



WIND BELL

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- WIND BELL

Hanging in space by his mouth
His whole body is his mouth

East, West, South and North Wind
He does not care

Always, he talks in many ways
about Prajnaparamita for others

Tsu Chin Tsun Ryan
Tsu Chin Ryan

.....Dogen

TRUE ZEN

01-00

If you want to meditate you must have instructions of right teacher, especially when you want to meditate at home.

It will take at least six months before you get your own right posture. Everyone has their own right posture but without instructions you cannot find it.

For to be your true posture, there must be spirit which is called Essence of Mind. Without spirit it cannot be your own.

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So we say, "When you become yourself then Zen becomes Zen."

WEEKLY LECTURE PROGRAM

A series of lectures by Roshi Suzuki, entitled "The Pillow Under Mt. Fuji", are now being given every Wednesday evening at 7:30 p.m. They will be on the Lotus Sutra, using "The Manual of Zen Buddhism" by D. T. Suzuki (Evergreen Paperback edition) as a background text.

GUEST LECTURES

Mr. Philip Kapleau studied nine years in Japan and is returning there after making a short visit to the United States and the Hawaiian Islands. On January 3, he gave us a lecture on Basui's letter. Basui was a famous Zen Master in Japan.

Dr. Douglas Burns gave us four series of lectures on early Hindu thought, Theravada Buddhism, Taoism, and Chan (Chinese Zen). On Friday, January 12th, he will give his concluding lecture.