

San Francisco Zen Center

First Draft WPA/ZAP First Year Curriculum

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Please note: The resources mentioned here are just the ones I know about; I am sure SFZC contributors will have many other suggestions. Also, this set of topics and curriculum outline is just the very beginning of our collaborative effort to create an architecture for teaching and learning that will support residents in the program. Please feel free to comment, make revisions, additions, and corrections at will, but please do so in a copy and I will coordinate the various versions. Copy this version and save it with your own initials attached to the file name: San Francisco Zen Center Curriculum Draft-PS, in my case.

Meeting	Dharma Topic	Recommended Resources	Activities	Strands	Notes
Pre-residency Workshop: Before entering	Introduction to living and being in community; spiritual friendship	“Spiritual Friendship,” Bikkhu Bodhi, “The Practice of Sangha,” Thich Nhat Hanh, “15 Points for Friendship,” Paramabandhu	1/2 or 1 day workshop	3 keys: Friendliness Curiosity Willingness Self-responsibility, emotional self-regulation, acceptance	Prerequisite to coming into residence. Open to the community?
	Communication Protocols			Communication skills,	

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	Work Practice			Work as practice,	
	Forms and Liturgy			Embodied practice	
	Hospitality: Being an ambassador for the Buddha, Dharma, & Sangha	<i>The Art of Community</i>		Care of sangha	
Introduction and Overview of the year					
1	Introductions and community formation: overview of the year, review of the Pre-Residency workshop topics	(Note: Resources are for those who wish to go deeper in a topic, and as background for facilitators)	Bodhisattva Check-in		Explain they will be getting an introduction to topics they may wish to pursue in more depth
2	Evaluation model explained	Learning Record?		Identify strands of work	
History of Buddhism					
3	India: Cultural and spiritual context in which Buddha appeared			Historical and biographical context	

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4	Life and teachings of the Buddha: Part 1 The Journey begins	<i>Life of the Buddha</i> by Nanamoli, Thich Nhat Hanh, <i>The Heart of the Buddha's teaching</i> and <i>Old Path White Clouds</i>		The Mind of Awakening	
5	Life and Teachings of the Buddha: Part 2 Enlightenment	<i>A Meditator's Life of the Buddha</i> , Anālayo			
6	Life and Teachings of the Buddha: Part 3 Teaching and Impact			The Heart of Compassion	
7	Spread of Buddhism: cultural formations in China, Korea, Japan			Three branches of Buddhism Cultural sensitivity	Introduction to Theravada, Mahayana, Vajrayana
8	Development of Ch'an in China	Hershock, <i>Chan Buddhism</i> , Andy Ferguson, <i>Zen's Chinese Heritage</i>		Zen as social and relational endeavor	

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9	Zen in Japan	Hershock, <i>Public Zen, Personal Zen.</i> William Bodiford, <i>Soto Zen in Medieval Japan</i> , etc.			
	Social and Emotional Intelligence		One-Day workshop		(open to the community?)
Meditation					
10	Satipatthana Sutta. Introduction and Mindfulness (Ch. 1)	<i>Satipatthana: A Practice Guide</i> , Anālayo, <i>Satipatthana: The Direct Path</i> , Anālayo Gil Fronsdal teachings		The Buddha's instructions for meditation	
11	Satipatthana Sutta. The structure, definition, and refrain	As above			
12	Satipatthana Sutta. Contemplation of the Body: Anatomy	As above	Guided meditations by Anālayo	The Dharma is embodied	The first Satipatthana
13	Satipatthana Sutta. Contemplation of the Body: Elements	As above	Guided meditations by Anālayo	We are inseparable from the entire world	

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14	Satipatthana Sutta. Contemplation of the Body: Death	As above	Guided meditations by Anālayo	Facing the Great Mystery	
15	Satipatthana Sutta. Contemplation of Feeling	As above	Guided meditations by Anālayo	Working with our preferences	The second Satipatthana
16	Satipatthana Sutta. Contemplation of Mind	As above	Guided meditations by Anālayo	Thoughts and emotions are dharma gates	The third Satipatthana
17	Satipatthana Sutta. Contemplation of Dhammas: Hindrances	As above	Guided meditations by Anālayo	Struggles in Meditation	The fourth Satipatthana
18	Satipatthana Sutta. Contemplation of Dhammas: Awakening factors		Guided meditations by Anālayo	Waking up to Buddha Nature	
	Diversity, Equity, Inclusion workshop		One-Day workshop		In terms of the satipatthanas, perhaps. (open to the community?)

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19	Metta Practice	Norman Fischer, <i>Training in Compassion</i> , Pema Chödrön, <i>The Compassion Book</i> , Sharon Salzberg, <i>Lovingkindness</i> , etc.	Tonglen, Metta phrases taught	The Heart of Compassion	The concept of "grandmother mind."
20	Koans: Background and history	<i>Book of Serenity</i> , <i>Bring me the Rhinoceros</i> , <i>Entangling Vines</i>		The sword that cuts through delusion	
21	Koans: Practice with koans		Small group koan work		Rinzai and Soto practices with koans
22	Your real life koan		Writing your koan		
23	Shikantaza:	Hongzhi, Dogen's "Genjokoan" and "Fukanzazengi"		The method of no-method	
24	Open awareness: practice and discussion		Narrating present moment experience		
Ethics and Vow					

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25	Ethics and Precepts in Zen Part 1	Rizzetto, <i>Waking up to what you do</i> Reb Anderson, <i>Being Upright</i> , Ellison, <i>Wholehearted</i> ,		We live in relation with all being Right Use of Power	
26	Ethics and Precepts in Zen Part 2	Gil Fronsdal, Thich Nhat Hanh, etc.			
27	Ethics and Precepts in Zen Part 3	Various versions of the Precepts			
28	Bodhisattva Vows	Okumura, <i>Living by Vow</i> , Pema Chodron, <i>No Time to Lose</i>			
29	Bodhisattva Check-in- Macy	<i>Coming Back to Life</i> Joanna Macy. Shambala Prophecy	(Mid-year check-in) Bodhisattva Check-in exercise		
30	Relationality and Ethics: Buddha, Dharma, Sangha	Hershock. <i>Liberating Intimacy</i>			
	Right Use of Power Feedback and Repair workshop		One-Day workshop		(open to the community?)
Cultivating the Way					
31	Four Noble Truths Part 1: The First three Noble Truths	Brazier, <i>The Feeling Buddha</i> , Pali Canon	Defining "Dukkha"		

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32	Four Noble Truths Part 2: The 8-fold Path				
33	The Paramitas: Introduction, Generosity	Dale Wright: <i>The Six Perfections</i> , Norman Fischer, <i>The World Could Be Otherwise</i>			
34	The Paramitas: Morality				
35	The Paramitas: Patience, forbearance				
36	The Paramitas: Energy, Vigor				
37	The Paramitas: Meditation				
38	The Paramitas: Wisdom				
39	Brahmaviharas: Lovingkindness, Compassion	Mu Soeng, <i>A Possible Buddhist Life</i>			
40	Brahmaviharas: Sympathetic Joy, Equanimity				
Buddhism and Causality					
41	Dependent Origination: the 12-fold chain	<i>Interbeing</i> , Thich Nhat Hanh		Three marks of existence	

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42	Dependent Origination: Mutual Causality	Joanna Macy. <i>Mutual Causality in Buddhism and General Systems Theory</i>		What is Emptiness in Zen	
43	Thinking in Systems	Donella Meadows, <i>Thinking in Systems: A Primer</i>		Deep ecology	
44	Wrap up, taking stock of the year		Ceremony and certificates		Ceremony open to the community?

Second year: Zen ancestors and texts, contemporary issues in Zen

Notes: Zen ancestors (esp. Dogen and Keizan), key sutras in depth, Book of Serenity and working with koans, contemporary issues in Zen, Transmission of Light (Hixon, Cleary, Cook). The Bodhisattva Vow in the contemporary world. Continuation of the strands from the first year. Increasing opportunities to practice teaching skills. (see Curriculums topics list)

Key Sutras:

Heart Sutra

Lotus Sutra

Diamond Sutra

Vimalakirti

Platform Sutra

Contemporary Issues:

Zen and the Environment

Zen and Social Justice

Zen and Women

Diversity, Equity, and Inclusion in Western Sanghas

Ethics and the consequences of abuses

Zen in Prisons

Zen and contemplative care/hospice

Zen in the Political Sphere

Zen and Gender

Zen and Families

Right Livelihood: Zen and money

Zen and Trauma

Etc. (see curriculum topics list)

Note: These topics will arise naturally over the course of the first year as well.

Third year: Leadership and Teaching

Leadership: expansion of social and emotional intelligence focusing on others. Sangha support and leadership.

Appreciative Inquiry. Teaching skills and practice. Voicing the dharma in the public sphere. Zen and leadership in contemporary issues.