

SELF-DIRECTED SUMMER INTERNSHIP OPPORTUNITY AT A ZEN MONASTERY May-August, 2017

Description: Dai Bosatsu Zendo, an American Rinzai Zen monastery on 1,400 beautiful acres in the Catskill Mountains of New York State, is offering unpaid self-directed summer internship opportunities in support of its Open Space Program. Open Space includes guest teachers and practitioners of yoga, shakuhachi (Japanese flute), reiki, and other wellness-oriented groups.

Interns will join residents in the morning work period preparing guest rooms, temple cleaning, laundry, helping with vegetarian meals in the monastery's professional kitchen, working in the monastery's organic garden, maintaining grounds and trails, and tasks related to special skills interns may have. Through such work, students gain valuable experience in contemplative life, hospitality for guest groups, Japanese etiquette and culture, organic gardening and sustainability. On Tuesday, Wednesday and Thursday afternoons, interns may pursue their independent studies in such areas as identifying rare plants, animals, and birds on the mountain and around the lake; taking note on the garden and the kitchen; studying the sacred art collection at DBZ; and practicing calligraphy.

Dai Bosatsu Zendo is a magical place in every season, but during the summer it is particularly special. The fragrance of flowers, the sparkling lake, the songs of rare birds, rain, and thunder, the warm sun and cool breezes are profoundly refreshing to the spirit. A joyous community forms from old-timers and those new to the monastery and the practice here.

Expectations: Zen practice is a way of bringing clarity to one's life circumstances and focusing the mind; it provides a way of investigating our most vital questions, so that our most important decisions can be informed by our intentions to live a life that is meaningful for ourselves and others. Time management, stress reduction, good work habits, and increased intuitive awareness evolve from this kind of intensive immersion, and provide life-long benefits. Therefore, interns are encouraged to participate in all aspects of daily practice, including morning and evening meditation, chanting, and work periods. They are expected to engage fully and responsibly, be willing to learn, and comply with monastery rules of conduct.

Duration: For a minimum of three weeks to three months, from late May/early June through August. Start/end dates are flexible. Although the internships are unpaid, depending on the university or college internship program, academic credit may be available.

Eligibility: Full-time students majoring in religion, Asian studies, environmental science, forestry, biodiversity, geology, creative writing, food studies, nutrition, health policy, hospitality management, public health, exercise science, education, and related fields. Preference will be given to those going into their junior and senior years, as well as to recent graduates.

Requirements: A cover letter stating the applicant's interest in the internship, intention, and motivation. He or she should submit a resume that includes relevant coursework, related experience, volunteer work, and awards. Names, positions, and contact information for two or more academic and personal references should also be included. Once the applicant contacts DBZ a residential application will be sent.

Deadline: Friday, April 28, 2017

Selection Process: Applicants will be chosen based on the DBZ residential application, their resumes and cover letters, relevant coursework, professional and academic references, areas of interest, a residential application and a phone interview. If selected, prospective interns will receive a brief reading list of books that offer a good introduction to Zen practice, as well as a packet of orientation documents. Interns should begin (or continue) a daily meditation practice, and plan to keep a daily journal of reflections and research. They are welcome to attend a Samu Weekend (volunteer work, next one May 21-23).

Please send application information to: office@daibosatsu.org or by post to Internship Program, Dai Bosatsu Zendo, 223 Beecher Lake Road, Livingston Manor, NY 12758.

Summer Interim Schedule

All residents including interns participate in our daily schedule, which is modified according to events and groups being hosted:

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| 5:30 am | Wake-up |
| 6:00 | Chanting; zazen (silent meditation lasting 40 – 50 minutes) |
| 7:00 | Formal Breakfast (in silence, using bowls and chopsticks in a structured manner) |
| 7:30 | Morning meeting |
| 8:15 | Temple cleaning |
| 9:00 | Group work projects (assigned) |
| 12:30 noon | Zazen |
| 1:00 pm | Formal Lunch; cleanup |
| 2:30 (T-Th) | Individual internship/independent study work projects; journal writing |
| 2:30 (F-Sun) | Group work projects (assigned) |
| 4:15 | Yoga and other movement practices (Tai Chi/Qigong) |
| 5:00 | Unstructured supper and personal time |
| 6:00 | Chanting; zazen; walking meditation; zazen |
| 7:30 | Closing; quiet personal time |

Please visit us online at www.daibosatsu.org. Email us at office@daibosatsu.org or call (439) 845-4566.