

## **Vow Practice and the Bodhisattva Vows Class Series Syllabus, 2023**

We meet at the Sodo Building (8500 NE Siskiyou) on this schedule:

7-7:10pm Evening Service  
7:10-7:40 Zazen  
7:40-7:50 Tea, Announcements  
7:50~9 Class  
9-9:10 Vespers

**Instructors:** Lay Teachers Gyoshi Kaplan, Kengan Treiman, and Sosetsu Stauffer.

**Course Objective: Why Study Vow Practice and the Bodhisattva Vows?** Our objective is to move from a conceptual understanding of vow practice and the Bodhisattva Vows to an experiential relationship with these teachings. Small group discussions on focused questions will be a main strategy in nurturing that experiential relationship.

### ***Schedule of classes***

- March 1.** Introduction: what's human behind "vows" and other similar words?
- March 8.** Why Vow? Variation and motivations in Buddhist approaches.
- March 15.** How we practice with vow at Dharma Rain.
- March 22.** The Four Bodhisattva Vows. Introduction. History; various perspectives on these vows; why these vows might find a place in your practice.
- March 29.** The Four Bodhisattva Vows. In depth discussion of the first 2 vows: 1) Beings are numberless; I vow to free them. 2) Delusions are inexhaustible; I vow to end them.
- April 5.** The Four Bodhisattva Vows. In depth discussion of the 3<sup>rd</sup> and 4th vows: 3) Dharma gates are boundless; I vow to enter them. 4) The Buddha way is unsurpassable; I vow to realize it. Experimenting with finding our own version of the Four Bodhisattva Vows.

**Recommended Texts:**

*Living By Vow*, by Shohaku Okumura

*You Are Still Here, Zen Teachings of Kyogen Carlson*, Edited by  
Sallie Jiko Tisdale. (Chapter 2 is on vow.)

**Other Sources on Vows and the Bodhisattva Vows**

*Brahmajala Sutra*-<http://www.buddhasutra.com/files/brahmanet.htm>

*Zen Vows for Daily Life*: (<https://www.amazon.com/Vows-Daily-Life-Robert-Aitken/dp/1614293856>)

*Boundless Vows, Endless Practice: Bodhisattva Vows in the 21<sup>st</sup> Century*, by Shohaku Okumura and students of his

**Teacher Contact Info:**

Gyoshi: [mikek7424@gmail.com](mailto:mikek7424@gmail.com)

Kengan: [kjtreiman@yahoo.com](mailto:kjtreiman@yahoo.com)

Sosetsu: [Marksosetsu@gmail.com](mailto:Marksosetsu@gmail.com)