

ZEN AND INTEGRATED BUDDHIST STUDIES (IBS)

In-person and Online 2025

IBS: 25.07.2024

This Outline is subject to change.

Main Course Outline

Jikishoan Zen Buddhist Community is a not-for-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 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, tutorials, consultation and practice interviews with the Teacher and Course Coordinators who assist students with their planning and course work, practice and independent projects.

A Course

Term 1

Sat: A1, A2 25 Jan – 29 Mar

Wed: A3 29 Jan – 2 Apr

Term 3

Sat: A1, A2 5 Jul – 13 Sep

Wed: A3 2 Jul – 10 Sep

Term 2

Sat: A1, A2 19 Apr – 21 Jun

Wed: A3 16 Apr – 18 Jun

Term 4

Sat: A1, A2 27 Sept – 6 Dec

Wed: A3 1 Oct – 10 Dec

B Course: Sanzen-kai

Semester 1

Sunday Sanzen-kai [B1] 19 Jan – 29 Jun (21 sessions)

Thursday Sanzen-kai [B2] 23 Jan – 3 Jul (23 sessions)

Semester 2

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

Thursday Sanzen-kai [B2] 10 Jul – 18 Dec (22 sessions)

One Day Workshop [ODW] 16 Feb, 15 Jun, 26 Oct

Annual Picnic [BAP] 9 Mar

Foundation Day [BFD] 27 Apr

C Course: Retreat

Zen Retreat R78 6 Apr – 13 Apr
Zen Retreat R79 24 – 31 Aug
Zen Retreat R80 23 – 30 Nov

Overseas Study

Sanzen in Japan [BS-J] By arrangement (3 weeks minimum)
Study in India [BS-I] 26 Sept – 18 Oct

Local Teaching by Ekai Osho

Buddhist Summer School 11 – 12 Jan (4 sessions)
Winter Zen classes at E-Vam 4 – 25 Jul (4 sessions)

General Enquiry

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

MAIN COURSE

At the heart of the IBS program is the desire to allow students to explore these subjects from as many different views as possible

Main Course 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 and study in a classroom setting. A full-year enrolment is eight units.

Main Course A (Root) is the entry point to the Main Course for a new student. It is the vital base which nourishes students' direct understanding through study, 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, emphasizing a practical approach. The Western education model is used systematically. Buddhist perspectives are cultivated and tested through meditation practice and in-class discussion.

A1 and A2 classes are held at Tokozan Zendo in Heidelberg West and online. A3 class is held only online.

Contact: Katherine Yeo 0422 407 870 Email 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 year; semester is optional.

Scope

Main Course B curriculum covers four broad subjects:

- Sanzen-kai practices
- Mahayana Buddhism
- Jikido training
- Individual Attendance Plan and Log (IAP)

Sanzen-kai Schedule

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 Primary School Hall
419 Waterdale Rd.
Heidelberg West 3081

Quang Minh Temple
18 Burke St.
Braybrook 3019

Contact: Brett Hope 0433 859 339 Email: B-course@jikishoan.org.au

COURSE C

Retreat practice and study in Soto Zen Buddhism. C course includes A & B. The program is based on three 7-day residential retreats during April, August and November. In addition, daily practice of Gyoten zazen and service at Tokozaan Zendo is incorporated into the C Course.

Program

Main Course C offers intensive training, practice and study in the daily routine of a monastic community model, emphasising *Eihei Shingji: 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 when pursuing Course C study. To be enrolled, students are required to have an interview with Ekai Osho to formulate their Individual Training Plan (ITP).

C Course Work

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

Retreat Training

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

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

EXTENDED CURRICULUM

- Course A and B Curriculum
- One Day Workshop
- Buddhist Summer School (E-Vam Institute)
- Winter Zen Classes (E-Vam Institute)
- Buddhist Study in India and in Japan

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 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 designed for members as well as newcomers.

Sundays: 16 Feb, 15 Jun, 26 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*

TEACHERS

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 University Buddhist Studies in India Program since 1997.

Teishin Shona Innes

Teishin is an Assistant Teacher in training.

She completed Head Student training in 2013 and received lay ordination in 2014. She has completed fifteen years in the Main Course Program. She was ordained by Seido Suzuki Roshi, Abbot of Toshoji in 2023 and finished Shuso training in 2024.

COURSE COORDINATORS

Katherine Yeo

Katherine has completed fourteen 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.

Tony Crivelli

Tony has been a member since 2012 and a Main Course C student for 10 years. He has attended 37 retreats, including twelve online. Since September 2022, he has been the Main Course C Coordinator. Since August 2012 Tony has been running the Canberra Soto Zen Group.

Karen Threlfall

Karen has been a member since 2000 and enrolled in the IBS program for 12 years. In 2020 she was appointed coordinator for the Thursday evening Sanzen-kai at Quang Minh Temple in Braybrook.

Brett Hope

Brett has been an IBS and Jikishoan member since 2019. In 2024, he was appointed Coordinator of Main Course B based in Sunday Sanzen-kai at St. Pius X Primary School Hall, West Heidelberg.

HOW DO I REGISTER AND ENROL?

Submission of an Application form is required for student registration (\$125 admission fee). Email c-course@jikishoan.org.au to receive an application.

MAIN COURSE ENROLMENT Main Course Tuition

Course A: \$755 One year, 4 terms [KA]

OR \$235 One term, 10 classes [AT]

Course B: \$340 One year – 2 semesters [KB]

OR \$235 One semester – 6 months [BS]

Course C: \$1,950 – 3 retreats Tuition [KC]

OR \$1,290 – 2 retreats base [CY]

OR \$690 per retreat [IBS]

One Day Workshop [ODW] \$125, Jikishoan and Student members by donation.

Nominal Participation

Nominal student: \$125 Registration fee plus Individual Attendance Plan [IAP] for Courses A and B or Individual Training Plan [ITP] for Course C.

A 33% minimum attendance required for A term, B semester and 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 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 have a long-term vision and wish to pursue integrated training in the Main Course Program. It emphasises methods and teachings of the two founders Dogen Zenji and Keizan Zenji. A face-to-face interview with the Teacher is a prerequisite for Course C admission.

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 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

Student work is assessed each year. Accreditation is primarily based on successful attendance and meeting Course requirements. (Jikishoan IBS Program Outline 2025).

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 8 units. 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.

IBS	Registered student	Entry Registration
ITP	Individual Training Plan	For one-year course student
KA	Course A, 4 terms	40 x 2 hour classes
AT	Course A, 1 term	10 x 2 hour classes
A1	Saturday morning class	10 am – 12 pm
A2	Saturday afternoon class	4 – 6 pm
A3	Wednesday night class	7 – 9 pm online
A,B, C	Nominal Student	33% min attend (with IAP or ITP)
KB	Course B 1 year	40 x 2 four hours at B1 or B2
BS	Course B 1 semester	20 x 2 four hours at B1 or B2
B1	Sunday Sanzen-kai	2 hour sessions
B2	Thursday Sanzen-kai	2 hour sessions
KC	Course C 1 years	3 x 7 day retreats
CY	Course C 1 year	2 x 7 day retreats
JFD	Jikishoan Foundation Day	
JAP	Jikishoan Annual Picnic	
OSI	Overseas Study in India	3 weeks
OSJ	Overseas Sanzen in Japan	Minimum 3 weeks
K	Student Teacher Training	3 – 5 years
IT	Intern Teacher	1 – 3 years