

In 1968 Rene Cassin of France won the Nobel Peace Prize and Apollo 8 Astronauts William Anders, Frank Borman, and James Lovell were chosen *Time* magazine's "Man of the Year."

Academy award for best motion picture: *Oliver!* directed by Sir Carol Reed.

1968. The old Lafayette railroad track was converted to an undeveloped hiking trail. The developed trail opened in 1976.

1968. Stokely Carmichael calls for Black Power.

1969

Jan. IFIS starts to publish Food Science and Technology Abstracts (FSTA), with data going back to early 1968. AGRICOLA starts in 1970.

Jan. 1. Pounding mochi at Tassajara.

Jan. 20. Nixon becomes president. Butz is Secretary of Agriculture.

Jan. 26. Huge food vow. I make a big thing out of this and food. Start of food obsessions.

Jan. 31. Meher Baba drops his physical body at Meherabad, Meherabad, 5 miles from Ahmednagar (Ahmadnagar), India. He was age 75.

March. Gene and Betty buy the Echo cabin from Lawton and Bobbie.

March 19. I weigh 135 lb. I stop the food vow, with a casting of the *I Ching*.

March 27. Get first black robe, kesa.

1969 April 22. The first Earth Day is held to protest pollution and environmental degradation. Millions of Americans participate. Dennis Hayes, former Stanford Student Body President organizes it and later calls it the "largest organized demonstration in history." A major event for the environmental movement and the rise of the environmental consciousness.

Late April and early May, ten good days at home with Bobbie, Judy Jensen, and Christie Shurtleff.

April 27. "Jeffrey is beautiful in concert with Joan Baez in Frost Amphitheater, sitting in full lotus on stage." Jeffrey has nice cabin on Struggle Mountain. At about this time he cut a fine record, "One Day at a Time" in Nashville with Joan and the best Nashville musicians. Songs include the title song plus "Billy Joe was a Low Rider," "Angel Band," "Take Your Burden to the Lord and Leave it There." He also sang songs on some?? of Joan's albums.

Bobbie, Christie and I take a beautiful 2-day trip including early morning hike up Mt. Tamalpais on the Dipsea trail from Muir Woods, tour of Napa Valley wineries, stay at Ranch. Anne Armstrong does a reading for Bobbie, which also has a lot about Lawton, me, and Jeffrey in it. Lawton becomes amazingly defensive. I think Anne is right on and very perceptive. Details in my Journal.

May 10. Leave Tassajara, hiking over the mountains to Big Sur, to be with Judy Jensen, three kids and dog Sassie for the summer. In Big Sur I hear that Ram Das (Richard Alpert of Harvard LSD fame) is there giving darshan. May 13 spend my first day with him in cabin on hillside above ocean. Very interesting. After 3-4 days, including a trip with him to Stanford, I stand out on Highway 1 in front of Esalen and hitchhike with cars going both ways. Let the dharma take me where it will. I end up in Los Angeles. Judy breaks a promise to pick me up so I do kinhin (slow walking meditation) for 1 hour in supermarket aisles, then have to sleep out by a freeway. Then hitch to San Juan Capistrano and Murietta Hot Springs, where Judy Jensen is living. Mark has left to travel in Europe. Lots of good times at the springs and a nice trip to the desert. Mud baths, meals in the dining room, listening to Dylan's "Lay Lady Lay" album, meditation and yoga by the big pool each morning.

May 15. At People's Park in Berkeley, 60 people are wounded, one dies in student-police confrontations. Students want the university land to remain a park instead of a university parking lot and playing field.

In June Judy Jensen and I spend beautiful days in Big Sur and at Esalen, where we also visit Ram Dass. A German photographer takes lots of fine black-and-white photos of us. Then we go to the Jensen's home at 71 Los Trancos Woods Rd., Portola Valley, CA (Ph. 851-0754). Martha Trundy is at the house part time, into natural dying. (We have one big fight!) I build wooden shelves in the kitchen and put natural grains and beans in gallon jars, as we had at the Commune, bake chapatis with Steve Jensen. Do outside zazen and yoga each morning.

Later that summer I take LSD at Judy's and chant by young magnolia tree for hours, then go hear a concert Jeffrey and Joan Baez give in San Jose. Theme for me is how everyone is and lives in and on a vibration, a rhythm, a sound. Meet Shyam Bhatnagar, yogi of sound, that summer. Learn a fine buckwheat recipe from him and also to chant my first mantra.

The music I remember best from that summer is all from one album: New morning - Baez Sings Dylan. Songs include: Spanish Boots of Spanish Leather, Walkin' Down the Line, Bid Farewell in the Night and be Gone, Love is Just a Four Letter Word, I Dreamed I Saw St. Augustine, Inside the Walls of Redwing, Dear Landlord, One Too Many Mornings and a Thousand Miles Behind, Tears of Rage - Tears of Grief, Sad Eyed Lady of the Lowlands.

June. I stop writing my journal (feeling it helps solidify the illusion of ego) and do not resume until May 1972. Thus all information for the next 3 years is from other sources (especially letters to Judy Jensen

and her journal), or from memory. Interestingly Judy wrote a journal from 28 June 1969 until July 1970.

June 15. I receive my Master of Arts degree in Education, with this date on it. Apparently?? I did not apply for it when I graduated, but later wrote asking for it, although I did not attend any classes at Stanford after June 1968.

June 19? The Gay Rights Movement starts in New York City with the Stonewall Inn riots and battles, as police arrest drag queens and other gays.

July. The famous Woodstock rock concert is held in Woodstock, New York. Brother Jeffrey sings there with Joan Baez.. "He's a Drugstore Truck Drivin' Man."

July 1. On my celibacy kick, I go live for several days in a gazebo in the woods. July 4. Spend 6 days at Tahoe with Judy Jensen, Steve, Heidi, Jennifer, and Sassy. Lawton and Bobbie also there. I think this is the time we visited Virginia City.

1969 July 20. First human being lands on the moon, U.S. astronaut Neil Armstrong, commander of USA Apollo 11 mission. As he first sets foot on the moon's surface he says "That's one small step for a man, one giant leap for mankind."

Late July. I return to Tassajara. Judy comes with me and spends a week there, which she describes in detail in her journal. We spend the last day atop a golden oat-strewn hilltop. Judy returns to Mark and ups and downs.

Aug. 1. Speck, the beloved family dog, dies. We had him since at least 1964??

August 29. Bill Reinhardt (Dadadee) dies at age 84. Lawton called him "A fine, warm, dedicated human. Much loved by his friends." With me he was always very sweet and kind, easy going, warm, light gentle laughter.

3 Oct. Tatsugami roshi arrives from Japan. A sumo wrestler, he is here from Soto Zen headquarters to teach us *Men mitsu no kafu* (carefulness with each act, moment, and detail of daily life), how to chant (we practice a lot), the *Roku Chiji* (six officers) system of monastery administration, and more about Dogen zenji. I am asked to be work director for the 60-70 people there, which places me on the Roku Chiji. At this time Tassajara gets very involved with ecology; not wasting paper or creating garbage.

Late 1969. Judy Jensen having lots of conflict with Mark. Going to Jack Downing. Interested in Bill Fink and Bill Thompson.

Nov. 15. Anti-Vietnam War demonstrations peak in the U.S. as some 250,000 march on Washington, DC.

Dec. Publish *The Tassajara Food Trip*, Xerox copy of my cookbook, heavily macrobiotic (63 p.), with a woodblock print of the Tibetan mantra/mandala Om Mani Padme Hum on page 1.

Send out about 100 copies. This is my second book, and my first of many on food.

Favorite books at Tassajara: *The I Ching* (Bollingen; Chinese Book of Changes), *The Zen Teaching of Huang Po: The Transmission of Mind* (Translated by John Blofeld), *The Way of the Great White Clouds* and *Foundations of Tibetan Mysticism*, by Lama Anagarika Govinda, *Zen Mind, Beginner's Mind*, by Shunryu Suzuki-roshi, *The Three Pillars of Zen*, by Roshi Philip Kapleau, *Freedom from the Known*, by Krishnamurti, *The Life of Milarepa*, translated by Lobsang P. Lhalungpa, *The Hundred Thousand Songs of Milarepa*, translated and annotated by Garma C.C. Chang, *Talks with Sri Ramana Maharshi (3 vols)*, *The Teachings of Bhagavan Sri Ramana Maharshi in his own words*, edited by Arthus Osborne, *The Essene Gospel of Peace* (compiled by Edmond Bordeaux Szekely).

The Vietnam War raged on. The Vietnam Moratorium Day attempted to bring to a halt "business as usual" across the USA and in the Mobilization roughly 750,000 marched on Washington

In 1969 the International Labor Organization won the Nobel Peace Prize and The Middle Americans were chosen *Time* magazine's "Man of the Year."

Academy award for best motion picture: *Midnight Cowboy* directed by John Schlesinger.

9. ZEN MEDITATION AT TASSAJARA (1968-70)

June 10. I go to live at Tassajara up the Carmel Valley in the Santa Lucia Mountains. Give away all my possessions (leaving my lengthy journal, poems, and Nigerian wood sculpture with Judy Jensen) and hitchhike down the coast Highway 1 with only a backpack, to live there for two and a half years as a Zen monk, under Shunryu Suzuki, Japanese Zen master. Sit 5-day Tangaryo, and have my first superabundant meditation Samadhi, a totally blissful, transcendent, one-pointed state. I feel like meditating all night. Soon I copy down my first recipe ever, for Gluten Bread (moist, heavy, and delicious), which starts my long serious interest in food. Start work as a stone mason. Friends include Dan Welch, Jeffrey Broadbent, Chino sensei, Paul and Ruthie Discoe, Ed Brown.

July 9. Lafayette citizens vote to incorporate Lafayette as Contra Costa County's 14th city. The vote is close: 54.9% to 45.1%. It will be run by a city council of 5 (just elected) with a proposed \$740,000 budget on a promised "no city tax basis." The key issues were no taxes, home rule, need for police protection, coping with juvenile problems, having the city rather than the county make local ordinances, regulations, and zoning, and adherence to the Lafayette General Plan. There will be a city manager, city attorney, and planning commission.

July 20. Talk with Peter Schneider about my haughtiness.

Aug. Soviet/Warsaw Pact invasion of Czechoslovakia in tanks crushes the Prague Spring Reform Movement. The liberalization movement had spread explosively throughout the country in Jan. 1968. Alexander Dubcek became party leader, declaring he wished to make Communism democratic. Oldrich Cernik became premier; his cabinet pledged to carry out democratization and economic reforms. In July 1968 the USSR and 4 Warsaw Pact nations had demanded an end to liberalization. On 17 April 1969 Dubcek resigned as leader of the Communist Party. Old-style Soviet policies took over. During 1989 some analysts traced the beginnings of Perestroika to these events in Czechoslovakia.

Aug. Start sitting full lotus.

Aug.?? Democratic convention in Chicago. Many antiwar demonstrators attacked by the Chicago police, as the "whole world" watched. Abbie Hoffman and Jerry Rubin are there.

Sept. 4-10. First sesshin. Tough but beautiful.

Sept. 22. On commune land, I build foundations for a hermitage I plan to stay in on a big rock on the

hill near a spring. During this break, stay at Glen Street house, read Milarepa. Nancy Holland.

Sept. 28. With Judy Jensen to honeymoon cabin at Tahoe.

At about this time I get mildly interested in astrology, especially when I learn how well the description of a Taurus fits me. According to a typical text: "Taurus is stubborn, systematic, persevering. Likes routine and regularity. Kind-hearted, placid, obstinate, but not very demonstrative. Slow, but very persevering mind. Great pride, often exaggerated. Stability and conviction of purpose. Quite musical. Highly practical. Good at business and financial matters."

Nov. First experience of cold at Tassajara. Its terrible, but I try to wear as little clothing as possible. Read Huxley's *Perennial Philosophy*, Yogananda's *Autobiography of a Yogi*, and Prabhavananda's translation of *The Bhagavad Gita*.

Nov. 2. Rep. Shirley Chisholm (Democrat of New York) becomes the first black woman elected to Congress.

Nov. 16. I start "No Eating Between Meals" vow.

Nov. 26. Lama Govinda visits Tassajara.

Dec. 1-7. First Rohatsu sesshin. I am defeated on the fifth day by cold. Very humbling. At this time of my life all my heroes are great spiritual figures: Mila Repa, Dogen, Ramakrishna, Ramana Maharshi, Meister Eckhart. I want to devote the rest of my life to living like them, renouncing the world and practicing only meditation. But at the same time I am bothered by the suffering in the outside world, especially hunger. I am torn between the solitary life and that of serving in the world. Which does the Bodhisattva choose?

Dec. 10. Anne Armstrong, second reading, at Jeffrey Smith's home or at Judy Jensen's home?? near Stanford. Spend time with Christie Shurtleff in Berkeley. She has an apartment on Dana and Haste. See Satyajit Ray's haunting Apu Trilogy, with music by Ravi Shankar: Pater Panchali, Aparajito, and The World of Apu.

In 1968 Stewart Brand starts the Whole Earth Catalog as one activity of Dick Raymond's Portola Institute.

In 1968 the first Xerox dry photocopy machine is patented. In 1970 the first photocopy shops in Berkeley start business.

And IFIS (International Food Information Service) is formed and sponsored by the Commonwealth Agricultural Bureaux, in England, IFT in the U.S., and two groups in Germany.

In 1968 the small press movement in the United States began, as did COSMEP (a trade association for small publishers, and Bookpeople, a regional wholesaler in Oakland/Berkeley).

THE 1970s

1970

Jan. 1. As the new decade begins I am age 28, living at Tassajara Zen Mountain Center in the Santa Lucia Mountains south of the Carmel Valley, California. I am single, having never been married. Occupation: Zen monk, practicing meditation.

In January Lawton writes that Thorsen has merged with Hydrometals. Linda has gone to college at Linfield. The world is a shambles. "In many ways the saddest of all we experienced a split in our family as we see Bill (now at Tassajara) and Jeff (now in a commune with Baez) almost never. Their hostility toward our society and I for theirs (drugs, draft evasion, etc.) makes association nearly impossible. And now we have the Ranch, 1,000 acres on Chalk Hill Road, northwest of Calistoga, CA" (purchased in 1968).

Jan. 12. Leaders of secessionist Biafra capitulate, ending the 2½ year Nigerian civil war.

February 14 I write Judy Jensen: "The last two weeks I've been feeling a stronger and stronger urge to go to Japan--maybe for a long time. Do more zazen and learn Japanese... How much I love zazen, more and more the longer I practice. I wish we could do more of it here! March 15 Tatsugami is still here.

Spring. At Tassajara I start to work as a cook in the kitchen. I am also writing a book for Shambhala, expanded version of Tassajara Food Trip.

April 22. Millions of Americans participate in anti-pollution demonstrations to mark the first Earth Day.

April 25. Opening Ceremony for San Francisco Zen Center. I drive up.

May 4. At Kent State Univ. in Ohio 4 students are killed by the National Guard while protesting president Nixon's invasion of Cambodia.

Summer. Charlotte Selver and Charles Brooks arrive at Tassajara to teach us sensory awareness. Robert Bly comes for a day of reading poems (The Tooth Mother) and Cloe Scott taught dance. Organic John (Caella) walks down the road with his knife and makes a superb salad. July 6 Judy Jensen here at Tassajara. Two lovely days. Walk to mountain tops, swims in the creek. July 7 she drives to Carmel, night baths at Esalen, July 8 to San Simeon. (I am not there.) At about this time Mom and the four Baumanns also came to visit. July 9 Mom writes me a long letter about her last visit and her sense of my detachment and realizing that I must "break with the rest of the world." This may have led to her decision

to exclude me from her will. On 20?? July Judy is here and we slept out under a big wild maple by Tassajara Creek. Judy then drove her packed station wagon down to Idyllwild to live, via Big Sur, Hearst Castle, and Oceanside. After that I slept outside on the porch of the guest dining room every night all summer. Fresh air is nice.

July 21-22 Christie Shurtleff visits Tassajara for the first time; we sleep outside on the guest dining room porch. Nice hikes down Tassajara Creek, swimming.

Maxfield Parrish, an early 20th century American artist, experiences a rebirth of popularity during the 1960s. He paints romantic figures in classical mixed with natural settings, in golden light with colors of blue and pinkish brown.

August. Janet Fehring, now married to David Sanford, also visits for 6 days this month, a reunion after many years. Several times she is with David, but always with Joshua. David is writing a thesis on meditation and education. We discuss interpretations of our separation (very different) and swim in the deep clear pool. Previously she had written a letter describing her awful/aweful birth of Joshua on 13 December 1969. Later (14 Nov. 1972) she has twins, Ethan and Kayla, then is separated from David, to her parents dismay. Later she is close to Ted Nordquist, Bernie Gunther, and finally to Peter Schober (a German, whom she met in 1976 at the Rajneesh ashram in Poona, India). Julie Fehring also visited Tassajara in the fall. We climbed to the top of the peak above the bee hives.

On town trips to Carmel I would occasionally visit Ted and Marie Fehring - such warm wonderful people. Marie would often bake or cook some goodies, such as Swedish pancakes with Olallieberry filling. They still have difficulty accepting what Janet has done - and I find my self trying to help them understand.

Sept. Picking carrots in Salinas. No bugs, many crooked. Chemical farming.

Nov. 17. Write Judy Jensen that I have just fasted for 4 days. During the fast I read *Shelton's Fasting...*, *The Essene Gospel of John*, *Ehrett's Mucousless Diet*. Spent 2 days in Carmel with Janet and David. Janet gives me a woven wool belt in just my color--which I chose out of 30. I already have a belt Judy made me.

Dec. 16. I leave Tassajara to go to Japan, with no plans of returning for a long time. I plan to finish my *Tassajara Cookbook* (to be published by Shambhala) then leave for Japan by my birthday. Suzuki roshi wants to open a place like Tassajara in Japan for Japanese and foreign visitors. He wants me to go over in advance to learn Japanese and help him with the project. I also would like to be a translator at Tassajara when I return. Tassajara friends; Roovan, Meg Brown, Angie Runyon, Steve Brown, Alan

Marlowe, David Chadwick, Maja Dremaine, Marion Derby, Lew Musto, Debbie Madison, Barbara Meyer Rifkin.

Main memories of Tassajara: The beauty and power and joyous mystery of meditation; in great effort there is great happiness (the stronger you hit the bell, the bigger the sound); the beauty of wild nature and the uninsulated life in the mountains; the terrible winter cold; sometimes too much loneliness.

I leave Tassajara for various reasons: to learn Japanese so that I can come back and translate for the roshi; I want to be head cook (*Tenzo*) but a woman (Frances) is given the job; I don't want to work under her. I don't have many friends at Tassajara; I want to get away for a little adventure while continuing my practice of meditation.

I visit brother Jeffrey at Struggle Mountain to discuss what we will do with "The Land." I cannot leave for Japan until I have a guarantee that they will send me my share of its sale price to pay my way in Japan. Jeffrey and Robert Stege agree that since the commune has disbanded, they will try to sell the land as soon as possible and send me the proportion I paid in initially. We all take a sauna together and jump through the ice into a pool of cold water.

Dec. 28. At Zen Center in San Francisco, after hearing about Nanao in the desert, I throw away all my work on the *Tassajara Cookbook*. This frees me to go to Japan. Friends in San Francisco: Christie Shurtleff, Beverly Horowitz. Malcolm Dundas is a friend of mine, and of Christy and Jeffrey. I leave my wool Indian blanket with him before I got to Japan.

Dec. 31. Vivid memories of this day taking peyote with Christie, hiking in the misty Berkeley hills, then dropping in to see Fellini's amazing film *Satyricon* (1969). It is a perfect manifestation of my mind, and of form is emptiness, emptiness is form. There is no art, only Mind which art manifests/reflects with various degrees of brilliance. At Zen Center that evening Suzuki roshi scolds us for something. At Christie's I hold forth on the theme of "you cannot cut the sky with a sword" as it applies to the experience of personal criticism. Next day we drive down to the Monterey area.

In 1970 Norman E. Borlaug of the USA won the Nobel Peace Prize for his plant breeding work and Willy Brandt of West Germany was chosen *Time* magazine's "Man of the Year."

Academy award for best motion picture: Patton, with George C. Scott, directed by Franklin Schaffner.

In 1970 Pan American became the first commercial airline to offer jumbo jet service, with the Boeing 747.

10. IN JAPAN: ZEN AND JAPANESE LANGUAGE (1971-72)

1971

Jan. 16. Arrive in Japan, after stopping by to spend a few days with Judy Jensen in Idyllwild and say good bye. I weigh 152 lb. Go directly to Kyoto and enroll in the Nihongo Gakko to start intensive study of elementary spoken Japanese, 9-12:00 daily. Live for 2 weeks near Antaiji temple, then go to live with Yokota sensei family at Kyoto-shi, Sakyo-ku, Kitashirakawa, Higashi-Hirai-cho 24, Japan 606. Mrs. Yokota teaches Japanese to foreigners at Nihongo Gakko. Mr. Yokota is a history professor at Osaka University. Their 18-year old son is a ronin. We have dinners together, for me to practice Japanese. I have a single upstairs room, cook all my own food for 30 cents a day (mostly brown rice, tofu topped with a bead of miso, and a little tempura or veggies). I planned to get living expenses from Jeffrey, who promised to sell the commune land, but he doesn't come through. In his "Am I my brother's keeper?" letter he is harshly unapologetic for wanting to keep the land (of which I am the majority owner) for himself. Another harsh note reads solely: Judy Jensen came up yesterday and said I should ask Mom and Dad to send you funds. How do you feel? Love Jeffrey." This really wiped me out! I am stranded.

This is the beginning of a long sedentary period of my life, indoors and with much less exercise than before, especially after I start writing books in late 1972.

On the night of February 2 (the old lunar New Year) Yokota sensei takes me to a temple south of Kyoto for a *taimatsu* (pine torch) and water ceremony.