



WINTER 2018 NEWSLETTER

MYSTERIOUS WONDER AT CHOZEN-JI

SAYAMA DAIAN ROSHI, ABBOT



Ten - Shin - Myo calligraphy by Omori Sogen Rotaishi.

Myo

Mysterious Wonder

Shin

Heart/Mind

Ten

Universe

“The Mysterious Wonder of the Universal Mind.” Omori Sogen Rotaishi wrote these characters on the sign that hangs above the altar in the Budo Dojo at Chozen-ji. To me they describe how Chozen-ji has come to enjoy a second spring.

More than 500 people from Hawaii, the mainland US and overseas have experienced Chozen-ji this year—whether to celebrate New Year's, attend the Art Show, learn about Zen training for the first time or do shugyo. There is new gravel on the grounds; buildings and signs have been painted; a new wood burning kiln is taking shape; and new classes in tea, ceramics and Karate have started. Most meaningfully, more students are doing sesshin.

Many people have contributed their effort and resources for this all to happen, but there has been too much synchronicity for us to not attribute the Dojo's rebirth to

the depth of our training and the Mysterious Wonder of the Universal Mind. As Honda Roshi puts it, “All we can do is train hard. The rest is the will of Heaven.”

As I write, we are on the fifth day of the Winter Sesshin. Everyone, from the people making and serving the meals to the students sitting zazen in the Dojo, are giving it their all. Alani Apio and Rosie Abriam Roshi—who were ordained as Chozen-ji priests in October—are training in the kitchen with Wong Roshi and a student from Toronto. In sesshin and beyond, several old time Dojo members have returned to Chozen-ji to train and support the Dojo.

Synchronicity made other important things happen at the Dojo, including a leadership retreat with 18 members of the management team from Hilo-based hardware, building supply and design company HPM. We also have a new treasure trove of Kendo gi, hakama and bogu to lend to new students until they can purchase their own. This is not only due to the generosity of Dojo members who contributed to the Gi & Hakama Fund, which we announced in the last newsletter, but also to the Hilo Hongwanji Kendo Club, who were disbanding and sent over three pallets of clothing and equipment, along with a donation to cover the cost of shipping.

Both the HPM retreat and the Hilo Hongwanji donation can be traced back to profound encounters with Tanouye Roshi decades ago. Tanouye Roshi taught the Hilo Hongwanji Kendo Club back then, and they were happy that their kendo equipment would be given new life at Chozen-ji. 20 years ago Mike Fujimoto, the CEO of HPM, his wife and his son Jason met Tanouye Roshi at Chozen-ji. At this meeting Tanouye Roshi drew a “Z” on Jason's back without touching him to demonstrate kiai, and it was Jason, now the COO of HPM, who set up the leadership retreat.

The students here for sesshin right now are amazed at

MYSTERIOUS WONDER AT CHOZEN-JI, CONT.

how much effort goes into making a sesshin and all of the training here at Chozen-ji possible. As one student put it, it is indeed "luxurious" to be able to train in such a beautiful place with people who are so determined and supportive. As Mike Fujimoto also describes in his article, the depth of training done at Chozen-ji provides inspiration and hope for humanity.

I hope you will train with us in the New Year and thank you deeply for your support.



Geri Maeshiro hard at work on the new wood-fired kiln.

WHY I LIKE ZEN - PART III

WAYNE HONDA ROSHI

Through Zen we can discover the universe as it really is, instead of what we assume it to be.

We are certain the universe is separate from us, but through training, we can awaken to the fact that it's not.

Our minds create the universe "within" us although the location of our mind cannot be determined.

We are and always have been the "thing" that creates the universe, even when we're not living.

That "thing" is something we already have, and if we find it, we, like Shakyamuni, will end our suffering through enlightenment.

The ultimate goal of our training is to find it.

HPM LEADERSHIP RETREAT

MICHAEL FUJIMOTO

Mike Fujimoto is the Chairman, President, and CEO of HPM Building Supply and a long-time Dojo supporter.

After participating in our HPM team's weekend retreat at Chozen-ji, I have developed a renewed sense of hope and optimism for the future of humanity.

First of all, our team—some of which approached the weekend with skepticism and doubt about what the Chozen-ji experience was all about—was unanimously and positively impacted on both personal and professional levels. I sense that the experience of quieting the mind and deepening the spirit through zazen, taichi, calligraphy, archery and kendo training were both profoundly different from what most have ever experienced and invigorating in a primal and spiritual way. As a result, I believe our team is more aligned today with themselves and with each other in spirit and intent than before the weekend. Some continue to practice zazen.

Secondly, I was most impressed by the relatively young Chozen-ji leaders who have chosen to dedicate themselves to forwarding the values and teachings of Chozen-ji's founder, Tanouye Rotaishi, and Abbot Sayama Roshi. Their devotion and dedication to a life practice of mindfulness, kindness and courage at this stage in their lives, especially given the many distractions of this era, are clear and present indications that this emerging generation has the leadership and vision needed to move our communities in the right direction both in mind and spirit.

I remain hopeful, inspired and grateful.



HPM Leadership team at Chozen-ji.

FULL MOON INTENSIVE

RYUKO (NORMA KAWELOKU) WONG ROSHI

Clear Mind is like the full moon in the sky. Sometimes clouds come and cover it, but the moon is always behind them. Clouds go away, then the moon shines brightly. So don't worry about clear Mind: it is always there. When thinking comes, behind it is clear Mind. When thinking goes, there is only clear Mind. Thinking comes and goes, comes and goes. You must not be attached to the coming or the going. - Saying attributed to Shakyamuni Buddha

This wise saying—a Buddhist olelo no'eau—was the inspiration for the Full Moon Intensive held at Chozen-ji from October 22 to 25. 35 students, many of whom practice in our Far Flung Sangha from Maui to Idaho to Toronto and beyond, came for four days of just practice. Just practicing zazen, okyo, shodo, kado, samu and Mu-I Tai Chi Zen. Just practicing breath, focus, and kiai. And doing so in the practice community known as sangha.

Zen practice requires shugyo, which by its nature is a solitary endeavor. No one can sit for us. There is no shugyo by proxy. Regular—preferably daily—individual efforts form the steady heartbeat of Zen practice. It is helpful, however, to practice together on a regular basis. Doing so provides a mirror to see and interrupt habits. It creates synergy to tangibly sharpen and deepen practice from that point on forward.

Larger gatherings such as Full Moon provide a window into what may be possible in society as a whole—if we breathe together,



Vernon Char working with Larisa Benson in Kado.

move together, and create and circulate energy. Through large intensives like this, we can reset and recall, returning spirit to the core of who we are.

Full Moon will be offered November 13-16, 2019. My hope is that there will be more participation from Hawai'i students.

Gassho! And mahalo nui to everyone for their sincere participation and kōkua.

It takes a sangha.



Wong Roshi leading breathing exercises in the Budo Dojo.

DOJO OUTREACH

Chozen-ji continues to offer shugyo in many forms. This year, we also began working with new communities across Hawaii, providing entry points to Chozen-ji training they might not otherwise encounter. Read on for accounts from those who organized this outreach.

WEEKLY ZAZEN AT FOODLAND HEADQUARTERS

CODY YASAKA

Every Friday morning at 7:30, my co-workers and I gather in our 6th floor conference room located in Kaimuki. But this is not your typical boardroom meeting.

After we begin, nothing is said. No projects to discuss and certainly no deadlines to talk about. We just sit.

This is when our weekend begins! These 20 minutes set the tone for the day and then onward into the weekend.

Our weekly routine started after Michael and Cristina shared their insights on meditation for our company's Blue Zones Project initiative. Soon after, enough interest was expressed for us to get started with a weekly sitting group.

One of my co-workers I sit with was asked recently, "Why are you noticeably in such a good mood on Fridays?"

I think we may be on to something.



Friday morning zazen crew at Foodland headquarters.

KEIKI DAY AT CHOZEN-JI WITH PU'UHONUA O WAI'ANAE

CATHY KAWANO-CHING

On Sunday, July 15, Chozen-ji and Pu'uhonua O Wai'anae—the largest and longest standing houseless encampment in Hawaii—co-hosted a day of activities at the Dojo. As part of an ongoing relationship with the Pu'uhonua O Wai'anae community, we dove into training, serving and learning FUN, with a special focus on experiences for our keiki from Wai'anae and Chozen-ji families.

Over 60 keiki and adults from Wai'anae and the Dojo planned and participated in Aikido, Kendo, ceramics, Tai Chi, archery, calligraphy, massage and leadership sessions. Kitchen training included preparing and serving a yummy assortment of potluck dishes. Even toddlers and babies had "nap training" on zabutons under the watchful eyes of aunties and moms.

Sayama Roshi began the day with a welcoming teisho and led us in practicing Zazen basics. He also had us individually gather kiai and blast it forth one by one in resounding, unique "YAAA-AE"s for everyone to feel and hear.

At the end of the day, the beautiful mix of our kiai was vibrantly alive at Chozen-ji and brought home to Wai'anae. Mahalo to all. Hana hou in 2019!



Alani Apio leads the children in a breathing exercise.



Teshima Sensei keeps an eye on the Kendo drills.

GI & HAKAMA FUND SUCCESS

In the last newsletter, we announced the creation of a new "Gi & Hakama Fund" for a loaner closet of gi and hakama for new students.

Within hours, Dojo members had donated almost \$1,000. In the week that followed, we received a check and two secondhand hakama in the mail from an old Dojo member now in Washington state who long ago left Hawaii.

Then, the Hilo Hongwanji Kendo Club emailed us offering a storage room full of children's and adults' gi, hakama and kendo bogu no longer in use. When they arrived, the items filled three pallets and took an afternoon for the kendo class to unpack. The Kendo Club also made a generous financial donation.

Now, Chozen-ji boasts a dozen sets of gi and hakama in a range of sizes. Many of the items are vintage, handmade and of quality that's hard to find today. We have also expanded our kendo equipment by 18 complete sets of bogu.

What started out as a small fundraising experiment ended up a boon for Chozen-ji. Gassho to all who contributed for your support of new students embarking on Chozen-ji training and special thanks to our friends at the Hilo Hongwanji Kendo Club.



SESSHIN UPDATE

Winter Sesshin - Chozen-ji's sesshins continue to grow in numbers and kiai. This December, students from Los Angeles, Oakland, Toronto and the Big Island joined our local Oahu crew. We had many students returning to do their second sesshin and a few first timers. The training in the kitchen was anchored by Norma Wong Roshi and Rosie Abriam Roshi with help from Alani Apio and Jean Tsai. And Honda Roshi and Mike Yoshida made noodles from scratch every day for lunch.

Our upcoming Summer sesshin will be from July 1st to 7th. Please let us know interest as early as possible so that we can begin planning.



UPDATES

2018 ART SHOW

From October 12-14, Chozen-ji held its annual art show. This year's show featured ceramics, calligraphy, Kado, and turned wood made by Chozen-ji teachers and students. The show also included demonstrations in Hojo, Tai Chi, Chado, archery, ceramics, Shodo, and Zazen. The 2019 show will be held from November 8 to 10.



Ten Shin Myo: The Mysterious Wonder of the Universal Mind



1,000 copies of *Ten Shin Myo*, a new book written by Sayama Roshi, have been printed in a first edition run and are now available for sale. *Ten Shin Myo* shares the history of Chozen-ji and Tanouye Roshi's teachings, and includes many first hand stories and previously unpublished photographs. Gratitude is extended to Zak Opaskar and Ryan's Graphics for designing and printing the book.

Ten Shin Myo is available for sale in person and online at: www.chozen-ji.org/tenshinmyo

Order Your 2019 Omamori

New omamori for 2019 have arrived and are now available for sale. Order omamori online at www.chozen-ji.org/omamori

You can also call (808-845-8129) or email (info@chozen-ji.org) to place an order or schedule an in-person pickup at Chozen-ji.

Omamori will also be available at New Years! Join us for the ringing of the bell, 108 times on New Year's Eve.



DONATE TO SUPPORT CHOZEN-JI IN 2019

www.chozen-ji.org/2018-gift

As Abbott Daian Sayama writes in this newsletter, 2018 has been a tremendous year for Chozen-ji. We look forward to continuing to provide Zen training opportunities to all who have the sincerity and determination to do it this coming year.

Because all classes and events are run by volunteers, your tax-deductible donation will directly support Chozen-ji operations in 2019—from the electric bill to emergency repairs.

Checks can be made out to Daihonzan Chozen-ji and mailed to 3565 Kalihi Street, Honolulu, HI 96819. Or donate online at www.chozen-ji.org/2018-gift

NEW YEAR'S CEREMONIES

New Year's Eve - Come help us ring the big bell 108 times followed by our ceremony and Year of the Boar horoscope.
11PM, December 31

New Year's Day Ceremony with potluck lunch to follow.
10AM, January 1



2018 New Year's Eve at Chozen-ji - photo by Josh Bowlin

2019 EVENT CALENDAR

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

New Year's Day Ceremony and Potluck 10:00am

Tanouye Roshi Memorial Service - January 13 10:00am

Kyudo Intensive with Kushner Roshi - February 4-9

Sake Dinner Fundraiser - May 15

Summer Sesshin - July 1-7

Art Show - November 8-10

Full Moon Intensive with Wong Roshi - November 13-16

Winter Sesshin - December 2-8

2019 CLASS SCHEDULE

WEEKDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	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)
EVENING	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
	Tai Chi - 7:30pm	Hojo/Kendo - 7:30pm	Zen & Aloha - A Way of Living 7:30pm	Tai Chi - 7:30pm	Hojo/Kendo - 7:30pm
			Archery Zen 7:30pm		

WEEKEND	SATURDAY	SUNDAY
MORNING	Zazen - 6:30am (beginners welcome)	Zazen - 8:00am
	Zazen - 8:00am	Chado (Tea) - 8:00am
	Hitsuzendo (calligraphy) - 8:45am	Karate (advanced) - 8:45am
	Archery Zen - 8:45am	
	Kado (flower arrangement) - 8:45am	
	Aikido - 8:45am	
	Ceramics - 8:45am	