

Spring kessei at Dai Bosatsu Zendo

We are currently accepting applications for our spring residential training period (kessei), which begins March 23.

Attending kessei--a traditional three-month training period held each spring and fall--offers an unparalleled opportunity to grow, be challenged, and deepen your practice. The rigorous schedule and remote, beautiful setting allow students to immerse themselves completely in their practice--a rare opportunity in our hectic, plugged-in, multitasking world.

Guided by our abbot, Shinge Roshi, and senior residents, kessei participants learn traditional Rinzaï Zen forms and engage in daily zazen, sutra chanting, and study. Sesshin, a silent week of intensive practice, is held once a month, providing the opportunity for deep introspection and daily individual study with Shinge Roshi. Samu (work practice) includes tasks such as working in our organic garden, cooking, cleaning, and caring for our buildings and grounds.

The DBZ community upholds high standards of personal and group conduct, rooted in the six paramitas (virtues of perfection) of the Buddhist teachings: dana (generosity), sila (living by the ten precepts), kshanti (patience and endurance), virya (assiduous, energetic practice), dhyana (zazen), and prajna (wisdom). Residents work together to provide a place where all who come can experience the Buddha-Dharma in an authentic and life-changing way.

We welcome applications from those whose aspiration, sincerity, and dedication are strong. Experience in areas such as cooking, gardening, and maintenance are appreciated but not required.

Participants are encouraged to attend for the full three-month training period, but shorter stays may be arranged. If you would like more information or if you wish to apply, please call the DBZ office at (845) 439-4566, or email us at office@daibosatsu.org.

