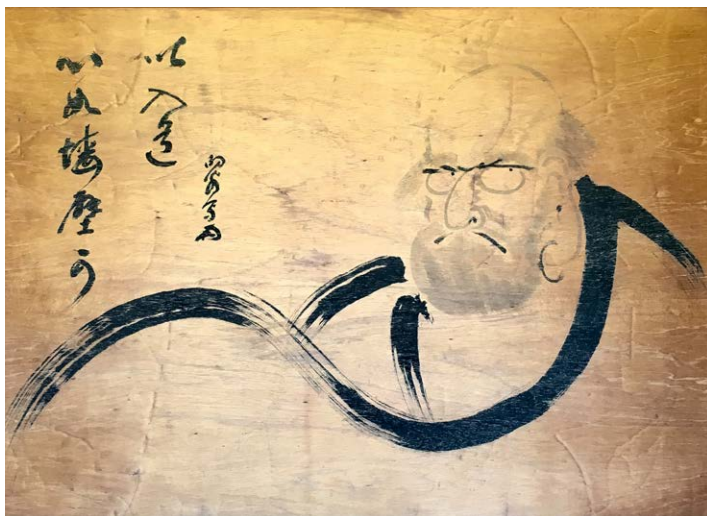


THE BODHIDHARMA METHOD

SAYAMA DAIAN ROSHI, ABBOT



Bodhidharma transmitted the essence of Zen from India to China in the sixth century. When he met with China's Emperor, a devout Buddhist who had built temples and translated sutras, the Emperor asked what merit there was in all he had done. Bodhidharma responded, "No merit whatsoever."

The Emperor then asked what the holy principle of Buddhism was and Bodhidharma said, "No holiness, vast emptiness." When the Emperor asked who it was standing before him, Bodhidharma said, "No knowing."

The Emperor couldn't understand so Bodhidharma left for the Shaolin temple where he sat in a cave, facing the wall for nine years and acknowledging no one. One evening, a man named Huike stood through the night outside of Bodhidharma's cave seeking to speak with him. By morning, snowfall reached his knees. Still, Bodhidharma sat facing the wall.

Finally, Huike cut off his arm and presented it to Bodhidharma who then said, "What do you want?" Huike said, "My mind is

not at peace. Please pacify it for me, Master." Bodhidharma said, "Bring me your mind, and I'll pacify it for you." Huike responded, "I've searched for it for many years, but I can't find it." Bodhidharma replied, "There. I've pacified it for you."

With this Huike was enlightened, becoming the Second Patriarch, and Bodhidharma completed his mission to transmit the essence of Zen to China.

— — —

Sometimes I am asked for the business plan for Chozen-ji. When I was young, I futilely tried many times to come up with something, but Zen training at Chozen-ji is a hard sell. Now I say I'm following the Bodhidharma method, or as Honda Roshi says, "Train hard. The rest is up to Heaven." The results are better.

Chozen-ji's reach is getting wider globally and deeper locally with serious students undertaking 3-Week Live-in Intensives and Sesshin. Different groups like the UH Swim Team—which won both the women's and men's title this season for the first time—the US Japan Council Under 40 Leaders, the Japan America Society and the Hawaii Asia Pacific Alliance have visited us to learn about Zen training. Chozen-ji members went to Kahoolawe to plant trees, and Chozen-ji-supported Hui Aloha were honored by the Honolulu City Council for their work addressing the state's homelessness and affordable housing crises. We even made a short promotional video for social media.

Clearly, sitting facing the wall does not mean not doing anything. It means enjoying mysterious wonder.

Of course, not everyone enjoys themselves when they come to Chozen-ji. Some people come with set expectations of what Zen training should be and are disappointed. We are told we should explain more, be friendlier, and scold less. When I think of Bodhidharma, however, I am resolved only to sit harder.

For some people, coming to Chozen-ji feels like coming home. With these folks we have a karmic connection, and

we are committed to providing them the depth and intensity of training that will enable them to meet the existential issues in their lives and develop to their full potential.

I thank all of you who've made donations to support this commitment, particularly the participants of our Zen and Sake Dinner, but even more so the people who come to our work days—scrubbing the mats in the Dojo, clearing the overgrown vegetation, and taking garbage to the dump. All this plus hard training cultivates the unique vibration of Chozen-ji.

WHY I LIKE ZEN PART IV

WAYNE HONDA ROSHI

Zen archery student, Alan Riesman said Zen is a good antidote for mental diarrhea or 'MD'. That term stuck with me since anyone who does zazen has experienced MD, and any form of diarrhea is not our friend.

A single thought is usually the start of MD and it goes downhill from there, but not all thoughts are MD—only unnecessary ones. Zen works as an antidote because the body and the mind are united by means of the breath.

Shin Ki Roku Ichi is the principle here, and zazen provides ideal conditions to deal with MD. But for this principle to work, it takes sincere persistent effort because results are not instantaneous. It takes years to learn and a lifetime to master because the supply of MD is endless.

Zazen is not enough to cure it since the time doing it is a small fraction of our daily life. We need more and the constant training contained in the concept of shugyo starts making sense.

Tanouye Roshi asked Omori Roshi for five years of his life to create Chozen-ji to teach the way of shugyo. One way to practice shugyo is simple and includes three things:

1. Feel your entire body, especially your feet on the ground,
2. Keep your vision 180 degrees, and
3. Breathe slowly with long exhalations.

Sounds easy but to constantly practice this is very difficult and you will experience failure when you experience MD or become upset. Those are reminders that we forgot our shugyo. But each failure is an opportunity to recover and eventually learn that to do shugyo is the best possible way to live.



ALOHA, COMPASSION AND PEACE

RYUKO (NORMA KAWELOKU) WONG ROSHI

Tanouye Roshi was determined to literally spread lessons of the Aloha Spirit—the genuine stuff beyond the tourist greeting. He believed a deeper understanding and cultivation of aloha would allow us to have a more tangible sense of the Buddhist principle of compassion. The more I practice, the more I appreciate this approach unique to Chozen-ji... the explicit embodiment of aloha as an embodiment of wise compassion... and the connection of aloha to Omori Roshi's desire that Chozen-ji be a dojo that trains for peace.

Peace isn't merely the absence of conflict. It isn't enough to just wish that everyone get along with each other. Peace—Tanouye Roshi used to say—peace needs to be waged. This directive is even more important in fractious times.

A deep practice of aloha requires self-reflection and mutual relationship. We need to be kind to ourselves in order to be kind to others and to accept kindness. We need to understand and live in ways that cultivate the mutuality of our existence, to know that true thriving can't happen in isolation. Aloha is a collective thing and its energy is usefully infectious. Aloha resides in a healthy spirit, and is humble and proud at the same moment.

On Wednesday's class at the dojo, we end with this simple chant:

E aloha mai
E aloha no
E aloha e

Beckon aloha, call it in
The real aloha, nothing else
Aloha from everywhere, to everywhere

Practice aloha and wage peace. Gassho! And much aloha.

LIVE-IN INTENSIVE APRIL 2019

KATRINA FINEZA



Katrina and Yutaka moving stones.

Somewhere in my two year journey into meditation, I found Chozen-ji on Instagram. Living in New Jersey, I honestly never imagined visiting. But when this year started, I couldn't break this persistent internal restlessness and impatience. It was suffocating me and I sought out an intense meditation experience in a different environment.

A few weeks later, Chozen-ji posted about the Live-In Intensive in April and I felt a sense of urgency to see where it might lead. I emailed them and a week later I was forwarding my flight itinerary for Honolulu. It was like winning some cosmic lottery.

After deciding to go, I had my concerns. Am I too old for this? Am I disciplined enough? Is there coffee? I can't remember a time I didn't feel like this world made any sense. Everything always felt like a battle I'd often try to escape through dreaming of a simple life. In reality, though, I had let cynicism corner me into living a small life.

What I got out of Chozen-ji was the authentic experience of living that simple life where everything makes sense and everyone actually pays attention to each other. It sustains a community of genuine joy, peace, belonging, freedom... things that many unsuccessfully strive for but naturally flourish at Chozen-ji.

After returning to New Jersey, the Dojo continues to live on for me in a constant replay of unforgettable moments. Saturday morning zazen with a full circle of people, the feeling of the Hojo kata, Tai Chi, and ringing the bell and hitting the han as jokei. Feeling so nurtured by the generous, warm and spirited Dojo family. Hopelessly hunting for the elusive off-season sweet Surinam cherry. But the activity I most surprisingly appreciated was moving heavy rocks. It's what got me to really put in my whole self and made ki'ai, hara and Zen most accessible.

If you're considering doing an upcoming Live-In Intensive, know that you're accountable for your time there and that everyone is invested in your training. Three weeks is not long. But I found that, by training sincerely and immersing myself in Chozen-ji's approach no matter what, I didn't waste a moment of my time there feeling anything other than "free." Lastly, there's coffee.



Live-in students Max Mondelli, Katrina Fineza, Nick Alamia, and Janine Parziale at work in the ceramics Dojo.

2020 LIVE-IN SCHEDULE

Following the successful 3-week live-in period in April (see article above by live-in Katrina Fineza), we will hold another live-in period in September and twice in 2020:

April 5-25, 2020
September 6-26, 2020

As always, longer-term monastic stays are available for those serious about doing shugyo at Chozen-ji.

CHOZEN-JI ON KAHO'OLAWE

KYLEE MAR



Guided by the lunar calendar in February, which dictates the ideal time for planting, 16 members of Chozen-ji accessed the island of Kaho'olawe for environmental and cultural restoration over three days.

The visit to one of our most precious, albeit battered, main Hawaiian islands is to experience what living is like in a place made uninhabitable and unsustainable by man. It's also an opportunity to experience, for a short while, living in a very Hawaiian style, 'ohana setting and away from most all of the trappings of modern life. Kaho'olawe is both a cautionary tale of man's ignorance and arrogance and an inspiring, ongoing experiment of what can be done to nurture and regrow a place and a people.

Surrounded by iron red, dusty earth, the group was directed by staff on how to dig and plant in a 77-year-old former bombing range that has been eroding since the introduction of goats and other ungulates in 1793 by Captain Vancouver. Native plant seedlings of 'a'ali'i, 'ohai shrub, wiliwili, halapepe

and koa trees and kamanomano grasses found small patches of loose dirt along eroded crevices. Each team of one or two volunteers created a circumference of gathered rocks, then placed the groups of seedlings inside and surrounded each hopeful planting with mulch and a good dose of water. The work was hard under unforgiving sun with all striving to plant as many as possible in such a short amount of time.

Each day ended with a dip in the ocean, a fresh water rinse and a much appreciated dinner. While there was no "meal-by-candlelight", there were the vibrant colors gifted to us by setting of the sun in the Kahikimoe (west). Under the darkness of night, vibrant stars danced to the sound of shakuhachi.

Chozen-ji and Kaho'olawe exist in common stories, conflicts and convergences of people, place and purpose of sacred spaces. Both places provide training, skill building and teaching. Similar to the Dojo, Kaho'olawe's lessons of Aloha 'Aina are to be actively practiced in our everyday lives.



THE ARROW IS ALREADY IN THE TARGET

ANITA TAYLOR



It's the last morning of an intense week of training in Kyudo (Japanese archery) at Chozen-ji and I am in the dojo half-way through shooting a set of 6 arrows. Luckily, this morning there is time for free training before the Kyudo demonstration that will officially wrap up the week.

I reach for the next arrow from the arrow stand next to me and set the nock onto the bow string. Right hand reaches up and points to the sky as my head turns toward the target, "Mu". Right hand comes down then slides up the string to just below the arrow nock. Slowly my arms raise the bow until the arrow is above my head. One third draw, Daisan, flows into the full draw, Kai, smoothly and effortlessly perfect this time. There is no strain or shaking as I settle into Kai. My eyes stay relaxed as they take in the full view. The gravel path, the target house, and the mountain beyond. The cool morning air is silent and still. The arrow releases from the string and "Thwack!" A true hit! I take the next arrow and again the draw feels impossibly perfect. It's as if the bow no longer exists and the arrow is already in the target. "Thwack!". Another true hit. How did that happen?

I don't know, but it feels so easy that I should be able to do it every time. Can I do it again? I pick up the last arrow in the stand and go through the steps of shooting, hoping that it's still there. But this time it feels like a normal draw; not bad, but not perfect. The arrow releases...it falls short and to the left. Aaaah...It's gone!

I feel very fortunate to have been able to participate in the Intensive that was taught by Kushner Roshi this year. Shooting in the Kyudo dojo was unlike any other experience I have ever had. It was both awe-inspiring and humbling. The simple beauty of the dojo creates a serene atmosphere that is conducive to a state of samadhi; and the view of the rock garden, target house, and mountains from the shooting area is like looking into a different dimension. It is a very spiritual place that transformed my understanding of what it is to do Kyudo.

This was my first time training at Chozen-ji and the deepest experience that I have had in Kyudo. I realize that depth was the product of a week of concentrated training, not only in Kyudo, but also in Zazen, Okyo, Chado, and Samu. This unique experience was made possible by the great efforts and support of the wonderful people living and training at Chozen-ji. I offer my deepest gratitude to everyone there for making Shugyo a possibility. For creating space for those who want to dive in. Thank you!



UPDATES

2019 CHOZEN-JI ART SHOW

The 2019 Chozen-ji annual art show and sale will take place November 8th (6:00-9:00pm), 9th and 10th (9:00am-2:00pm). This year we will have Chozen-ji ceramics and calligraphy for sale along with demonstrations of many of the Zen arts practiced here. This year we will also feature the art of Jackson Morisawa (1928-2013), the founder of our Kyudo (Way of the Bow) school and an accomplished artist and graphic designer.

In the words of Ken Kushner, his student and successor, "He was a man of exceptional abilities who seamlessly blended art, Zen and Kyudo."



2019 OUTREACH

We have hosted several groups at Chozen-ji in the first half of this year, including students, executives and retirees. The UH Men's and Women's Swim Teams received zazen instruction and an introduction to Chozen-ji's approach to Zen training in March, and then went on to win both the Men's and Women's Western Conference Championships for the first time in the team's history. We also hosted students of Sister Malia Wong from Chaminade University. Several local young leaders' groups visited Chozen-ji, including the US Japan Council, Japan American Society of Hawaii and Hawaii Asia Pacific Alliance.



2020 OMAMORI

2020 Omamori are here! They will be ready for pick-up and shipping October 1st. You can pre-order your omamori from our new online store:

www.chozen-ji.org/store



PRACTICAL ZEN - PHYSICAL APPLICATIONS FOR AGING GRACEFULLY

We are offering a new class on Monday mornings 9:00-10:30 taught by Gary Omori Sensei and Les Asada. The class uses a variety of Zen and martial arts techniques to help seniors stay safe, limber and healthy. Class includes a short Zazen at the close of the class.

If interested in joining please sign up through our website at:

<https://www.chozen-ji.org/training>

FOUNDERS MEMORIAL SERVICE

Chozen-ji invites all students and members to attend a Founders Memorial Service at 10 am on Saturday, August 24, 2019. The service honors Omori Sogen Rotaishi and Tanouye Tenshin Rotaishi.

A service for Omori Sogen Rotaishi has previously been held on the anniversary of his passing. The Founders Memorial Service will take its place on the fourth Saturday each August, honoring both founders. The January 13 memorial service for Tanouye Rotaishi will continue to be observed.

SESSHIN

This summer's sesshin was a mix of long-time students, several folks returning to do their second or third sesshin and a few first-timers. Students came in from Shanghai, Mexico, Oakland, San Francisco and Hilo, joining a crew of local Oahu students. The training in the kitchen was anchored by Tenzos Norma Wong Roshi and Rosie Abriam Roshi (not pictured) with help from Daijo Kaneshiro, Howard Arimoto, and Wayne Honda Roshi. Nick Alamia from Hilo was jiki for the first time and pushed everyone past their limits.

The Chozen-ji Rohatsu sesshin will be from December 2nd to 8th. If you are interested in attending please let us know as early as possible as the sesshin is shaping up to be well attended and space may be limited.



SUPPORT ZEN TRAINING AT CHOZEN-JI

Zen training at Chozen-ji is offered freely and without fees. With only one part-time paid staff, we depend on donations from the community to sustain all of the operations and activities detailed in this newsletter, and more. Donate online at www.chozen-ji.org/donate or by check:

Daihonzan Chozen-ji
3565 Kalihi Street
Honolulu, HI 96819



2019 EVENT CALENDAR

The following is just a partial listing of events, please check our website for additional events and class schedule.

August 24 - 10:00am - Founders Memorial Service

September 1-21 - Intensive Live-in period

October 12 - Taiko and the Arts of Chozen-ji with Kenny Endo

November 8-10 - Chozen-ji Annual Art Show

November 13-16 - Full Moon Intensive with Wong Roshi

December 2-8 - Winter Sesshin

December 31 - New Year's Ceremony

2019 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Zazen - 5:30am beginners welcome	Zazen - 5:30am beginners welcome	Zazen - 5:30am beginners welcome	Zazen - 5:30am beginners welcome	Zazen - 5:30am beginners welcome
Practical Zen - 9:00-10:30am				
Zazen - 6:00pm	Zazen - 6:00pm Intro to Zazen for beginners - 6:00pm	Zazen - 6:00pm Intro to Zazen for beginners - 6:00pm	Zazen - 6:00pm	Zazen - 6:00pm Intro to Zazen for beginners - 6:00pm
Zazen - 6:45pm	Zazen - 6:45pm	Zazen - 6:45pm	Zazen - 6:45pm	Zazen - 6:45pm
Ceramics - 6:45pm	Hojo/Kendo - 7:30pm	Zen & Aloha - A Way of Living - 7:30pm	Tai Chi - 7:30pm	Hojo/Kendo - 7:30pm
Tai Chi - 7:30pm		Archery Zen - 7:30pm		

Saturday	Sunday
Zazen - 8:00am beginners welcome	Chado (Way of Tea) - 8:00am
Hitsuzendo (calligraphy) - 8:45am	Zazen - 8:30am
Archery Zen - 8:45pm	Karate (advanced) - 9:15am
Kado (Way of the Flower) - 8:45am	
Aikido - 8:45am	