

# ZEN AND INTEGRATED BUDDHIST STUDIES (IBS) WITH HOME LEARNING ONLINE 2023

Updated: 10.11.2022 ibs

## Main Course Outline

Jikishoan Zen Buddhist Community is a not-for-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 lineage through India, China, Japan and Australia.

Since its inception in 2009, the IBS has offered a three-fold Main Course program. The program includes meditation instruction and workshops based on Mahayana Buddhism. Tutorials, consultation and practice interviews with the Teacher and Course Coordinators assist students with their planning and course work, practice, and independent projects.

### A Course

#### Term 1

Sat: A1, A2     28 Jan – 8 Apr  
Wed: A3         1 Feb – 12 Apr

#### Term 3

Sat: A1, A2     8 Jul – 16 Sep  
Wed: A3         12 Jul – 20 Sep

#### Term 2

Sat: A1, A2     22 Apr – 24 Jun  
Wed: A3         26 Apr – 28 Jun

#### Term 4

Sat: A1, A2     30 Sept - 9 Dec  
Wed: A3         4 Oct – 13 Dec

### B Course: Sanzen-kai

#### Semester 1

Sunday Sanzen-kai [B1]     15 Jan – 25 Jun (22 sessions)  
Thursday Sanzen-kai [B2]   19 Jan – 29 Jun (22 sessions)

#### Semester 2

Sunday Sanzen-kai [B1]     2 Jul – 10 Dec (22 sessions)  
Thursday Sanzen-kai [B2]   6 Jul – 14 Dec (22 sessions)

- Annual Picnic [BAP]:     26 Feb
- Foundation Day [BFD]:   23 April

### C Course: Online Retreat

- Zen Retreat RO 72             5 Mar – 9 Apr (5 weeks)
- Zen Retreat RO 73             16 July – 20 Aug (5 weeks)
- Zen Retreat RO 74             22 Oct – 26 Nov (5 weeks)

## Residential Retreat

- Zen Retreat 72 26 Mar – 2 Apr (7 days)
- Zen Retreat 73 11 Aug – 18 Aug (7 days)
- Zen Retreat 74 17 Nov – 24 Nov (7 days)

## Overseas Study

- Sanzen in Japan [OSJ] by arrangement (3 weeks minimum)
- Study in India [OSI] 1 – 22 Oct

## Local Teaching by Ekai Osho

- Buddhist Summer School 14 - 15 Jan (4 sessions)
- Winter Zen classes at KEBI 7, 14, 21, 28 July
- Tibetan Buddhist Festival Feb & Nov (*tbc*)

## General Enquiry

Phone: 0421 285 338 | Email: [contact@jikishoan.org.au](mailto:contact@jikishoan.org.au) | [jikishoan.org.au](http://jikishoan.org.au)

PO Box 196 Heidelberg West VIC 3081 AUSTRALIA

## MAIN COURSE

The Main Course Program aims to provide Buddhist learning and discipline. It combines A, B and C courses which integrate with one another like the Root, Stem and Blossom of a growing lotus plant in muddy water.

Director Ekai Korematsu leads these three courses. IBS coordinators support students in their practice, training and objectives. Participants are encouraged to examine their own cultural and intellectual assumptions. Students are invited to submit a report paper on a topic of their choice in order to complete the Main Course work.

## COURSE A

Meditation practice and study in a classroom setting. A full-year enrolment is 8-24 units.

Main Course A (Root) is the entry point to the Main Course Program for a new student. It is the vital base, which nourishes students' direct understanding through studies, practice and experience.

Main Course A weaves together the diverse levels of interest, commitment and experience of students. Each term comprises thirty classes in meditation and Buddhist study, emphasising a practical approach. At the heart of the IBS program is the desire to allow students to explore these subjects from as many different views as possible. The Western education model is used systematically. Buddhist perspectives are cultivated and tested through meditation practice and in-class discussion. Course A integrates with Course B. Course C integrates with both.

A1 and A2 classes are held at Tokozan Home Temple in Heidelberg West (TBC) and online. A3 class is held online only.

**CONTACT:** Katherine Yeo 0422 407 870, email [A-course@jikishoan.org.au](mailto:A-course@jikishoan.org.au)

## COURSE B

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

Main Course B brings together students from diverse backgrounds. Each semester comprises 22 sessions of 2 to 4 hours of weekly meditation (Sanzen) in accord with Mahayana Buddhism and the Soto Zen approach to Buddhist discipline. Its scope of study is 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.'*

### Curriculum

A semester is 22 sessions. A student may enrol by semester or year.

### Scope

Main Course B curriculum covers four broad subjects:

- Sanzen-kai practices
- Mahayana Perspectives
- In-Ryo training
- Individual Attendance Plan and Log (IAP)

### Sanzen-kai Timeline

#### Sunday [B1]

Zendo ready	9:50 am
Robe chant	9:55
Kinhin walking	10:00
Zazen sitting	10:10
Kinhin walking	10:50
Tea Ceremony	11:00
Chanting service	11:10
Dharma talk	11:20
Sangha Lunch	12:00
Clean-up Samu	12:40
Door closes	1:00 pm

#### Thursday [B2]

Zendo ready	6:20 pm
Zazen	6:30
Kinhin	6:50
Zazen	7:00
Kinhin	7:40
Tea Ceremony	7:50
Lineage Service	8:00
Reading	8:20
Discussion	8:40
Announcements	8:50
Door closes	9:00 pm

VENUE: St Pius X Catholic Church  
419 Waterdale Rd.  
Heidelberg West 3081

Quang Minh Temple  
18 Burke St.  
Braybrook 3019

**CONTACT:** Shona Innes 0421 285 338 Email: [B-course@jikishoan.org.au](mailto:B-course@jikishoan.org.au)

## COURSE C

Retreat practice and study in Soto Zen Buddhism. This program operates on a trimester basis of 5 weeks each, culminating with a 7-day intensive period during April, August and November. A full enrolment is 15 units.

## Program

Main Course C offers intensive training, practice and study in the daily routine of a monastic community model, emphasising *Eihei Shingi: Dogen's Pure Standards for the Zen Community*. In his major work, *Shobogenzo, The Treasure House of the Eye of True Teaching*, Master Dogen says:

*'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*

Students are encouraged to have a long-term commitment. A 3-year vision is recommended when pursuing Course C study. Students are required to have an interview with Ekai Osho to formulate their Individual Training Plan (ITP).

## Curriculum

### Course Work Strategy

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

### Retreat Training

- Retreat practice in daily routine
- Ino Ryo – Zendo group
- Shu Ryo – General group
- Shika/Jiroku – Guest/Administration
- Tenzo Ryo - Kitchen
- Yaku Ryo – Personnel group

### Teaching Texts

- *Shobogenzo* – Dogen Zenji
- *Denkoroku* – Keizan Zenji
- *Dogen's Pure Standards for the Zen Community: A Translation of Eihei Shingi*

### Combined Curriculum

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

## OVERSEAS STUDY

### Buddhist Study in India [BSI]

This takes place in Bodh Gaya where Buddhism originated 2500 years ago. The 3-week program is 8 units.

Dr. Arthur McKeown, the Director of the Buddhist Studies in India Program – Carleton-Antioch Global Engagement, invites IBS students to accompany Ekai Roshi to study Zen in India.

Dr. McKeown received his PhD from Harvard University.

### Sanzen in Japan [BSJ]

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.

## ONE DAY WORKSHOP

This 7-hour program is an orientation to the Main Course Program. It is an introduction to A, B and C Course curricula. It has 3 sections with 3 breaks.

**Sundays:**            19 Feb            18 Jun            15 Oct

## MAIN COURSE READING

- *Sutra Book for Sanzen-kai* – Jikishoan Publication
- *Zen Mind, Beginner's Mind* – Shunryu Suzuki
- *Basic Buddhist Concepts* – Kogen Mizuno
- *Shobogenzo* – Zen Master Dogen. Translated by Wafu Nishijima and Chodo Cross
- *Denkoroku: Transmission of Light* – Zen Master Keizan
- *Realizing Genjo Koan* – Shohaku Okumura
- *Dogen's Pure Standards for the Zen Community: A Translation of Eihei Shingi*

**CONTACT:** Tony Crivelli, MCC Coordinator, 0408 696 645 Email: C-course@jikishoan.org.au

## FACULTY MEMBERS

### EKAI KOREMATSU – Director

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 Zen Buddhism 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.

## COURSE COORDINATORS

### KATHERINE YEO – Main Course A

Katherine has completed thirteen years in Course A and was Head Student in 2016. Katherine is in the fourth year of the K program (student teacher training). She has a broad range of integrated Buddhist study and experience.

### SHONA INNES – Main Course B

Shona is President of Jikishoan and Secretary for the IBS program. She completed Head Student training in 2013 and received lay ordination in 2014. Shona has completed thirteen years in Main Course A and B including three years in the K program. Currently, Shona is undertaking an internship (IT) to be an Assistant Teacher.

### Karen Threlfall – Main Course B Assistant

Karen has been a member for 22 years and enrolled in the IBS program for 11 years. She is in her third year as assistant to the Main Course B Coordinator.

## **Tony Crivelli - Main Course C Coordinator**

Tony has been a member since 2012 and a Main Course C student for 8 years. He is in his third year as Main Course C Assistant. He has attended 32 retreats, including nine online. He has been coordinating the Canberra Soto Zen Group since August 2012.

### **HOW DO I REGISTER AND ENROL?**

\*Submission of an Application form is required for Student registration (\$115 admission fee).  
Email [c-course@jikishoan.org.au](mailto:c-course@jikishoan.org.au) to receive an application.

### **MAIN COURSE ENROLMENT**

#### **Main Course Tuition**

**Course A:** \$685 One year – 4 terms [KA]

OR \$215 One term 10 classes [AT]

OR \$120 - 5 classes [AT1/2]

**Course B:** \$310 One year - 2 semesters [KB]

OR \$215 One semester - 6 months [BS]

**Course C:** \$1,770 - 3 retreats Tuition [KC]

OR \$1,175 - 2 retreats base [CY]

OR \$686 - One 7-day retreat with Online 5 weeks [C]

OR \$625 per retreat [R]

OR \$225/retreat 5 weeks- Online retreat [RO]

**One Day Workshop [ODW-A]** - \$115 – Jikishoan and IBS Student members by donation

**Alternative Participation** - For returning students and members:

- Non-credit student: \$115 Admission fee only [NC]
- Nominal student: \$115 Admission fee plus Individual Attendance Plan [IAP] for Courses A and B or Individual Training Plan [ITP] for Course C - 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 a prerequisite for Courses B and C. New students must start with this Course. Jikishoan members or IBS students who have finished one term in A class, or previously attended a Bendoho Retreat for a minimum of 7 days are exempted.
- **Course B (Stem):** This Course is for a student who wishes to practice in the Mahayana tradition at weekly Sanzen-kai with a Teacher and a Sangha. Attending Sanzen-kai [B1,B2] provides students with training and an environment for Zen education in community level practice. Integration with Courses A and C is recommended.

• **Course C (Flower):** This course is retreat-based and intended for students who wish to pursue a curriculum and training in Soto Zen Buddhism for a period of 3 years [KC]. A student may also enrol in this course by year [CY]. 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 admission. Course C is inclusive of Courses A and B.

## **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 life, regardless of the level of your commitment: short, medium or long term. We hope 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 IBS Program Outline 2022).

### **Attendance Credit:**

A student receives credit units for their attendance hours. Upon request, Jikishoan will issue an Attendance Certificate to a student at any point he/she earns above 80 student hours. One unit comprises 10 student hours.

### **Course Credit:**

A certificate may be awarded to a student who has completed 3 course years of curriculum-based training, projects and integrated study.

### **Assistant Teacher Training:**

Internship training is reserved for lay ordained students who have completed post-Shuso training under the Main Teacher's guidance. Criteria: minimum of 108 course units, IBS (5 years), 5 practice periods, and independent projects.

## **NO REFUND POLICY**

Admission and tuition fees are non-refundable. However, Jikishoan may determine whether the remaining balance of the already paid Main Course tuition fee can be credited for re-enrolment within one IBS year. For instance, if extraordinary circumstances prevent a student from continuing their course work.

## **CODES FOR IBS**

The following codes are used to indicate student registration and course enrolment.

HLP	Home Learning Program Online IBS Entry Registration		
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		10 am – 12 pm
A2	Saturday afternoon class		5 – 7.00 pm
A3	Wednesday night class		7 – 9 pm online

ODW	One Day Workshop		9 am – 4pm
OSI	Overseas Study in India		3 weeks
OSJ	Overseas Sanzen in Japan		Minimum 3 weeks
JAP	Jikishoan Annual Picnic		
JFD	Jikishoan Foundation Day		
KB	Course B	1 year	40 x 2 - 4 hours at B1 or B2
BS	Course B	1 semester	20 x 2 - 4 hours at B1 or B2
B1	Sunday Sanzen-kai		2 hour sessions
B2	Thursday Sanzen-kai		2 hour sessions
KC	Course C	3 years	9 x 7 day retreats
CY	Course C	1 year	3 x 7 day retreats
NC	Non-credit Student		Student Membership only
A, B, C	Nominal Student		33% min. attendance
SAP	Semester Attendance Plan		Sanzen-kai B1, B2
ITP	Individual Training Plan		For one-year course student
RO	Zen retreat Online		5 weeks x 3 times per year (trimester)
K	Student-Teacher Training		3-5 years
IT	Intern Teacher		1-3 years