



# Berkeley Zen Center



## February 2006 Newsletter

### All Sangha Potluck & Budget Meeting

On Tuesday, March 7, at 6:30, all BZC members are invited to come together to hear the Treasurer's report and discuss and approve the BZC budget for 2006. Bring a dish to share (bulletin board sign-up for food and clean up).

### Women's Council Meeting

The women's council is a group of women who attended an initial meeting in August with other interested women members and friends. The next meeting is Saturday, February 11, 1:30-3 pm, BZC Community Room. Agenda includes: revised chant of women ancestors, and new improved ethics guidelines being considered by the BZC Board. For questions or other agenda items, contact Laurie Senauke, 845-2215, lauries@kushiki.org, Andrea Thach, 420-0902, andrea.thach@gmail.com, or Marie Hopper, 595-8162, deagin@california.com.

### Three-Day Sesshin

The three-day sesshin will be on Presidents' Day weekend, February 18-20. Attendance for all three days is required. If you are new to sesshin practice, or have questions, please contact sesshin director, Leslie Bartholic: 925-933-3486 (before 9:00 p.m.): lbartholic@comcast.net

### Announcements

John Mogey has replaced Laurie Senauke as the new Office Manager. You can reach him at 649-7724 or e-mail jmogey@comcast.net.



#### 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.

## BZC Schedule February & March

### Bodhisattva Ceremony

Saturday, 2-18, 9:30 A.M.

### Three-Day Sitting

Saturday-Monday,  
2-18 through 2-20

### Buddha's Parinirvana

Saturday, 2-18

### Founders Ceremony

Thursday, 3-2, 6:20 P.M.

Friday, 3-3, 6:40 A.M.

### Bodhisattva Ceremony

Saturday, 3-11, 9:30 A.M.

### One-Day Sitting

Saturday, 3-11

### Half-Day Sitting

Saturday, 3-18

## PEOPLE

Welcome new BZC member **Jim Tomlinson**.

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Welcome **Samuel David**, born January 18, 2005, 7 1/2 lbs. **Marie, Greg, and Samuel** are doing fine.

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# GASSHOS. . .

We thank one another for the financial support of our practice place and our teachers. Contributions from members and friends provide our very foundation. During the period of September 1st through December 31st, those listed below contributed additional sums above any regular commitment (this includes sustaining members).

Catherine Abel  
Gregory Andreas  
Anonymous  
Gary Artim  
Mark R. Axelrod  
Sam Bernier  
Judy Bertelsen  
Renee Blanchard  
Alan Block  
Ross Estes Blum  
Mark Boydston  
Colleen & John Busch  
Cliff Clusin  
Meghan Collins  
Judy Davis  
Gregory Denny & Marie Hopper  
Stan Dewey & Melody Ermachild Chavis  
Tom Dinwoodie  
Mary Duryee  
Linda Eby & Bob Zepernick  
Tamar Enoch  
Nancy Farr  
Gil Fronsdal & Tamara Kan  
Sonia Gaemi  
William Gordon & Sahoko Tamagawa  
Doug & Penny Greiner  
Richard Haefele  
Robert Hayes  
Edwin Herzog  
Lynne Hofmann  
Mushim Ikeda-Nash  
Nobuo Iwanaga  
Leavenworth Jackson  
Anne Jennings  
Sharon Jobson  
Chris Jones  
Betty Jung  
Agnes Kaji  
Eric Kaufman

James Kenney  
Walter Kieser  
Kokai Roberts and Jaku Kinst  
Ann Livingstone  
Catharine Lucas  
Greg Martin & Susan Springborg  
Jane Mauldon  
Rebecca Mayeno  
Melinda Meyer  
John Mogey  
Nora Mukai-Rosenbaum  
Ron Nestor  
Gerry Oliva  
Peter & Susan Overton  
George Pangilla & Darlene Cioffi-Pangilla  
Carol Paul  
Carol Perkins  
V. Jonathan Petrie  
Vivian Pon  
Bob Poulsen & Erica Douch  
Britton Pyland  
John & Louise Rasmussen  
Bob Rosenbaum  
Claire & John Rubin  
Zen Center Santa Cruz  
Alan & Laurie Senauke  
Lance Shows  
Lois Silverstein  
Sherry Smith-Williams  
Stephanie Solar  
Julia Sommer  
Barton Stone  
Teah Strozer  
Steve Stucky & Lane Olson  
Clay Taylor  
Andrea Thach  
Rene Thomas  
Jake Van Akkeren & Leslie Bartholic  
Kent Welsh  
Rhonda Wilson

## Sojun commentary on Dogen's Genjo koan, part 7

In this next part Dogen talks about the extent and the limitations of our understanding. "When the truth (Dharma) does not fill our body and mind, we think that we have enough. When the truth (Dharma) fills our body and mind, we realize that something is missing." Dogen is expressing the fact that the more we investigate, and the more knowledge we obtain the more we realize how little we actually do know. There is investigation through thought, and knowing through intuition, which is to directly touch the essence of mind, without the intermediary of thinking. The two processes working together create a balance. In practice, our intellectual life proceeds from the intuitive state of zazen, which is its touchstone.

The wonderful thing is that even though we don't fully understand, we can still whole-heartedly throw ourselves into practice. We can swim and play in it and know it.



He then says, "For example, when we view the four directions from a boat on the ocean where no land is in sight it seems circular and nothing else. No other aspects are apparent. However, this ocean is neither



round nor square, and its aspects are infinite in variety. It is like a palace, it is like a jewel, it just seems circular as far as our eyes can reach at the time.

The ten thousand dharmas are also like this. Although ordinary life and enlightened life assume many aspects, we only recognize and understand through practice what the penetrating power of our vision can reach."

According to the four views of the scholar Asanga, fish see the ocean as a palace, celestial beings see it as a jewel ornament, hungry ghosts see it as pus and blood, and humans see it as water. As human beings our information is determined by the limitations of our five sense doors and the thinking - faculty, so anything that falls outside of the rather limited sphere of those faculties, isn't acknowledged. There is also the fact that most of the information we receive, is construed in a biased, one sided and dualistic way. So instead of seeing things "as it is", we are mostly looking at a picture of reality which is created by our imagination. The term "ordinary life", is literally, "dusty realms." The dusty realms are those of the fighting demons, animals (human), Hells, human beings, hungry ghosts, and heavenly places. In each realm there is a bodhisattva who's effort is to see clearly, letting go of discriminating mind and return to wholeness.

**D**ogen continues: "In order to appreciate the ten thousand dharmas we should know that although they may look round or square, the other qualities of oceans and mountains are infinite in variety; furthermore, other universes lie in all quarters. It is so not only around ourselves but right here, and in a single drop of water."

I wouldn't be surprised if Dogen intuited that the earth was round. Although it is important for us to know this for various reasons, it also seems important to know that the earth is flat, and that the sky is not only above us but right down at the soles of our feet. Suzuki Roshi mentioned the "gokumi", the Japanese term for the smallest particle. Whatever that particle is, is gokumi. It is somewhere between something and nothing. I wonder what we look like to a being so huge that we have no idea of its shape, that looks like a gokumi to another being?

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# SAVE THE DATE

## Buddhism and the Enneagram

On Sunday, March 19, Santikaro Larson, a Theravada and Enneagram practitioner from Chicago, will host an all-day workshop on Buddhism and the Enneagram. The workshop looks at how the nine defensive styles of the Enneagram inhibit our ability to drop body and mind in meditation. The workshop is scheduled for 10 am-3 pm, with a break for bag lunch (times will be confirmed). More details will follow in the March newsletter. The cost is sliding scale \$30 to \$50. For more information, contact Laurie Senauke, 845-2215, lauries@kushiki.org.

## INTIMATE TRANSMISSION: Lives & Teachings of Female Zen Masters

On Sunday, March 5, 10 am-4:00 pm, there will be a workshop with Grace Schireson, BZC senior student and Resident Priest at Empty Nest Zendo in North Fork, CA. Through the use of recently translated materials, art, and poetry, Grace will present the lives and teachings of several female Zen and Ch'an masters and their relevance to Buddhist practitioners today.

**Location:** Neuman Hall, Santa Rosa Junior College, Santa Rosa, CA.

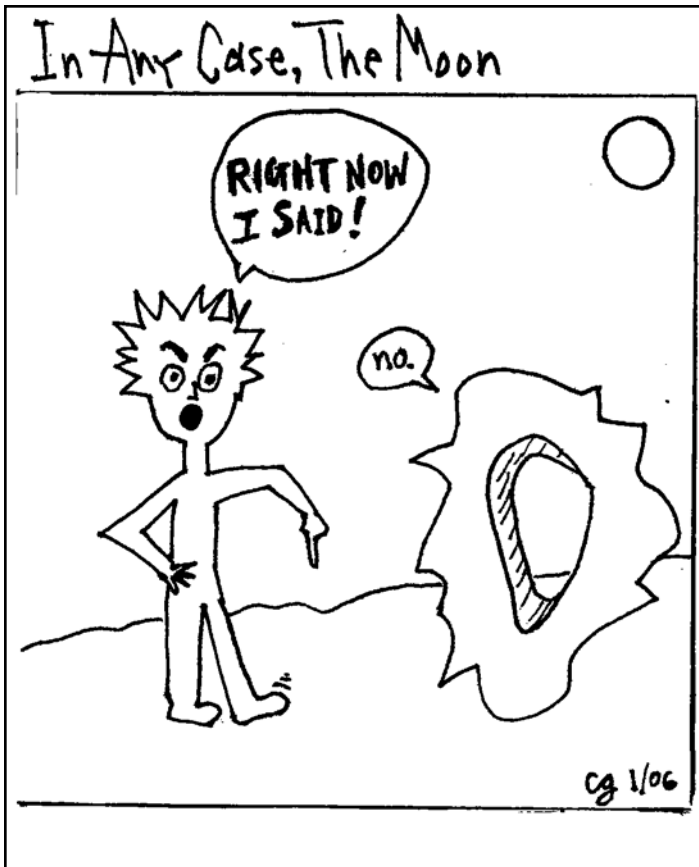
**Cost:** \$35 includes lunch (sliding scale possible). This event is a benefit for the Russian River Zendo in Guerneville. More info, call Tony Patchell or Darlene Cohen at 707-869-3787.

## Qigong Class

Bob Rosenbaum is offering a class in Dayan Qigong Friday evenings after zazen, 6:45-8:45, starting February 3rd. The class is open to both new and returning qigong students. Dayan qigong is a 2000 year old Taoist movement practice: it is the ancestor of Tai Chi but easier to learn and devoted solely to promoting health by opening and regulating the acupuncture meridians (it is not a martial art). It forms an excellent complement to Zen practice: legend says its originator was Bodhidharma. Sign up on the board; if you have questions, call Bob at 510-849-3069 or e-mail him at brosenbaum1@mac.com.

## Editor's note:

The Berkeley Zen Center newsletter is looking for poems, cartoons, recipes, short articles or other items of interest from BZC members to print in the newsletter. Please submit to: eherzog@seiu-uhw.org Deadline is the 20th of every month..



## Childcare Help Wanted

BZC offers childcare during the Saturday program - from 9:15 to 11:15. We are looking for leads on a new Saturday childcare provider. Typically, childcare is free play, but once a month we offer "Kidzendo", a more structured program, which includes children attending part of the lecture and other activities. The new provider could choose whether or not they wanted to facilitate the Kidzendo or not. The childcare person receives \$20 per week. We look for a non-sangha member to provide childcare, since this person cannot attend the Saturday 9:30 zazen or lecture. If you have ideas or suggestions, contact Laurie Senauke (lauries@kushiki.org , 845-2215).



## Saturday Childcare

February 11	Childcare
February 18	Sesshin - no program
February 25	Childcare
March 4	Childcare
March 11	Sesshin - no program
March 18	Kidzendo
March 25	Childcare
April 1	Childcare
April 8	Childcare
April 15	Kidzendo
April 22	Childcare
April 29	Childcare

## Library News: New Books

BZC has acquired a new and exciting set of new titles, too numerous to name here. New acquisitions are kept on the shelf labeled, "New Books", until checked out. When returned, they go into the regular stacks.

What books on Buddhism and Zen have you read which were exceptionally inspiring? If not already in our library, let the librarian know in his mailbox on the BZC porch or e-mail: librarian@berkeleyzencenter.org.

The BZC library also has a collection of periodicals, including Tricycle, Buddhadharma, Windbell, and Mountain Record..

Deep gasshos and thanks to Jerry Garfield for his donation of Buddhist books, collected over 20 years, to the BZC library and sangha.

One final note: BZC members, please return books you have borrowed longer than a month.

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*"To the one who knows how to look and feel, every moment of this free wandering life is an enchantment."*

Alexandra David-Neel

## Jikido Volunteers Needed

Jikido is an important part of our practice. The Jikidos tend our zendo just as the Chidens tend the altar. The job requires cleaning the zendo twice a week for 1-2 hours when it is not in use. Currently we ask people to sign up on the Jikido sheet displayed on the bulletin board. We are in the process of setting up a schedule where each Jikido will clean once every 2-3 months. The work can be done individually or as a team. If you are willing to be a Jikido please contact John Mogey, phone 649-7724 or e-mail jmogey@comcast.net. Experience is not necessary and training will be provided.

## "Carpet Clean" Practice

The Community Room carpet was given a thorough cleaning in January thanks to Ron Nestor for coordinating this effort. This is a good opportunity to remind everyone of our shoe forms practice in the Community Room that help keep the carpet clean.

Before entering the Community Room, please remove your shoes and leave them in the shoe rack next to the stove. Whenever possible, do wear your shoes in the kitchen so that debris is not carried back onto the carpet. Shoes may be worn in the bathroom; simply step onto the mat left by the bathroom door for this purpose.

**Berkeley Zen Center  
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