

# SPRING STUDY GROUP

MARCH 5 – MAY 7, 2024  
Tuesdays 7:30–9:00 pm, Onsite & Zoom

## Zen Mind, Beginner's Mind

Informal talks on Zen meditation and practice  
by Shunryu Suzuki-roshi

MARCH 5	<b>Right Practice</b> Posture Breathing Control Mind Waves Mind Weeds	Page ix–21	APRIL 2	<b>Right Attitude</b> To Polish a Tile Constancy Communication Negative and Positive Nirvana, the Waterfall	Page 67–84
MARCH 12	<b>Right Practice</b> The Marrow of Zen No Dualism Bowing Nothing Special	Page 21–34	APRIL 16	<b>Right Understanding</b> Traditional Zen Spirit Transiency The Quality of Being Naturalness	Page 87–99
MARCH 19	<b>Right Attitude</b> Single-Minded Way Repetition Zen and Excitement Right Effort No Trace	Page 37–50	APRIL 23	<b>Right Understanding</b> Emptiness Readiness Mindfulness Believing in Nothing Attachment, Non Attachment	Page 100–112
MARCH 26	<b>Right Attitude</b> God Giving Mistakes in Practice Limiting Your Activity Study Yourself	Page 51–66	APRIL 30	<b>Right Understanding</b> Calmness Experience, Not Philosophy Original Buddhism Beyond Consciousness Buddha's Enlightenment	Page 112–126

### 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.