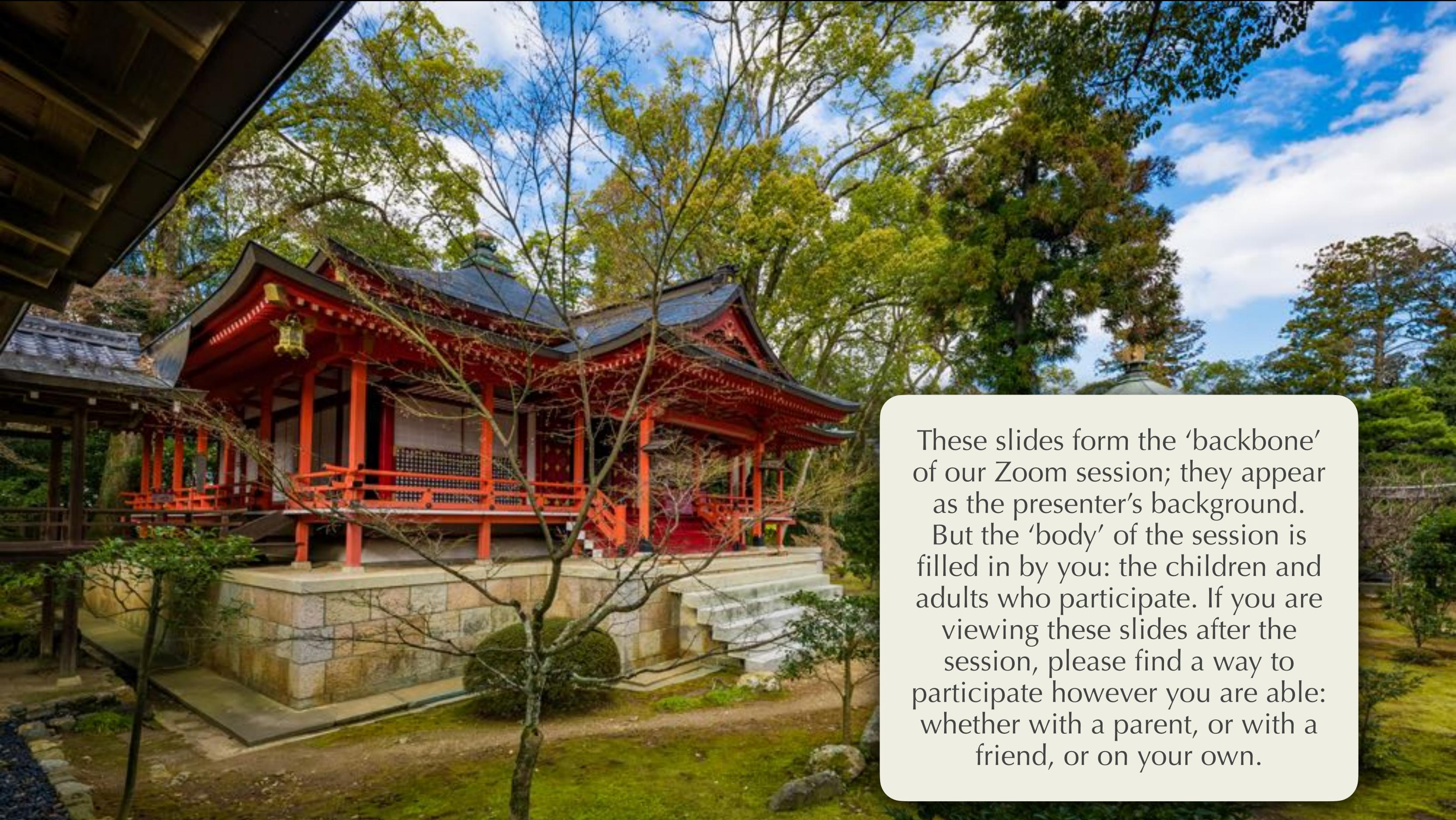
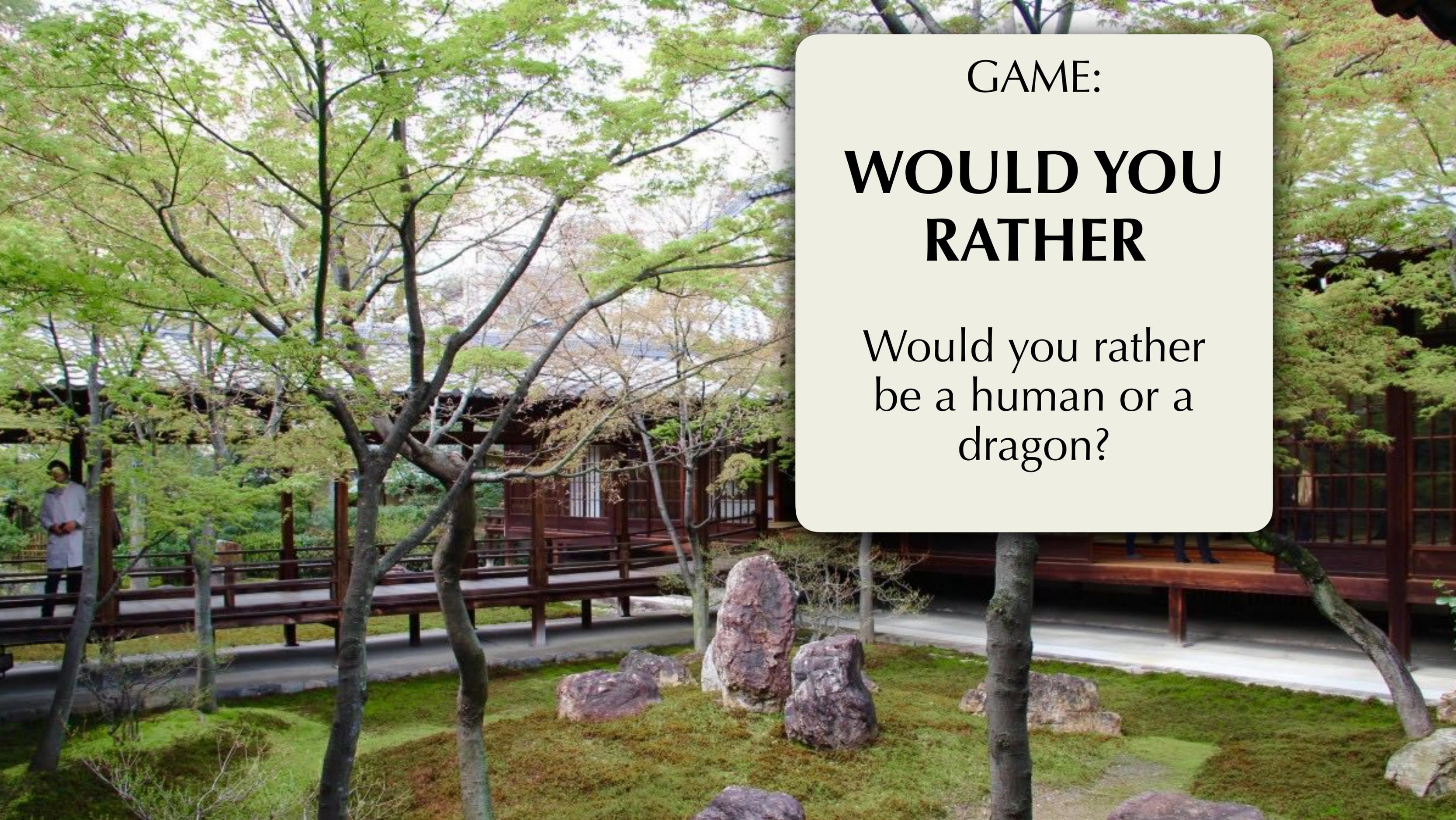


**YOUTH PRACTICE
LIVE #9**

**“Humans and
Animals”**



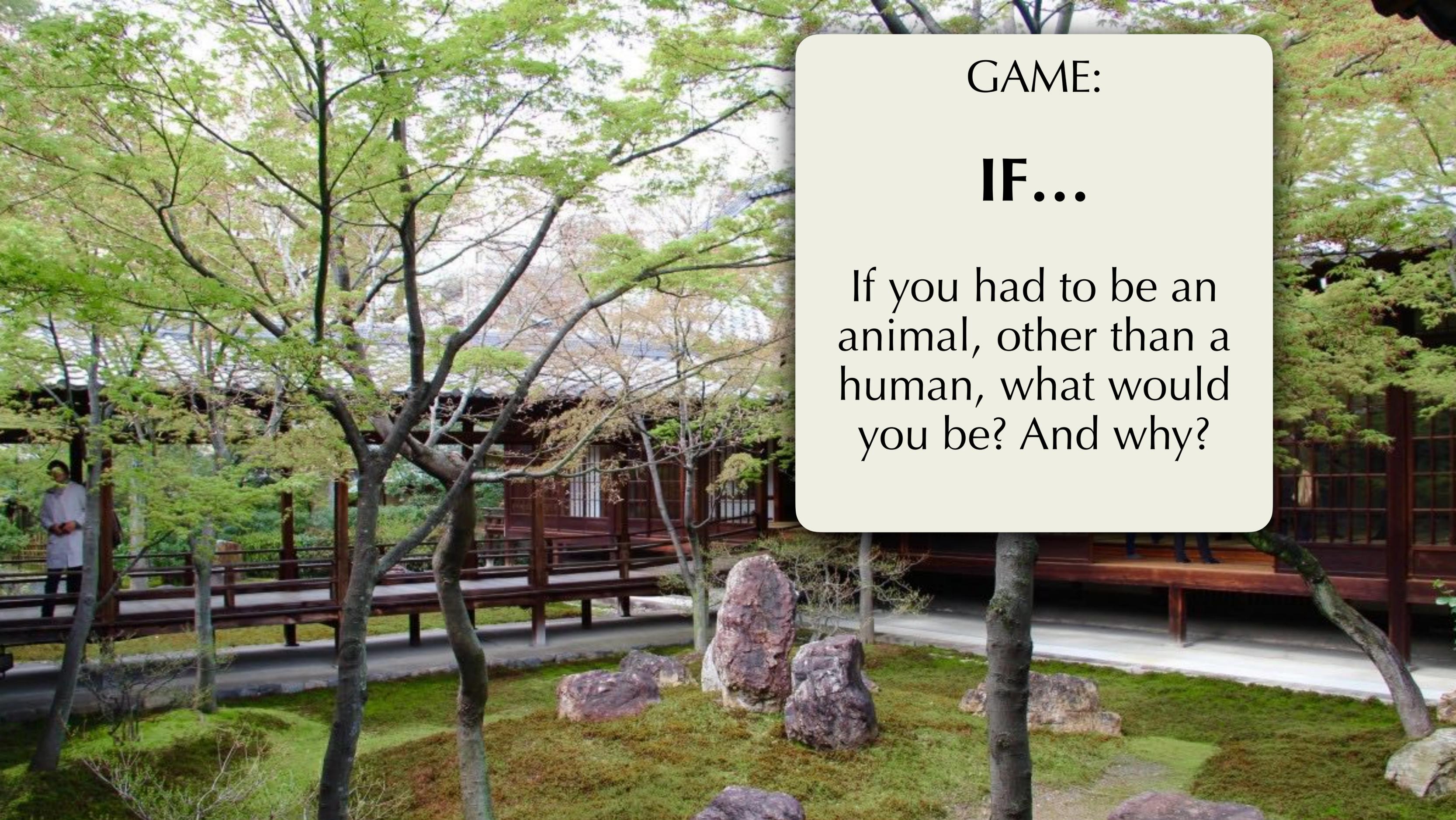
These slides form the ‘backbone’ of our Zoom session; they appear as the presenter’s background. But the ‘body’ of the session is filled in by you: the children and adults who participate. If you are viewing these slides after the session, please find a way to participate however you are able: whether with a parent, or with a friend, or on your own.

A traditional Japanese garden scene featuring a wooden building with a dark roof, a wooden walkway, and several large, smooth rocks scattered across a mossy ground. The trees have green and yellowing leaves, suggesting an autumn setting. A person in a white shirt is visible on the left side of the walkway.

GAME:

WOULD YOU RATHER

Would you rather
be a human or a
dragon?

A traditional Japanese garden scene. In the foreground, there is a moss-covered ground with several large, reddish-brown rocks. A wooden walkway or fence runs across the middle ground. In the background, there are several trees with green and some autumn-colored leaves, and a traditional Japanese building with a dark roof. A person in a white shirt is visible on the left side of the walkway.

GAME:

IF...

If you had to be an animal, other than a human, what would you be? And why?



ZEN TRIVIA

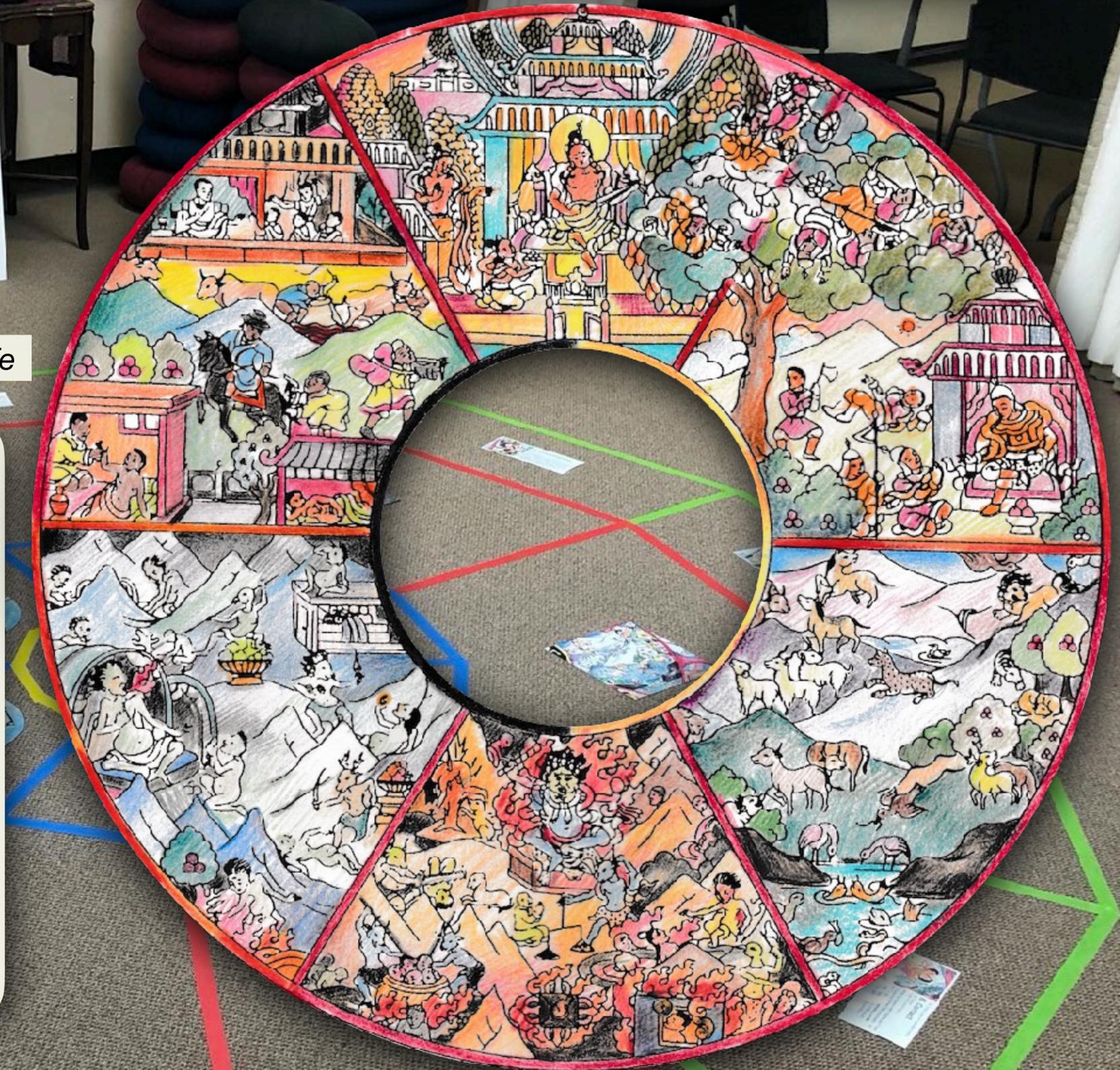


The Six Realms of Existence



Note the Realms on the Wheel of Life

The Six Realms of Existence are not real places, but are basically our mental state, including our **emotions**. We tend to get stuck in certain emotional places over and over, but we can free ourselves by practicing the **paramitas** (heroic practices).

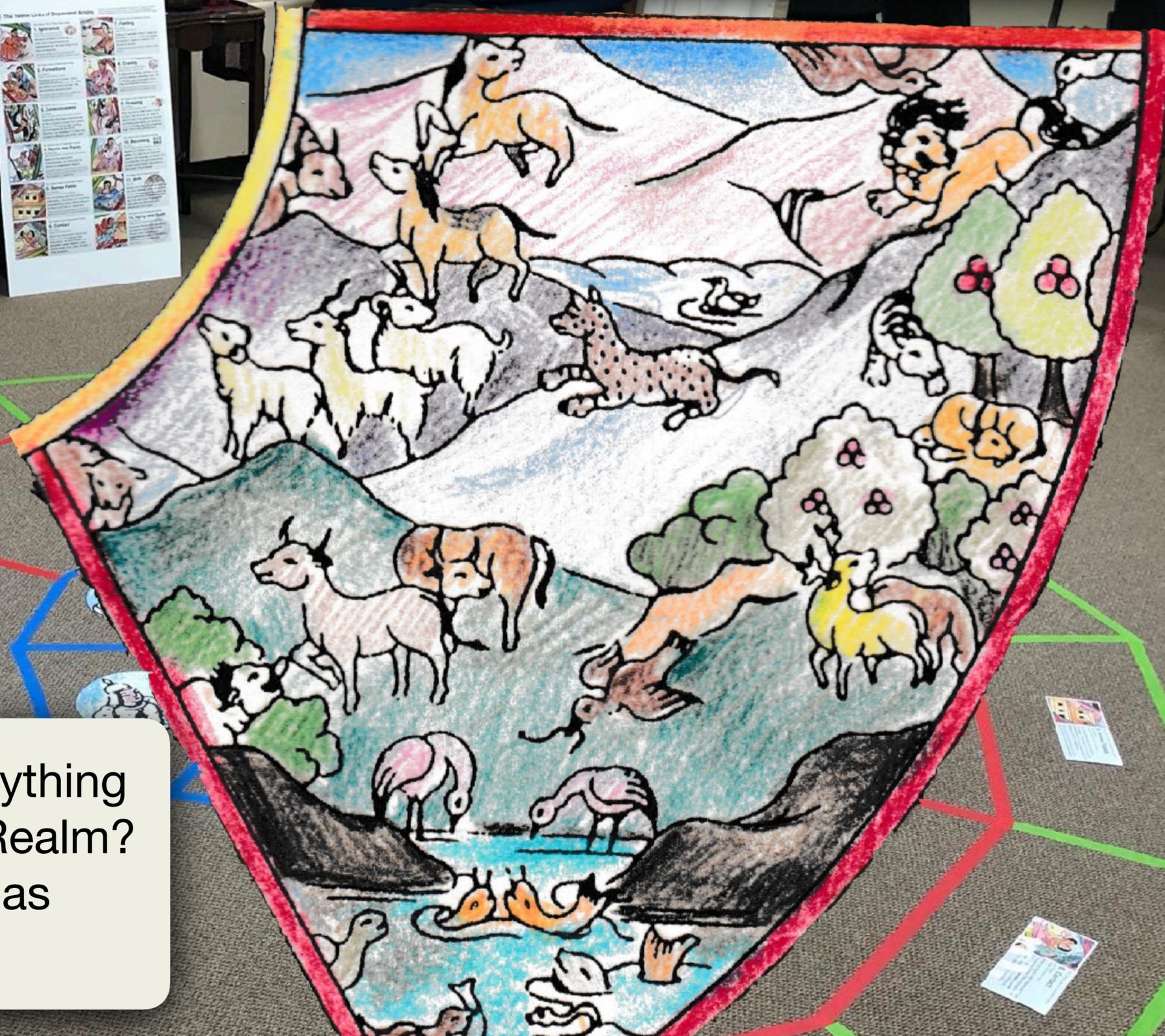


Which Realm is this?



Animal Realm

Can you tell me anything about the Animal Realm? Other than that it has animals in it?

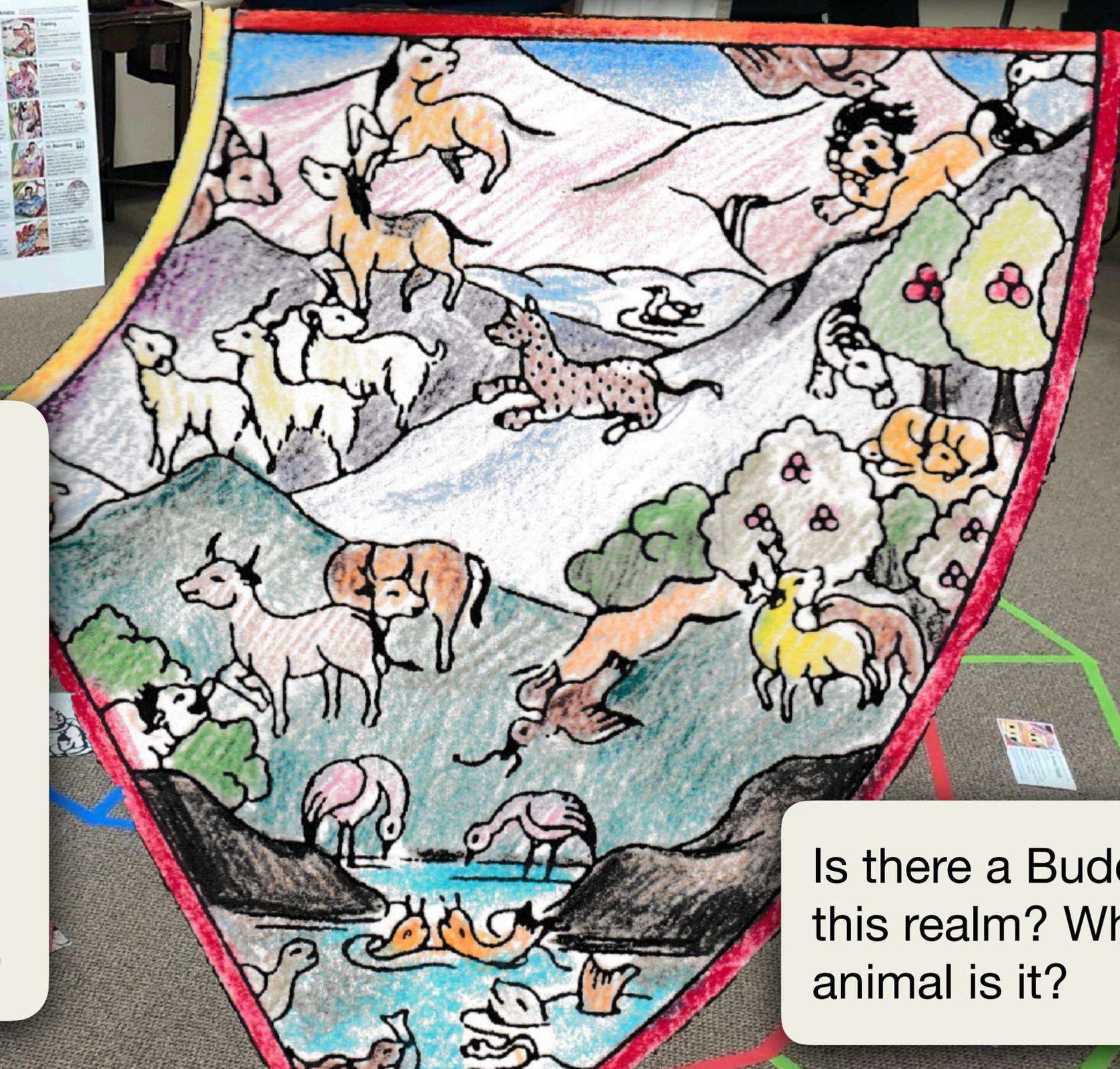


Animal Realm

In the **Animal Realm**, we don't think much; we just pursue pleasure and avoid pain. We're basically on "autopilot"... but at least we don't overthink things.

Best practice: **Knowledge**.
Balance passion with study.

Is there a Buddha in this realm? Which animal is it?

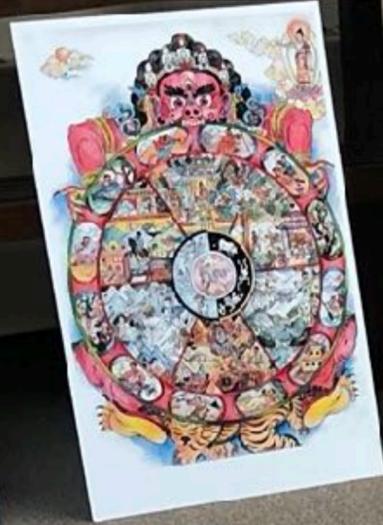
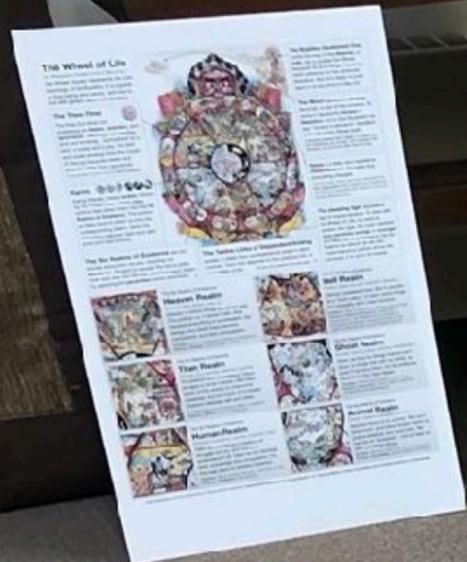


Which Realm is this?



Human Realm

Can you tell me anything about the Human Realm?



Human Realm

In the **Human Realm** we have the best balance of struggle and joy, and we try to understand it all. It's here we have the best chance to practice Buddhism.

Best Practice: **Meditation.**
Pay attention.

Do you recognize anything that's happening here?

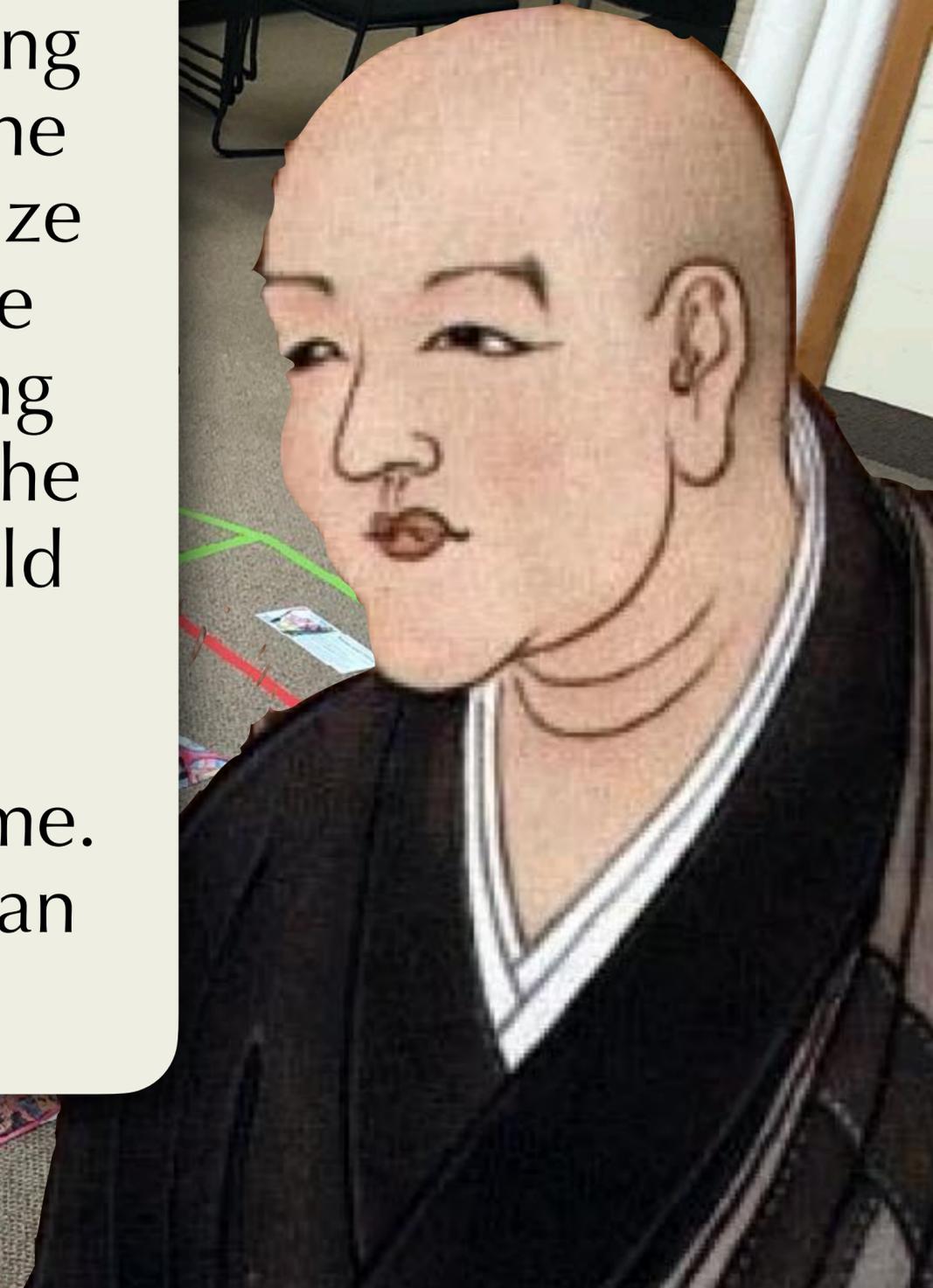


Which famous Zen Master wrote:

Being born as a human being is a big deal, because it's the best place in which to realize awakening. So don't waste your precious life! By doing zazen, you are upholding the Awakened Way. Who would want to goof off instead? Everything in this life is fleeting, changing all the time. It goes by faster than you can imagine.

Youth Practice In-Joke:

The answer to the last question is always the same!

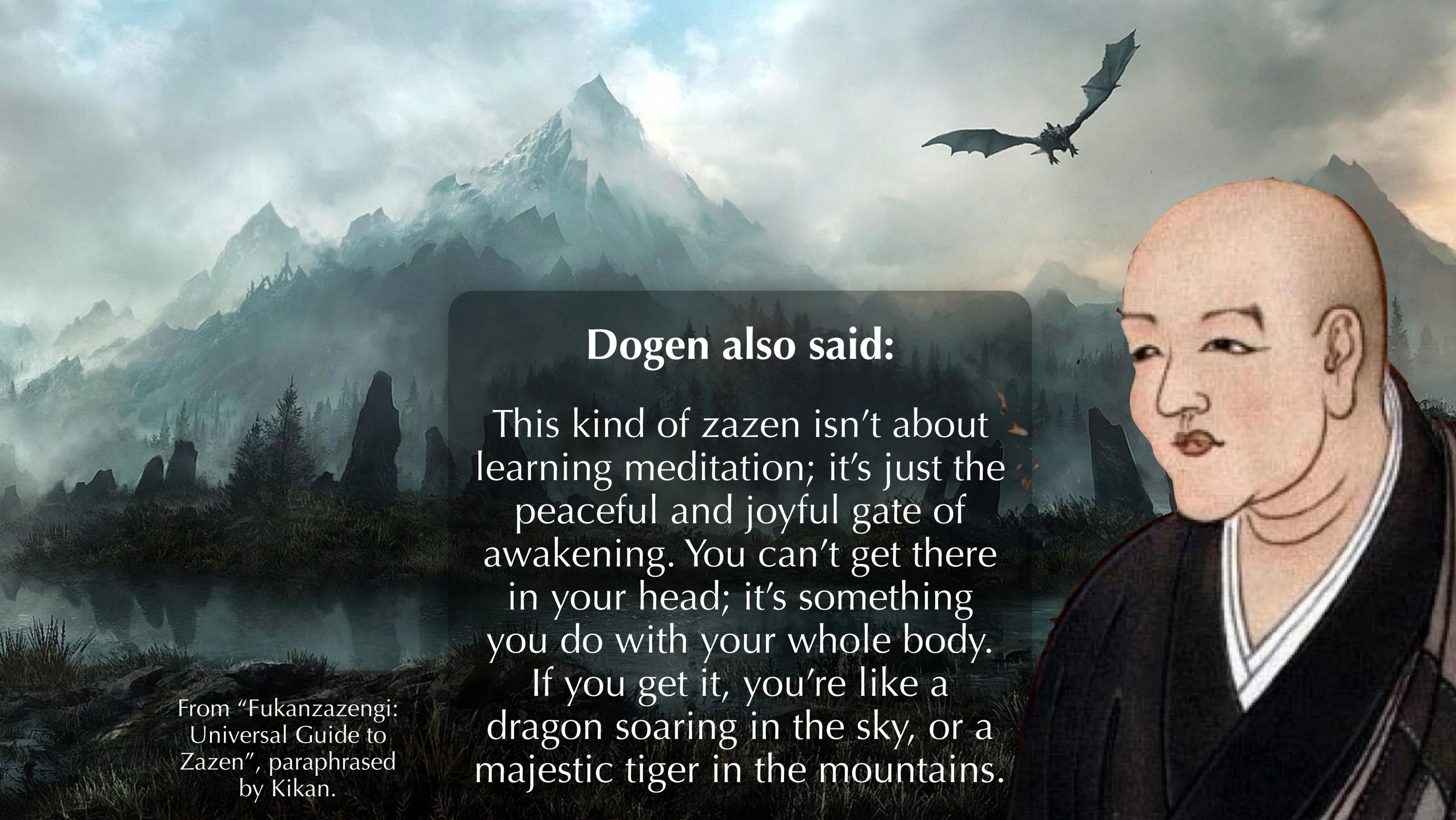


Eihei Dogen

(1200-1253)

Founder of Soto Zen Buddhism in Japan



The background is a misty, mountainous landscape with a dragon flying in the sky. In the foreground, there is a portrait of a Buddhist monk with a shaved head, wearing a dark robe with a white collar. The text is overlaid on the landscape.

Dogen also said:

This kind of zazen isn't about learning meditation; it's just the peaceful and joyful gate of awakening. You can't get there in your head; it's something you do with your whole body.

If you get it, you're like a dragon soaring in the sky, or a majestic tiger in the mountains.

From "Fukanzazengi: Universal Guide to Zazen", paraphrased by Kikan.



Zazen (Seated Meditation)

Let's meditate on
our wild, free,
animal nature.

Opening the Altar

We will offer:

- A candle, or anything that creates light.
- Lavender buds, incense, or anything with a fragrance, or which looks like a plant or flower.
- And water.

Hold each item up to the camera so that everyone can see.

You can make these offerings at home! This is Youth Practice; you can be creative. Your computer stand or table can be your altar. It may be helpful to include a Buddha or bodhisattva figure.

Lighting the Candle

(Offer anything that creates light)

We light this candle
as a symbol of enlightenment,
a reminder of warmth and
beauty.

Even a small light shows us
what was hidden in
darkness,
allowing us to see clearly.

May we have the courage to
live fully in the light of
awareness.

Offering Lavender Buds

(Offer anything that has a fragrance or resembles a plant, or incense)

We offer lavender buds as a symbol of the impermanence of life.

All things flower but drop away.

The unopened buds remind us of our potential to awaken.

The fragrance is boundless and becomes one with all things.

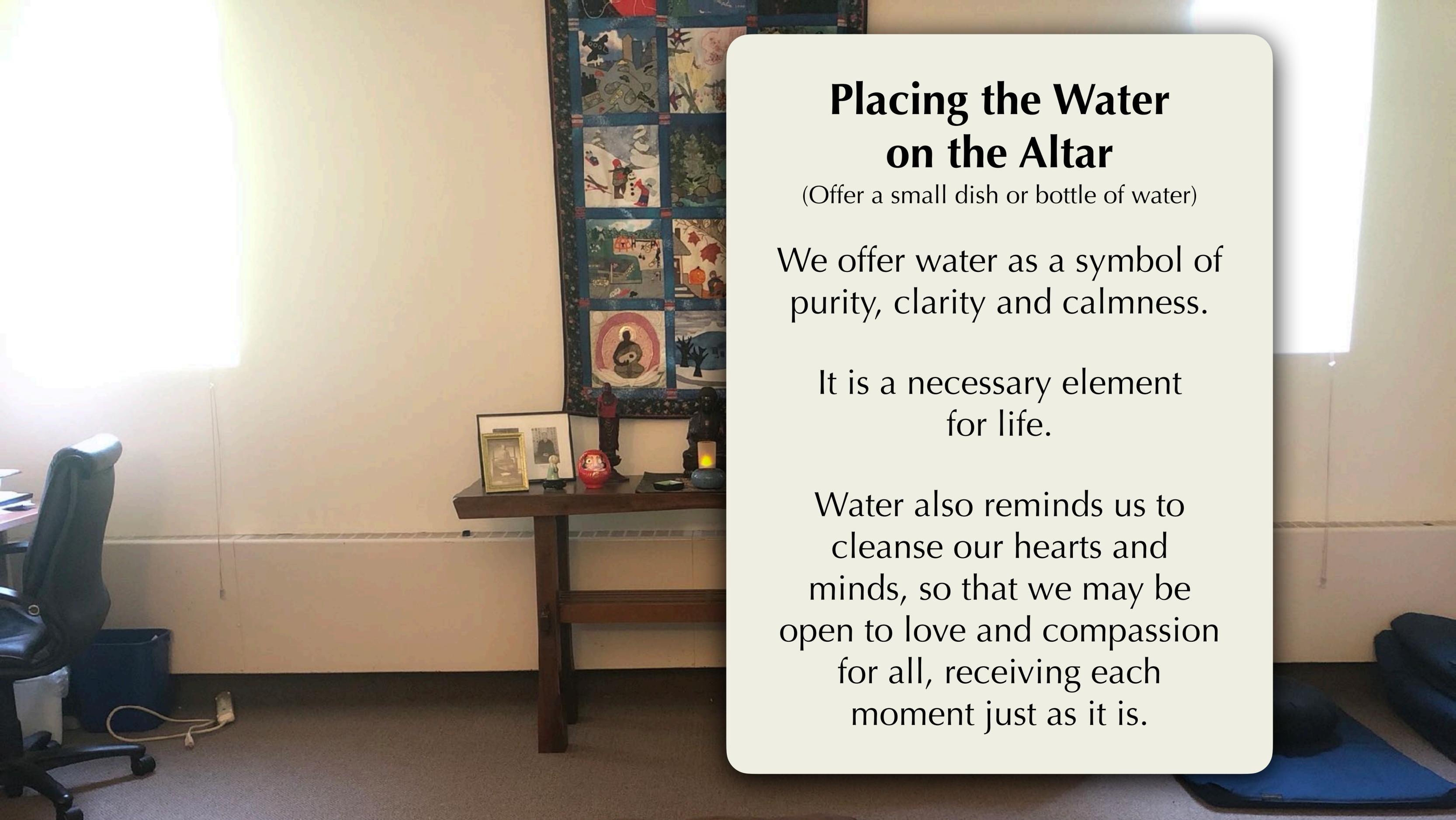
Placing the Water on the Altar

(Offer a small dish or bottle of water)

We offer water as a symbol of
purity, clarity and calmness.

It is a necessary element
for life.

Water also reminds us to
cleanse our hearts and
minds, so that we may be
open to love and compassion
for all, receiving each
moment just as it is.



Offering Blessings and Concerns:

Children and adults offer a blessing or concern. We 'place it on the altar' by ringing the bell. We also put it on the next slide.



Offering Blessings and Concerns:

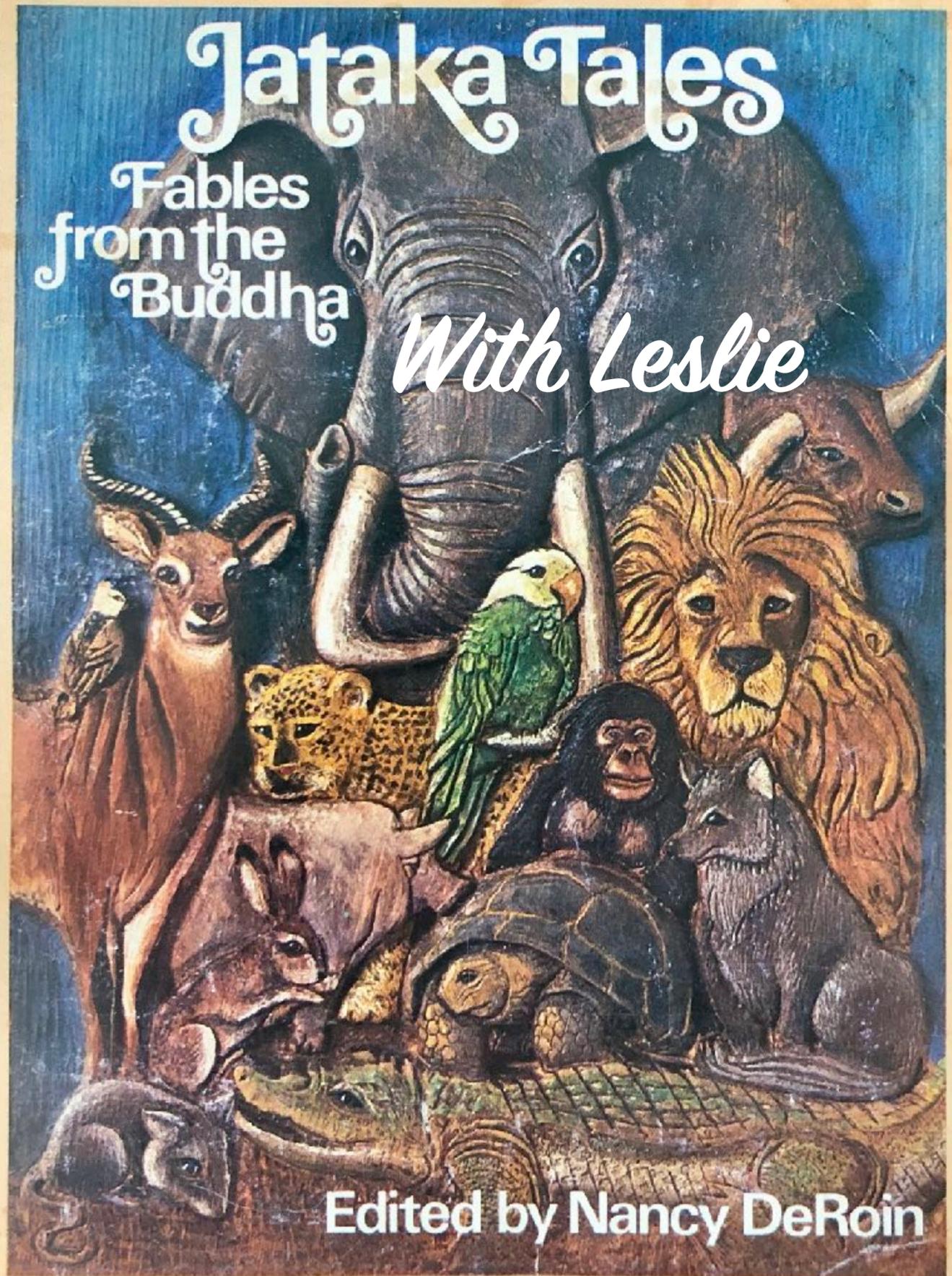
- Less craziness with the fireworks, please! Too much noise.
- We hope everyone is doing okay and being safe in this pandemic situation which seems to go on and on.
- Hope everyone gets to have some fun over the summer.
- Blessings to Towa, who's dealing with a health issue. Hope he feels better soon.

A world classic for more than two thousand years

Jataka Tales

Fables
from the
Buddha

With Leslie



Edited by Nancy DeRoin

Responsibility

A Jataka Tale





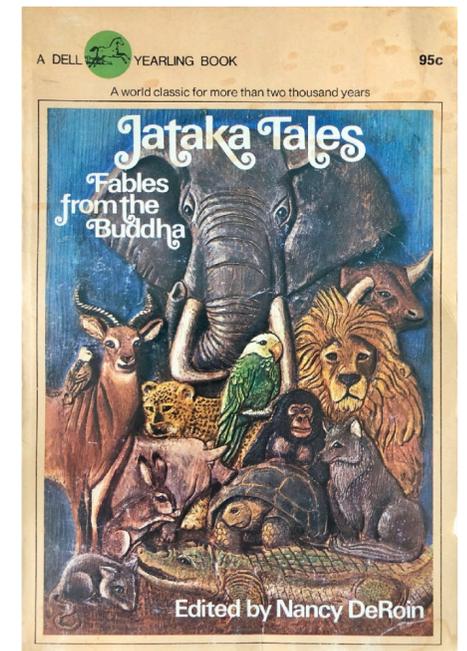
Responsibility

A Jataka Tale

**Text adapted from
“Jataka Tales: Fables
from the Buddha,”
edited by Nancy DeRoin.**

**With images from
Nyan Nyan Ji and
Ryogen-in temples
in Kyoto, Japan.**

Adapted by Kikan



Once upon a time at Meow Meow Temple, the Abbot proclaimed a holiday week. This was big news, since the Abbot always worked the cat monks very hard, making them sit zazen day and night.



Can you relate?

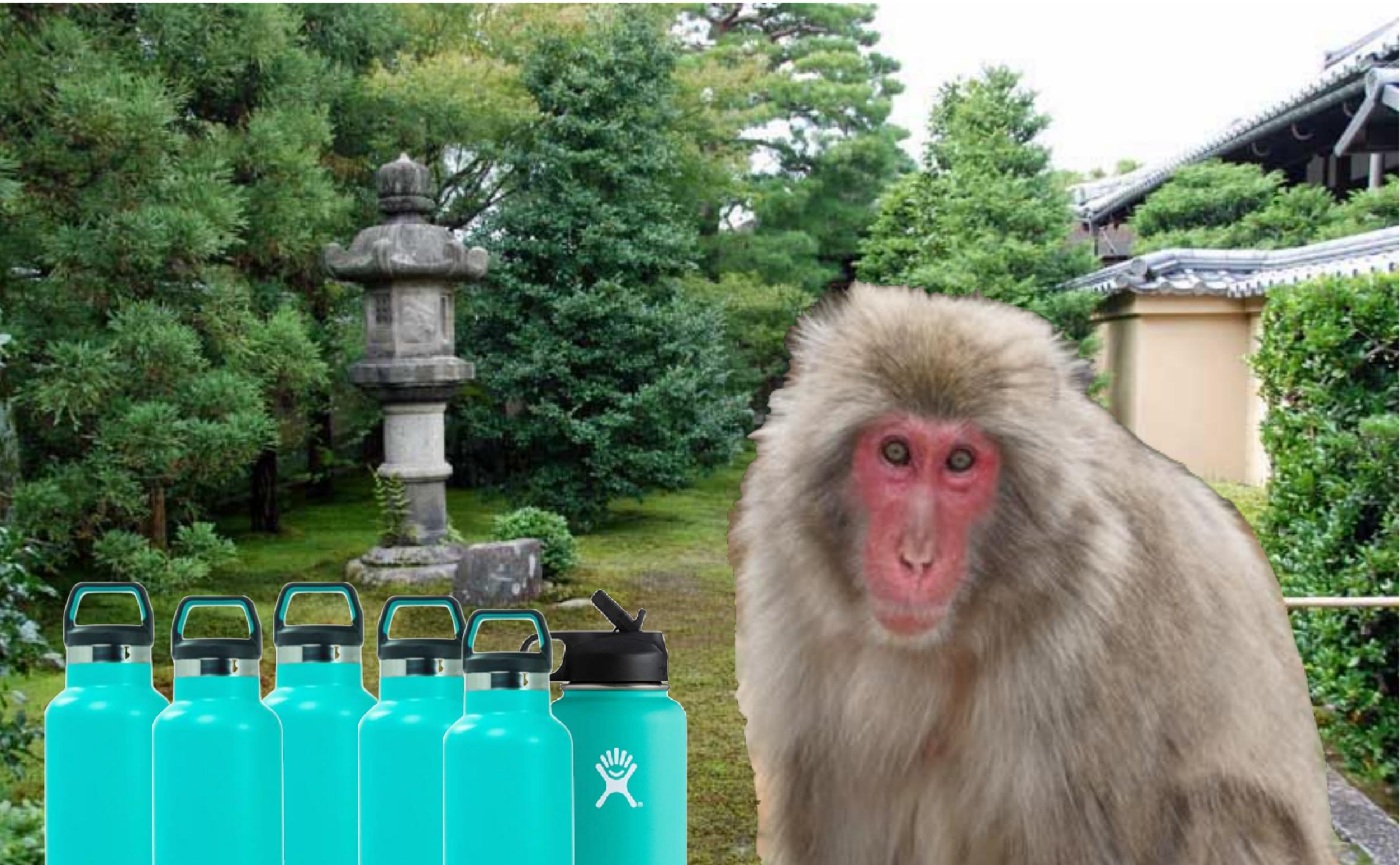


The Temple Gardener didn't want to miss any of the fun, so he called together all the monkeys that lived on the temple grounds and said:

“Oh, monkeys, this park is a great blessing to you. I want to take a week's holiday, but our young trees need watering. Will you water the saplings while I am away?”

Hmm. Is this a good idea?

“Gladly!” the monkeys agreed. So the gardener gave them bottles to hold and carry water, and then he left on his holiday.



What could go wrong?

In the middle of the week, the chief of the monkeys called his troop together and told them to fill the bottles with water.



Solid plan, so far...



Then the chief
monkey said:

“We must water the
trees according to their
needs. If they have
long roots, they need
lots of water. If they
have short roots, they
need just a little. You
must pull up the trees
to see how long their
roots are before you
water them.”

Wait. Does that make sense?

So some of the monkeys pulled up the young trees, and others poured water on them. Of course, the sudden shock of being uprooted caused the young trees to wither and die.



Did the monkeys mean any harm?

Should the monkeys have known better?

How deep are the roots of trees, usually?

The Abbot happened to be passing by on his way to the fair, and he discovered what the monkeys were doing. He stopped and said, “Who told you to do that?”



Uh-oh.

Have you ever made a mistake that seemed obvious later, but at the time you just didn't know better?

How did it make you feel?

“Why, our chief told us,” the monkeys replied. The Abbot sent for the chief of the monkeys, thinking to himself:

“If he was chosen as the chief, The others must be dumb beyond belief!”

The monkey chief came before the abbot, trembling. The Abbot demanded: “Why did you tell your troop of monkeys to pull up the young trees in the park?”



The Abbot looks mad. Is it okay to express feelings?

What about when you're the abbot? Is it okay to express feelings then?

The monkey replied, “Don’t be angry, oh Abbot! The gardener told us to water the saplings during his holiday. If we do not know the length of their roots, how can we tell how much water to give them? Why blame us, sir, for doing our best to carry out the gardener’s wishes?”

The Abbot said to the monkey: “I do not blame you, friend, or any other creature in this park. But I do know whom to blame.”



Is it necessary to blame anybody?

Who would you blame?

When the gardener returned from his holiday, the Abbot showed him all the dead trees in the park. Then he said to him:

When you are responsible,
The job is up to you,
And if you give that job to others,
You're to blame for what they do.



Should the Abbot punish the Head Gardener in some way? How?

Is it better to forgive?

*Is it possible that the **Abbot** is responsible for this mess?*

Should the Abbot accept more responsibility?



The End

Did anyone learn anything today?

What are some things in our lives that we need to take responsibility for?

SHARE

CREATE

THE SEGMENT YOU CREATE!



August and Waldo



Neo: Rainbow House



Nicolai & Chubs



Fiona: Roblox theme park creation



Ronan: Banana Doge Man

BANNANA DOGE

Under That Bodhi Tree

Don't mute yourself, but sing along with the **bold** parts!

There's ol' Buddha, sittin' under the
bodhi tree (**Bodhi tree**)

There's ol' Buddha, mind as quiet as it
can be (**it can be**)

Sittin' like a wise old frog (**frog**)

Sittin' like a lump on a log (**log**)

Sittin' with a smile on his face (**face**)

Sitting like empty space (**space**)

Doesn't mind rain, (**rain**)

doesn't mind thunder (**thunder**)

What could bother old Buddha I
wonder?

*(raise your hand to suggest
something)*

He wasn't bothered by (...)

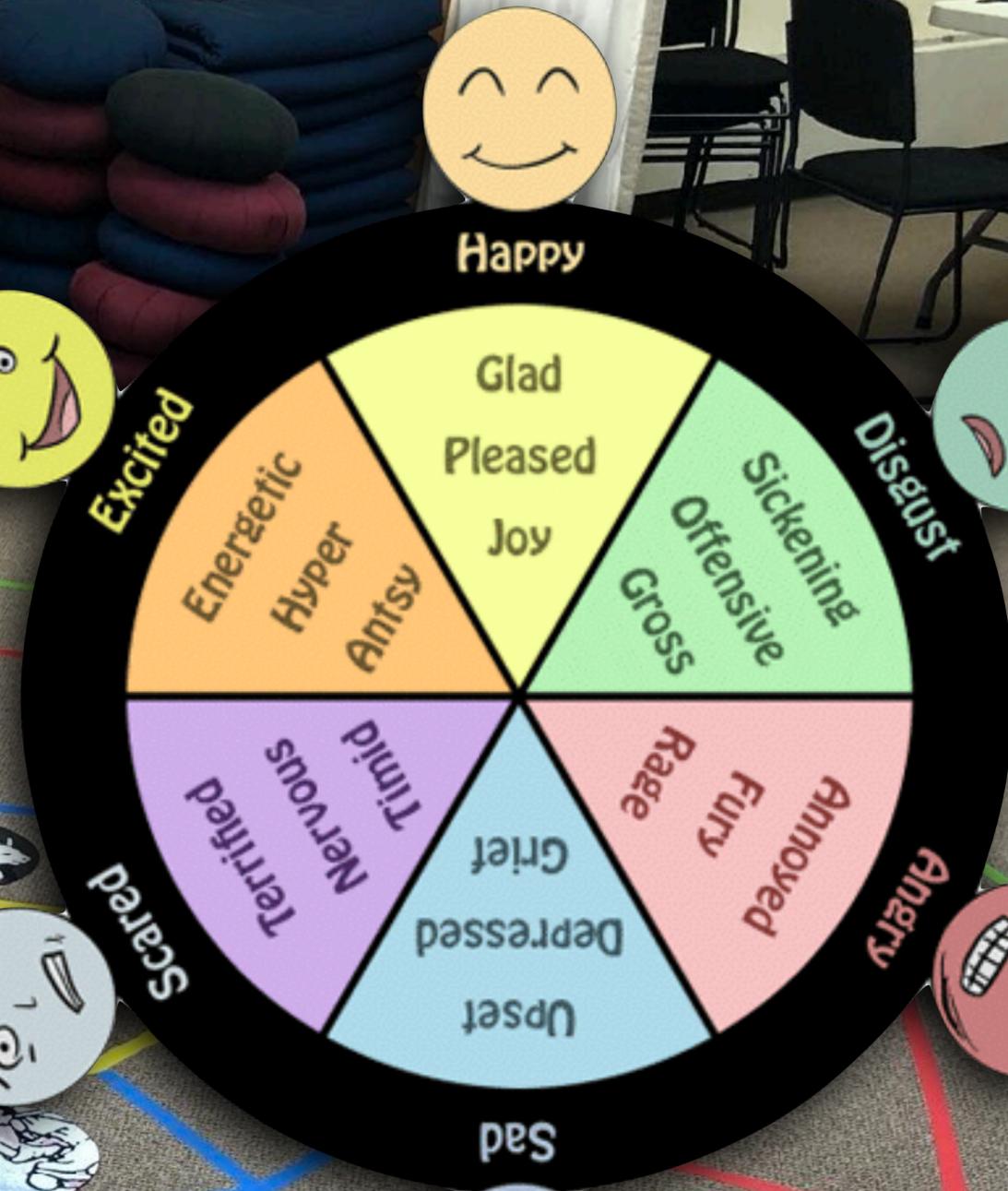
He wasn't bothered by (...)

He let that (...) just float on by.

Sing along!

Here's the song on YouTube:
https://www.youtube.com/watch?v=PhMm1WffKR0&list=OLAK5uy_m-7fiULXcxiA7Hsu9x6IOMzvitVqKJxSs&index=2

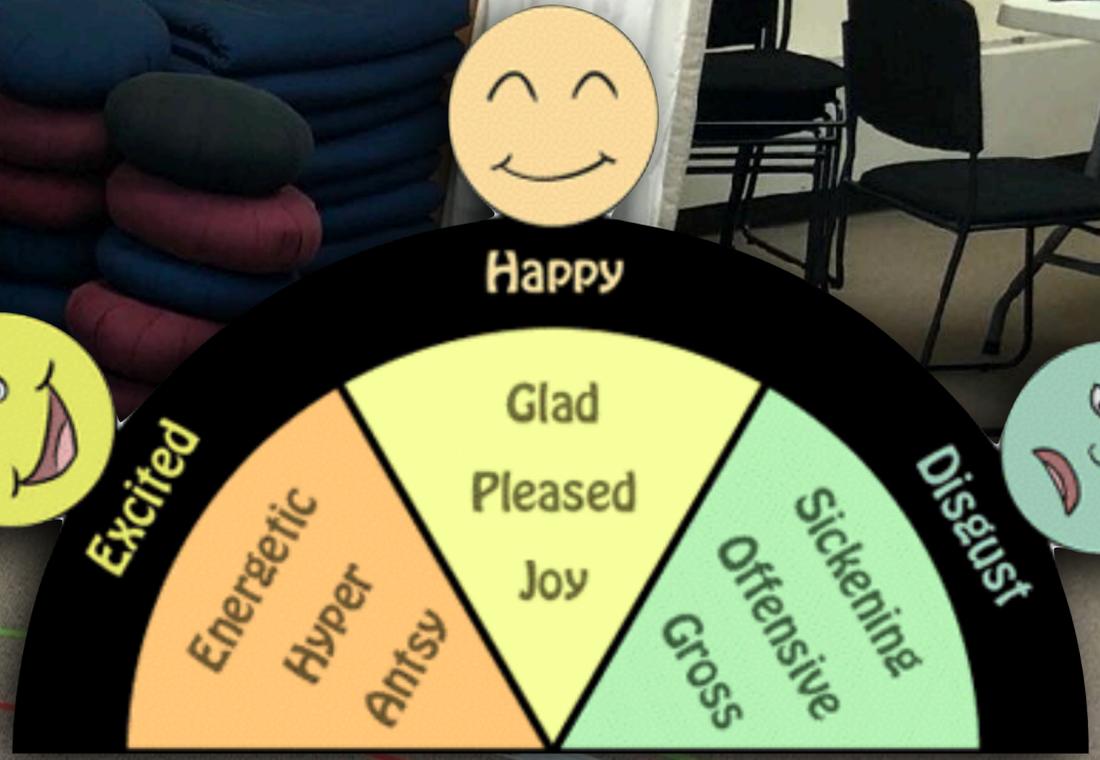
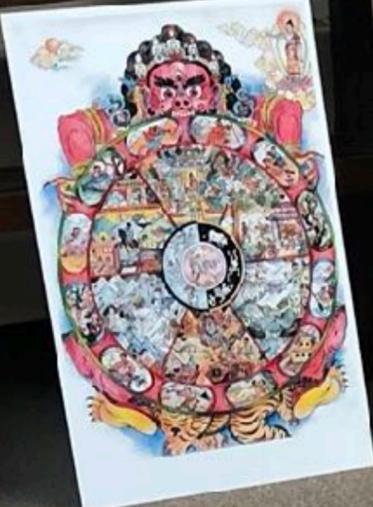
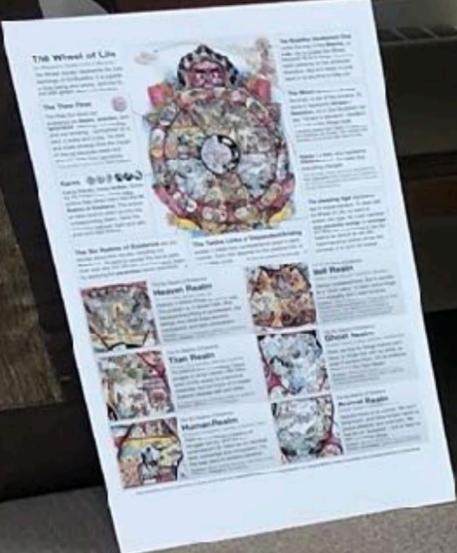
Emotions Check Out



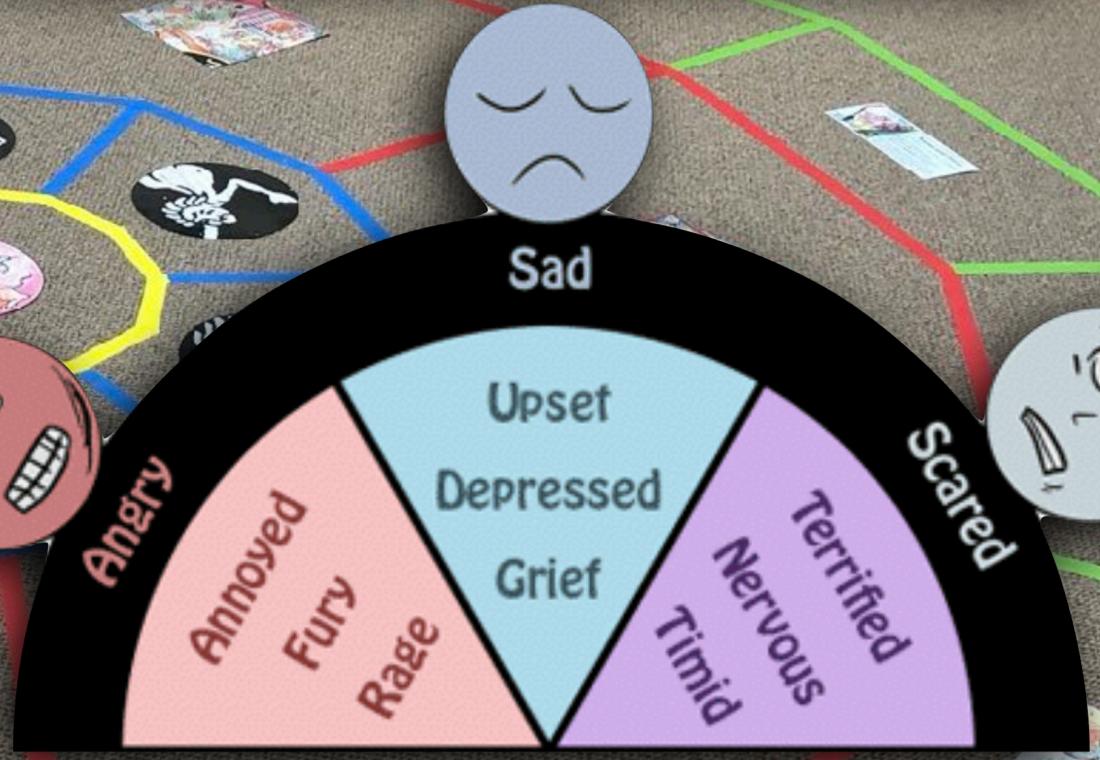
How are you feeling?

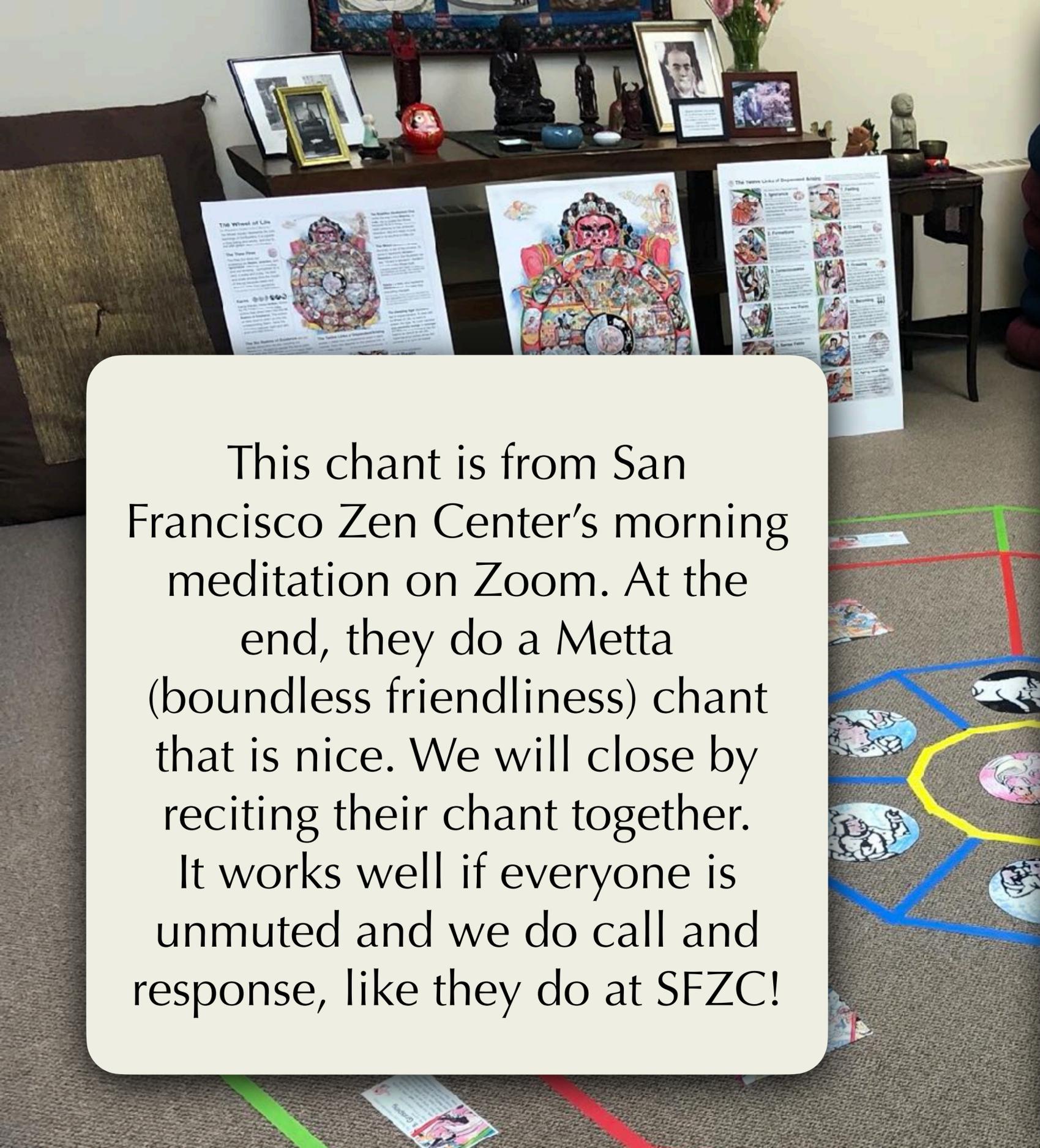
Choose an emotion word from this chart, or one of your own.

Emotions Check Out



How are you feeling?
Choose an emotion word from this chart, or one of your own.





This chant is from San Francisco Zen Center's morning meditation on Zoom. At the end, they do a Metta (boundless friendliness) chant that is nice. We will close by reciting their chant together. It works well if everyone is unmuted and we do call and response, like they do at SFZC!

Metta Chant (Boundless Friendliness)

May all beings be free and safe from harm.

May all beings be happy and fulfilled.

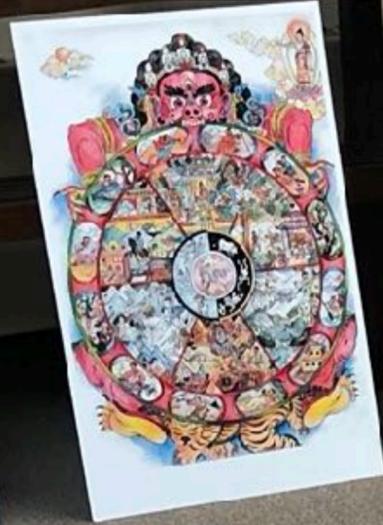
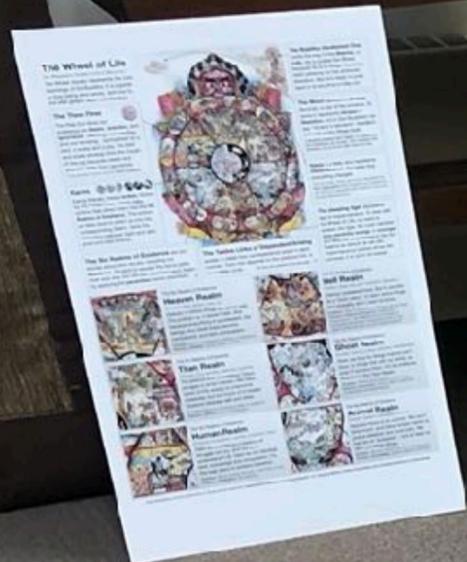
May all beings be healthy and strong.

May all beings have ease and joy in their lives.

May all beings be free from suffering.

**Goodbye!
Have a great day!
Take care!
Farewell!
Until next time!**





Youth Practice Live #9: “Humans and Animals”

Adults:

Kikan Mike Howard

Leslie Stoy

Children:

August

Nicolai

Fiona

Ronan

Logan

Neo

Attie

Remy

Story: “Responsibility”

Text adapted from “Jataka Tales: Fables from the Buddha” edited by Nancy DeRoin

Cat Temple

<https://www.boredpanda.com/cat-temple-cafe-nekojizo-japan/>

<https://www.instagram.com/nekojizo/>

<https://twitter.com/osamutabuchi>

<https://diplay.com/98866/japans-meow-meow-shrine-is-full-of-adorable-cat-monks>

PreviewPreview2:20The temple of cats Gotanjoji Fukui Japan

more: <https://livejapan.com/en/in-tokyo/in-pref-tokyo/in-shimokitazawa/article-a0001417/>

Temples and Monkeys

Ryogen-in, a sub-temple of Daitoku-ji: <http://kyoto.asanoxn.com/places/murasakino/ryogenin.htm#photos>

Arashiyama Monkey Park

<https://www.travelcaffeine.com/2-day-kyoto-japan-fall-colors-itinerary/>

<https://www.agoda.com/travel-guides/japan/kyoto/exploring-arashiyama-guide-to-kyotos-bamboo-forest-monkey-park?cid=1844104>

<http://kansai-odyssey.com/arashiyama-monkey-park-wild-monkeys-in-kyoto/>

[zen temple garden kyoto](#)

[Ryogin-tei](#)

<https://www.youtube.com/watch?v=sek7JKIMSTY>

<https://pagesoftravel.org/monkey-park-iwatayama/>

<https://thebarefootbackpackers.com/monkey-park-iwatayama-kyoto-japan/>

<https://www.travelcaffeine.com/1-day-western-kyoto-itinerary/>

