

Serene Reflection Meditation

by

Rev. Master P.T.N.H. Jiyu-Kennett, M.O.B.C.

and

*Members of the
Order of Buddhist Contemplatives*





*Serene
Reflection
Meditation*

Serene Reflection Meditation

by

Rev. Master

P.T.N.H. Jiyu-Kennett, M.O.B.C.

and

Members of the

Order of Buddhist Contemplatives



*Shasta Abbey Press,
Mt. Shasta, California.*

© 2004 Shasta Abbey
All rights reserved.

Seventh edition (for internet)—2004

Originally published in 1974 as *Zen Meditation*, with revised second and third editions in 1976 and 1980. The fourth revised edition was published in England in 1987 as *Serene Reflection Meditation*. The fifth revised edition was published in 1989. The sixth revised edition was published in 1996. Copyright of each of the articles that appear herein belongs to its respective author. Enquiries regarding reprints or quotations may be directed to the individual authors or to the publisher, who will pass them on.

Shasta Abbey
3724 Summit Drive
Mt. Shasta, California 96067-9102
(530) 926-4208.

Poem (opposite Contents page):
based upon the first four sections of chapter VIII
of the *Udana Scripture*.

ISBN 0-930066-25-1

*To my ordination master,
Rev. Seck Kim Seng.*

O monks, there is an Unborn,
Undying, Uncreated, Unformed;
Were It not, there could be no end
to birth, decay, disease, and death.

Hard It is to find,
the Truth no easy thing to know;
Craving is pierced by one who seeth,
no self remains, no earthly woes;
for him: eternal life, serene repose.

Contents.

- Rules for Meditation.*
Great Master Dogen 1
- Commentary on Dogen's *Rules for Meditation.*
Rev. Master Jiyu-Kennett 4
- How to Sit.
Rev. Master Jiyu-Kennett 9
- Concerning the Correct Use of the Sword of
Buddha's Wisdom.
Rev. Master Jiyu-Kennett 16
- Serene Reflection.
Rev. Koten Benson 19
- Physical Postures for Meditation.
Rev. Daishin Morgan 22
- The Mind of Meditation.
Rev. Daishin Morgan 31
- Obstacles in Meditation Practice.
Rev. Koshin Schomberg 38
- Possible Physical Problems Met with in Meditation.
Peter Lavin 43
- Your Place of Meditation.
Rev. Shiko Rom 46
- Children and Meditation.
Rev. Master Jiyu-Kennett 52
- Every-minute Meditation.
Rev. Daizui MacPhillamy 54

Applying Meditation to Everyday Life.

Rev. Jisho Perry 59

The Precepts.

Rev. Koshin Schomberg 66

Kyōjukaimon and Commentary.

Great Master Dogen and Rev. Master Jiyu-Kennett 71

Reading the *Kyōjukaimon and Commentary.*

David Powers 84

The Ten Precepts Retreat: The Ceremony of Daily Life.

Rev. Eko Little 88

Recommended Further Reading. 101