

## Field Trip to Dai Bosatsu Zendo, Kongo-Ji

### Objective:

This special assignment requires a day of travel with the class. We will head to Dai Bosatsu Zendo, Kongo-Ji, to participate in Zen meditation at an actual temple.

### Instructions:

This trip will cost each student \$10 for transportation and meal fees. We will depart from campus at the Ramvan station at 9:00 AM on Monday, December 2, 2024.

If you cannot attend this trip, please email me, and we will discuss alternative ways to experience the temple.

I expect a two-page paper reflecting on our trip, which is due the Monday after our visit.

Below are some recommended sources to watch before the trip:

 [Zen Practice at Dai Bosatsu Zendo](#)

### Itinerary:

1. Arrive at Ramvan station at 8:30 AM
2. Arrive at the temple at noon
3. Temple tour
4. Help with cleaning the temple
5. Eat dinner with the monks
6. Meditate
7. Get on the road by 5:30 PM
8. Return to campus 8:00 PM

### Reflection Essay:

Write a reflection essay (1000 words) on your experience. Make sure to address the following points:

1. What type of meditation did we do?
2. How did the atmosphere impact your meditation experience?
3. Was cleaning meditative?
4. Did you notice anything about the food?
5. How does the practice (temples, tradition etc) of Zen Buddhism differ from Mahayana and Theravada? Compare this experience to your meditation experience earlier this year.