

LIVING GUIDE MORIOKA

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Hands-on Experience of Japanese Culture through *Zazen*, *Shojinryori* and *Jodo*

Zazen ?

Zazen is one of the major ascetic practices originating in ancient Indian Buddhism. "za" means to sit down and "zen" means to contemplate. So *Zazen* means to sit down and do the ascetic practice of contemplation. In Zen Buddhism, which is one of the Buddhist sects, *zen* is a meditation that is considered as an important ascetic practice.

To practice *Zazen*, breathe slowly to compose yourself and concentrate to look into yourself. Recently *Zazen* is introduced to employee education programs of companies for developing employees' concentration and endurance.

○ How we do *Zazen*?

- 1 Place a *zabuton* cushion on the floor and put smaller cushion on top of it. Sit on them with your legs crossed.
- 2 There are two ways to cross your legs;
"Kekkafuza" – Cross your legs and put your right foot on your left thigh and left foot on your right thigh – and
"Hankafuza" – Cross your legs and put one of your feet on the thigh of the other leg.



Kekkafuza



Hankafuza

- 3 Position your hands in either "Hokkaijoun" or "Hakuinryu" (see the illustrations below) and control your breath.

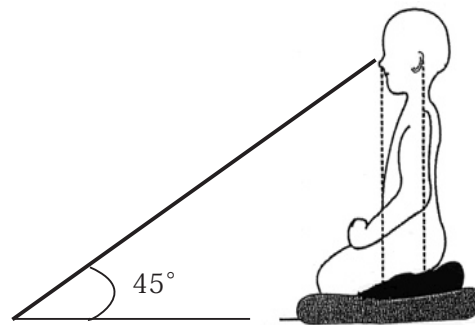


Hokkaijoun



Hakuinryu

- 4 Straighten yourself and see if your weight is placed on the center of your body.
- 5 Don't close your eyes. Keep them half open and look 45 degrees downward.



A Buddhist monk walks around, holding a wooden stick called "*keisaku*." If he notices you falling asleep (!) or moving he will tap you on the shoulder to wake you up or warn you against losing concentration.

You may ask for *keisaku* to caution yourself. When you are going to have *keisaku*, join your palms together in front of you (*gassho*) and lean your head leftward so that the *keisaku* will tap your right shoulder muscle. After the monk gives you a tap of *keisaku*, join your palms together again to express your appreciation to the monk.



"Gassho"

Join your palms together.

Shojinryori ?

Shojinryori is an elaborately prepared cuisine of vegetables, beans and grains. It is a vegetarian cuisine created for monks, as Buddhism prohibited monks from killing creatures and eating their meat in ancient times."

"*Shojin*" means to follow the Buddhist teachings faithfully. The traditional cuisine is also meant to think about "lives" through foods.

In China there is a cuisine known as "*modoki*" or mock cuisine, in which vegetable

ingredients are cooked into foods that appear to be made from animal-derived ingredients. For example "*konnyaku* (devil's tongue)" is prepared to make a food shaped like cooked squid or shrimp, and *shiitake* or other mushrooms are cooked to create a food similar to abalone which is cooked in soup or sauteed.



Jodo ?

You may have heard of such Japanese martial arts as *Kendo* and *Judo*, but *Jodo* may be a new word to you.

It refers to a martial art in which you dodge a sword attack by using a stick. It is one of the martial arts known as "*kata budo*," in which you practice patterns by reasonably combining offense and defense, aiming at enlighten



yourself spiritually.

Japanese martial arts are profound, aren't they?

It is said that in *Jodo* you change your movements in accordance with the opponent's offense, not harming but punishing and reproving the opponent.

There are 12 basic movements which are performed by one or two people as well as 12 basic patterns which are performed by two to practice offense and defense.

Try Zazen, Shojinryori and Jodo all together in one program!

「Japanese Culture Program – Zazen, Shojinryori and Jodo」

Time/Date: 10:30am, Sun. September 27, 2009

Meet at the entrance of Hotline Sakanacho (in front of McDonald's)

Schedule : 10:30 Meet at McDonald's. Walk to Choshoin.

10:50 Arrive at Choshoin. Practice Zazen.

12:00 Enjoy Shojinryori.

12:30 Walk to Budokan.

13:00 Try Jodo.

15:00 Program ends.

Fee : ¥ 1,000 for adults : ¥ 500 for students

Contact (phone): 019-626-7524 (Japanese only)

Email: moriintl@nifty.com (Japanese or English)

For more information visit
the website;
<http://www.e-morioka.com/~moriintl/JPN%20bunka%20kouza/jodo.pdf>

Sign up now!