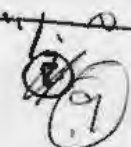


Aug 62 

08-00

## TO TAME A TIGER

A government official named Shiba visited Hyabujo Mountain and was taken by the great beauty there. He decided to ask a monk to build a monastery on the mountain.

He chose between two monks, Karin and Isan (Reiyu Zengi). Isan was chosen when Shiba watched the way he walked. Karin, who was seen first, was not discouraged by not being chosen. Years later when Karin was known as a famous Zen Master, he lived on a remote mountain and his Zen was known by birds and animals.

One day a government surveyor came across a hermitage on a mountain and found a great tiger standing at the gate. The tiger disappeared into the hut, and soon an old Zen Master came out. He was Karin.

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The kind of Zen which walks an elegant way is quite different from the kind of Zen which tames a tiger. Nevertheless, both should be a creative form of the transmitted original Zen from Buddha. We should acknowledge the ways of both monks as the pure and fully transmitted zazen as well as recognize the ways as the restriction placed on each monk by a particular occasion. In other words, we should not be captivated by some particular form of Zen nor should we discriminate some particular type of Zen. ---Zen must always be creative.

## ZAZEN'S SCRIPTURE

Zazen is scripture itself. To do zazen for weeks or hours is to bring scripture into being. No scripture is left out of zazen, Buddha's whole life teaching is there. In zazen Buddha (we) creates scripture, Buddha (we) creates Buddha. In zazen we are Buddha.

## SESSHIN

The Temple's annual week sesshin (August 27 to September 2) will be conducted this year by Bishop Yamada. All are welcome to attend the whole or any part of the sesshin. Three meals a day will be served and sleeping accommodations will be available for those who need them.

Regular morning zazen will be at the usual time, but afternoon zazen will begin at 6p. m. No lecture Wednesday evening, but Sunday services will be the same.

## RULES FOR SESSHIN

The following suggestions are presented to those participating in the sesshin so that their best effort can be put forth.

- I. General
  - A. Indicate on the meal chart on the bulletin board the number of meals you will take that day upon first arriving at the temple.
  - B. Clothing apparel is best in subdued colors.
  - C. Silence should be kept at all times during the Sesshin. If conversation is absolutely necessary, speak in a whisper.
  - D. While walking, keep hands in Shashu position as if walking in Kinhin.
- II. During Meals
  - A. You should eat all food that is set before you.
  - B. Eat silently and be quiet with dinner utensils.
- III. Sleeping-In
  - A. Those staying at the temple overnight should bring toilet articles, towels, changes of clothing, and a sleeping bag or blankets.
  - B. Talking and reading newspapers or magazines is prohibited.

## DAILY SCHEDULE OF SESSHIN

|  |                                |
|--|--------------------------------|
| 5:45-6:30 Zazen  | 12:00-12:30 Clean Up           |
| 6:30-7:00 Choka (morning chant)                                    | 12:30- 1:10 Zazen              |
| 7:00-7:30 Kisshiku (breakfast)                                     | 1:10- 1:50 Kusen (instruction) |
| 7:30-8:00 Clean Up (Zendo, Zen Yukai, steps, 1st floor, restrooms) | 1:50- 2:30 Zazen               |
| 8:00-8:40 Zazen  | 2:30- 2:40 Kinhin              |
| 8:40-8:50 Kinhin   | 2:40- 3:20 Zazen               |
| 8:50-9:30 Zazen  | 3:20- 3:30 Kinhin              |
| 9:30-9:40 Kinhin   | 3:30- 4:10 Zazen               |
| 9:40-10:20 Zazen   | 4:10-4:40 Banka (eve. service) |
| 10:20-10:30 Kinhin   | 4:40- 5:00 Rest                |
| 10:30-11:10 Zazen  | 5:00- 6:00 Yakuseki (dinner)   |
| 11:10-11:30 Nicchyu  | 6:00- 6:50 Zazen               |
| 11:30-12:00 Kippon   | 6:50- 7:00 Sutra               |
|  | 7:00- 7:30 Clean Up            |