

## Programme

### Main Course [A1-4]

Begins: 2 October 2010, 10 Week Term  
Saturdays 9 am - 11am

### Extension Course

[A2-4] Begins: Saturday 2 October 2010  
5 pm – 7 pm, 10 Week Term **OR**

[A3-4] Begins: Wednesday 6 October 2010  
7 pm – 9 pm, 10 week Term.

### One Day Workshop [A-OW-4]

Sunday October 3, Sunday November 7  
9 am – 5 pm

Non-members \$80, members by donation.

**Course Orientation:** For new and continuing students, Saturday September 11, 11.30am – 1.30 pm.

### Informal Participation

Jikishoan members may attend single classes by donation (Dana). New Students & non-members may attend by half term- \$80 (5 classes). Contact the course co-ordinator to reserve a place.

### Pre-requisites:

Main course [A1-4] – no pre-requisite.  
Extension course pre-requisite is either the Main course (10 weeks) or 3 One Day workshops. Attendance Certificate available on completion of Courses A1 or A2 or A3. Class sizes are limited.

**Cost:** \$450/course (4 terms) or  
\$140 / term (10 classes)  
Includes student-membership to JZBC

**Venue:** Footscray/Jikishoan Zendo.  
Address available on receipt of application.

## Curriculum

### Practice

- The three forms of Zen meditation
- Meditation exercises
- Harmonising body, breath and mind
- Meditation Posture
- The mudras of sitting, walking, bowing

### Zen Perspectives

- Right Practice
- Right Attitude
- Right Effort
- Right Understanding
- Practice Review
- The Threefold Learning
- The Three Treasures
- The Seals of Buddhism
- Causation
- Shakyamuni's Philosophy

### Integrated Practice and Study

- Sutra Chanting
- Tea Ceremony
- Sanzen-kai (Community Practice)
- Zen Retreat
- Practice Interview
- One Day workshop

### Books and Texts

- Zen Mind, Beginner's Mind  
*Author: Shunryu Suzuki*
- Basic Buddhist Concepts  
*Author: Kogen Mizuno*
- Sutra Book for Sanzen-kai  
Jikishoan Publication

## Application Form

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_ Post code: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

### I would like to register for:

Course A1 – Sat 9 – 11am

Course A2 – Sat 5 - 7pm

Course A3 – Wed 7- 9pm

One Day Workshop Sunday Oct 3

One Day Workshop Sunday Nov 7

Orientation Sat Sept 11, 11.30–1.30

### I would like to attend:

Term 4, 2010

Term 4, 2010–Term 3, 2011 (one year)

Once your place is confirmed, a Registration form will be sent to you with payment details. Please indicate in the tick box below how you wish to receive your registration form.

### Please send me a registration form:

By email

By post

### Post this application form to:

*JIKISHOAN-IBS CO-ORDINATORS  
PO BOX 475  
YARRAVILLE 3013*

Office Use:

Date received:

## Leadership



Ekai Korematsu Osho is the main teacher and Director of Jikishoan's Zen Training and Buddhist Studies Program. Ekai was born in 1948. He studied humanities and Buddhism in Denmark and the USA. He was ordained a monk in 1976 and received dharma transmission from Ikko Narasaki Roshi in 1986. His formal training and Buddhist education is through Soto Zen Buddhism. He has been serving as Abbott and Resident Teacher of Jikishoan since its inception.

## Zen Education

The Japanese word for education is Kyoiku (教育). Kyo (教) means teaching and Iku (育) means nurturing. Good education both educates and nurtures the whole person. Western education tends to emphasize intellectual understanding above everything else. Zen education, on the other hand, emphasizes the universal value of a complete education through practice and experience, not only for the individual, but equally, for the community as a whole.

*"Reading, writing and conventional knowledge are necessary, but so are 'drawing water and carrying firewood' as Pan Yun claimed."*

Prof. Masato Mitsuda,  
San Francisco State University

## About Us

Jikishoan Zen Buddhist Community Inc. is a non-profit organisation (since 1999). Our mission is to offer comprehensive Buddhist teaching programs and promote Zen practice in accordance with the triple aims:

- To promote the teachings, practice and realisation of Shakyamuni Buddha in Australia for the welfare and peace of all.
- To encourage the teachings, methods and practice of all the Buddhas, ancestors and patriarchs associated with the Zen Schools of the Mahayana tradition.
- To promote, encourage, develop and assist the study and practice of Zen Buddhism in Australia with special emphasis on the teachings and methods of Eihei Dogen Zenji, the founder of the Soto Zen School in Japan.

**Coordinator/Enquiries: Hannah Forsyth**  
Ph: 9687 6981 [contact@jikishoan.org.au](mailto:contact@jikishoan.org.au)

**Assistant Co-ordinator: Shona Innes**  
Ph: 9391 2757 [shinnes@yahoo.com](mailto:shinnes@yahoo.com)

**Other Contacts: Katherine Yeo**  
Ph: 0422 407 870 [klbyeo@optusnet.com.au](mailto:klbyeo@optusnet.com.au)

**Bev Cowan** [bev.cowan@gmail.com](mailto:bev.cowan@gmail.com)  
Ph: 0433 056 562

**JIKISHOAN** 直証庵  
zen buddhist community

[www.jikishoan.org.au](http://www.jikishoan.org.au)

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## Zen Meditation and Integrated Buddhist Studies

Spring Program 2010  
Venue: Jikishoan Zendo  
Footscray

