

SPRING STUDY GROUP

MARCH 10 - MAY 5, 2026

Tuesdays 7:30-9:00 pm, On site & Online

LIVING BY VOW

*A PRACTICAL INTRODUCTION
TO EIGHT ESSENTIAL ZEN CHANTS AND TEXTS*
by Shohaku Okumura

- MARCH 10 Living by Vow: The Four Bodhisattva Vows_____page 13-52
- MARCH 17 Awakening to Incompleteness: The Verse of Repentance_____page 53-62
- MARCH 24 Final Shelter: The Verse of the Three Refuges_____page 63-77
- MARCH 31 Cultivating the Virtuous Field: The Robe Chant_____page 79-86
- APRIL 7 SMZC CLOSED
- APRIL 14 Continuous Circle of Offering: The Meal Chants_____page 87-129
- APRIL 21 Sounds of Emptiness: The Heart Sutra_____page 131-205
- APRIL 28 All is One, One Is All: Merging of Difference and Unity_____page 207-248
- MAY 5 Endless Practice Here and Now: The Verse for Opening the Sutra____page 249-256

Verse for Opening Sutras (Kaikyoge)

The Dharma, incomparably profound and infinitely subtle, is rarely met,
even in a hundred thousand million kalpas.

Now we see it, hear it, receive and maintain it.

May we completely realize the Tathagata's true meaning.

Verse for Closing Sutras (Fuekō)

May the merit of this penetrate
into each thing in all places.

So that we, with all sentient beings
together realize the Buddha Way.