



# WIND BELL

Monthly Newsletter of the  
San Francisco Zen Center  
1881 Bush Street

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## WIND BELL

Hanging in space by his mouth  
His whole body is his mouth

East, West, South and North Wind  
He does not care

Always, he talks in many ways  
about Prajnaparamita for others

Tsu Chin Tsun Ryan  
Tsu Chin Ryan

.....Dogen

Those people interested in Zen Buddhism may be glad to know that there is a Zen Center in San Francisco which, for nearly two and a half years, has been under the guidance of Roshi Shunryu Suzuki.

The regular and 'special events' schedules are outlined in our Newsletter and everyone is welcome to attend, of course.

Please come.

Shunryu Suzuki came here from Japan on the afternoon of June 22, 1959. Since then he has been on the cushion conducting Zen at Sokoji.

His associate, Dr. Kato, professor at San Jose State College, assists by giving lectures.

## WEEKLY LECTURE PROGRAM

A series of lectures by Roshi Suzuki, entitled "The Pillow Under Mt. Fuji", are now being given every Wednesday evening at 7:30 p.m. Lectures on the Heart Sutra and the Diamond Sutra are now being concluded, to be followed by the Lotus Sutra, using "The Manual of Zen Buddhism" by D.T. Suzuki (Evergreen Paperback edition) as a background text.

## GUEST LECTURE PROGRAM

Dr. Douglas Burns, a Buddhist scholar, will present a series of four lectures on the development of the Zen way. The series will be held at the Center, 7:30p.m. Friday evenings, scheduled as follows:

Friday, December 1	Early Hindu Thought as a basis for Buddhism
Friday, December 8	Theravada Buddhism
Friday, December 15	Taoism
Friday, December 22	Chan (Chinese Zen)

## ONE AND A HALF DAY 'SESSHIN' AND TRAINING PERIOD IN DECEMBER

From 5:45 a.m. to 8:30 p.m. on Saturday, December 16 and from 5:45 a.m. to 12 noon on Sunday, December 17, the Center will hold a one and a half day 'Sesshin'. (Sesshin is a Japanese term for a full day of meditation over an extended period of time). Meals will be served at the Center.

The 'Sesshin' will open a two month training period of morning and evening meditation (zazen) in accordance with the regular schedule below.