

Spring Precept Study 2016 (revised 3/16/18)

The Precepts are the moral and ethical guidelines that are a foundational teaching and practice in Zen. This spring, we will investigate how to practice the Precepts in our everyday lives and how to use these guidelines to deeply examine our karmic patterns.

Below are recommended study materials, however, you do not need to attend every class and do not need to read the book in advance. All are welcome to attend any class without doing any advance preparation or reading.

Study of the Precepts is often done in preparation for the Jukai ceremony during which a person publically receives the Precepts and becomes a lay Buddhist. If you would like to discuss the Precepts or are interested in participating in the Jukai ceremony, please contact Shintai at jdungay@hotmail.com to arrange an appointment.

Study Materials:

Sixteen Bodhisattva Precepts Booklet (also called the Kyojukaimon)

Waking Up to What You Do
Waking Up to What You Do: A Zen Practice for Meeting Every Situation with Intelligence and Compassion by Diane Eshin Rizzetto

Date	Topic/Format
March 2	Introduction
March 9	Discussion Evening – Chapter 1
March 16	<i>Do not speak dishonestly – communicate truthfully.</i> (Chapter 5)
March 23	<i>Do not dwell on past mistakes – create wisdom from ignorance.</i> Recommended Reading: Chapter 6
March 30	Book discussion evening
April 6	<i>Book Discussion evening</i>
April 13	<i>Do not praise self or blame others – maintain modesty extol virtue.</i> Recommended reading: Chapter 7
April 20	Jyoshin (tentatively) <i>Do not become intoxicated-polish clarity, dispel delusion.</i> Recommended Reading – Chapter 8
April 27	<i>Do not steal – honor the gift not yet given.</i> Recommended reading: Chapter 9
May 4	Book discussion evening
May 11	<i>Do not misuse sexuality – remain faithful in relationships.</i> Recommended Reading: Chapter 10
May 18	Jyoshin (tentatively)- <i>Do not indulge anger – cultivate equanimity.</i> Recommended Reading: Chapter 11
May 25	<i>Discussion Evening</i>
June 1	<i>Do not kill – cultivate and encourage life.</i> Recommended Reading: Chapter 12

