

The Monterey Bay Zen Center presents

When you observe precepts in the same way as you practice zazen—that is perfect precepts transmitted from Buddha to us. – Suzuki Roshi



LIVING THE PRECEPTS

**THE ENGAGED PRACTICE OF
THE ETHICS AND ZEN MEDITATION**

**WITH
ROBERT REESE**

According to Suzuki Roshi, the precepts are an expression of our original nature, rather than rules or an abstract code of ethics. Studying the precepts heightens awareness of how they can inform and enliven our daily words and actions, assist us at work, and in our interactions with friends, family, and the wider world.

In meeting the ethical challenges of modern life, the sixteen Bodhisattva Precepts offer a clear and engage path of practice. The Zen precepts show us what the heart and mind of Zen look like when immersed in the world.

Through talks, discussion, journaling, reading and meditation, we will explore practicing the precepts with ourselves, our communities and with all of life. This class is for those new to Zen practice and for those preparing for the Bodhisattva initiation ceremony.

Robert Reese is a priest the lineage of Shunryu Suzuki Roshi.

Saturdays Mornings: 10:30 to noon

Beginning, Saturday, October 22nd

The Carl Cherry Center for the Arts

4th and Guadalupe, Carmel, 93921

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