25/day for dues-paying Members and Friends and \$30/day for others. Leave checks marked "sitting fee" in the kitchen porch door donation slot. Please pay in advance.

If this is your first multi-day sesshin at is very helpful if you have participated in a one day sesshin at BZC. Please speak to the Sesshin Director. Bring clothes to sit in and to work in. If you wish to stay over the night before contact the Shika, Eric Greene at 649-1653 (BEFORE 9 PM.) **Sign up deadline is Wednesday, November 23. Registration forms must be turned in to complete sign-up.**

Oryoki Instruction

Oryoki instruction will be offered on Sat. Nov. 26 at 11:30 in the zendo. Both beginners and people with experience are welcome. Questions: contact Jake Van Akkeren (925-933-3486 or email jvanakkeren@comcast.net)

Pottery Sale

Richard Urban, master potter and BZC sangha member, is one of five artists in an open studio sale at Earthworks every weekend between Thanksgiving and Christmas. The address is 2547 Eighth Street, #33 in Berkeley - between Dwight and Parker - from 10am to 5pm. Many of the teacups we drink from at Saturday tea were donated by Richard.

November 2005 Newsletter

Dokuson Hut Renovated Gasshos All Around

Thanks to everyone who helped with renovation and repair of the dokuson hut. Special thanks are due to Dean Bradley, Doug Greiner, and Bill Milligan who oversaw most of the project, and performed much of the carpentry and concrete work themselves.

Sojun himself repainted the entire interior and helped re-install the interior trim. Among the myriad others who helped are Ross Blum, Peter Carpentieri, Kate Day, Greg Denny, Ellen Doudna, Mary Duryee, Tamar Enoch, Perry Goodwin, Ken Knabb, John Mogey, Kent Welsh, and Oscar Westesson.

This was a huge job. Much of the sub-structure of the hut and some of the siding had rotted due to the intrusion, over the years, of soil and moisture into the space under the floor. Over many weeks, we rebuilt the foundation, replaced siding, installed a new sub-floor, repainted the interior walls, and furnished with new tatamis. Many gasshos all around.

Transitions--Jikido's Needed

John Mogey takes over for Greta Pearson as Jikido. The job of jikido is very important and also very rewarding. The jikido cleans the zendo twice a week. It usually takes one to one and a half hours. Mogey is putting together a list of people who are willing to do this, so if you would like to try this practice or have already been doing it, please contact him at (510) 649-7724 or e-mail at jmogey@comcast.net

Welcome

Welcome to new member Halliday Dresser.

New Contact Info

Perry Goodwin now has an email address - musotogen@yahoo.com. We will be working on a new member directory in December and January, so get your changes, corrections, and additions in to Office Manager Laurie Senauke soon, by leaving info in her mail slot, or emailing lauries@kushiki.org.

Lecture by Sojun Roshi

On Genjokoan, Part 3 Continued

Next we come to this part, which is really the heart of the Genjokoan. It's where Dogen expresses or delineates the path of practice:

To study the Buddha way is to study the self.

To study the self

is to forget the self.

To forget the self

is to be enlightened by the ten thousand dharmas.

To be enlightened

by the ten thousand dharmas

is to free one's body and mind

and those of others.

No trace

of enlightenment remains,

and this traceless enlightenment



Dogen says, "To study the Buddha Way is to study the self." But this word "study" is not quite the right translation. I don't know what the right translation is, exactly. Maezumi Roshi said, when he translated this word as study, that it means more like "practice". It means when you do something over and over, day in and day out it saturates hour body and mind. It's not like studying a book. It may be like playing the piano over and over, or like sitting zazen, day after day. It's the self becoming the self.

Then, "To study the self is to forget the self." This is what Dogen calls, "To drop body and mind." According to Buddha Dharma there is no inherent or substantial, independent self. So how can you study something that's not there. Of course there is a self but its's a self that is not a self. So, we practice dropping small self, allowing big self to emerge.

Then, "To forget the self is to be enlightened by the Ten Thousand Dharmas. This is to merge with things; to see the universe as our own true self. He then says, "To be enlightened by the ten thousand dharmas is to free one's body and mind and those of others." As Shakymuni said when he was enlightened, "All beings in the universe have the same nature as myself." To free one's body and mind and those of others; no trace of enlightenment remains, and this traceless enlightenment is continued forever. He doesn't say that enlightenment doesn't remain, but that we should be careful not to get stuck there.

These five sentences reflect Tozan's Five Ranks. You may be familiar with Master Tozan's five positions depicting the relationship of oneness and diversity. Tozan also presented the five ranks as stages of practice. Dogen discouraged using the five ranks as a system, but absorbed and pre-

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sented them in his own way. These five sentences are what we believe is Dogen's presentation of Tozan's five ranks, presented as a kind of progression for practice.

"To study the Buddha Way is to study the self" corresponds to what Tozan called the "shift" which is the first rank. If you have noticed, we have this little diagram made out of bricks in front of my (Sojun's) office which represents Tozan's five ranks using hexagrams and trigrams from the I-Ching. The first one, "Shift", means to turn from our ordinary way of living a life blindly creating karma, to a life of vow; turning or "shifting" toward way-seeking mind; awakening our aspiration for practice. We go along with our life until we one day wake up to "What is really going on here?" We want to go deeper than our usual view of things. This is the "shift," the turning from our ordinary behavior and our way of seeing things, to investigating the Dharma.

The second rank, "Willing Submission," corresponds to Dogen's "To study the self is to forget the self." In other words, submitting yourself to practice, letting go of our resistances, letting go of our opinions, our fears, our securities, and allowing oneself to practice. That's renunciation. Letting go of self-centeredness. Instead of being centered on self, to be centered on Buddha. I like to say, "Buddha centric" instead of "self centric" or eccentric. It's also putting our self into the service of Buddha Dharma making an effort to express our Buddha nature, studying the Dharma, and joining the sangha.

The third rank is called "achievement." It corresponds to Dogen's, "To forget the self is to be enlightened by the Ten Thousand Dharmas." Once we really let go of clinging, dropping body and mind, the "Ten Thousand Dharmas," the Ten Thousand things, verify our enlightenment. The universe will verify our enlightenment. Although the Ten Thousand things are one with you, they are the 10,000 things. Although you are one with the 10,000 things, you are you. This is called the rank of the "Fruition of virtue." Here it is called, "The Ten Thousand Dharmas advance and realize the self."

The fourth sentence of Dogen is, "To be enlightened by the Ten Thousand Dharmas is to free one's body and mind and those of others." So our work is actually to benefit not only ourselves but others as well. This is what Tozen calls, "combined virtue or collective achievement." It is characterized by the samadhi of receiving, and the samadhi of giving. Jijuyu samadhi is self-joyous, or 'self-fulfilling' samadhi. Tajuyu samadhi is 'others fulfillment' samadhi. Jijuyu means that you receive and enjoy the light of your own true nature, your essence of mind. Tajuyu means that you use what you receive to help bring others to realization. If we don't use our realization to help bring forth the light in others it will not sustain itself. So one is turning the light inward to receive, and turning to illuminate the light in others.

Dogen's fifth and last sentence is, "No trace of enlightenment remains, and this traceless enlightenment is continued forever." The final rank of Tozan that corresponds is called "Integration of achievement." This is where one is no longer concerned about enlightenment or delusion. It is when one embodies enlightenment and realization totally, without the need to do anything special, but is ceaselessly working for the benefit of all beings without any special effort or even self-consciousness. There is no clinging to enlightenment or delusion. One has perfect freedom in all aspects of life. It is the culmination of "Body and mind dropped."

To be continued.



Saturday Childcare

Childcare is offered on Saturdays from 9:15 to 11:15. The cost is \$5 per family. Note that the childcare schedule is tentative. Childcare is not offered if no one's planning to come, so please call Laurie the Thursday before to let us know if you're hoping to attend. For more information, call Laurie Senauke, 510.845.2215.



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| November 5 | Childcare |
| November 12 | Childcare |
| November 19 | Planning meeting for parents and kids. |
| November 26 | Childcare |
| December 3 | Sesshin - no childcare |
| December 10 | Childcare |
| December 17 | KIDZENDO |

Celebrating Rebecca

Berkeley Zen Center and the Mayeno family cordially invite you to a celebration of Daishin Mitsuzen (our very own Rebecca).

Sunday November 13th

Berkeley Zen Center

Schedule

2-2:30 pm receiving line

2:30-3:15 pm review of art & story time*

3:15-4 pm reception

We're looking forward to seeing you there.
*Please bring a story to share of your life with our dear dharma sister.

Save the Date! Sunday December 18 **Kwan Yin Pilgrimage Tea and Slide Show at Clear Water Zendo in Vallejo.**

In September Abbess Linda Ruth Cutts and Rusa Chu of Green Gulch led a pilgrimage to China dedicated to Kwan Yin (Avalokiteshvara). In China she is revered and honored in most temples along with Buddha. Some are dedicated just to her and these were the ones the group visited. Zen students Tova Green and Julia tenEyck were among the pilgrims and they will give us a report and show slides of the trip and the many images of Kwan Yin that they saw. We'll begin with a tea reception then have the presentation.

Clear Water Zendo

607 Branciforte St. Vallejo

December 18, 2005

3-5 p.m.

For more information and directions, contact

Mary Mocine at (707) 649-1972,
marymo@att.net or see the website, www.vallejozencenter.org

Sewing Buddha's Robe

If you are interested in preparing for Lay Ordination next year, sewing classes start in the last half of January. Classes are open to those who have asked their teacher if they may participate.

Before the winter break (mid-December), please speak with Sojun Mel Weitsman. After you speak with your teacher, promptly contact sewing teacher Jean Selkirk. Check the bulletin board for further announcements.

Editors Note

Dear Sangha Members,

This is my maiden voyage as the new BZC Newsletter editor. You can probably tell I am still dusting off my editing and Quark layout skills and am a little rusty. Please forgive any errors and for the lateness of this issue's arrival. We will do better! One thing you can help me with. I need more graphics to help enliven our publication. If you have any you like, or you have any suggestions, please email them to me at ehertzog@seiu-uhw.org. Thank you.

**Berkeley Zen Center
1931 Russell Street
Berkeley, CA. 94703**