

milwaukee zen center
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The Mirror

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MZC provides a place for meditation, study and reflection, leading to inner awakening and mindful, compassionate action through traditional Soto Zen Practice.

INTERRELATEDNESS

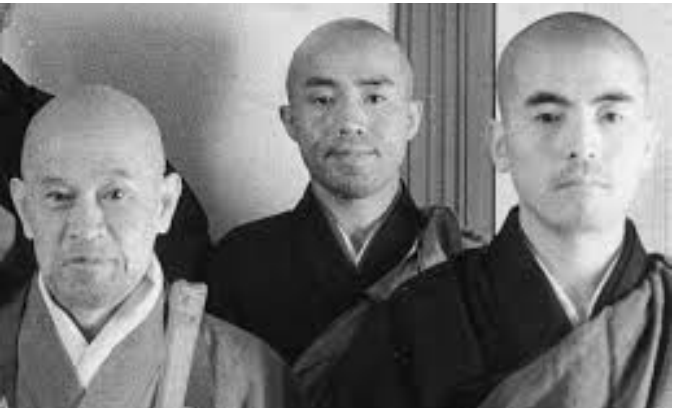
by Reirin Gumbel
MZC resident priest

In the last month during my Dharma Transmission, I have come to appreciate the ancestors in a new way. The story of transmission in our Soto Zen tradition is that it has been handed down from teacher to disciple over the centuries, starting 2,500 years ago with Shakyamuni Buddha and Mahakasyapa, warm hand to warm hand.

What is transmitted? We understand that there is nothing to be transmitted, because there is in reality nothing to get; wisdom and compassion are always already here. So, why the fuss of complicated ceremonies over 21 days? Basically, it is one great display of gratitude towards the ancestors, our teachers who have transmitted the wisdom of the Buddha Way. An overwhelming gratitude was deeply felt by me, even though I did not grow up with ancestor worship, as it is practiced in many Eastern countries. Through my practice I have realized how much we rely on other beings, how, who we are depends on who came before us, our parents and their forebears, our teachers and their predecessors. How these people lived and what they gave to the next generation, is our heritage, not just the accumulation of knowledge, but their visceral experience.

Shogaku Shunryu Suzuki, my teacher’s teacher, came to San Francisco in 1959 to lead the Japanese Soto Zen Congregation.

Americans became curious and asked if they could join in his practice, and he showed them how to do zazen early in the morning. It gradually became obvious that the two groups did not harmonize and Suzuki Roshi decided to leave Sokoji, and San Francisco Zen Center was founded. Eventually a monastery was built in the Ventana Wilderness, near Big Sur in California. Here American men and women were trained in traditional monastic forms. One of the priests who joined Shunryu Suzuki in the training process was **Dainin Katagiri**. He later became the abbot of Minnesota Zen Meditation Center, and on his teaching visits around the Midwest in the late 1970s, he also came to Milwaukee, where a small group of Zen students had been meeting regularly. At some point, in 1985, **Tozen Akiyama** was invited to become the guiding teacher here. We are lucky at MZC to have such a variety of root teachers with different but compatible lineages, and I am happy as guiding teacher to accept and honor various “family” styles. After all, it is all Soto Zen!



from left to right: Shunryu Suzuki, Kobun Chino, Dainin Katagiri



Stay in touch with MZC

See our complete schedule of practice and activities at mkzen.org. Subscribe on that website to our monthly email newsletter. Visit us on Facebook, and contact us at info@mkzen.org

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For a complete schedule of Zen Center Practice, please visit mkzen.org

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Weekly Practice Schedule

Saturday Morning

7:30 zazen
8:00 kinhin
8:10 zazen
8:40 service
8:50 soji (work)
9:15 book discussion group

There is no book group on Saturdays when we have a longer sitting (often a zazenkai in the first and a half-day sit in the third week)

Sunday Morning

9:30 zazen
10:05 kinhin
10:15 dharma talk
11:00 informal tea

Tuesday, Wednesday Thursday and Friday Mornings

6:15 zazen
6:50 kinhin
7:00 zazen
7:30 service

Every Wednesday

6:30 pm – 8:00 pm
Introduction to Zen Practice

Every Sunday

9:00 am Zazen Instruction for
Beginners

WHAT DO THE FIVE HINDRANCES HINDER?

By **Chuck Eigen**
MZC sangha member

Muddy water let stand becomes clear. Lao Tsu

Psychotherapy and Buddhism have a lot in common. They are both concerned with suffering, and the end of suffering, or at least the reduction of suffering, because some suffering may be unavoidable. While psychotherapy has a much narrower focus than does Buddhism, which is all-encompassing, it's wrong to say that the difference between the two is that the former is concerned with the development of the self whereas the concern of the latter is about seeing through the self. In practice, either thing can be said of Buddhism or psychotherapy, depending on the psychotherapist. For example, some modern psychotherapies help clients to see through their identification with their emotional reactions and attitudes, i.e. their self image; and a lot of Buddhism is about clarifying the dynamics of the personality, its tendencies and instinctive reactions, enroute to going beyond the identification with the personality/self. There are places to get stuck in either practice. The psychotherapy client can get stuck in his story and the Buddhist practitioner can get stuck in letting go while ignoring the inconvenient feelings and situations that demand attention - what therapist John Welwood called "spiritual bypassing."

One of the similarities between the practice of psychotherapy and Buddhism is that both work to help students to see connections between their behavior (whether their actions, their words or their thoughts) and their experience, and both help to show that one's level of consciousness or state of mind determines one's thoughts, words and actions. The Dhammapada (literally footsteps on the path), an account of Buddha's early teachings, make this clear:

Mind precedes all mental states. Mind is their chief; they are all mind-wrought. If with an impure mind a person speaks or acts, suffering follows him like the wheel that follows the foot of the ox.

Mind precedes all mental states. Mind is their chief; they are all mind-wrought. If with a pure mind a person speaks or acts, happiness follows him like his never-departing shadow.
-Translation by Acharya Buddharakkhita.



Room as an Entity Resonances and Echoes excited by the bell, chanting, clothing noise, shuffling, footsteps, breathing

Sound travels and is perceived in all directions 360 degrees by 360 degrees and sound, like X-rays, can travel through walls. Sounds External to the room excite it.

Mind as an entity Resonances and Echoes excited by thoughts, pain, body sensations, sounds, sights, chanting, breathing

A Stradivarius must be played regularly to Keep its resonances "tuned up"

The Bell should be RUNG at a very good volume as an initial alignment of the room and Sangha.

Mike, Friend and car body man, told me you can feel imperfections with your hand that are too small to see. We can hear subtleties in a room that we cannot see.

The room breathes.

Breath in zazen is so critical. It excites both mind and room. Your inbreath is the outbreath of the room. The room breathes into you. And your outbreath is the inbreath of the room.

With practice, the "room" becomes bigger and bigger as it approaches the size of the Universe. The Universe may be an asymptote, something that is approached closer and closer but never reached.

The Joy of Infinity

-Leslie (Hosho) Morris
MZC Sangha Member

MZC EVENTS

Saturday, June 29 – Saturday, July 27, **RADIANT COMPLEXITY**, a showing of abstract miniatures by M.C.Winston, one of Rev. Tonen O'Connor's students, who is currently an inmate at Kettle Moraine Correctional Institution. Opening Reception is on Sunday, June 30, at 2:00 pm.

Sunday, July 7, 12:00 noon, **Interdependence Day Picnic in Lake Park** Everybody is invited to the annual all-sangha potluck picnic in Milwaukee's Lake Park, area 2. There will be great food, music and play. Children are welcome.

August 10 – 17, **Jewel Mirror Sesshin at Hokyoji** Dokai Georgesén, Daigaku Rumme and Reirin Gumbel share again in teachings on a Zen text, the Sandokai (Harmony of Difference and Unity). Please sign up directly at www.hokyoji.org

Saturday, August 24, 10:30 am – 3:00 pm, **Workshop with Carl Jerome** (www.deepdharma.org) on Bodhidharma's *Outline of Practice*

Monday, September 16 – Thursday, September 19, **Branching Streams Conference** MZC is the host for this year's gathering of sangha leaders from the Shunryu Suzuki lineage.

On Sunday, September 15, 10:15 am, **Branching Streams Coordinator Tova Green** will give the Dharma Talk in our zendo on Compassionate Action

Sunday, September 22, 10:15 am, **Furyu Schroeder, Abiding Abbess at Green Dragon Temple**, who in May bestowed Dharma Transmission on Reirin, will give the Sunday Talk. Afterwards, please join us for a celebration, in which the new altar and library are inaugurated. We will also honor this year's big birthdays of several sangha members.

Visit the website for details and other events:
www.mkzen.org
Here you can subscribe to the monthly email-newsletter and stay well-informed.

SESSHINS AT HOKYOJI

Milwaukee Zen Center Sangha has been taking part in sesshins at Hokyoji Zen Center, and we are again joining the community in Minnesota for their Jewel Mirror Sesshin in August.

Hokyoji Zen Practice Community is Katagiri Roshi's dream of a wilderness setting, where students from Minneapolis could immerse themselves in longer Zen retreats. However, he died early and was not able to fulfill his vision. Some persevering people started constructing a zendo, and other buildings were added over time. Finally, this year, a major milestone was reached at Hokyoji's 40th anniversary with the erection of a large multi-purpose building that will house guests in a comfortable way.

From the website:
Hokyoji Zen Practice Community cultivates community through mindfulness practices and teachings in a cherished natural setting with those who yearn for deeper awakening to this very life. Residents and non-residents are invited to participate in our events, which include practice periods and retreats, or to inquire about doing individual practice.

