



Transformative Learning, Experience and Cultivation



# Zen and Integrated Buddhist Studies (IBS) 2016

30 JANUARY — 18 DECEMBER  
Main Course - Outline

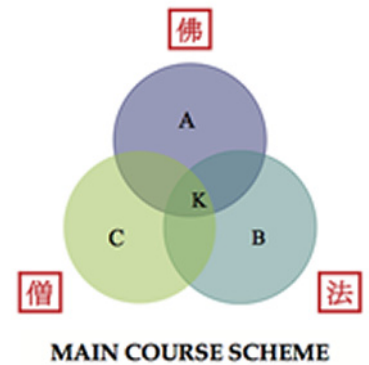
Jikishoan Zen Buddhist Community Inc. is a non-profit charitable organisation founded in 1999.

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), Buddhist Education programs based on Soto Zen Buddhism and its teaching lineage through India, China, Japan and Australia.

In its 7th 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 the ultimate Mahayana tradition, Ekayana. Through tutorials, consultation and practice interviews with the Teacher and Course Coordinators, students are assisted with their course planning, work and independent study and projects.



## A Course: at Jikishoan Zendo

Term 1	Sat: A1, A2 Wed: A3	30 Jan-9 Apr 3 Feb-13 Apr
Term 2	Sat: A1, A2 Wed: A3	23 Apr-25 Jun 27 Apr-29 Jun
Term 3	Sat: A1, A2 Wed: A3	9 Jul-17 Sep 13 Jul-21 Sep
Term 4	Sat: A1, A2 Wed: A3	1 Oct-10 Dec 5 Oct-14 Dec
One Day Workshop [AOW] Sundays		
7 Feb	3 Apr	5 Jun
7 Aug	2 Oct	4 Dec

## B Course: at Sanzen-kai

Semester 1		
Sundays [B1]	31 Jan-26 Jun	
Thursdays [B2]	4 Feb-23 Jun	
Semester 2		
Sundays [B1]	10 Jul-18 Dec	
Thursdays [B2]	14 Jul-15 Dec	
Orientation [ABO]	Sunday Sanzen-kai [B1]	5:25-5:45pm
• Foundation Day [BDF]: 24 Apr 2016		
• Annual Picnic [BAP]: 13 Mar 2016		

## C Course: at Bendoho Retreat

Zen Retreat R51 Orientation [ARO]	24-31 Mar Easter 24-26 Mar (Thurs - Sat)
Zen Retreat R52 Orientation [ARO]	19-26 Aug 19-21 Aug (Fri-Sun)
Zen Retreat R53 Orientation [ARO]	18-25 Nov 18-20 Nov (Fri-Sun)
Study in India [CSI]	1 -22 Oct
Sanzen in Japan [CSJ]	Individual plan
Buddhist Summer School	9-12 Jan
Zen classes in Mel	Jul
Tibetan Festival Teaching	Mar, Nov

**General Enquiry, Booking and Enrolment**  
Phone: 03 8307 0600 | Email: [contact@jikishoan.org.au](mailto:contact@jikishoan.org.au)  
[www.jikishoan.org.au](http://www.jikishoan.org.au)

**JKISHOAN** 直証庵  
zen buddhist community

# ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2016

## 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 the Jikishoan Zendo, a traditional meditation hall. 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

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

### 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 chant
- Jiroku and A-class admin

### Independent Project

- Practice Interview
- One Day Workshop
- Sanzen-Kai
- Zen Retreat
- Study in India and Japan

**Venue:** Footscray/Jikishoan Zendo address is available on receipt of application. **Contact:** Katherine Yeo for Course A enquiry **Phone:** 03 9818 2687 | [A-course@jikishoan.org.au](mailto:A-course@jikishoan.org.au)

## 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 twenty sessions of 2 to 4 hours of weekly meditation (Sanzen-kai) 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 hrs. 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	9pm
Clean-up Samu	8:10		
Door close	9:00pm		

### Venues:

#### Sunday Sanzen-kai [B1]

103 Evans Street, West Brunswick

#### Thursday Sanzen-kai [B2]

At Jikishoan Zendo in Footscray

**Contact:** Shona Innes for Course B enquiry  
**Phone:** 03 9391 2757 | [B-course@jikishoan.org.au](mailto:B-course@jikishoan.org.au)

# ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2016

## COURSE C

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 with 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 application, students are required to have an interview with Ekai Osho for their Individual Training Plan (ITP).

## CURRICULUM

### Course Work Strategy

- IBS Year Planner 2015
- Dokusan/Tutorial
- Individual Training Plan (ITP)
- Report Writing

### Retreat Training

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

### Soto Zen Perspectives

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

### Associated Curriculum

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

**Coordinator: Hannah Forsyth**

**Phone: 03 8307 0600 | C-course@jikishoan.org.au**

For Main Course C enquiry, overseas study 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 Bodh 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 - 10 weeks is 2-8 units.

### Study in India

**Director: Prof. Robert Pryor**

Annually, Ekai Osho travels to Bodh Gaya to teach in Antioch University's Buddhist Studies Abroad Program for 3 weeks. Students may accompany him to take up an Independent Study project. Detailed information and student reports of this IBS Study in India Program are available.

### Sanzen in Japan

**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*

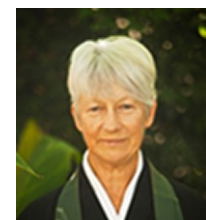
Ekai Korematsu is the Main Teacher of Jikishoan Zen Buddhist Community in Melbourne. He is a transmitted teacher (Osho), of Soto Zen Tradition and has taught meditation in Japan, India, USA, Australia and New Zealand for over 35 years. He has been a faculty member of Antioch University's Buddhist Studies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



### COORDINATOR

#### *Shudo Hannah Forsyth*

Shudo Hannah Forsyth is an original member of Jikishoan and a general Coordinator for Main Course Program and C course students. Shudo has been a student of Ekai Osho since 1999 and is currently undertaking Assistant Teacher Training in the IBS and the Soto Zen Tradition.



### COORDINATOR

#### *Teishin Shona Innes*

Teishin Shona Innes is Secretary for IBS Student Administration and Main Course B Coordinator. She has been a member of Jikishoan since 2005 and was Head Student (Shuso) during the second six month training period in 2013. Teishin has completed six years in Main Course A and B.



### COORDINATOR

#### *Katherine Shuzan Yeo*

Katherine Shuzan Yeo is Main Course A Coordinator. She completed six years in Main Course A and took up independent study projects, making a contribution to IBS for its associated programs such as Buddhist Studies in India and Zen Training at Toshoji Japan during the past five year period. Katherine has been a member of Jikishoan since 2008.



# ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2016

## HOW DO I BOOK AND ENROL?

Go to [jikishoan.org.au](http://jikishoan.org.au) to book online and call Jikishoan office: 03 8307 0600 or E-mail to [contact@jikishoan.org.au](mailto:contact@jikishoan.org.au)

\*Application form submission is required for Main Course enrolment (\$60 Admission fee applies)

Post your application to: IBS-Jikishoan, PO Box 475 Yarraville Victoria 3013

## HOW MUCH DOES IT COST?

Admission fee: \$60

### Main Course Tuition

1. **Course A:** \$545 One full year - 4 terms [KA] OR \$170 One term - 10 classes [AT] OR \$90 - 5 classes [A1/2T]
2. **Course B:** \$240 One full year - 2 semesters [KB] OR \$170 One semester - 6 months
3. **Course C:** \$3780 Three years - 9 retreats base [KC] OR \$1365 One full year - 3 retreats base [CY]

### Alternative Participation:

- **To be a Non-credit student in 2016:** \$60 Admission fee only [NC]
- **To be a Nominal student in 2016:** \$60 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 MAJOR?

- **Course A (Root):** This course is essential for any individual regardless of their prior experience, and is a pre-requisite 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 [AOW].
- **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 pre-requisite 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 Main Course Program. (Jikishoan Accreditation Standard 2015)

**Attendance Certificate:** Upon request, Jikishoan will issue an Attendance Certificate to the student at any point he/she earns above 80 student hours. A student earns a credit by their attendance/student hour 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 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 could no longer continue his/her course work for the time being, the remaining balance of the Main Course tuition paid may be credited for reenrolment within IBS year 2016-2017.

## 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
A1/2T	Course A 1/2 term	5 x 2 hour classes
A1	Saturday morning class	9-11 am
A2	Saturday afternoon class	5-7 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	2 days at Zen retreat
KB	Course B, 2 semesters	40 x 2-3 hours at B1 or B2
BS	Course B, 1 semester	20 x 2-3 hours at B1 or B2
B1	Sunday Sanzen-kai	3 hours/session
B2	Thursday Sanzen-kai	2 hours/session
KC	Course C, 3 years	9 x 7-day retreats
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

Jikishoan Zen Buddhist Community Inc.  
PO Box 475 Yarraville Victoria 3013 AUSTRALIA

# ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2016

## Application

I would like to apply for Main Course Admission 2016 majoring in:

- Course A  I am new to the IBS.  
 Course B  I am returning or continuing.  
 Course C My current student number is: \_\_\_\_\_  
 Alternative Participation

### APPLICANT

Name:

Address

State post code

Email:

Phone:

Mobile

### Procedural Check

- I have read "Main Course Outline 2016".  
 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 [A1/2T] 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

#### Course B (Stem)

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

#### My base will be Sanzen-kai:

- semester 1 [B1]  
 semester 2 [B2]

#### Course C (Flower)

- Three year [KC]  
 by year [CY]

#### Alternative Participation (Leaf & Bud)

- Non-credit student 2016 [NC]  
 Nominal student 2016 [A, B, C] IAP required

#### In:

- Course A  
 Course B  
 Course C

#### One Day Workshop [AOW]

- 7 Feb  3 Apr  5 Jun  
 7 Aug  2 Oct  4 Dec

\*Attendance is \$90, or by donation for Members and IBS students.

### PAYMENT

*Cheques should be made out to 'Jikishoan Zen Buddhist Community'*

Please find enclosed my cheque of \$60 for my booking and admission. If my application is successful my Course Fee of \_\_\_\_\_ will be paid by cheque, cash or direct deposit.

APPLICANT SIGNATURE \_\_\_\_\_ Date:

Post to:

IBS - Jikishoan  
PO Box 475 Yarraville  
Victoria 3013 AUSTRALIA  
Phone: 03 8307 0600  
contact@jikishoan.org.au

#### Direct Deposit

Please contact for details if you prefer to make a course payment alternatively by direct deposit to the Jikishoan's bank account.