



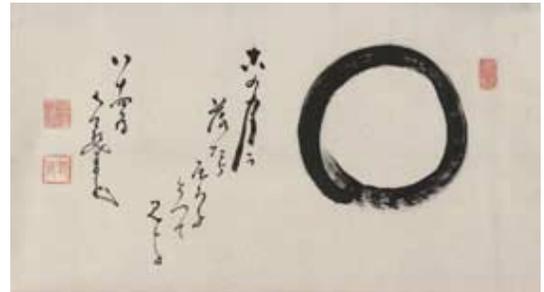
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# J L C 通信

Japanese Language Center (つうしん)  
Newsletter March 2006

## \* 文化 (ぶんか) \* Culture 禪 (ぜん) Zen

Zen is short for Zen Buddhism. It is sometimes called a religion and sometimes called a philosophy. Choose whichever term you prefer. Zen is a school of Mahayana Buddhism. Ever since Suzuki Daisetsu (1870-1966) introduced it to America, it has probably become the most popular Buddhist schools among Westerners. However, there are not many people who truly understand Zen. I call them "Salad bar Zen Buddhist." They only pick up their favorite parts of Zen and then create an Americanized style that is somewhat like Zen but not Zen.



Zen Buddhism was found in the 6<sup>th</sup> century by Bodhicharma in India. It was soon introduced into China, where it achieved further development. It was brought to Japan late in Heian period (794-1185) by Eisai (1141-1215), the founder of the Rinzaishu sect.

Zen Buddhism teaches self-discipline, deep meditation, and attainment of enlightenment or spiritual awakening. It is characterized by its emphasis on kensho, senkai, and samu. Kensho means direct intuitive insight into transcendent truth beyond all intellectual conception. In other words, Zen is to see with one's mind's eye and recognize the Buddha hood inherent in oneself.

Zen Buddhism derived its name from silent meditation (zenjo), which is a means of attaining this self-realization.

Sitting in silent meditation is known as zazen. Zenkai the Buddhist commandments characteristically interpreted by the Zen sects that hold that the commandments are what an enlightened person would naturally and spontaneously practice. Samu means labor, especially physical work in every day life, in which according to the teachings, transcendent truth can be found.



Zen Buddhism has exerted a great influence on the shaping of Japanese culture, especially on arts such as flower arrangement or tea ceremony.

## \* バー \* Bar 前川 (まえかわ) Maekawa Bar

From time to time, it's good to eat at a Japanese restaurant that doesn't serve sushi. When it comes to raw fish, I've got little willpower, and I'll typically ignore the rest of the menu in favor of piles of nigiri and sashimi. But other kinds of informal Japanese food have so much to offer. Maekawa serves a huge range of nibbly little appetizers, dubbed "Asian tapas, Japanese-style" on the menu. They're the kind of snacky fare that tastes best at night, perfect for evening cravings: the chewy, the pickly, the sweet, the crunchy. They're also a great match for a milky glass of unfiltered sake or a pitcher of Kirin. (Little plates run in the \$3-\$5 range.) Seafood's definitely a focus at Maekawa, perhaps because Mr. Maekawa is from the seafood-rich city of Fukui.

601 S. King St., Suite 206, Seattle; 206-622-0634

Hours: 6PM-12AM Mon-Thu, 6PM-2AM Fri-Sat

## \* 諺 (ことわざ) \* Proverb 「歯が立たない」 (はがたたない) Ha ga tatanai.

The literal translation is "Teeth won't stand up," which means: to be no match when the other party is too strong to deal with or something is far beyond one's own skills. One of my students said "JLPT Level 1 niwa ha ga tachimasendeshita" (JLPT Level 1 was too difficult).

\* **The Ten Oxherding Pictures** \* From *The Manual of Zen Buddhism*, D.T. Suzuki

By Shubun (15th Century)



**1. Undisciplined**

With his horns fiercely projected in the air the beast snorts,  
Madly running over the mountain paths, farther and farther he goes astray!  
A dark cloud is spread across the entrance of the valley,  
And who knows how much of the fine fresh herb is trampled under his wild hoofs!

**2. Discipline Begun**

I am in possession of a straw rope, and I pass it through his nose,  
For once he makes a frantic attempt to run away, but he is severely whipped and whipped;  
The beast resists the training with all the power there is in a nature wild and ungoverned,  
But the rustic ox herder never relaxes his pulling tether and ever-ready whip.



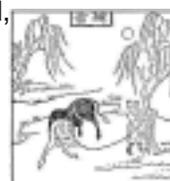
**3. In Harness**



Gradually getting into harness the beast is now content to be led by the nose,  
Crossing the stream, walking along the mountain path, he follows every step of the leader;  
The leader holds the rope tightly in his hand never letting it go,  
All day long he is on the alert almost unconscious of what fatigue is.

**4. Faced Round**

After long days of training the result begins to tell and the beast is faced round,  
A nature so wild and ungoverned is finally broken, he has become gentler;  
But the tender has not yet given him his full confidence,  
He still keeps his straw rope with which the ox is now tied to a tree.



**5. Tamed**

Under the green willow tree and by the ancient mountain stream,  
The ox is set at liberty to pursue his own pleasures;  
At the eventide when a grey mist descends on the pasture,  
The boy wends his homeward way with the animal quietly following.

**6. Unimpeded**

On the verdant field the beast contentedly lies idling his time away,  
No whip is needed now, nor any kind of restraint;  
The boy too sits leisurely under the pine tree,  
Playing a tune of peace, overflowing with joy.



**7. Laissez Faire**

The spring stream in the evening sun flows languidly along the willow-lined bank,  
In the hazy atmosphere the meadow grass is seen growing thick;  
When hungry he grazes, when thirsty he quaffs, as time sweetly slides,  
While the boy on the rock dozes for hours not noticing anything that goes on about him.

**8. All Forgotten**

The beast all in white now is surrounded by the white clouds,  
The man is perfectly at his ease and care-free, so is his companion;  
The white clouds penetrated by the moon-light cast their white shadows below,  
The white clouds and the bright moon-light each following its course of movement.



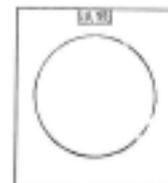
**9. The Solitary Moon**

Nowhere is the beast, and the oxherd is master of his time,  
He is a solitary cloud wafting lightly along the mountain peaks;  
Clapping his hands he sings joyfully in the moon-light,  
But remember a last wall is still left barring his homeward walk.



**10. Both Vanished**

Both the man and the animal have disappeared, no traces are left,  
The bright moon-light is empty and shadow less with all the ten-thousand  
objects in it;  
If anyone should ask the meaning of this,  
Behold the lilies of the field and its fresh sweet-scented verdure.





**\* 生徒の紹介 (せいとのしょうかい) \* Student of JLC**

始めまして、空野ピアネイと申します。Hello! My name is Vianey Solano, and I am from Mexico City. My interest in the Japanese Language started seven years ago when a friend from my high school invited me to take some Japanese courses just for fun.

At the beginning I hesitated because at that time I couldn't find any usefulness in learning an oriental language made of a bunch of strange symbols, but I've always liked to watch and draw Japanese animation, therefore I accepted and started to go with her. Since then I haven't stopped learning Japanese, it became my favorite hobby and it began to get more and more interesting as I learned to write, read and speak. Now I consider it a very important part of my life.

Because of my knowledge of Japanese, I had the opportunity to study in Osaka, most of my best friends are Japanese and I'd also had the chance of working at a couple of Japanese Companies...not to mention that now I can read *manga* and watch anime in their original language.

I passed JLPT 2 two years ago and I gave Level 1 a try last December. I don't know yet whether I passed or not but anyway I am currently studying an advanced level at The Japanese Language Center because if I didn't pass it, I would like to get it well this year. In the meanwhile, I'm having a great time learning Japanese at JLC. それじゃ、どうぞよろしく。

**\* 日記 (にっき) \* Diary of JLC students**

**2006年12月26日—29日**

昨年末、僕と妻は仕事が忙しかったので疲れました。リラックスできる所に行きたくなって、オーカスアイランドに行くことに決めました。車でシアトルからアナコートまで3時間かかり、フェリーボートでオーカスアイランドに行くのにさらに1時間かかりました。



オーカスアイランドにいる間、たくさん知らないことを学びました。例えば、オーカスアイランドの気候は、シアトルほど雨は降らなくて、あまり寒くないということです。そして、私たちがいた時も、あまり雨は降らず、あまり寒くないので、ちょっとびっくりしました。

ホテルは、海の見える部屋に泊まりました。眺めがとても素晴らしかったです。昼間、ハイキングをして、小さい喫茶店で美味しい物を食べて、マッサージをしてもらいました。夕方、僕は本を読み、妻は襟巻きを編みました。気分も体もよく回復しました。退職をした後で、オーカスアイランドに小さい丸太小屋を買うかもしれません。シアトルに帰った後で、こうじ大阪屋で日本のカレーライスを食べました。とても辛みがきいていて、美味しかったですよ。(R)



**1月20日 金曜日**

今日は雨が降って寒い一日でした。朝7時に起きて、朝ご飯を済ませて、早速会社に行きました。仕事はいつも忙しいです。先週新プロジェクトが始まりましたから、皆もっと忙しくなりました。残業も時々ありましたよ。でも、私はこの仕事が好きです。毎日がんばって、もっと仕事をおぼえたいです。

晩ご飯の後で、日本語の先生からの宿題をしなければなりません。今度の宿題は日本語の日記です。でも、私の日本語はあまり上手ではありませんし、複雑な単語や文法はぜんぜんわかりませんし、この宿題は難しいですねえ。ほんとうに大変です。この日記読む皆さんも大変ですね。すみませんでした。(J)

**2月8日 水曜日 はれ**

今日は学校に行った後うちに帰りました。四時間から六時間宿題がありました。IB International Assessmentsがあったからです。でも、一月に Assessments が終わりましたので、最近はあまり忙しくなくて、宿題もありません。だから、毎日ひまな時間があります。何をすればいいかわかりません。私は退屈なので、十四才からすご

