

# TEACHINGS

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Teisho; It is difficult to translate this word adequately into English, and various English attempts have been made — "sermon," "lecture," and so forth— with greater and lesser success. Teisho is really a demonstration of Zen, usually— but not always— offered in the format of a talk. At HVZC, teisho is offered daily during regular sesshin, and occasionally outside of sesshin when Mitra-sensei is in residence here. If you would like to order a CD please download the [CD Order Form](#).

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All CD's are \$7.00 U.S.each

| ORDER #    | TITLE                                      | ORDER #  | TITLE                            |
|------------|--|----------|----------------------------------|
| 10JAND4    | Freedom In the Midst of Pain               | T07SEP24 | Rumi & Sheikh Kharraqani (day 3) |
| 10JAND3    | Filtered Perceptions— What IS the Truth    | T07AUG26 | Layman P'ang                     |
| 10JAND2    | From Zen Baggage I                         | T07AUG24 | Diamond Sutra VI                 |
| 10JAND1    | Mindfulness & Discernment                  | T07AUG23 | Diamond Sutra V                  |
| 09NOVD2    | The Bodhisattva Vows & the Long Maturation | T07AUG22 | Diamond Sutra IV                 |
| 09NOVD1    | So What Happens When We Die?               | T07AUG21 | Diamond Sutra III                |
| 09OCTD7    | Working with Suffering                     | T07AUG20 | Diamond Sutra II                 |
| 09OCTD6    | The Work of Awareness                      | T07AUG18 | Awakened Mind                    |
| 09OCTD5    | So What?                                   | T07MAY13 | Letting Go the Thought-Stream    |
| 09OCTD4    | Things As They Are                         | T07APR22 | Violence and Negative Meditation |
| 09OCTD3    | Life Fellow and Dukkha                     | T07APR13 | The Teachings of Yuanwu II       |
| 09OCTD2    | On Becoming Enlightened                    | T07APR12 | The Teachings of Yuanwu I        |
| 09OCTD1    | Kwan Yin, the Nobel Elephant and the Truth | T07APR11 | The Self-Perfected State         |
| T09OCT04   | Hakuin's Teachings on Committed Practice   | T07APR10 | Mind of Luminous Emptiness       |
| T09AUG16   | Hakuin & Koan Work                         | T07APR09 | No Sickness                      |
| T09AUG14D7 | Platform Sutra VII                         | T07APR08 | This Life Essence                |
| T09AUG13D6 | Platform Sutra VI                          | T07APR07 | Thoughts, Ideas, Illusion        |
| T09AUG12D5 | Platform Sutra V                           | T07APR01 | The Original Face                |
| T09AUG11D4 | Platform Sutra IV                          | T07MAR31 | How to Come to Awakening         |
| T09AUG10D3 | Platform Sutra III                         | T07MAR23 | Understanding Mind               |
| T09AUG09D2 | Platform Sutra II                          | T07MAR22 | Obaku's Teachings Expanded       |

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| T09AUG08D1  | Red Pine & The Platform Sutra                  | T07MAR18 | Obaku & Discursive Thought                               |
| T09JUL26    | Daito Kokushi's Teisho to the Empress Hanazono | T07MAR17 | The Teachings of Obaku                                   |
| T09JUL25    | Abiding Nowhere, Awakened Mind Arises          | T07MAR11 | Reality?+Q&A (teisho after Full-day Workshop)            |
| T0912APR    | Huang Po and Resurrection                      | T07MAR04 | Bringing the Mind to Ease                                |
| T0903APRD7  | Autobiography of Xu Yun IV                     | T07MAR03 | Practice and the Ground of Being                         |
| T0902APRD6  | Autobiography of Xu Yun III                    | T07JAN23 | Bohidharma's Anthology "The Two Entrances"               |
| T0901APRD5  | Autobiography of Xu Yun II                     | T07JAN12 | Teachings of Shitou Xiqian                               |
| T0931MARD4  | Autobiography of Xu Yun I                      | T07JAN11 | Investigating Reality                                    |
| T0930MARD3  | Xu Yun Etc.                                    | T07JAN10 | Renunciation   |
| T0929MARD2  | Rinzai, Yi-ch'ao & Master Xu Yun               | T07JAN09 | That Tiny Little Gap                                     |
| T0928MARD1  | The Record of Linji                            | T07JAN07 | Limitations  |
| T0921MARD5  | Zen & the Way of Tea                           | T07JAN06 | The Dream  |
| T0920MARD4  | Master Boshan                                  | T06DEC07 | Reaching Deeper  |
| T0919MARD3  | An Experience of Enlightenment                 | T06DEC05 | Hakuin II  |
| T0918MARD2  | Death?   | T06DEC04 | Hakuin   |
| T0917MARD1  | Sickness?                                      | T06DEC03 | Dialogue w/Bodhisattva Infinite Wisdom III               |
| T0908FEBD2  | Hsu Yun's Teachings                            | T06DEC02 | Dialogue w/Bodhisattva Infinite Wisdom II                |
| T0907FEBD1  | Letting Go & How to Do It                      | T06DEC01 | Dialogue w/Bodhisattva Infinite Wisdom I                 |
| T0919JAND4  | Senjo and Her Soul Are Separated               | T06NOV24 | Discourse on Ready Eloquence                             |
| T0918JAND3  | Sound of the Bell and the 7-Piece Robe         | T06NOV22 | Demonstration of the Inconceivable State of Buddhahood 3 |
| T0917JAND2  | Hyakujo and the Fox                            | T06NOV21 | Demonstration of the Inconceivable State of Buddhahood 2 |
| T0916JAND1  | Mumonkan Introduction                          | T06NOV20 | Demonstration of the Inconceivable State of Buddhahood 1 |
| Rohatsu08D7 | 10 Oxherding Pictures 9-10                     | T06NOV19 | Reaching the Point of Oneness (incomplete recording)     |
| Rohatsu08D6 | 10 Oxherding Pictures 7-8                      | T06NOV18 | Becoming One with Life                                   |
| Rohatsu08D5 | 10 Oxherding Pictures 5-6                      | T06NOV05 | Even Fire is Cool  |
| Rohatsu08D4 | 10 Oxherding Pictures 3-4                      | T06NOV04 | Bamboo Shadows Sweep                                     |
| Rohatsu08D3 | 10 Oxherding Pictures 1-2                      | T06AUG26 | The Teachings of the 6th Patriarch 5                     |
| Rohatsu08D2 | 10 Oxherding Pictures Intro 2                  | T06AUG25 | Death & Dying  |
| Rohatsu08D1 | 10 Oxherding Pictures Intro                    | T06AUG24 | The Teachings of the 6th Patriarch 4                     |

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| T0808NOVD2 | Self-Liberation Through Seeing w/Naked Awareness cont. | T06AUG23 | The Teachings of the 6th Patriarch 3 |
| T0808NOVD1 | Self-Liberation Through Seeing w/Naked Awareness       | T06AUG22 | The Teachings of the 6th Patriarch 2 |
| T0801AUGD7 | Eight Great Awakenings Sutra 2                         | T06AUG21 | The Teachings of the 6th Patriarch 1 |
| T0831JULD6 | Eight Great Awakenings Sutra 1                         | T06JUL03 | Shido Munan-zenji                    |
| T0830JULD5 | Bodhidharma's Outline of Practice                      | T06APR23 | Huang Po & Concepts                  |
| T0828JULD3 | Shumon Anjin Sho 3                                     | T06APR11 | The Bardo of Luminosity              |
| T0827JULD2 | HVZC Shumon Anjin Sho 2                                | T06APR10 | The Bardo of Dying                   |
| T0826JULD1 | HVZC Shomon Anjin Sho 1                                | T06APR09 | Mirror of Mindfulness                |
| T0812JULD7 | Poetry of Chinese Masters, Male & Female               | T06APR08 | Muso Soseki                          |
| T0811JULD6 | The Poems of Women Ancestors                           | T06MAR18 | Milarepa's Hut                       |
| T0810JULD5 | Chinul on Cultivating the Mind                         | T06MAR10 | Dark Night                           |
| T0809JULD4 | The Awakening of Chiyono                               | T06MAR08 | Life of Milarepa                     |
| T0808JULD3 | Makyo & Other Hindrances to Practice                   | T06MAR05 | Working on Koans                     |
| T0807JULD2 | Long Maturation + DT Suzuki                            | T06FEB12 | Two Experiences                      |
| T0806JULD1 | Daiun-roshi's Training                                 | T06FEB11 | Zen Practice                         |
| T08JUN29   | Talk, Thought and Silence                              | T06JAN22 | Koans, Blue Rock #12                 |
| T08JUN28   | Finding True Liberation, or What IS Zen Practice?      | T06JAN21 | Bankei Yotaku, part 2                |
| T08APRD7   | Every Day Is a Good Day                                | T06JAN20 | Bankei Yotaku, part 1                |
| T08APRD4   | Blue Cliff #22, The Turtle-nosed Snake                 | T06JAN13 | Various Sayings                      |
| T08APRD3   | Inexhaustible Lamp II                                  | T06JAN12 | Ajahn Chah                           |
| T08APRD2   | Inexhaustible Lamp Preface                             | T06JAN11 | Bankei and Practice                  |
| T08APRD1   | Tension in Practice                                    | T06JAN10 | Sheng Yen                            |
| T08MARD4   | More About Chanting                                    | T05NOV22 | Ajahn Chah, About This Mind          |
| T08MARD3   | About Chanting   | T05OCT22 | Daily Life as Spiritual Exercise     |
| T08MARD1   | The Basis of Zazen                                     | T05AUG11 | Hua Hu Ching 7                       |
| T08MAR08   | The Bodhisattva Precepts (Post-Sesshin Workshop)       | T05AUG10 | Hua Hu Ching 6                       |
| T08FEB10   | Three Pounds of Flax and a Shit Stick                  | T05AUG09 | Hua Hu Ching 5                       |
| T08FEB09   | Affirming Faith in Mind                                | T05AUG08 | Hua Hu Ching 4                       |
| T08JAND4   | Ikkyu's Enlightenment                                  | T05AUG07 | Hua Hu Ching 3                       |
| T08JAND2   | Ignorance, Delusion, Liberation                        | T05AUG06 | Hua Hu Ching 2                       |
| T08JAND1   | The Treasury of Mahayana Sutras                        | T05AUG05 | Hua Hu Ching 1                       |

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|-------------|--|----------|--|
| Rohatsu07D7 | Hakuin's Teachings & Last Days           | T05JUL10 | Master Hakuin's Chant in Praise of Zazen |
| Rohatsu07D6 | Hakuin's Difficult Training              | T05JUL09 | Preliminary Practice                     |
| Rohatsu07D5 | Hakuin's Awakening and Further Training  | T05MAY05 | Death of Kapleau-roshi                   |
| Rohatsu07D4 | A Discouraged Hakuin                     | T05MAR19 | Climates of the Mind                     |
| Rohatsu07D3 | Hakuin's Letter to a Sick Monk           | T05JAN30 | Stages of Practice                       |
| Rohatsu07D2 | Hakuin's Orategama I                     | T05JAN29 | Huang Po (Obaku)                         |
| HVZCD2Nov07 | The Life and Teachings of Rinzai         | T05JAN28 | Unexpected Death                         |
| HVZCD1Nov07 | Obaku's Life and Teachings               | T04NOV11 | The Bodhisattva Vows                     |
| T07NOVD7    | Along the Road to the End of Suffering   | T04OCT10 | The Paramitas                            |
| T07NOVD6    | The Arbitrary Nature of Perception       | T04JUL23 | Sutra of Complete Enlightenment 7        |
| T07NOVD5    | Perplexity                               | T04JUL22 | Sutra of Complete Enlightenment 6        |
| T07NOVD4    | Don't Turn Away                          | T04JUL21 | Sutra of Complete Enlightenment 5        |
| T07NOVD3    | True Awareness                           | T04JUL20 | Sutra of Complete Enlightenment 4        |
| T07NOVD2    | The Rubais of Rumi II                    | T04JUL19 | Sutra of Complete Enlightenment 3        |
| T07NOVD1    | The Rubais of Rumi                       | T04JUL18 | Sutra of Complete Enlightenment 2        |
| T07OCT07    | Mumonkan 26: Two Monks Roll Up the Blind | T04JUL17 | Sutra of Complete Enlightenment 1        |
| T07SEP28    | Teaching Stories of Rumi IV (day 7)      | T04MAR27 | Infinite Life                            |
| T07SEP27    | Teaching Stories of Rumi III (day 6)     | T04FEB23 | Is Enlightenment Possible?               |
| T07SEP25    | Teaching Stories of Rumi (day 4)         | T04FEB22 | Blown by the Wind                        |

## Chanting CD

Chanting conducted during sesshin morning and afternoon with an introduction by Mitra Bishop, Sensei

C-1\_\_Chanting CD

**Metta Meditation CDs. Please note that these are NOT teishos. They are guided Loving Kindness meditation.**

M-1\_\_Metta Meditation #1 (5 levels)

M-1\_\_Metta Meditation #2 (6 levels)

M-1\_\_Metta Meditation #3

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