



Transformative Learning, Experience and Cultivation



Zen and Integrated Buddhist Studies (IBS) 2020

Main Course Online
18 March — 17 September

Jikishoan Zen Buddhist Community Inc. is a non-profit charitable organization 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.

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

COURSE A

The Western education model is used systematically while Buddhist perspectives are tested and cultivated during 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. Main Course A curriculum consists of three core topics: Practice, Perspective and In-class role.

COURSE B

Community based practice and Buddhist study in everyday life. 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 (practice group) training and ryo roles within Sanzen-kai and Retreat curriculum or a topic of their choice.

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.

COURSE C

Residential Zen training and study in the Soto Zen Tradition at 3 x 7-day retreats during Easter, August and November. Easter and August retreats have been cancelled due to the Coronavirus pandemic. A new online program, "IBS Home Learning Program 2020" replaces the two retreats with "Home Ango Retreat" during the period of Sunday 17 May – Sunday 16 August.



General Enquiry, Booking and Enrolment

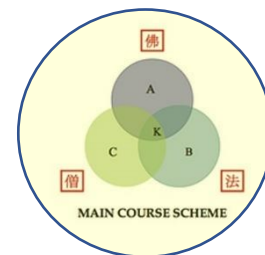
Phone: 0421 285 338 Email: contact@jikishoan.org.au | www.jikishoan.org.au
PO Box 196 Heidelberg West VIC 3081 AUSTRALIA

ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2020

IBS HOME LEARNING PROGRAM - ONLINE

NEW IBS MAIN COURSE OUTLINE

MARCH – SEPTEMBER 2020



ONLINE PROGRAM

The IBS Faculty has developed a new online program, **IBS Home Learning Program 2020—Online**. This is a four-staged Program that uses the existing “Zen and Integrated Buddhist Studies (IBS) 2020” as its platform. It will be rolled out on 18 April 2020, following the one-month suspension of all the common IBS teaching activities (Jikishoan Stage 1) and will run through until 17 September.

TIME FRAME

HOME LEARNING:

Wed 18 March - Thu 17 Sep (6 months)

- PREPARATORY PERIOD: Wed 18 March – Fri 17 April (1 month / STAGE 1: “Winter”)
- ORIENTATION (MC-A, B): Sat 18 April – Thu 30 April (2 weeks / STAGE 2: “Spring”)
- ORIENTATION (MC-C): Fri 1 May – Sat 16 May (2 weeks / STAGE 2: “late Spring”)
- HOME RETREAT (MC-HR): Sun 17 May – Sun 16 Aug (3 months / STAGE 3: “Summer”)
- REVIEW AND PLAN: Mon 17 Aug – Thu 17 Sep (1 month / STAGE 4: “Autumn”)

FACULTY AND COMMUNICATION

To introduce this online program and to ensure its smooth running, the IBS Faculty have provided the following office hours and contact details for members, students and the public.

PERSONNEL (DIRECTOR: Ekai Korematsu)

ROLE NAME	PHONE E-mail	OFFICE HOURS	DURATION AVAILABLE	ONLINE TOOLS
MC-A Teacher Attendant Katherine Yeo	0422 407 870 katherinelianyeo@gmail.com	2.30 – 3.30 pm 8 – 9 pm	Daily except Wed	Zoom / Skype
MC-B IBS Secretary Shona Innes	0421 285 338 shona.innes@gmail.com	7.30 – 8.30 pm All day	Weekdays Sat	Zoom
MC-C H-Ango Coordinator Margaret Lynch	0415 889 605 marg.lynch40@gmail.com	4 – 6 pm	Mon - Fri	Zoom / Skype
MC-B B2 Coordinator Hannah Forsyth	0408 100 710 hfo24505@gmail.com	10 am – 4 pm	Daily	Zoom / Facetime
MC-A Committee Treasurer John Hickey	0435 939 485 jikishoantreasurer@gmail.com	12 pm – 5pm	Sun – Tue & Thu	Zoom
MC-C Committee Secretary Irwin Rothman	03 9557 7738 ijroth@optusnet.com.au	1 pm – 3 pm	Daily	Zoom /Wire
MC-B Membership Secretary Marisha Rothman	0400 873 698 mariroth@optusnet.com.au	1 pm – 3 pm	Daily	Zoom /Wire
MC-B Committee Front Desk Helen O’Shea	0425 742 173 hoshea@bigpond.net.au	5.30 – 8.30 pm	Daily	Zoom

IBS UPDATE: 12.04.2020

IBS HOME LEARNING PROGRAM 2020 - ONLINE

NEW MAIN COURSE – A

18 March – 17 September



ONLINE PROGRAM

This New Online Program shifts the existing mode of conducting teaching programs to the online learning mode from the period 18 March to 17 September. The Coronavirus pandemic has impacted the lives of all people in the world including the existing IBS teaching programs.

For A and B Courses and IBS teaching there are a few changes made to the curriculum and timeline from the regular schedule. Course C has broadly expanded from two seven-day retreat-based programs to a three-month online program – **Home Retreat** – that also offers participation to A and B course students and members.

To assist applicants who are affected financially by the pandemic shutdown, a scaling formula may be applied to determine the fee for admission to the **IBS HOME LEARNING PROGRAM 2020 – ONLINE**.

COURSE A

Weekly Online Classes:

- **Term 2** Saturday: 9 am [A1] 5 pm [A2] 18 Apr – 20 Jun 10 sessions
Wednesday: 7 pm [A3] 22 Apr – 24 Jun 10 sessions
- **Term 3** Saturday: 9 am [A1] 5 pm [A2] 4 Jul – 12 Sep 10 sessions
Wednesday: 7 pm [A3] 8 Jul – 16 Sep 10 sessions

Scope

Courses B and C are open to Main Course A students for expanded practice.

Course A students may attend Sunday Sanzen-kai [B1], Thursday Sanzen-kai [B2].

An attendance plan (IAP / ITP) is required for **HOME RETREAT [MC-HR]**.

- Sunday Sanzen-kai [B1] Sun 19 April – 13 September 20 sessions
- Thursdays Sanzen-kai [B2] Thu 23 April – 17 September 20 sessions
- HOME RETREAT [MC-HR] Sun 17 May – Sun 16 Aug. 3 months



COORDINATOR
Katherine Yeo

Katherine facilitates Main Course A. She has completed 10 years in Main Course A and completed Head Student training in 2016. Katherine has a broad range of integrated study and practice within IBS and overseas, beyond the scope of the curriculum. Katherine is now in the first year of the Assistant Teacher Training Program.

NEW APPLICATION

All MCA students are required to submit an application if they wish to enrol in the Home Retreat [MC-HR]. Please contact Katherine Yeo (MCA Coordinator) **Ph. 0422 407 870 E-mail: A-course@jikishoan.org.au**

IBS HOME LEARNING PROGRAM 2020 - ONLINE

NEW MAIN COURSE - B

18 March – 17 September 2020



COURSE B

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.

Scope

Community based practice and Buddhist study in everyday life. A full-year enrolment is 12 units for B1 and 8 units for B2. A semester credit (20 sessions) is 6 units, 60 hours. A student may enrol by semester or year.

Home Retreat [MCB-HR]

Course B has broadened to integrate with a new online program – **Home Retreat [MC-HR]** – which offers participation to A and B course students and members.

To assist applicants who are affected financially by the pandemic shutdown, a scaling formula may be applied to determine the fee for admission to the **IBS HOME LEARNING PROGRAM 2020 – ONLINE**.

Main Course B curriculum covers four broad subjects: Sanzen-kai Practices, Mahayana Perspectives, In-Ryo Roles and Individual Attendance Plan & Log (IAP/ITP).

Schedule

Sunday Sanzen-kai [B1]

- **Room Open – Zoom** 5:30 pm
Instruction for new 30 mins
- **Zendo Open** 6:00 pm
Robe chant 6:10
Zazen 30 min
- **Chanting service** 6:40 pm
Dharma talk 40 min
- **Sangha Time (Q&A)** 20 min
- **Zendo close** 8:00 pm

Thursday Sanzen-kai [B2]

- **Room Open – Zoom** 6:30 pm
Instruction for new 30 mins
- **Zendo Open** 7:00 pm
Zazen: face in 20 mins
Kinhin 10 mins
Zazen: face wall 30 mins
- **Lineage Service** 8:00 pm
Dharma Talk 20 mins
- **Sangha Time (Q&A)** 10 mins
- **Zendo Close** 9:00 pm



MCB Coordinator

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



MCB-B2 Coordinator

Hannah Forsyth Director of Shogoin, a Branch Zendo of Tokozan Jikishoan (Home Temple). Hannah has been a student of Ekai Roshi since 1999. She is currently undertaking Intern Assistant Teacher Training and is a founding member of Jikishoan.

NEW APPLICATION

All MCB students are required to submit an application if they wish to enrol in the Home Retreat [MC-HR]. Please contact Shona Innes (MCB Coordinator) **Ph. 0421 285 338 E-mail: B-course@jikishoan.org.au**

ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2020

NEW MAIN COURSE - C

18 March – 17 September 2020



TOKOZAN

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).

Course C ushers students into intensive practice, study and ryo training at Zen retreats emphasizing Zen Master Dogen's teaching *Shobogenzo, The Treasure House of the Eye of True Teaching*.

Students are encouraged to have a long-term vision, commitment and plan when they pursue Course C study. Students are required to have an interview with Ekai Osho to enrol in Course C.

Home Ango Retreat [MCC-HR] - Online

Sun 17 May - Sun 16 Aug

Strategy

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

Ryo Training

- Ino Ryo - Zendo
- Tenzo Ryo - Kitchen
- Shu Ryo – Base Group
- Shika/Jiroku – Reception/Admin
- Jisha Ryo – Teacher Attendant
- Yaku Ryo - Personnel

Integration

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

Study in India [MCA-I]

Director: Dr. Arthur 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 [MCC-J]

Director: 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.

Books & Texts

- 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 - by Taigen Daniel Leighton and Shohaku Okumura



DIRECTOR Ekai Korematsu

Ekai Korematsu is Abbot and the Main Teacher of Jikishoan Zen Buddhist Community in Melbourne. He is a transmitted teacher in the Soto Zen Lineage 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.

Ekai Korematsu will lead New Home Ango Retreat Program-ONLINE

Assistant Margaret Lynch Ph. 0415 889 605 E-mail: C-course@jikishoan.org.au

NEW APPLICATION

All MCC students are required to submit an application if they wish to enrol in the Home ANGO Retreat [MCC-HR]. Please contact Margaret Lynch (MCC- HR Coordinator) Ph. 0415 889 605 E-mail: C-course@jikishoan.org.au

ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2020

IBS HOME LEARNING PROGRAM - ONLINE

HOW DO I BOOK AND ENROL?

Book online at jikishoan.org.au, call Phone: 0421 285 338 or contact@jikishoan.org.au

Application form submission is required for Main Course enrolment (\$70 Admission fee applies)

HOW MUCH DOES IT COST?

Admission fee: \$70

Main Course Tuition

- Course A:** \$640 full year - 4 terms [KA] OR \$200 One term 10 classes [AT] OR \$110 - 5 classes [AT1/2],
 - Home Retreat [MC-HR]: \$70 Three months - (Non-Credit)
 - One Day Workshop [ODW]: \$105
- Course B:** \$290 One full year - 2 semesters [KB] OR \$200 One semester - 6 months [BS]
Home Retreat [MC-HR]: \$70 Three months - (Non-Credit).
- Course C:** \$4,440 3 years - 9 retreat [KC] \$1,580 full year - 3 retreats base [CY]
Home ANGO [MCC-HR]: \$420 -Three months (Attendance Credited)
- Alternative Participation for returning students and members:**
 - Home Retreat [MC-HR]: \$70 - Three months (Non-Credit).
 - 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 or 33% minimum attendance required for [A] term, [B] semester, or [C] retreat

WHICH COURSE DO I CHOOSE AS MY MAJOR?

• Course A (Root):

This course is essential for any new applicant regardless of their prior experience, and is a prerequisite for Courses B and C. Unless you are a current Jikishoan member, you must start from this course except for 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 join in Ryo practice and study at weekly Sanzen-kai with a Teacher and a Sangha. Anyone can attend Sanzen-kai [B1, B2]. This course enrolment provides a supportive environment 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 training in Soto Zen Buddhism for a period of 3 years [KC]. A student may enroll in this course by year [CY] alternatively. A face to face interview with the Teacher is a prerequisite for Course C enrolment.

Home Ango Retreat [MCC-HR] replaces with the cancelled 2 Bendoho Retreats (R63&R64).

VISION FOR YOUR PARTICIPATION

IBS 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. We wish you the best for your practice and study in our common vision: To offer transformative Buddhist learning, experience and cultivation for everyone.

ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2020

IBS HOME LEARNING PROGRAM - ONLINE

Application

Please check any of the brackets (x) that are relevant to you to complete your application.

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

- () Course A as I am a new applicant. () I am returning from or continuing on: () Course A () Course B () Course C
 () Alternative participation for returning students and members. () **HOME RETREAT ONLINE** [MC-HR]

Name: _____ My current student number is: MC-_____

Address: _____ State: _____ Postcode: _____

Email: _____ Phone: _____ Mobile: _____

Procedural Check

- () I have read "Main Course Online".
 () 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
 () I need financial assistance for my admission due to hardship arising from the Coronavirus shutdown.

Impact Survey of Coronavirus shutdown:

All applicants, please check (X) in the three aspects: Your physical Health, financial and emotional conditions.

Impact Level	Little	Moderate	Strong	Severe	Vulnerable
Physical Health	()	()	()	()	()
Financial	()	()	()	()	()
Emotional	()	()	()	()	()

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 () **HOME RETREAT-** [A-HR] - 3 months

Course B (Stem)

- () full year [KB] () by semester [BS] () as a nominal student
 My base will be Sanzen-kai: () B1 () B2 () **HOME RETREAT-** [B-HR] - 3 months

- Course C (Flower)** () Three year [KC] () by year [CY] () **HOME ANGO RETREAT** [MCC-HR] – 3 months

One Day Workshop [AOW] *Attendance is \$105, or by donation for Members and IBS students.

- () ~~9 Feb~~ () ~~5 Apr~~ () 7 Jun () 2 Aug () 4 Oct () 6 Dec

Alternative Participation (Leaf & Bud)

- () Non-credit student [NC] () **HOME RETREAT-ONLINE [MC-HR]** – 3 months
 () Nominal student [A, B, C] IAP required in: () Course A () Course B () Course C

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: _____

Apply: E-mail: C-course@jikishoan.org.au

Ph. 0415 889 605

IBS - Jikishoan

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