



Transformative Learning, Experience and Cultivation



# Zen and Integrated Buddhist Studies (IBS) 2020

26 JANUARY – 13 DECEMBER  
Main Course Outline

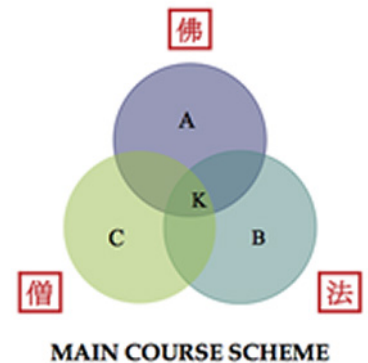
Jikishoan Zen Buddhist Community Inc. is a non-profit charitable organisation founded in 1999.

Jikishoan's vision is to offer Transformative Buddhist Learning, Experience and Cultivation for Everyone.

As part of our commitment to this vision Jikishoan offers Zen and Integrated Buddhist Studies (IBS) based on Soto Zen Buddhism and its teaching lineage through India, China, Japan and Australia.

In its 11th year since inception, the IBS comprises a three-fold Main Course program in basic Buddhist concepts and practice.

The program includes meditation instruction and workshops based on Zen training in Ekayana, the ultimate Mahayana tradition. Through tutorials, consultation and practice interviews with the Teacher and Course Coordinators, students are assisted with their course planning, work, practice and independent study and projects.



## A Course

Term 1	Sat: A1, A2 Wed: A3	25 Jan-28 Mar 29 Jan-1 Apr
Term 2	Sat: A1, A2 Wed: A3	18 Apr-20 Jun 22 Apr-24 Jun
Term 3	Sat: A1, A2 Wed: A3	4 Jul-12 Sep 8 Jul-16 Sep
Term 4	Sat: A1, A2 Wed: A3	26 Sep-5 Dec 30 Oct-9 Dec
One Day Workshop [AOW] Sundays		
9 Feb	5 Apr	9 Jun
9 Aug	4 Oct	9 Dec
Study in India [ASI]		3-24 Oct

## B Course: at Sanzen-kai

Semester	Sundays [B1] Thursdays [B2]	26 Jan-21 Jun 30 Jan-18 Jun
Semester	Sundays [B1] Thursdays [B2]	5 Jul-13 Dec 9 Jul-10 Dec
Orienta- tion [ABO]	Sunday Sanzen-kai [B1]	5:25-5:45pm
<ul style="list-style-type: none"> <li>• Annual Picnic [BAP]: 1 Mar</li> <li>• Foundation Day [BDF]: 26 Apr</li> </ul>		

## C Course: at Bendoho Retreat

Zen Retreat R63 Orientation [ARO]	9 - 16 Apr 9-11 Apr (Thurs-Sat)
Zen Retreat R64 Orientation [ARO]	21-28 Aug 21-23 Aug (Fri-Sun)
Zen Retreat R65 Orientation [ARO]	20-27 Nov 20-22 Nov (Fri-Sun)
Sanzen in Japan [CSJ]	Individual plan
Buddhist Summer School	11-14 Jan
Zen classes in Melb	10, 17, 24, 31 July
Tibetan Festival Teaching	Mar, Nov

## General Enquiry, Booking and Enrolment

Phone: 9440 5597 | Email: [contact@jikishoan.org.au](mailto:contact@jikishoan.org.au) | [www.jikishoan.org.au](http://www.jikishoan.org.au)  
PO Box 196 Heidelberg West VIC 3081 AUSTRALIA

**JIKISHOAN** 直証庵  
zen buddhist community

# ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2020

## MAIN COURSE

The Main Course Program offers A, B and C courses that are integral to Zen education and discipline. The scope of these three programs integrate with one another like the Root, Stem and Blossom of a growing Lotus plant in muddy water.

## COURSE A

Meditation, practice and study in a classroom based format. A full-year enrolment is 8 units.

Main Course A (Root) is the entry point to the Main Course Program for a new student. It is a vital base where transformative learning, experience and cultivation for everyone takes place and evolves along with one's deepening meditation, practice and direct understanding.

## Program

Main Course A weaves together diverse levels of interests, commitments and experiences of students into each term with 10 x 2 hour class sessions in meditation and Buddhist study, emphasising a practical approach to both conceptual and direct understanding. At the heart of Zen and Integrated Buddhist Studies (IBS) is the desire to allow students to explore these subjects from as many different views as possible.

The Western education model is used systematically while Buddhist perspectives are tested and cultivated in the course of meditation, practice, and in-class discussions. Course A integrates implicitly with the other two courses, B and C. Director Ekai Korematsu leads qualified coordinators for these three courses to support students with their training, practice, objectives and administration. Participants are encouraged to examine their own cultural and intellectual assumptions as they pursue these studies in a supportive environment. Mid year and during the final month of their IBS year, students are invited to submit a report paper on a topic of their choice in order to complete the Main Course work and /or as an Independent Study Project.

## Curriculum

Main Course A curriculum consists of three core topics: Practice, Perspective and in-class role. A student may enrol by term or year. Term credit (10 sessions) is 2 units, 20 hours.

## Meditation Practice

(1) Three mudras (2) Meditation exercises (3) Three forms

### Ten Perspectives

1	Right Practice	6	The Three Treasures
2	Right Attitude	7	The Seals of Buddhism
3	Right Effort	8	The Pathway to Faith
4	Right Understanding	9	The Four Noble Truths
5	Right Posture	10	The Three-fold Learning

### In-class Role Training

- Jiso and text reading
- Chaju and tea ceremony
- Jikido and sutra chanting
- Jiroku and A-class admin

### Independent Project

- Practice Interview
- One Day Workshop
- Sanzen-kai
- Zen Retreat
- Study in India

## COURSE B

Community based practice and Buddhist study in everyday life. A full-year enrolment is 12 units for B1 and 8 units for B2.

## Program

Main Course B brings together students from diverse walks of life, cultural and educational backgrounds. Each semester comprises 20 sessions of 2 to 4 hours of weekly meditation (Sanzen) within Mahayana Buddhism and the Soto Zen approach to Buddhist discipline. Its scope of study is larger than that of Main Course A with teaching being more explicit, detailed and performance oriented. As Professor Kogen Mizuno says in his book, *Basic Buddhist Concepts* (page 45):

Since all things change from instant to instant, life is an accumulation of momentary actions and happenings. Each of these moments must be fulfilled, not with carpe diem hedonism but with a provident realization of the individual's full potential."

Participants are encouraged also to attend A-classes and Zen retreats selectively during their enrolment and to take up an independent study, a short to medium term project of 3 to 6 months. In order to complete their Main Course B work, students can submit a paper on a subject of their ryo training and ryo roles within Sanzen-kai and Retreat curriculum or a topic of their choice .

## Curriculum

A semester credit (20 sessions) is 6 units, 60 hours. A student may enrol by semester or year.

## Scope

Main Course B curriculum covers four broad subjects:

- Sanzen-kai practices
- Mahayana Perspectives
- In-Ryo roles
- Individual Attendance Plan & Log (IAP)

## Curricula Schedule

Sunday Sanzen-kai [B1]		Thursday Sanzen-kai [B2]	
Zendo ready	5:20pm	Zendo ready	6:55pm
[Orientation	20 mins]	Zazen	7:00
Robe chant	5:25	Kinhin	7:20
Kinhin walking	5:30	Zazen	7:30
Zazen sitting	5:40	Kinhin	8:10
Kinhin walking	6:20	Tea Ceremony	8:20
Tea Ceremony	6:30	Reading	8:35
Chanting service	6:40	Lineage Service	8:40
Dharma talk	6:50	Instruction	8:50
Sangha Supper	7:40	End	9:00pm
Clean-up Samu	8:10		
Door close	9:00pm		

CONTACT: Shona Innes ph 0421 285 338, email B-course@jikishoan.org.au

VENUES: B2 Shogoin, Footscray; B1 Australian Shiatsu College, 103 Evans Street, Brunswick. Address for B2 available on receipt of application.

## Curriculum

Main Course A curriculum consists of three core topics: Practice, Perspective and in-class role. A student may enrol by term or year. Term credit (10 sessions) is 2 units, 20 hours.

## Meditation Practice

(1) Three mudras (2) Meditation exercises (3) Three forms

### Ten Perspectives

1	Right Practice	6	The Three Treasures
2	Right Attitude	7	The Seals of Buddhism
3	Right Effort	8	The Pathway to Faith
4	Right Understanding	9	The Four Noble Truths
5	Right Posture	10	The Three-fold Learning

### In-class Role Training

- Jiso and text reading
- Chaju and tea ceremony
- Jikido and sutra chanting
- Jiroku and A-class admin

### Independent Project

- Practice Interview
- One Day Workshop
- Sanzen-kai
- Zen Retreat
- Study in India

CONTACT: Katherine Yeo ph 0422 407 870, email A-course@jikishoan.org.au

VENUES: A1 Shogoin, Footscray; A2 Tokozan, Heidelberg West; and A3 Australian Shiatsu College, Brunswick. Addresses for A1 and A2 available on receipt of application.

# ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2020

## COURSE C

Residential zen training and study in the Soto Zen Tradition at 3 x 7 day retreats during Easter, August and November.  
A full enrolment is 15 units (12 R-units +3 A-units).

### Program

Main Course C ushers students into intensive practice, study and ryo training at Bendoho retreats, a form of Zen monastic community practice, emphasizing Zen Master Dogen's method of practices and teachings within his major work Shobogenzo, The Treasure House of the Eye of True Teaching. There he said:

"To reach the Truth, one cuts oneself off from using the spoken word and lets the intellectual function die out. This is because going beyond words and going beyond intellect are how one reaches the Truth, since having words and having thoughts is entirely different from the Truth."

- from Ango On Summer Retreat (Page 857)

Students are encouraged to have a long term vision, commitment and plan when they pursue Course C study. Anyone can apply to attend a Jikishoan Zen retreat. However, for formal entry and enrolment into the Main Course C program, in addition to their application, students are required to have an interview with Ekai Osho for their Individual Training Plan (ITP).

## Curriculum

### Course Work Strategy

- IBS Year Planner 2020
- Individual Training Plan (ITP)
- Dokusan/Tutorial
- Report Writing

### Retreat Training

- Monasticism in lay life
- Shu Ryo – Base study
- Tenzo Ryo - Kitchen
- Ino Ryo - Zendo
- Shika/Jiroku - Admin
- Yaku Ryo - Personnel

### Soto Zen Perspectives

- Shobogenzo - Dogen Zenji
- Denkoroku - Keizan Zenji
- Eihei Shingi - Standard of Zen Community

### Associated Curriculum

- Course A
- One Day Workshop
- Course B
- India and Japan Study
- Buddhist Summer School (KEBI)
- Zen Class in Melbourne (KEBI)
- Tibetan Festival Teaching

Coordinator: Hannah Forsyth

Ph: 0408 100 710. Email: C-course@jikishoan.org.au

For Main Course C enquiry, Study in Japan and student report papers of their projects.

## MAIN COURSE READING

- Sutra Book for Sanzen-kai - Jikishoan Publication
- Zen Mind, Beginner's Mind - Author: Shunryu Suzuki
- Basic Buddhist Concepts - Author: Kogen Mizuno
- Shobogenzo by Zen Master Dogen - Shasta Abbey Press
- Denkoroku, Transmission of Light - Author: Zen Master Keizan
- Realizing Genjo Koan - Author: Shohaku Okumura
- Dogen's Pure Standards for the Zen Community
- Translators: Taigen Daniel Leighton and Shohaku Okumura

## OVERSEAS STUDY

Study at Bodhi Gaya where Buddhism originated 2500 years ago and Sanzen at Zen training temples in Japan as part of an Independent Study and Project. The 3 to 10 weeks is 2-8 units.

**Study in India MC-A** Director: Dr. Arthur McKeown  
Dr McKeown received his PhD from Harvard University and is the Director of the Buddhist Studies in India Program, Carleton-Antioch Global Engagement. Dr McKeown invites IBS students to accompany Ekai Roshi to study zen in India.

**Sanzen in Japan MC-C** Director: Seido Suzuki Roshi  
Seido Suzuki Roshi accepts students from Jikishoan for an extended period for Sanzen (traditional Zen practice and study) at Toshoji, a Soto Zen training monastery where he is Abbot and Teacher.

## LEADERSHIP / FACULTY

### DIRECTOR *Ekai Korematsu*

Ekai Korematsu is the Main Teacher of Jikishoan Zen Buddhist Community in Melbourne. He is a transmitted teacher in the Soto Zen Tradition and has taught meditation in Japan, India, USA, Australia and New Zealand for over 35 years. He has been a faculty member of the Carleton-Antioch University Buddhist Studies in India Program since 1997.



### INTERN TEACHER

#### *Shudo Hannah Forsyth*

Shudo Hannah Forsyth is a founding member of Jikishoan and a general Coordinator for Main Course programs and C course students. Shudo has been a student of Ekai Roshi since 1999 and is currently undertaking Intern Teacher Training through Jikishoan's programs.



### COORDINATOR

#### *Teishin Shona Innes*

Teishin Shona Innes is President of Jikishoan and IBS Secretary. Teishin facilitates Main Course B. She finished Head Student training in 2013. Teishin has completed 10 years in Main Course A and B and is currently on the Assistant Teacher Training Program.



### COORDINATOR

#### *Shuzan Katherine Yeo*

Shuzan facilitates Main Course A. She has completed 10 years in Main Course A and completed Head Student training in 2016. Shuzan has a broad range of integrated study and practice within IBS and overseas, beyond the scope of the curriculum.



# ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2020

## HOW DO I BOOK AND ENROL?

Book online at [jikishoan.org.au](http://jikishoan.org.au), call Jikishoan on 9440 5597 or email [contact@jikishoan.org.au](mailto:contact@jikishoan.org.au)  
\*Application form submission is required for Main Course enrolment (\$70 Admission fee applies)  
IBS-Jikishoan, PO Box 196 Heidelberg West Victoria 3081

## HOW MUCH DOES IT COST?

Admission fee: \$70

### Main Course Tuition

1. Course A: \$640 One full year - 4 terms [KA] OR \$200 One term 10 classes [AT] OR \$110 - 5 classes [AT1/2], ODW - \$105
2. Course B: \$290 One full year - 2 semesters [KB] OR \$200 One semester - 6 months [BS]
3. Course C: \$4,410 Three years - 9 retreats base [KC] OR \$1,580 One full year - 3 retreats base [CY]

### Alternative Participation for returning students and members:

- To be a Non-credit student: \$70 Admission fee only [NC]
- To be a Nominal student: \$70 Admission fee plus IAP for [A] and [B] or ITP for [C]  
33% minimum attendance required for [A] term, [B] semester, or [C] retreat

## WHAT COURSE DO I CHOOSE AS MY MAJOR?

- Course A (Root): This course is essential for any individual regardless of their prior experience, and is a prerequisite for Course B and C. Particularly, if you are new, you must start from this course except for a Jikishoan member, or an IBS student who has finished 1 term in A class curriculum, or previously attended a Bendoho Retreat for a minimum of 7 days, or 3 x One Day Workshops.
- Course B (Stem): This course is for a student who wants to train in Ryo practice and study in the Mahayana tradition at weekly Sanzen-kai with a Teacher and a Sangha. Anyone can attend Sanzen-kai [B1, B2]. However, this course enrolment provides a supportive structure and an environment for Zen education and training in community level practice. Integration with Course A and C curriculum helps to bring meditation into life.
- Course C (Flower): This course is retreat-based and intended for students who pursue curriculum and training in Soto Zen Buddhism for a period of 3 years [KC]. However, a student may enrol in this course by year [CY] if this suits better. It emphasises methods and teachings of the two Zen Masters: Dogen Zenji and Keizan Zenji. A face to face interview with the Teacher is a prerequisite for Course C enrolment.

### VISION FOR YOUR PARTICIPATION

We encourage you to cultivate your own vision when you pursue the course work. Having a vision and purpose will make a difference to your study and practice regardless of levels of your commitment: short, medium or long term. We wish you the best and that your objective finds its respective place in our vision: To offer transformative Buddhist learning, experience and cultivation for everyone.

### ACCREDITATION

Accreditation assessment is primarily based on successful attendance in the Main Course Program (Jikishoan Accreditation Standard 2015).

**Attendance Certificate:** Upon request, Jikishoan will issue an Attendance Certificate to a student at any point he/she earns above 80 student hours. A student earns a credit by their attendance/student hours and 1 unit comprises 10 student hours.

**Course Certificate:** A student-teacher certificate may be awarded to a student who has earned above 36 course units and has successfully completed curriculum based training, projects and integrated study.

**Teacher Training:** Reserved for lay ordained students who completed post Shuso training under the Main Teacher. Criterion: above 108 course units, IBS (5 years), 5 practice periods, and independent projects.

### NO REFUND POLICY

Admission and tuition fees are non-refundable. However, if Jikishoan determines that due to extraordinary circumstances a student can no longer continue his/her course work, the remaining balance of the Main Course tuition paid may be credited for reenrolment within IBS year 2020-2021.

### CODE FOR IBS

The following codes are used to identify enrolment, courses, classes and activities for students and administration.

KA	Course A 4 terms	40 x 2 hour classes
AT	Course A 1 term	10 x 2 hour classes
AT1/2	Course A 1/2 term	5 x 2 hour classes
A1	Saturday morning class	9-11 am
A2	Saturday afternoon class	5.30-7.30 pm
A3	Wednesday night class	7-9 pm
AOW	One Day Workshop	9am-4pm
ABO	Sanzen-kai Orientation	5:25 pm (20 min)
ARO	Retreat Orientation	3 days at Zen retreat
ASI	Course A, Study in India	3 weeks
BAP	Annual Picnic	
BDF	Foundation Day	
BS	Course B, 1 semester	20 x 2-4 hours at B1 or B2
KB	Course B, 2 semesters	40 x 2-4 hours at B1 or B2
B1	Sunday Sanzen-kai	3 hour sessions
B2	Thursday Sanzen-kai	2 hour sessions
KC	Course C, 3 years	9 x 7 day retreats
CSJ	Course C, Study in Japan	to be determined
CY	Course C, 1 year	3 x 7 day retreats
NC	Non-credit Student	Casual attendance
A, B, C	Nominal Student	33% min. attendance level
IAP	Individual Attendance Plan	A class and Sanzen-kai
ITP	Individual Training Plan	Year plan and log
R	Bendoho Retreat	Zen retreat - 7 days x 3/yr
K	Teacher Training	3-5 years

# ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2020

## Application

I would like to apply for Main Course Admission majoring in:

- Course A
- Course B
- Course C
- Alternative participation for returning students and members.

- I am new to the IBS.
- I am returning or continuing.
- My current student number is: \_\_\_\_\_

### APPLICANT

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

Address \_\_\_\_\_

State \_\_\_\_\_ post code \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Mobile \_\_\_\_\_

#### Procedural Check

- I have read "Main Course Outline".
- I understand the vision for the Main Course program and am clear about my course selection.
- I need advice or clarification about my Course enrolment. Please contact me.
- I enclose the completed application form.
- I enclose the admission fee.
- Or, alternatively, I have made a direct deposit.

#### Comments by applicant

\_\_\_\_\_  
\_\_\_\_\_

### ENTRY PREFERENCE

#### Course A (Root)

- full year [KA]
- by term [AT] starting term: 1, 2, 3, 4
- 1/2 term [AT1/2] term: 1, 2, 3, 4

I will attend:

- Saturday morning class [A1] as my base
- Saturday afternoon class [A2] as my base
- Wednesday evening class [A3] as my base

#### One Day Workshop [AOW]

- 9 Feb     5 Apr     9 Jun
- 9 Aug     4 Oct     9 Dec

\*Attendance is \$105, or by donation for Members and IBS students.

#### Course B (Stem)

- full year [KB]
- by semester [BS]
- as a nominal student

My base will be Sanzen-kai:

- B1
- B2

#### Course C (Flower)

- Three year [KC]
- by year [CY]

#### Alternative Participation (Leaf & Bud)

- Non-credit student [NC]
- Nominal student [A, B, C] IAP required

In:

- Course A
- Course B
- Course C

### PAYMENT

My admission fee of \$70 accompanies this application. Admission fees are non-refundable.

cash

cheque, payable to  
'Jikishoan Zen Buddhist Community'

direct deposit  
\* Details made available upon request.

APPLICANT SIGNATURE \_\_\_\_\_

Date: \_\_\_\_\_

Post to:

IBS - Jikishoan  
PO Box 196, Heidelberg West, Victoria, 3081  
AUSTRALIA  
Phone: (03) 9440 5597  
contact@jikishoan.org.au