

From: **Zen Studies Society** office@daibosatsu.org
Subject: Residential Training at Dai Bosatsu Zendo
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To:

**THE ZEN
STUDIES
SOCIETY**



RESIDENTIAL TRAINING AT DAI BOSATSU ZENDO

Attending kessei--the three-month training period held each spring and fall--offers an unparalleled opportunity to be challenged and deepen one's practice.

Guided by Abbot Shinge Roshi and senior residents, kessei participants learn traditional Rinzaï Zen forms and engage in daily zazen, sutra chanting, samu (work), and jihatsu (traditional three-bowl) meals. Samu includes tasks such as cooking, cleaning, and caring for the large organic garden and the buildings and grounds. Sesshin, a silent week of intensive practice, is held once a month.

The DBZ community upholds high standards of personal and group conduct, rooted in the Six Paramitas (virtues of perfection) of the Buddhist teachings: dana (generosity), sila (living by the Ten Precepts), kshanti (patience and endurance), virya (assiduous, energetic practice), dhyana (zazen), and prajna (wisdom). Residents work together to provide a place for all who come to experience the Buddha-Dharma in an authentic and life-changing way.

The daily schedule and remote setting on 1,400 acres of forest and meadows allow students to immerse themselves completely in their practice--a rare opportunity in today's hectic, plugged-in, multi-tasking world. Kessei is conducted in essential silence; telephone and internet access are limited; there is no cell or wifi reception at Dai Bosatsu Zendo.

We welcome applications from all whose aspiration, sincerity, and dedication are strong. Experience in areas such as cooking, gardening, and maintenance are appreciated but not required.

Scholarships may be offered based on financial need and commitment to training.

To apply, please call 845-439-4566, or email the DBZ office, and you will receive an application form.

Your support is greatly needed and deeply appreciated

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