



## Syllabus

RSOC 86:

# BUDDHISM



Spring 2009

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## Spring 2009

Instructor: Anil Sakya  
Lectures: Mondays, Wednesdays and Fridays Time: 2:15 - 3:20  
Location: Kenna 218  
Office: Religious Studies, Kenna 300D  
Hours: MWF 1:00 - 2:00 PM and by appointment  
Tel.: x4758  
E-mail: asakya@scu.edu

### COURSE DESCRIPTION

Buddhism is one of the world's great religious traditions which has spread throughout Asia over 2,500 years and is now exerting an increasing influence on Western culture. Nevertheless, a common question with regard to Buddhism is whether to define it as a religion, a philosophy, a way of life, a code of ethics or even none of these things. Accordingly, this course is an exploration of these four major dimensions of Buddhism: first, as a set of enduring *ideas* about reality and the human condition; second, as the *history* of a complex tradition; third, as a *philosophy* of life and fourth as a *way of life* for many people—including in the Bay Area.

This course will attempt to cover these four dimensions of Buddhism. In doing so, the course will focus on what is distinctive about Buddhist ideas, history and practices. Topics include the legends of the Buddha, the early monastic community, the emergence and development of various schools of Buddhism, Buddhist ethics and social philosophy, meditation practice, and the later development of distinctive Tibetan, Thai, Chinese, and Japanese schools as well as 'American Buddhism'. The course utilizes textual and anthropological sources.

### COURSE DESIGN:

This course is planned as introductory and exploratory, conducted in a manner integrating lectures with regular discussions. It emphasizes readings in the sacred scriptures, historical analysis, and anthropological studies of the living tradition.

### REQUIREMENTS

- Regular class **attendance and participation** in discussion
- **A map assignment** (5%) should be completed and the first draft of map is due on April 15. After it is returned you are expected to update it throughout the term and submit it on the day of the final.
- **Two short papers** (2-3 pages maximum, 10% each): These papers must be handed in on time to receive full credit. The papers should follow instructions exactly, concise, edited for clarity. The grading of papers is based on your original thought, persuasive argument with support of evidence, well organized and clear writing. You are expected to follow strict observance of conventions of intellectual honesty on the proper use/citation of sources.

- **Periodical pop-quizzes** in-class assessments (15%): The test will focus on the understanding of main concepts and practices covered in class and in readings (in form of short explanation or terms and short essay questions)
- **A group presentation/short individual report** (20%): Each group will make a presentation to the class (10%). The presentation (of 10-15 minutes) will be towards the end of the spring quarter. Each student is also required to write a short individual report on his/her field trip or a research concerning a contemporary Buddhist group existing in America as a means to understand 'American Buddhism' (10%).
- Reading assignment must be completed before the designated class and analyzed carefully. There are also recommended readings for many classes. Please consult the instructor if you are interested in exploring other pertinent subjects.
- Lectures will supplement the required readings, not replace them.

**Note:** *There will be no make-up tests/quizzes unless you can present a written evidence of medical or family emergency.*

**Grading:**

1. Map assignment.....	5%
2. Periodical pop-quizzes	15%
2. Short Papers [2] .....	20%
3. Group Presentation /Short individual Report ...	20%
4. Mid-Term Examination .....	20%
5. Final Examination .....	20%

**ERES Use**

Please frequently check the course ERes page. Go to "<http://eres.scu.edu>" and follow the log-in instructions for this course. The password is "buddhism". On the site you will find information regarding the course, including updated reading schedule, supplementary texts and other materials.

**TEXTBOOKS**

Charles S. Prebish and Kenneth K. Tanaka, (1998) *The Faces of Buddhism in America*, Berkeley: University of California Press. ISBN: 0-520-21301-7

John S. Strong, (2001) *The Experience of Buddhism: Sources and Interpretations* California: Wadsworth Publishing, ISBN: 0534541755

Richard H. Robinson, Willard L. Johnson, Thanissaro Bhikkhu, *Buddhist Religions: A Historical Introduction (Religious Life in History)*. Wadsworth Publishing; 5 edition, ISBN: 0-5345-58585

**RECOMMENDED EXTRAS**

Edward Conze, ed. & trans. (1959) *Buddhist Scriptures*. London: Penguin, ISBN 0-140-44088-7

Frank E. Reynolds and Jason A. Carbine, eds. (2000) *The Life of Buddhism*, Berkeley: University of California Press. ISBN: 0-520-22337-3

Heinz Berchert and Richard Gombrich, eds. (1991) *The World of Buddhism: Buddhist Monks and Nuns in Society and Culture*. London: Thames and Hudson, ISBN: 0-500-27628-5

- Peter Harvey, (1990) *An Introduction of Buddhism: Teachings, history and practices*, Cambridge: Cambridge University Press, ISBN: 0-521-31333-3
- Peter Harvey, (2000) *An Introduction to Buddhist Ethics*, Cambridge: CUP, ISBN: 0-521-55640-6
- Peter Harvey, ed. (2001) *Buddhism*, New York: Continuum, ISBN: 0-8264-5350-3
- Richard Gombrich, (1996) *Theravada Buddhism: A Social History from Ancient Benares to Modern Colombo*, London and New York: Routledge & Kegan Paul Ltd., ISBN: 0-415-07585-8
- Rupert Gethin, (1998) *The Foundation of Buddhism* Oxford, New York: Oxford University Press, ISBN: 0-19-289223-1
- Steven Heine, Charles Prebish eds. (2003) *Buddhism in the Modern World: Adaptations of an Ancient Tradition*. New York: Oxford University Press. ISBN: 0-19-514698-0
- Todd T. Lewis, (2000) *Popular Buddhist Text from Nepal: Narratives and Rituals of Newar Buddhism*. New York: SUNY. ISBN: 0-7974-4612-3
- Walpola Rahula, (1986) *What the Buddha Taught*, Grove Pres, ISBN: 0-802-13031-3

## PAPERS

- I. Life of the Buddha.** Write an essay on the life of the Buddha. Use sources from different texts e.g. Conze (34-66); Harvey (14-31)
- II. Commentary on a Buddhist text.** This paper is designed to allow you to write your own commentary on a specific topic of a Buddhist text (the topic will be given later in class) or a text of your own choice.
- III. Buddhism in the West.** This will be a group-based work towards the end of the quarter. This paper uses a visit to one of the local Buddhist temples and a chapter in Prebish and Tanaka's book that corresponds to the temple's sectarian lineage. Reflect on how your brief exposure to real-life Buddhism connects to (a) what you have learned about Buddhism in the course, and (b) some of the particular issues raised in the book by Prebish and Tanaka.
- or**
- IV. Paper of Your Own Design.** You are free to address a theme, problem, comparison that has captures your imagination this term. The paper should draw upon at least three "proof texts" in your critical examination; references to course books are also expected. [Consultation with Professor Sakya is required if you take this option.]

## Lecture Topics and Reading Assignments Spring 2009 [28 Scheduled Classes]


### Topic 1: Introductory

1. M 3/30 First introductory class: Syllabi Distributed and Course Overview
2. W 4/1 Buddhism as a World Religion

### Topic 2: The Buddha: The Story of the Awakened One

3. F 4/3 The Buddha and the background of Buddhism  
Required Reading: Robinson etc.: 1-4; Strong: 1-7  
Recommended Reading: Bechert & Gombrich: 9-12; Gethin: 7-16; Harvey: 9-14

✿ ✿ *Map ASSIGNMENT DISTRIBUTED* ✿ ✿

4. M 4/6 The Legend of the Buddha  
Required Reading: Robinson etc.: 4-11; Strong: 7-38  
Recommended Reading: Harvey: 14-27; Bechert & Gombrich: 41-45; Gethin: 16-27
5. W 4/8 Video: 'Little Buddha' or 'Life of the Buddha'   
✿ ✿ **Paper #1 Guideline Distributed** ✿ ✿
6. F 4/10 Good Friday (holiday)

### **Topic 3: The Words of the Buddha: Buddhist Scriptures and Philosophy**

7. M 4/13 The Dharma I: Buddhist Philosophy of the Four Noble Truths  
Required Reading: Robinson etc.: 25–31; Strong: 42-45  
Recommended Reading: Harvey: 47-72; Bechert & Gombrich: 45-50; Strong: 89-127; Gethin: 59-84
8. W 4/15 The Dharma II: Buddhist Philosophy of Karma and Rebirth  
Required Reading: Robinson etc.: 10-20; Strong: 24-42  
Recommended Reading: Harvey: 32-46; Bechert & Gombrich: 50-53; Gethin: 215-17  
✿ ✿ *Map ASSIGNMENT DUE* ✿ ✿


### **Topic 4: The Buddhist Community: Living Buddhism**

9. F 4/17 The Sangha: Establishment of Buddhist Institution  
Required Reading: Robinson etc.: 46-58; Strong: 56-91  
Recommended Reading: Harvey: 73-74, 217-243; Bechert & Gombrich: 53-58; Gethin: 85-111  
✿ ✿ *Paper # 1 Due* ✿ ✿


### **Topic 5: Development of Buddhism**

10. M 4/20 Early Expansion of Buddhism  
Required Reading: Robinson etc.: 51-81; Strong: 80-86,  
Recommended Reading: Harvey: 75-94; Bechert & Gombrich: 133-146;


### **Topic 6: Theravada Buddhism: Buddhism in South & South-East Asia**

11. W 4/22 Video: 'The Long Search: In the Footsteps of the Buddha' or 'Walking with the Buddha' 
12. F 4/24 Theravada in South Asia: Sri Lanka  
Required Reading: Robinson etc.: 143-155; Strong: 218-20, 228-31, 233-237  
Recommended Reading: Harvey: 141-43; Bechert & Gombrich: 41-45; Gethin: 253-256
13. M 4/27 Theravada in South-east Asia: Thailand and Myanmar  
Required Reading: Robinson etc.: 155-171; Strong: 220-26, 231-233, 245-55  
Recommended Reading: Harvey: 143-44; Bechert & Gombrich: 147-70; Gethin, 256-57

### Topic 7: Mahayana Buddhism: Buddhism in East Asia

14. W 4/29 Mahayana in China: Cult of Avalokitesvara  
Required Reading:; Robinson etc.: 172-218; Strong: 290-314  
Recommended Reading: Bechert & Gombrich: 90-93, 193-211; Harvey: 95-132, 148-60, 181-89, and 280-82; Gethin: 257-65
15. F 5/1 Mahayana in Japan: Soko Gakai, Zen, Nichiren etc.  
Required Reading: Robinson etc.: 240-67; Strong, 315-40,  
Recommended Reading: Harvey: 161-169; Bechert & Gombrich: 211-30;
16. M 5/4 Video: *Principle and Practice of Zen* 
17. W 5/6 ❄ ❄ *In-class Mid-Term Examination* ❄ ❄

### Topic 8: Tantric Buddhism: Buddhism in Nepal and Tibet

18. F 5/8 Tantric Buddhism: Buddhism in Tibet  
Required Reading: Robinson etc.: 268-291; Strong: 206-20  
Recommended Reading: Harvey: 133-38, 144-47; Bechert & Gombrich: 253-70;
19. M 5/11 Video: *Dalai Lama, The Tibetan Book of the Dead or some other film on Tibetan Buddhism* 
20. W 5/13 Newar Buddhism: Buddhism in Nepal  
Required Reading: Robinson etc. 139-142; Lewis: 11-20;  
Recommended Reading: Bechert & Gombrich: 108-14; M. Allen: 'Buddhism without monks'
- ❄ ❄ **Paper # 2 Guideline Distributed** ❄ ❄

### Topic 9: Buddhist Practices

21. F 5/15 Buddhist practices: Devotion  
Required Reading: Robinson etc.: 39-42; Strong: 48-55  
Recommended Reading: Harvey: 170-95
22. M 5/18 Buddhist practices: Meditation  
Required Reading: Robinson etc.: Strong: 120-127  
Recommended Reading: Harvey: 244-79; Gethin: 174-87
23. W 5/20 Buddhist practices: Ethics  
Required Reading: Robinson etc.: 49-58; Harvey: 196-216  
Recommended Reading: Harvey (2000): *An Introduction to Buddhist Ethics*
- ❄ ❄ **Paper #2 Due** ❄ ❄

### Topic 10: Buddhism and the Challenge of the Modern World

24. F 5/22 Buddhism in the Modern Era  
Required Reading: <http://www.buddhanet.net/funbud1.htm>

Recommended Reading: <http://accesstoinight.org/lib/bps/wheels/wheel337.html>

❁ ❁ **Group Paper 3 guidelines distributed** ❁ ❁

### **Topic 11: Buddhism in the West: 'American Buddhism'**

Required Reading: Robinson etc.: 292-311; Strong: 343-52;

Prebish/Tanaka: *The Faces of Buddhism in America*

Recommended Reading: Harvey: 300-21; Bechert & Gombrich: 273-85;

25. M 5/25 Memorial Day (Holiday)
26. W 5/27 Group Presentations & discussion on Buddhism in America
27. F 5/29 Group Presentations & discussion on Buddhism in America
28. M 6/1 Group Presentations & discussion on Buddhism in America
29. W 6/3 Group Presentations & discussion on Buddhism in America
30. F 6/5 Review/Final Exam

❁ ❁ ❁ **NOTE: THESE LECTURES SERIES MAY CHANGE** ❁ ❁ ❁

### **WEB INFORMATION**

[www.dharmanet.org](http://www.dharmanet.org) = Virtual Library of Online Buddhist Associations, Monasteries and Practice

[www.sfzc.com](http://www.sfzc.com) = Resources of the historically important San Francisco Zen Center

[www.buddhanet.net](http://www.buddhanet.net) = One of the largest resources and award winning website on Buddhism

[www.accesstoinight.org](http://www.accesstoinight.org) = Excellent resource of Theravada Buddhism

### **RECOMMENDED FOR FUTURE READING:**

#### **About Buddhism in General**

Heinrich HARRER: *Seven Years in Tibet*

Janwillern VAN DE WETERING: *The Empty Mirror: Experiences in a Japanese Zen Monastery*

Jack KEROUAC: *The Dharma Bums*

Thomas MERTON: *The Asian Journal of Thomas Merton*

Tessa BARTHOLORNEUSZ: *Women Under the Bo Tree*

Rita GROSS: *Buddhism After Patriarchy: A Feminist History, Analysis, and Reconstruction of Buddhism*

Sallie B. KING: trans. *Passionate Journey: The Spiritual Autobiography of Satomi Myodo*

CHEN-HUA: *In Search of the Dharma: Memoirs of a Modern Chinese Buddhist Pilgrim*

Donald K. SWEARER, trans.: *Me and Mine: Selected Essays of Bhikkhu Buddhadasa*

Chogyam TRUNGPA: *Cutting Through Spiritual Materialism*

Shunryu. SUZUKI: *Zen Mind, Beginners Mind*

Sayadaw U. PANDITA: *In This Very Life: The Liberation Teachings of the Buddha*

Maura O'HALLORAN: *Pure Heart, Enlightened Mind: The Zen Journal and Letters of Maura 'Soshin'*

Thich NHAT HANH: *Living Buddha, Living Christ*

Paul REPS: *Zen Flesh-Zen Bones: A collection of Zen and Pre-Zen Writings*

## Novels

Peter MATTHIESSEN: *The Snow Leopard*

Naoya SHIGA: *A Dark Night's Passing*

Herman HESSE: *Siddhartha*

Robert PIRSIG, *Zen and the Art of Motorcycle Maintenance*

Yukio MISHEVIA, *The Sea of Fertility, 4 vols., and The Temple of the Golden Pavilion*

Yasunari KAWABATA, *The Master of Go and A Thousand Cranes*

Furnio NIWA, *The Buddha Tree*

Jun ISHIKAWA, *The Bodhisattva*

Ma Ma LE, *Not Out of Hate: A Novel of Burma*

## Movies Available on Video (\* at SCU):

The Burmese Harp\*

Windhorse

Kundun\*

The Cup

The Little Buddha

Seven Years in Tibet

Why Has Bodhi-Dharma Left for the East?

Buddha's Lost Children

## Some lists of Buddhist Temples and Centers in Bay Areas

### GUIDELINES FOR TEMPLE VISITS

- Although a list of some local temples is included here, you are free to go to a temple not on the list as long as it is unfamiliar to you. Include the address of any temple not listed below in your paper.
- Respectful visitors or participant observers are welcome at the places listed here, but please do not telephone the temples asking for information or special treatment unless otherwise noted.
- If you have questions about how and when to visit a particular temple that interests you, ask me *and see* if you can find a website.
- You do not need to attend a service; often a time when the temple is empty is best for wandering around. If you see a group assembled for a purpose (often a funeral), remain at a distance.
- Do not go in groups larger than 3-4 people.
- Dress appropriately - NO shorts, T-shirts, halters, baseball caps, etc.
- Do not ask anyone at the temple for help to do your paper -- that is, do not try to *interview* anyone, seek out a personal guide, or sit and take copious notes during a service. If someone offers to talk or show you around, that's fine.
- For Photographs and videos make sure to seek permission before you take. You may find some temples are generous with cameras while some may be strict with it.
- You should feel free to make a small monetary offering if you see an appropriate place (\$1-2 is fine) to support the temple's many community projects.

For detail guidelines for temple visits I suggest students to read **Stuart Matthews and Arthur J. Magida, eds., *How To Be A Perfect Stranger: The Essential Religious Etiquette Book*, 3<sup>rd</sup> ed.** (Woodstock, VT: Skylight Paths Publication, 2003). It is available in the Reference Room in Orradre Library (Ref BJ2010.H68):

The following list is NOT a complete inventory of valuable places in the greater Bay Area. It leaves out many places in Berkeley, Oakland, and Fremont, as well as San Francisco. If interested in these or other locales, consult me or one of the websites below.

#### **THERAVADA (Main Festival: Visakha Puja, Vesak Day or Buddha Day in Spring)**

**Buddhi Vihara** 402 Knowles Ave., Santa Clara, CA 95050 Tel: (408) 244-1802 Fax: (408) 246-9921 <http://www.buddhivihara.org/index.htm>

A Sri Lankan Theravada temple leads by Venerable Kahanda Amarabuddhi. There are 3 resident monks. The abbot's email is [pansala@yahoo.com](mailto:pansala@yahoo.com)

**Dharmapala Institute** 409 S. Temple Drive, Milpitas, CA 95035 Tel: (408) 934-3985. <http://www.buddhistvihara.net> :-

A Sri Lankan Theravada temple. The presiding monk is Bhante Shantha. The center offers occasional Buddhist Discussion Series and introductory meditation classes. Easy to visit during the day. This is a small Buddhist temple located in a residential area. Therefore, it is wise to make an appointment before visiting this temple.

**Taungpulu Kaba-Aye (World Peace) Monastery.** 18335 Big Basin Way, Boulder Creek, CA. Tel: (408) 338-4050 <http://santacruzbud.tripod.com/taungpulu.html> :-

A Burmese forest tradition, training monastery with resident monks, established in 1981 by disciples of Sayadaw Phaya of Upper Burma. Affiliated with the Taungpulu Kaba-Aye Meditation Center, 3484 21St., San Francisco.

**Tathagata Meditation Center.** 1215 Lucretia Ave, San Jose, CA 95122. Tel: (408) 294-4536. <http://www.tathagata.org> :-

Founded by a group of Vipassana meditators in 1992, led by chief abbot Ven. U Dhammapiya. Follow teachings of Sayadaw U Pandita, U Silananda, among others. Classes in meditation and Pali. Burmese and Vietnamese community, monks and nuns in residence.

**Wat Buddhansorn Temple.** 36054 Niles Blvd., Fremont CA 94536. Tel: (510) 790-2294 and -2296; open 6 am-9 pm. <http://www.watbuddha.iirt.net> :-

A Thai Theravada temple, founded about 1985, led by abbot Phramaha Prasert. First-time visitors are welcome to Sunday services and Weekly meditation. Generally, there is an American Buddhist monk who can help to explain things around.

**Wat Buddhapradeep of San Francisco.** 310 Popular Ave. San Bruno CA 94066. Tel: (650) 615-9528; 615-9688 <http://www.watbuddhapradeep.org/home> :-

A Thai Theravada temple, founded in 1993, led by abbot Phramaha Siddhiporn Medhankaro.

**Wat Mongkolratarnaram** 1911 Russell St, Berkeley CA 94703 (510) 849-3419 or 840-9034 <http://www.yelp.com/biz/wat-mongkolratarnaram-berkeley#hrid:LZ9RB5HQfXdpmTU9ATfKBA> :-

A Thai temple, founded in 1978 by Rev. Phra Mongkolthepmoli. Composed of 4 regular houses painted red, one of which serves as the temple. Monks in residence. Active Thai community, visited by Thai Queen Sirikit in 1993.

## **MAHAYANA - PURELAND AND MEDITATION (Vietnamese and Chinese)**

**Pao Hua Temple** (also called Po Wah Zi and Chinese Buddhist Association). 2946 McKee Road, San Jose, CA 95127 (off 101 South, then 1-2 miles down McKee). Tel (408) 923-9559 <http://www.paohua.org/> :-

Mix of Mahayana traditions, predominantly Chinese and Vietnamese, thus both Pure Land and Meditation. Four colorful buildings, which took 7 yrs and \$5 million to build. The Meditation monk Ling Chun is the head minister. Sometimes English information sheets are available. Service with banquet midday on Sundays that is best avoided. Easy to visit on weekdays, and Saturdays.

**Chua Duc Vien Temple** (also Duc Vien Buddhist Temple and Pagoda). 2420-2440 McLaughlin Ave. San Jose, CA 95121 (at Tully Rd.) <http://www.geocities.com/NapaValley/9004/english.htm> :-

A Vietnamese Zen. A city center. One of two Buddhist centers in Northern California run by nuns (and one of few in the nation), the other being Buddha Gate Monastery in Lafayette, California (Chinese Chan), a suburban retreat center. It was built with donations from the Vietnamese community that was established in 1985. Often locked (can peer in the

windows), but open on weekends and special festivals. Nuns in residence and some speak English.

**Chua Giac Minh** (also Vietnamese Buddhist Church). 763 Donohoe Street, Palo Alto, CA 94303 Tel: 650-325-7353:-

It is opened in 1987 with an *ullambana* service for the dead of the Vietnamese war. Led by the venerable Thich Thanh Cat (Dr. Vannang Nguyen). Acts as a type of seminary with monks in training. Predominantly Vietnamese, not much English spoken, but at least one Mandarin-speaking monk. No shoes in temple. Sunday service at 10 am (check current paper).

**Dien Tho Phat Mau San Jose** 1489 S White Rd, San Jose, CA 95127 Tel: (408)-258-9496:-

A Cao Dai (modern syncretistic movement) Vietnamese temple.

**Gold Mountain Monastery** 800 Sacramento St, San Francisco, CA 94108 (415) 421-6117  
<http://www.drba.org/> or <http://drbachinese.org/branch/GMM/index.htm> E-mail:  
[drbagmm@jps.net](mailto:drbagmm@jps.net) :-

A convent established in 1970 and associated with the City of Ten Thousand Buddhas in Talmage, CA, founded by Ven. Hsuan Hua. Includes all Mahayana schools. Meditation and worship hall. Also established in 1995 the Gold Sage Monastery in San Jose (11455 Clayton Rd, 408-923-7243 acc. yellow pages) also a residential convent with a meditation hall.

**Bodhi Way Association** 911 Bern Ct # 120 San Jose, CA 95112 (408) 452-1139 (days).

A Chinese Buddhist lineage, with chanting, meditation and classes. Closely connected to the excellent "Tasty Vegetarian Cuisine" Restaurant, 2455 S. Winchester, Blvd., Campbell, 408-374-9791.

## **MAHAYANA - JAPANESE PURELAND (Jodo Shinshu)**

**San Jose Buddhist Church Betsuin.** 640 North Fifth St. San Jose, CA 95112. Tel: (408) 293-9292  
<http://www.sjbetsuin.com/>

This temple was founded in 1936, but the community began about 1902. Affiliate of Buddhist Churches of America, with branches in Palo Alto, Mountain View and Stockton, etc. The temple is of the Jodo Shinshu Nishi Hongwanji tradition. Temple = "hondo". Statue of Saint (Shoonin, "superior person") Shinran (1173-1260) outside. Pastor is Rev. Gerald Sakamoto. Open only for Sunday services (times in newspaper) and special holidays (Bodhi Day is mid Dec (8-12) to celebrate enlightenment. Visitors welcome at Sunday services, but if turnout is small, be prepared to introduce yourselves.

**Gold Sage Monastery**, Nuns' convent, 114555 Clayton Rd.. SAN JOSE, CA 95127 Tel: (408) 923-7243

**Palo Alto Buddhist Temple** 2751 Louis Rd, Palo Alto, CA 94303 Tel: (650) 856-0123  
<http://www.pabt.org/>

Founded in 1914, in the Japanese Shin (Pureland) tradition, serving Japanese-American community. First week in August is the Obon festival.

## MAHAYANA - JAPANESE ZEN MEDITATION

**Kannon Do Zen Meditation Center.** 1972 Rock St, Mt View, CA 94303 Tel: (650) 903-1935  
<http://www.kannondo.org/> :-

Zen Dojo founded in 1964 by Shunryu Suzuki of the Soto Zen tradition, who ordained the current abbot, Les Kaye, in 1971. Looks like a regular house until you get close. There is a Wednesday evening session (begins 6:30) for newcomers as well as a Saturday morning service (begins 5:30am. sharp). Both welcome one or two SCU students. There is also daily meditation session.

**San Francisco Zen Center** 300 Page St., San Francisco, CA 94102 Tel: (415) 863-3136  
<http://www.sfzc.org/>

Founded by Shunryu Suzuki of the Soto Zen tradition about 1962. Has residents and serves a large community. Associated with Green Gulch Farm in Sausalito and Tassajara Zen Mt Center in Carmel Valley. Daily am and pm meditation sessions, annual sesshin.

**San Jose Zen Center** 2 floor of Holy Redeemer Lutheran Church, 1948 The Alameda, San Jose, CA  
Tel: (408) 281-8389 E-mail: Jerry\_Orzoff@Excite.com or Jerry.orzoff@sjpc.org :-

Soto Zen tradition of sitting, on Monday nights, 7pm - 9:30pm, led by Chikuzen Jerry Orzoff, who student under Choro-an Nyogen Senzaki in LA.

**Chung Tai Zen Center of Sunnyvale** 750 E. Arques Ave., Sunnyvale, CA 94085 Tel (408) 733-07750 email: [sunnyvale@ctzen.org](mailto:sunnyvale@ctzen.org)

[http://ctzen.org/sunnyvale/enUS/index.php?option=com\\_content&task=view&id=7&Itemid=53](http://ctzen.org/sunnyvale/enUS/index.php?option=com_content&task=view&id=7&Itemid=53)

*Zen communities also in Los Gatos and Santa Cruz.*

## MAHAYANA - JAPANESE NICHIREN

**San Jose Myokakuji Betsuin**, 3570 Mona Way, San Jose, California 95130 Tel: (408) 246-0111  
<http://www.nichiren-shu.org/TNearYou/usa.html> Nichiren Buddhist Temple. Advertises in Saturday Newspaper. Usually locked except for Sunday services (in English), which students have attended. Has statue of "Saint" [Shoonin = literally, saint or superior person] Nichiren.

**SGI-USA Center - Silicon Valley Community Center.** 1875 De La Cruz, Santa Clara, CA 95050 Tel: (408) 727-2604 <http://www.sgi-siliconvalley.org/03/>

Soka Gakkai International (SGI)-USA is an American Buddhist association that promotes world peace and individual happiness based on the teachings of the Nichiren school of Mahayana Buddhism.

## MAHAYANA - TIBETAN

**The Kadampa Buddhist Temple of San Francisco ~ Saraha Center.** 3324 17<sup>th</sup> Street, San Francisco, CA 94110 Tel: (415) 503-1187 Web: [www.meditationinnortherncalifornia.org](http://www.meditationinnortherncalifornia.org)  
Email: [epc@meditationinnortherncalifornia.org](mailto:epc@meditationinnortherncalifornia.org)

Tibetan Buddhism of the New Kadampa lineage, but sees itself as broadly Mahayana. One of many centers founded (about 1991) by Lama/Master Geshe Kelsang Gyatso Rinpoche in the US and UK. Offers weekly classes and workshops in meditation.

**Duldzin Dragpa Buddhist Center** 5830 Lalor Dr. San José, CA 95123 Duldzin Dragpa Center. Tel: (408) 226-0595. Web: [www.meditationinsanjose.org](http://www.meditationinsanjose.org) Email: [anikgamo@gmail.com](mailto:anikgamo@gmail.com)

Relatively new center in the New Kadampa Tibetan lineage, offshoot of the Saraha Center in SF. Offers "general programs" for newcomers, with suggested donation of \$10: for times and places, see website. Led by Gen Kelsang Choma, an American disciple of Ven. Geshe Kelsang Gyatso, who has lived in the west since 1977. Involved in some doctrinal controversies with the Dalai Lama. See newsletters and website for drop-in meditation: Tues nights 7:30-9 at Davis St (\$7 donation) and Thurs nights 7:30-9L 15 at 1146 A University Ave San Jose.

**San Jose Tibetan Temple.** 300 S. 10<sup>th</sup> St., San Jose, CA 95112 (408) 280-6827 :-

Meets in the campus ministry offices of San Jose state, Sundays 1-3, led by Lama Thubten. Listed in Yellow Pages. Email: [sjtt@ix.netcom.com](mailto:sjtt@ix.netcom.com)

**Santa Cruz Karma Thegsum Choling.** 831-479-4140 (leave message) [ktcsantacruz@dewachen.org](mailto:ktcsantacruz@dewachen.org)  
Mailing address: c/o Zeinob Burnham 122 Central Avenue Capitola CA 95010 Box 1527,  
<http://www.kagyu.org/centers/usa/usa-santc.html>

**San Francisco Shambhala Center.** 1630 Taraval St., San Francisco, CA 94116 Tel: (415) 731-4426  
<http://sf.shambhala.org/index.php> :-

Part of Shambhala International, located in Halifax, Nova Scotia. The Shambhala and Karma Kagyu lineage, Chogyam Trungpa as founder, est. 1971. Email: [sf@shambhala.org](mailto:sf@shambhala.org)

**Nyingma Institute,** 1815 Highland Place, Berkeley, CA 94709 Tel: (510) 843-6812  
<http://www.nyingmainstitute.com/index.htm>

A Tibetan Nyingma tradition, founded by Tarthang Tulku in 1973. Evening meditation classes, retreats, residential community. Email: [Nyingma-institute@nyingma.org](mailto:Nyingma-institute@nyingma.org)