



Transformative Learning, Experience and Cultivation

Zen and Integrated Buddhist Studies (IBS) 2020

Main Course Online
18 September – 17 December

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 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. This year these retreats have been cancelled due to the Coronavirus pandemic. The online program, "IBS Home Learning Program 2020" replaces those three retreats with "Home Retreats R63, R64, R65" during the period of Sunday 17 May – Thursday 17 December.



General Enquiry, Booking and Enrolment

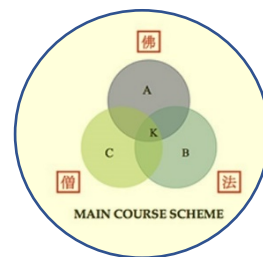
Phone: 0421 285 338 Email: contact@jikishoan.org.au | www.jikishoan.org.au
PO Box 196 Heidelberg West VIC 3081 AUSTRALIA

ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) 2020

IBS HOME LEARNING PROGRAM - ONLINE

IBS MAIN COURSE OUTLINE

SEPTEMBER – DECEMBER 2020



ONLINE PROGRAM

The IBS Faculty is continuing its 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 commence on 18 September and will run through until 17 December 2020.

TIME FRAME

HOME LEARNING: Friday 18 September - Thurs 17 December (3 months)

- INTERIM PERIOD: Fri 18 Sept – Sat 3 Oct (2 weeks / STAGE 1)
- TANGA PERIOD (HR-65): Sun 4 Oct – Sat 17 Oct (2 weeks / STAGE 2)
- HOME RETREAT (MC-HR): Sun 18 Oct – Sun 29 Nov (43 days / STAGE 3)
- REVIEW AND PLAN: Mon 30 Nov – Thu 17 Dec (2.5 weeks / STAGE 4)

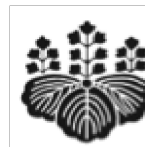
FACULTY AND COMMUNICATION

The IBS Faculty has 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 A-course@jishoan.org.au	2.30 – 3.30pm 5.00 - 6.00 pm	Daily	Zoom
MC-B- IBS Secretary. Shona Innes	0421 285 338 shona.innes@gmail.com	5.15- 6.30pm 11.30-1.00pm	Weekdays Saturday	Zoom
MC-C HR-65 Coordinator Margaret Lynch	0415 889 605 C-course@jishoan.org.au	4.00 – 6.00 pm	Mon - Fri	Zoom
MC-B B2 Coordinator Hannah Forsyth	0408 100 710 hfo24505@gmail.com	10.00am–4.00pm	Daily	Zoom
MC-A Committee Treasurer John Hickey	0435 939 485 jishoantreasurer@gmail.com	2.00 –3.00pm	Mon,Tue & Thu	Zoom
MC-C Committee Secretary Irwin Rothman	03 9557 7738 ijroth@protonmail.com	1.00 – 3.00 pm	Daily	Zoom
MC-C Membership Secretary Marisha Rothman	0400 873 698 membership@jishoan.org.au	1.00 – 3.00 pm	Daily	Zoom
MC-B Committee Front Desk Helen O’Shea	0425 742 173 hoshea@bigpond.net.au	5.30 – 8.30 pm	Daily	Zoom

IBS UPDATE: 15.08.2020



IBS HOME LEARNING PROGRAM 2020 - ONLINE

MAIN COURSE – A

18 September – 17 December 2020

The IBS Main Course Online programs will be extended to the last quarter of 2020.

COURSE A: Term 4

Weekly Online Classes:

- Saturday 26 Sep – 28 Nov: 9 – 11 am [A1] 5 - 7 pm [A2]
- Wednesday 30 Sep – 2 Dec: 7 – 9 pm [A3]

Scope:

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

Course A students are encouraged to attend Sunday Sanzen-kai [B1] and/or Thursday Sanzen-kai [B2], as well as **HOME RETREAT [MCA +HR]** as part of integrated A-course study.

- Sunday Sanzen-kai [B1] Sun 20 Sept – 13 December 20 sessions
- Thursday Sanzen-kai [B2] Thu 24 Sept – 10 December 19 sessions
- **MCA+HR** Fri 18 Sept – 17 December
HR application + \$70 entry fee required

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.

Course A: Enquiry

Please contact Katherine Yeo (MCA Coordinator) Ph. 0422 407 870 e-mail: A-course@jikishoan.org.au



IBS HOME LEARNING PROGRAM 2020 - ONLINE

MAIN COURSE - B

18 September – 17 December 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.

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 5:00 pm.
- Orientation
- Zendo Open (instruct new) 5.30pm
- Robe chant 5:55 pm
- Attendance check/kinhin 6:00pm
- Zazen 30 mins
- 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 [MCB+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
MAIN COURSE – C
18 September – 17 December 2020



COURSE C

Residential Zen training and study in the Soto Zen Tradition at 3 x 7 days 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 Retreat [MCC-HR65] - Online HR65: Sun 4 Oct – Sun 29 Nov 2020

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 40 years. He has been a faculty member of the Carleton-Antioch University Buddhist Studies in India Program since 1997.

Ekai Korematsu will lead Home 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 for the Retreat [MCC-HR65]. 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, or call mobile: 0421 285 338, or contact@jikishoan.org.au

Application form submission is required for Main Course enrolment.

HOW MUCH DOES IT COST?

Admission fee: \$70.00

Main Course Tuition

1. **Course A:** \$640 full year - 4 terms [KA] OR \$200 one term 10 classes [AT] OR \$110 - 5 classes [A ½ Term]
 - **Home Retreat [MC-HR]:** \$70 three months - (Non-Credit)
 - One Day Workshop [ODW]: \$105
2. **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).
3. **Course C:** \$1,580 one full year - 3 retreats base [CY]
 - **Home Retreat [MCC-HR65]:** \$210 – 1 ½ months (Attendance Credited)
4. **Alternative Participation for returning students and members:**
 - **Home Retreat [MC-HR]:** \$70 - three months (Non-credit).
 - Non-credit student: \$70 Admission fee only [NC]
 - Nominal student: \$70 Admission fee plus IAP for [A] and [B]
(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 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]. Alternatively, a student may enrol in this course by year [CY]. A face to face interview with the Teacher is a prerequisite for Course C enrolment.

VISION FOR YOUR PARTICIPATION

To enrich your study and practice IBS encourages you to cultivate your own vision & purpose when you pursue the course work, alongside our common vision, which is “To offer transformative Buddhist learning, experience and cultivation for everyone”.