

BARD HIGH SCHOOL EARLY COLLEGE

A partnership between Bard College and the New York City Public Schools

Zen Tutorial: Practice and Literature

HQS11U1Z (1 Credit)

Fall, 2018

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(Office: 308; Individual Consultation Periods: (Wed 3,6)

(Class: 202; Meets Wed 5th Period)

Web Site: www.bhseczen.com Tab: Fall18

This seminar is intended for students who wish to explore an interest in Zen. Since Zen practice is both simple and difficult, some structure is usually beneficial. This one credit seminar is intended to provide that structure.

In the practice component, the students are introduced to formal Zen Meditation (Zazen) and will be supported throughout the semester. The length of the meditation periods will be extended as the term progresses. This practice component will provide perspective for a personal understanding and experience of the literature. The entire seminar, including the written work, has a major emphasis on the experience.

Each class meeting will have a Zen meditation period.

A reading will be assigned each week from the class packet. The **reading responses/questions** (one page) must be typed, titled by author, class day, and dated.

Keep in mind that the response is your own experience to the reading, not a summary of the author's work or free associative writing. The first few sentences should demonstrate that you have read and understood the entire reading (1-2). The major objective is then to find a section (entire reading or line) that has energy for you and make a written response with your perceptions or insights (3-4).

These papers will be discussed in class and returned with comments (often cryptic). The purpose of the comment is to provide another opportunity to explore the reading from a different perspective.

Two of your own questions are to be included with the response paper. These may be on the reading, class, Zen Buddhism or any topic relevant to the class.

An **integrative 4-5 page paper** of the two components will be required near the end of the course. The topics will be chosen or assigned at midterm and due in early January. A rubric will be distributed with the instructions.

Grading: The focus of this seminar is on each student's individual experience. However, grades will be based on doing the work and full participation.

Attendance-- On time for the beginning of class.

You must be present in order to participate. Since this seminar meets weekly, more than one unexcused absence does affect on the grade.

Response Papers—Due at the beginning of class for full credit. (If the paper is handed in late, mark late it yourself.) *If absent, submit electronically by 5th period to be on time.*

Final Paper

The responses, final paper, and participation all count about equally in the assessment. and absences will reduce your participation.

Attendance and Behavior

Attendance will be taken at the beginning of each class.

The school policy is that the only excused absences are for the observance of religious holidays. Refer to the BHSEC Student Planner.

BHSEC has developed an extensive academic integrity policy addressing cheating, plagiarism, and other issues. Please consult the Academic Integrity Handbook for school guidelines. ***Repeated disregard for the BHSEC academic integrity policy may result in the withholding of the A.A. degree.*** The Academic Integrity policies on plagiarism and cheating are strictly enforced.

If there are any behavior or attendance issues, guidance counselors, academic counselors, parents/guardians will be notified. The intent is to recognize, focus, and resolve these issues so that they do not interfere with your progress.

Readings

Perspective	Author	Reading	Source
Zazen Instructions			
American Contemporary	Beck	What Practice Is/Is Not Fire	Everyday Zen
Meditation Practice (Zazen)	Yasutani	Theory and Practice of Zazen	Three Pillars of Zen (Kapleau)
Primary Canon	Buddha	Setting in Motion the Wheel of Truth (First Sermon); Fire Sermon Getting Rid of Cares and Troubles Other selections from primary canon.	What the Buddha Taught (Rahula)
Zen from India to China	Bodhidharma	Outline of Practice Bloodstream Sermon	Bodhidharma (Red Pine) (3-7, 9-19)
Zen from China to Japan	Dogen	Instructions to the Tenzo) Genjo Koan	Moon in a Dew Drop (K) (53-66)
Zen in Japan	Bankei	Sermons	Bankei Zen
Secondary Canon		Sutras: Heart Sutra	Translation comparisons
Zen Stories	Senzaki and Reps	Stories	Zen Flesh/Zen Bones 1-18
Introductory Visual Art (12 th Century)	Kakuan Shion Zenji Yamada Mumon	10 Oxherding Pictures/Verse	
Zen to America	D. T. Suzuki	The Reason of Unreason: The Koan Exercise	Suzuki- Collected Essays (Barnett compiler)
Koan	Wumen	Koan 1: Mu with Commentary	Gateless Gate (Yasutani)
Poetry	Basho	Poetry/Haiku	Basho
Poetry	Hakuin	Song of Zazen	Translation Comparison
Verse	Sozan	Trust in Mind	Zen Source Book

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