



Water Wheel

Being one with all Buddhas, I turn the water wheel of compassion.
—Gate of Sweet Nectar

Zen Center of Los Angeles / Buddha Essence Temple

Vol. 7 No. 5 2548 Buddhist Era NOVEMBER/DECEMBER 2006

Year End at Normandie Mountain

Message from Roshi Egyoku

Dear Sangha,

As we come to the close of another calendar year, I wish to extend to all of you my gratitude and appreciation for your practice and stewardship of Normandie Mountain.

To practice the Dharma, to study with teachers, to be a part of a sangha, to have a beautiful practice place — all these, we are told, are marks of wholesome karma. I ask you to continue to take good advantage of all that Normandie Mountain offers you, for surely the days go swiftly and tomorrow will one day never come.

This year 2006 marked the 11th year since the passing of our founding abbot, the Venerable Taizan Maezumi Roshi. Who could ever have imagined that our practice here would be as it is today — vital, devoted, deepening.

In 2007, the Center will celebrate the 40th year since its founding in 1967. The White Plum Asanga, the teachers in the White Plum lineage, and Maezumi Roshi's family will gather at Normandie Mountain from May 17 through May 20. Please save the dates of Friday evening, May 18 through Sunday lunch, May 20, for celebrating together.

This 40th Year Anniversary event will be a rare occasion to meet, mingle, and learn from the White Plum teachers, many of whom are leading innovators in Zen practice in the West. Some of the teachers practiced for many years at Normandie Mountain, and their footsteps are imbedded along the garden paths as deeply as your own.



A new driveway welcomes the Sangha to Normandie Mountain.

The 29 years that I have walked these garden paths have vanished in a flash. It has been my wish to paint a verse from the *Diamond Sutra* on the Pine House walls (Is there a sign painter out there?): “A dewdrop, a flash of lightening, a bubble in a stream—thus should all things be regarded.”

The future sangha already walks among us. Who can know how it will all go? We can only give our best efforts and pray that the results are satisfactory.

As the 40th anniversary year of ZCLA approaches, let us appreciate the many hands and eyes that have created Normandie Mountain. I bow in gratitude to you. ■

INSIDE

- 2 Reclaiming Shadow-Mara by Roshi Egyoku
- 4 Programs
- 6 Calendar: 2006 November & December;
January 2007 (tentative)
- 9 Dana Book
- 11 Sangha Appreciation and Rites of Passage
- 12 Day of Dana at ZCLA
Insert: Fall Practice Period Schedule

Reclaiming Shadow-Mara

By Wendy Egyoku Nakao

A second round of the “Working with Shadow-Mara” class has been completed, with another series scheduled for February 2007. Spiritual practice does not bypass shadow energies. I encourage all of you to learn the dynamics of shadow energies and explore the upayas (skillful means) to reclaim them.

This time around, my co-leader for the class, Dharma-Holder Pat Shingetsu Guzy, and I decided to experiment with the term “Shadow-Mara.” Mara, as we know, is the energy that appeared to Shakyamuni before his awakening under the bodhi tree. Mara can be regarded as any energy that arises and hooks and activates the small self. In Buddhist literature, Mara appears in many guises: as attacking soldiers, as seductive women, as monsters, and so forth. Mara is not a person as such, but rather our own energy that has been stirred up and projected outward onto a person, group, or situation.

The surest way to detect the stirring of Shadow-Mara is when recurring judgments arise. A judgment always has an emotional hook. In relation to shadow work, Ken Wilbur raises the question, “Does it *affect* me, or does it *inform* me?” Let us make an important distinction between judgment and discernment. Discernment is clear and precise: we simply have information. We see the facts, without the bias. Discernment often leads to tenderness, inquisitiveness, and empathy. When we are affected, however, we know we are in a situation of “me

and me.” It is difficult to discern this because emotional hooks are so powerful and our habitual tendency to project onto others so automatic, in order to protect our sense of self.

Practicing with “me and me” requires us to take a backward step. In the *Fukanzazengi*, Dogen Zenji says, “...take the backward step, shine your light inwardly, and illuminate the self.” In this instance, we turn the light onto our small self and realize how it has split into what is acceptable (me) and what is not acceptable (also me, but not seen as such). Our work, at this point, is to reclaim all that has become “not acceptable,” whether dark or light, for us to feel and be.

As the principles of Shadow-Mara work have become clearer, an upaya evolved that we find effective and whole-making for the small self. This upaya is in part adapted from the skillful work of Byron Katie (*Loving What Is*) and our experience as practitioners over the years. A solid foundation in zazen and the skillful application of these questions can help you unpack deeply entrenched habitual Shadow-Mara energies.

1. Make a clear statement of the particular situation that affects you. Sometimes, this can be difficult, and you may need some help in formulating your statement. This process in and of itself is quite useful because it requires us to give form to

A NEW DRIVEWAY EMERGES!



Left, an overview of the circle in the driveway; above, new steps being laid in the Jizo garden. Thank you to our donors!

Shadow-Mara. In this instance, the form takes the shape of words. An example would be, “I’m terrified of making a mistake.”

2. Ask yourself, “Is this statement true?” This statement, or thought, must be emotionally true for you. Although your rational mind may understand many facets of the situation, the fact is that you are emotionally hooked. The response to this question must always be “Yes!” before you can proceed with the inquiry. The Buddha himself instructed, “See for yourself, is this true?”
3. “How do you feel when you think that thought?” Feel what is going on in your body and describe your feelings. This step asks us to feel and state clearly our reaction to the situation. “I feel my stomach tightening and waves of shame going through my body.”
4. “What do you get out of thinking that thought?” This is one of the more powerful questions in the inquiry. You may need to stay with it for awhile as responses bubble up from the open space of your own wisdom. What is the pay-off for staying stuck in the pattern? When the pay-off becomes conscious, you have begun the shift. “I get to not take responsibility.”
5. “How would you be without that thought?” With this question, the identification with the pattern continues to loosen its grip as you begin to see yourself without it. Again, as with all the questions, continue to sit in the open space of not-knowing, and let your responses arise from your deepest place.
6. What is the opposite of that thought? When we can speak the opposite(s), we can clearly identify Shadow-Mara and experience the shadow. This is the very important step of reclaiming the repressed or projected energies. The opposites allow us to embrace the full spectrum of energies and live in the paradox of seemingly opposing energies. “I am not afraid to fail. I admire how others learn from their mistakes.”
7. “I am willing to _____.” In this step, we integrate the shadow by clearly stating what it is we are going to do differently. “I am willing to make mistakes.”
8. “I look forward to _____.” Knowing how subtle habitual energies are and how truly devious the small self can be, at this point we state clearly that we actually are looking forward to behaving differently! “I look forward to making mistakes!”



A service was held for all the termites, plants, and other creatures killed during the fumigation of five of our buildings.

The last two steps are essential for us to close the gap between insight and action. We can describe emotional responses in detail, but not yet fully experience them. As Master Hogen says, “Even a hairs-breadth of difference and heaven and earth are set apart.”

Often the habitual managing of our energies has resulted in us not fully experiencing them. We just don’t like being uncomfortable! As our practice matures, we see that the way out is by going into these energies. I call this the “saran wrap” stage—we are so aware of emotional reactions, see them clearly, describe them in detail, and still a gap remains. So the upaya here is to *intensify* the feeling that you find unacceptable and uncomfortable. Intensify it until it simply “pops.” But don’t go looking for a pop, just intensify. So, for example, if you have avoided feeling anxious, intensify it. If you have avoided shame, intensify it. A strong foundation in sitting will enable intensification without the collapsing into the old pattern of repression or projection and retreating into rational mind, which has become habitual.

You can certainly do this inquiry alone and write out and verbalize your responses. It is most effective, we have found, to have someone ask the questions as you go into an open space in your being and let the responses bubble up as you sense into the situation.

The work of Shadow-Mara calls upon us to move this material out of our deeply private inner world and give it form. When it takes form—such as words, drawing, clay, movement—you create a different relationship to these energies. Both so-called dark and light energies are in shadow in all of us—let’s do the noble work of reclaiming our wholeness. ■

Roshi Egyoku Nakao is the abbot and head teacher of ZCLLA. Thank you to Shingetsu, Roshi Bernie, and Sensei Eve Myonen Marko for their input into our shadow work.

Zen Programs On Normandie Mountain

See our calendar for the daily program schedule. Program details and updates are sent by email through DharmaFlash.

☎ **Please register in advance.** Contact Yudo at info@zcla.org to register.

The **Dharma Training Fund (DTF)**. Through the generosity of the Sangha, the DTF is available to all Zen practitioners to supplement program fees. No one is ever turned away for lack of funds. If you find yourself in financial need for a particular program you wish to attend, please do not let finances keep you from attending. Inquire with Dokai in the office for an application. Do not miss any opportunity to practice and study the Dharma!

Zazen Programs

Fall Practice Period continues through December 31.

Led by Roshi Egyoku. *Please see the training schedule insert.* Zen practitioners are invited to join the Practice Period for a few hours, a day, a month, or the entire period. Please sign up for meals in advance. ☎

Rohatsu Sesshin* Saturday evening, December 1, 6:00 p.m. supper and registration; 7:30 p.m. (sesshin begins) to Saturday, December 9, 9:00 p.m. Led by Roshi. This sesshin commemorates the Buddha's Enlightenment (Dec. 8). It is the most important sesshin of the year for Buddhists everywhere. Sesshin is highly recommended for deepening one's practice. The schedule

Schedule for December 31, last day of sesshin:

Regular sesshin schedule continues until 3:00 p.m., December 31st, followed by:

3-5:00 p.m. Sangha Year-End Council
5:00 p.m. Sangha Members Annual Memorial Service followed by informal supper

These events are open to all members, regardless of sesshin participation. Please join us!

Schedule for New Year's Eve (Best New Year's Event in Los Angeles!)

7:30 p.m. Atonement Ceremony with Roshi
9:00 p.m. Ringing of 108 Bells
9:20 p.m. Revolving the Sutra Service followed by a celebratory meal for the New Year.

includes zazen, chanting, teisho, dokusan (face-to-face interview with Roshi), work, rest, and three vegetarian oryoki meals daily. We observe silence, maintain samadhi and lowered eyes, and refrain from social greetings. Full and part-time participation, with accommodations. We will follow Bodhidharma's Wall-Gazing Schedule. Schedule details will be posted on DharmaFlash. Note: Zendo remains open for members during sesshin. \$320; \$640 nonmembers. ☎

End-of-Year Sesshin* Tuesday evening, December 26, 6:00 p.m. supper and registration; 7:30 p.m. (sesshin begins) to Sunday, December 31, 3:00 p.m..

Led by Roshi. The End-of-Year Sesshin is a more relaxed sesshin, and an opportunity to join our relaxed and reflective minds. The schedule offers a time for us to reflect and refresh ourselves for the New Year. Please note the schedule for the last day and evening below. \$200; \$400 nonmembers. ☎

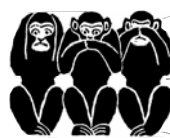
***Note:** Zendo remains open for zazen during Sesshin.

Precept Practice

A **Day of Reflection** on the Zen Bodhisattva precepts will take place on **Saturday, November 18, from 9:00 a.m. to 3:00 p.m.** We begin with recitation of the precepts, zazen, and a brief precept talk followed by a short work period and lunch. A Precept Circle is held from 1:30 to 3:00 p.m. on the precept of the day. Open to everyone.

November 19 will be led by DeWayne Gojitsu Snodgrass on Precept #7: Not elevating oneself and blaming others.

December 16 is cancelled for Day of Dana at ZCLA. See page 12.



Classes and Workshops

Study text for the Practice Period. This Fall Practice Period, we are focusing on Dogen Zenji's *Instructions to the Cook (Tenzo Kyokun)* translated by Ichimura Shohei. All Sunday and Thursday evening teisho and talks and day classes will be on this text. Members can access a copy of the text through the members' website. Contact Yudo at info@zcla.org for your password.

(Continued on page 5)

Three Steps to Enlightenment One-Day Retreat

Saturday, November 4
9:00 a.m. to 5:00 p.m.

With Dharma-Holder Kipp Ryodo Hawley

One giant leap was what it took for the ancient Chinese to reveal the Empty Realm and actualize their lives. This leap took only an instant to make, but was usually the culmination of many years of practice. We can do this too, but what if we had a roadmap to get us there more quickly? What if the giant leap could be broken into a series of steps? Join Ryodo as he continues his exploration of the Three Steps.

Includes lunch, zazen, and interviews with Ryodo for individual work. Fee: \$40/ZCLA members; \$55/nonmembers. Contact the office at info@zcla.org or call (213) 387-2351 to register.

Zen Precepts in Theory and Practice

Saturday, November 11
1:30 to 4:00 p.m.

Seminar with William Bodiford, Ph.D.

What are Zen Precepts? There is no one answer to this question. So that we might better appreciate the possible answers, this presentation will review the concepts, scriptures, and rituals of Zen precepts as they were transmitted across Asia. Beginners and advanced practitioners alike will find this non-technical presentation accessible and useful.

Please join us as we welcome Prof. Bodiford back to ZCLA.

Professor Bodiford is a UCLA Professor of Asian Languages and Cultures. He is the author of *Soto Zen in Medieval Japan* and *Going Forth: Visions of Buddhist Vinaya*. He holds *menkyo kaiden* and *shihan* licenses in [Kashima-Shinryu](#).

Fee: \$25 members; \$50 nonmembers
Please register in advance with Yudo in office.

Shared Stewardship Class: Revisioning. Sunday November 12, 1:30 to 4:30 p.m. This gathering is the last one for this year and will focus on wrapping up the Core Values and Goals for the coming years.

Shared Stewards are also linked through an e-group open to Center Stewards. Those members who wish to be informed and/or take part in discussion on sangha issues, please contact Dharma-Joy at tvr@birdmarella.com.

Brown-Green Group. Sundays, November 19 and December 10, 1:30 p.m. Everyone is welcome to join this exploration of environmental concerns and shared readings.

An Evening of Candlemaking. Sunday, December 17, 6:00 p.m. with the Brown-Green Group. Come together and make gifts for friends and family. We will melt down and re-use old candles to make lovely homemade gifts. Everyone is welcome.

Dancing Buddhas. Saturday, November 11, 7 to 8:30 p.m. Come and enjoy a 1/2-hour dance lesson from Steward Jessica Dharma-Lotus Armstrong, and then boogy the rest of the evening. Refreshments. Everyone is welcome.

Practice Period Commitments. It is not too late to turn in your forms. All names are listed in the Zendo.

Upcoming Events January to June 2007

Sesshin:

Introduction to Sesshin: March 29 to 31

Spring Sesshin: May 24 to 26

Zazenkai: February 10 and June 9

Tangaryo Day: March 10

Retreats, Classes & Workshops:

Shadow Energies: February 6, 13, 20 & 27

Shared Stewardship: March 1, June 10, August 12, October 7

Institute for Mischief Making and

Contemplative Clowning (i.smacc) January

15 to February 11 and February 19 to March 18

Contemplative Caregiving for Caregivers:

February 2 to 4 and June 1 to 3

Precepts Class: March 10, 17, 24 and April 7 & 14

Day of Reflection: January 20, February 17, March 17, April 21, May 12, and June 16

Buddha's Birthday: April 8

ZCLA 40th Anniversary: May 18 to 20



FALL 2006 PRACTICE PERIOD

Saturday, September 30 - Friday, December 31, 2006

*Weekly schedule for full-time participants. You may join any part of the schedule.
See the Water Wheel & calendar for more schedule information.*

Tuesday Evening

7:30 p.m. Zazen
8:50 Four Vows
9:30 Lights Out

*Kinhin line begins in Sangha House driveway and circles the SH. You may join at any time.

**All members may join meals. Fee: \$5. Prior notification is necessary by contacting the office or signing up no later than noon before the meal you wish to attend.

***A bell will sound at 6:30 a.m. to mark the half-way point.

Wednesday, Thursday & Friday

5:15-5:25 a.m. Waking up the Body:
Outside Kinhin or
Buddha Stretching*
5:25 - 6:30 Zazen/Kinhin
6:30 Morning Service
7:05 Oryoki Breakfast**

9 - 11:15 Work Service/Work
11:30 Zazen (Wall-Gazing—
join any time)
12:00 p.m. Noon Service (Fri.—
Hakuryusan service)
Open schedule until
2:00 p.m.

2 - 3:00 Book Study Period

3 - 5:00 Work (Fri.—Open
schedule after class.)

6:00 - 6:45 Informal Supper**

7:15 Evening Service
7:30 Zazen (Thurs.:
Teisho/Tea & Cookies)
8:50 Four Vows

**Observe SILENCE
through breakfast.**

*When walking, just walk.
When sitting, just sit!
Above all, don't wobble.*

—Master Lin Chi (Rinzai)

Saturday

6-7:00 a.m. Zazen (Wall-gazing,
join any time)***
7:05 Oryoki Breakfast**

**Followed by scheduled
Saturday Program (see calendar)**

Sunday

6-7:00 a.m. Zazen (Wall-gazing,
join any time)***
7:05 Buffet Breakfast**
(No Silence)

**Followed by scheduled
Sunday Program (see calendar).**
Hosan begins at the end of the
program day.

Monday & Tuesday

5:25-6:30 a.m. Zazen
6:30 a.m. Hosan Service

7:30-8:50 p.m. Zazen

Hosan - Rest days for full-time
participants (office closed).





NOVEMBER 2006—2548 BE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* Saturday Schedule 6-7:00 a.m. Wallgazing 7:05 Oryoki Breakfast 8:30 Service 9-11:00 Zazen/Dokusan, Interview 11:15 Samu 12:15 Lunch</p> <p>** Sunday Schedule: 6-7:00 a.m. Wallgazing 7:05 Informal Breakfast 8:30 a.m. Service 9-10:20 Zazen/Dokusan, Interview 11:00 Talk 12:15 Snack</p>			1 5:25 a.m. Zazen 6:30 Service	2 6:00 p.m. Executive Circle 7:15 Service 7:30 Zazen/Dharma Talk: Daishin Buksbazen	3 7-9:00 p.m. Residents Circle 7:30 Open Zazen	4 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 a.m. Oryoki Breakfast 8:30 a.m. Service 9 to 11:00 a.m. Zazen/Interview Retreat 9 to 5:00 p.m. Three Steps to Enlightenment with Ryodo Hawley
5 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 a.m. Informal breakfast Monthly Memorial Service Sunday Schedule ** 11:00 a.m. Teisho: Roshi 1:30-4:30 p.m. Board of Directors	6 (Office Closed)	7 (Office Closed)	8 5:25 a.m. Zazen 6:30 Service 7:15 p.m. Service	9 7:15 p.m. Service 7:30 Zazen/Dharma Dialogue with Roshi	10 7:15 p.m. Service	11 Founders' Service 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 a.m. Oryoki Breakfast Saturday Schedule * 1:30-4:00 p.m. Professor William Bodiford Seminar: Zen Precepts in Theory and Practice 7-8:30 p.m. Dancing Buddhas
12 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 a.m. Informal breakfast Sunday Schedule ** 11:00 a.m. New Members/ Newcomers Class: Ensho Berge	13 (Office Closed)	14 (Office Closed)	15 5:25 a.m. Zazen 6:30 Service 7:15 Service	16 6:00 p.m. Executive Circle 7:15 Service 7:30 Zazen/Dharma Talk: Shingetsu Guzy	17 7:15 p.m. Service	18 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 a.m. Oryoki Breakfast Saturday Schedule * Zen Practice 3 Day of Reflection Led by Gojitsu Snodgrass Precept 7: Not elevating oneself and blaming others 1:30—3:00 p.m. Precept Circle
19 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 a.m. Informal breakfast Sunday Schedule ** 11:00 a.m. Dharma Chat with Cassandra Ocean-Heart Guarino: Happiness 1:30 Brown-Green Group 2:00 p.m. Horatio Vonsydw Memorial Service (Private)	20 (Office Closed)	21 (Office Closed)	22 5:25 a.m. Zazen 6:30 Service 7:30-9:00 p.m. Open Zazen	23 Thanksgiving Day	24 Center Closed	25 9:00 to 4:00 p.m. Cookie baking for Dana bags 
26 Center Closed—Happy Thanksgiving!	27 (Office Closed)	28 (Office Closed)	29 5:25 a.m. Zazen 6:30 Service 7:30 p.m.—9:00 p.m. Zazen	30 7:15 p.m. Service 7:30 Zazen/Teisho with Roshi		




DECEMBER 2006—2548 BE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 6:00 p.m. Register for Rohatsu Sesshin 7:30-9:00 Rohatsu Begins	2 Bodhidharma's Wall-Gazing Schedule Rohatsu Sesshin
3 ZP 1 and 2	4 (Office Closed)	5 (Office Closed)	6	7	8  Bodhi Day	9
Rohatsu Sesshin led by Roshi						
10 Memorial Service ZP 1 and 2 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 a.m. Informal breakfast Sunday Schedule (No Dharma Talk) 11:00 a.m. Newcomers/New Members Class: Gessho Kumpf 1:30-3:30 p.m. Teachers Circle 1:30 Brown-Green Group	11 (Office Closed)	12 (Office Closed)	13 5:25 a.m. Zazen 6:30 Service 7:15 p.m. Service	14 7:15 Service 7:30 Zazen/Dharma Talk by Ensho Berge	15 7:15 p.m. Service	16 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 Oryoki Breakfast ☺ 8:30 a.m. Founders' Service 9-11:00 Open Zazen Day of Dana at ZCLA 9-11:00 a.m. Assembly of Dana 11:00 Community Meal & Celebration with neighbors
17 ZP 1 and 2 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 a.m. Informal breakfast ☺ Sunday Schedule 11:00 a.m. Teisho: Roshi 1:30 to 3:30 Curriculum Circle 6:00 p.m. Candelmaking with Brown-Green Group	18 (Office Closed)	19 (Office Closed)	20 5:25 a.m. Zazen 6:30 Service 7:15 p.m. Service	21 6:00 p.m. Executive Circle 7:15 Service 7:30 Zazen/Teisho: Roshi	22  Winter Solstice 7:15 p.m. Service	23 6-7:00 a.m. Bodhidharma wallgazing (Join any time) 7:05 Oryoki Breakfast ☺ Saturday Schedule *
24 ZP 1 and 2 8:30 a.m. Service 9-11:00 Open Zazen	25 (Office Closed) Christmas Day	26 (Office Closed) 6:30 p.m. End-of-Year Sesshin Registration 7:30 Zazen	27	28	29	30
End-of-Year Sesshin led by Roshi						
31 ZP 1 and 2 3-5:00 p.m. Sangha Council 5:00 Members Memorial Service followed by Informal Supper 7:30 Atonement Ceremony New Year's Service & Celebration 9:00 p.m., 108 Bells & New Years Service; Followed by celebratory meal for 2006 Sesshin	January 1 (Office Closed)				* Saturday Schedule 6-7:00 a.m. Wallgazing 7:05 Oryoki Breakfast 8:30 Service 9-11:00 Zazen/Dokusan, Interview 11:15 Samu 12:15 Lunch ** Sunday Schedule: 6-7:00 a.m. Wallgazing 7:05 Informal Breakfast 8:30 a.m. Service 9-10:20 Zazen/Dokusan, Interview 11:00 Talk 12:15 Snack	



TENTATIVE

JANUARY 2007—2549 BE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  New Year's Day	2	3	4	5	6
	← Dawn — Open Zazen → <div style="border: 1px solid blue; padding: 5px; display: inline-block; margin: 5px auto;"> Bare Bones Month Open Zazen Weekdays All Month </div> Winter Recess: No Timekeeper in Zendo ← Evening — Open Zazen →					
7	8 (Office Closed)	9 (Office Closed)	10	11	12	13 Founders' Service 8:30 a.m. Service 9-11:00 a.m. Zazen (No lunch)
Winter Recess: 14	15 (Office Closed)	16 (Office Closed)	17	18	19	20
ZP 1 & 2 Monthly Memorial Service Sunday Schedule (No Dharma Talk/Snack)	← Dawn — Open Zazen → ← Evening — Open Zazen →					Saturday Schedule Zen Practice 3 Day of Reflection led by TBD Precept # TBD 1:30-3:00 Precept Circle
21	22 (Office Closed)	23 (Office Closed)	24	25	26	27
ZP 1 & 2 Sunday Schedule (No Dharma Talk/Snack)	← Dawn — Open Zazen → ← Evening — Open Zazen →					8:30 a.m. Service 9-11:00 a.m. Zazen (No lunch)
28	29 (Office Closed)	30 (Office Closed)	31			
ZP 1 & 2 Sunday Schedule (No Dharma Talk/Snack)	← 5:25 p.m. Zazen/Service → ← 7:30-9:00 p.m. Zazen →					7-9:00 p.m. Resident Circle
11:00 a.m., Evergreen Cemetery visit for Nyogen Senzaki Roshi						

DANA BOOK

DANA PARAMITA DONORS November 1, 2005 to October 15, 2006


Fall 2006

Dear Members and Friends of ZCLA,

You have all contributed so generously of your time, funds, and in-kind gifts, in whatever way is appropriate for you. These acts of giving make Normandie Mountain a place for awakening and peace for so many people. Thank you so much!

In our annual Dana Book, the Center honors all its financial donors for the period from November 1, 2005 through October 15, 2006. No financial gift is too small or too big, or of greater or lesser worth than another. In fact, our sangha is so generous that we have difficulty tracking all of the dana (offerings). If your name has been missed, please accept our sincere apologies and notify Jeanne Dokai Dickenson in the Center's office at (213) 387-2351 immediately.

For a complete list of donations made in kind, in funds, and in time for the period of 2004 to 2006, please see our Sangha Appreciation Book in the July/August 2006.



**ANNUAL DONOR
MEMORIAL**

On the first Saturday of February, the Center observes a memorial service for all of its donors who have passed. Please join us for this occasion.

It is my wish that each of you are deeply experiencing the transformation that giving brings. May the vows of all of our donors be realized.

With bows in deep gratitude,

Roshi Eyzaku

MAY THE VOWS OF OUR DONORS BE REALIZED

Anonymous Donors
Barbara Abood
Brandon Abraham
Concetta Getsuren Alfano
Jerome Altschuler
Michael Altschuler
Holly Ames
Barbara Jitsujo Ancheta

Stephen Arendt
Jessica Dharma-Lotus
Armstrong
Tom Arthur
Steve Earth-Holder Baker
David Barkley
Tony Barnert
Katy Keisen Behrens

Gary Belton
Raul Ensho Berge
Bernard Berniau
Mark Shogen Bloodgood
Peter Bofinger
Steve Boreman
Merle Kodo Boyd
Paul Brabeck

Hilary Bradbury
Craig Daigetsu Brandau
Harry Ryokai Brickman
Irene Brown
Larry Brown
Elizabeth Bryer

(Continued on page 10)

May the vows of our donors be realized

(Continued from page 9)

Daniel Nagacitta Buckley
 Donna Buell
 John Daishin Buksbazen
 Tom Yudo Burger
 Kevin Burke
 Robert Buswell
 Bill Butler
 Elaine Butler
 Allan Taikan Carr
 Camille Kwankai Carr
 Teido Cartee
 Nelida Cartolin
 Heather Faith-Spring Chapman
 Sherry Roko Chayat
 Theresa Marie Chen
 James Jakugen Chou
 Tom Pine-Ocean Cleary
 Richard Cloud Forest
 Loretta Luminous-Seed Coha
 Elizabeth Jiei Cole
 Clifford Shishin Collins
 John Collins
 William Earth-Mirror Corcoran
 Marjorie Cron
 Mary Yugen Courtney
 Connie Lotus-Moon Crosby
 Jonathan Crow
 James Jimyo Culnan
 Jason Davis
 Nena Davis
 Jeanne Dokai Dickenson
 Justin Dickenson
 Charles Dittell
 George Durakovich
 Charles Duran
 Michel Engu Dobbs
 Renata Dobryn
 Neal Chiyu Donner
 Mary Donovan
 Susan Reiju Dorain
 Charles Duran
 Robert Dharma-Gate Evans
 Diane True-Joy Fazio
 Eberhard E. Fetz
 Anne Field
 Darla Myoho Fjeld
 William Fletcher
 Barbara Yoko Fletcher
 Mike Solitary-Pine Ford
 Sally Forth
 H. H. Frankiel
 Stephen Fredieu
 Jan Ryotetsu Freedman
 Fred Fuentes
 Susan Eko Fukushima
 Peggy Faith-Moon Gallaher
 Dylan Gary
 Robert Gerber
 Marc Koshin Giet

Patricia Muso Giggans
 Blake Gilbert
 Katherine Senshin Griffith
 James Bodhi-Song Graham
 Doug Sencho Gower
 Margaret Jifu Gower
 David Green
 Jerry Grenard
 Katherine Senshin Griffith
 Cassie Ocean-Heart Guarino
 Patricia Shingetsu Guzy
 James Jindo Hagar
 Edward Hairfield III
 Paula Hall
 Andrew Halladay
 Tim Wisdom-Moon Halphide
 Stephen Hanka
 Jennifer Moon-Dancer Hart
 Stephan Hass
 Kipp Ryodo Hawley
 Jeff Hirsch
 Brigid Hogan
 Kevin Hopps
 George Mukei Horner
 Houston Zen Community
 Clay Jiyu Howard
 Derek Hutchinson
 Richard Tosei Hutchinson
 Gail Imler
 Korin Ishizuki
 David Jackson
 Gary Koan Janka
 Robert Jay
 Debra Shiin Jaynes
 Peter Johnson
 Matt Dharma-Wind Johnston
 Joseph Jones
 Elena Joseph
 Ariana Julian
 Yuigyo Kamimura
 Sayaka Kamimura
 Evi Gemmon Ketterer
 Satjote Khalsa
 Ed Etsudo Kimble
 Alex Sotetsu Kimura
 Ed Kenzan Levin
 Mary Keion Levin
 Diane Katz
 Lyndon Kay
 Howard Kilby
 Christof Koch
 Harold Koenig
 Hiromi Jiyu Komiya
 Anne Korbin
 Lorraine Gessho Kumpf
 Carl Lau
 Judith Lennon
 Ed Kenzan Levin
 Ellen Reigen Ledley
 Robert Sokan Lee
 Victor Legge

Judith Lennon
 Phil Lewis
 August Liss
 Kristan Loken
 Barbara Phoenix-Plum Lynch
 Deborah Dharma-Heart
 McColl
 Nicolee Jikyo McMahon
 Shirley Diamond-Heart
 Magidson
 Joseph Maizlish
 Diane Yuko Mark-Walker
 Bonnie Marsh
 Rosa Ando Martinez
 Neil Melinkovich
 Michael Merrill
 Ronnie Myobun Mestaz
 Delauney Michel
 Joseph Enjo Migliore
 Maimon Miller
 James Milner
 Julian Moody
 Joanne Seigetsu Morey
 Wendy Egyoku Nakao
 Russell Nakao
 Lee Nedler
 John Nomura
 January Nordman
 Julia Seirin Norstrand
 Pat Enkyo O'Hara
 Michael Daigu O'Keefe
 Helga Shobai Oswald
 Peter Ott
 Steve Seiko Parks
 Troy Perry
 David Phillips
 Sara Pines
 Pamela Emerald-Lake Porcaro
 Steven Porcaro
 Helen Daiji Powell
 Prajna Zendo
 Joseph Ramirez
 Thomas Dharma-Joy Reichert
 Lourdes Jisen Reybin
 Ellen Richter
 Mary Rios
 Harry Rock
 Conrad Butsugen Romo
 Kathleen Pure-Heart Rork
 Terry Ryodo Rothrock
 Maggie Rowe
 Nancy Saks
 Robert Soen Sawyer
 Peter Sozan Schellin
 Richard Schulhof
 Kyle Jigu Secor
 Brian Tetsudo Seymour
 Marcia Fumyo Seymour
 Nathaniel Shultice
 Sydney Nonin Sims

Sisters of Saint Joseph of
 Peace
 Jeffrey Slater
 Laura Smart
 Michael Judge El Smithe
 Robert Smith
 Cynthia Smock
 DeWayne Gojitsu Snodgrass
 Kevin Snow
 Kathy Myoan Solomon
 Polina Souza
 Hannah Seishin Sowd
 Donald Spuehler
 Lana Shoshin Spraker
 Dorothy Stout
 Harold Stanton
 Frank Styduhar
 John Syson
 Hillary Kongchal Stephenson
 K. A. Sumida
 Bob Swan
 John Plum-Hermit Swanger
 Ed Emyo Swiatek
 Penelope Luminous-Heart
 Thompson
 Grace Tiessen
 Deb Faith-Mind Thoresen
 James Soshin Thornton
 William Tilley
 Norick Toumanians
 Treetop Zen Center
 Susan Tritt
 Carla Trotter
 John Heart-Mirror Trotter
 Walter Genei Van Vort
 Reeb Kaizen Venners
 John Villacicencio
 Tim Vreeland
 Matt Daiho Wagner
 Wen Wang
 Bill Ware
 Nina Reiju Wasserman
 Amy Suigetsu Watanabe
 John Watts
 Paul Kenshin Wear
 Ty Jotai Webb
 Zita Weil
 Martin Ocean-Peak Weiss
 Burt Wetanson
 Westridge School for Girls
 Gerry Shishin Wick
 Patricia Ann Williams
 Diane Winston
 Janet Moon-Wheel Witkin
 Stanley Wolpert
 Dana Earth-Moon Worden
 Anne Young
 Al Zolynas
 Ilga Ziegler
 Morgan Zo ■

Your Gifts are Received with a Heartfelt Thank You!

Please let our staff know of the many bodhisattvas to appreciate. Have we missed anyone?

To ZCLA Web Master **Kipp Ryodo Hawley** for his enthusiastic, expertly lead, and continual care of the Center's forthcoming new web site and computer systems;

Everyone who helped with the driveway and arbor construction project and **John Plum-Hermit Swanger** for able and cheerful stewarding;

George Durakovich for donation of car to Center;

Fundraising Committee for extensive work on 2006 Annual Fund appeal and database work: **Steward Patti Muso Giggans, Roshi, Evi Gemmon Ketterer, Dokai, Rosa Ando Martinez, and Plum-Hermit;**

Hillary Kongchal Stephenson and **Lourdes Jisen Rebin, Co-Tenzo Coordinators** for leading the Sangha Kitchen Cleaning and to everyone for wholehearted cleaning;

Penelope Luminous-Heart Thompson and **John Heart-Mirror Trotter** for leading the workshop on Dying Well: The Five Wishes;

Tom Yudo Burger for designing Center letterhead and stewarding of parking;

Jessica Dharma-Lotus Armstrong for stewarding the monthly 'Dancing Buddhas' evening;

Roshi, Daishin Buksbazen, and Dokai for work on new web site;

Raul Ensho Berge, Yudo, and Dokai for garden cleanup;

Mary Rios for entering foundational data into new database;

Ty Jotai Webb for continued development of new database system and for urgent care of computer server;

For personal practice talks: **Ando Martinez, Faith-Mind Thoresen, Luminous-Heart Thompson, and Emerald-Lake Porcaro;**

Tom Yudo Burger, Roshi, and Nancy Spear for meeting to develop 'Day of Dana at ZCLA';

Mary Rios for entering new data into new database;

Eberhard Fetz, Professor from University of Washington, for his talk on "Consciousness and Personal Practice";

Christof Koch, Professor from Caltech, for his seminar "Understanding Consciousness";

Ronald David, MD, for speaking to the workshop on Dying Well on the topic of medical decision-making;

Yuko Masuda Sensei, Soto Zen teacher from Japan;

Roshi and Shingetsu Guzy for leading class on Practicing with Shadow Energy;

Raul Ensho Berge for leading the Precepts class;

Lorraine Gessho Kumpf for coordinating Tangaryo Day and stewarding of Curriculum Circle;

John Plum-Hermit Swanger as guest speaker for Wonderland Treatment Center;

Everyone who helped put together the Memorial Service: **Ensho Berge, Dokai, and Roshi;**

Welcome to new members: **Alfredo Gutierrez, Dennis Hogan** and **Cynthia Fukuda**, and to **Shantum Seth**, India Pilgrimage Guide and teacher who led a remembrance circle. ■



Thank you to George Durakovich for the gift of his car to the Center.



Sangha Rites of Passage

Precepts Ceremony

September 30, 2006

from Rev. Gary Koan Janka
California Men's Colony
Nick Daigan Granger

New Members Entering Ceremony

September & October 2006

Ronnie Myobun Mestaz • Kevin Burke
Alfredo Gutierrez • Dennis Hogan

Shared Stewardship Entering

Teachers Circle

Dharma-Holder Margaret Jifu Gower
Tenzo Coordinator
Reeb Kaizen Venners

Shared Stewardship Leave-taking

Outgoing Tenzo Coordinator

Hillary Kongchal Stephenson

Congratulations and deep gratitude to all of you.

Deaths

Venerable Thich Man Giac

Supreme Patriarch U.S. Vietnamese Zen Church
1929-2006

Ron Wagyo George

1937-2006

The *Water Wheel* is published by the Zen Center of Los Angeles / Buddha Essence Temple, which was founded in 1967 by the late Taizan Maezumi Roshi.

Our mission is to know the Self, maintain the precepts, and serve others. We provide the teaching, training, and transmission of Zen Buddhism.

Our vision is an enlightened world free of suffering, in which all beings live in harmony, everyone has enough, deep wisdom is realized, and compassion flows unhindered. **Our core values** are available upon request.

Founding Abbot: Taizan Maezumi Roshi
Abbot Emeritus: Roshi Bernard Glassman
Abbot: Roshi Wendy Egyoku Nakao
Staff: Mary Rios, Business Manager; Tom Yudo Burger, Programs; Evi Gemmon Ketterer, Guest Steward; Jeanne Dokai Dickenson, Programs/Development Steward.

Water Wheel Editor: Dokai Dickenson
Assistant Editor: Burt Wetanson
Photographers: John Heart-Mirror Trotter, Tom Yudo Burger, Dokai Dickenson
The *Water Wheel* is published bi-monthly. Contact the Editor at (213) 387-2351 or dokai@zcla.org. Subscription: The annual rate is \$25 for non-members. We are in the process of converting to electronic distribution.



ZCLA Buddha Essence Temple

923 South Normandie Avenue
Los Angeles, CA 90006-1301
www.zencenter.org

Address Correction Requested



Day of Dana at ZCLA

Saturday, December 16, 2007

9:00 to 11:15 a.m. Dana food basket assembly
11:30 to 1:30 Community meal & fiesta celebration with neighbors

'Tis the season for the 21st offering of ZCLA's dana baskets to 36 families-in-need in the neighborhood. This year we celebrate "Day of Dana at ZCLA" with the families, who will come to Normandie Mountain to share lunch and good cheer with us and receive their bags.

Working with community activist Nancy Spear (who has been our main contact for basket delivery in past years), we have also reviewed what food selections are best to give.

The food offerings are made possible through your contributions, needed to purchase food supplies. Please make your check payable to "ZCLA" marked "Dana Baskets." Food is purchased in bulk and also solicited from neighborhood vendors. (We try to purchase everything in quantities of 36.)

The drive culminates on Saturday, December 16, at 9:00 a.m. with the assembly of foodstuffs and bags. A special lunch has been planned by chef DeWayne Gojitsu Snodgrass. Our guests will also bring special dishes to share with us. Please plan to join us for good work, good food, good stories, and good cheer.

We encourage everyone to lend a hand in whatever way you can: for example, shopping, preparing for the meal, planning games, and much more, to make this Day of Dana sparkle for all.

Jessica Dharma-Lotus Armstrong and John Heart-Mirror Trotter are the coordinators. If you would like to donate food or services of any kind, please call Dharma-Lotus at 310.741.5406, thejraco@gmail.com; or Heart-Mirror at 213.387.8088, johntrtrotter65@sbcglobal.net.