

## About the Author.

---

Born in England in 1924, Reverend Master P.T.N.H. Jiyu-Kennett became a Buddhist at an early age, studying Theravada Buddhism. She was later introduced to Rinzaï Zen Buddhism by D.T. Suzuki in London, where she held membership in, and lectured at, the London Buddhist Society. She studied at Trinity College of Music, London, and Durham University, and pursued a career as a professional musician before meeting her future master, the Very Reverend Keidō Chisan Kohō Zenji.

Rev. Master Jiyu-Kennett began her priest training in 1962, with her ordination into the Chinese Buddhist Sangha in Malaysia by the Very Reverend Seck Kim Seng, Archbishop of Malacca. She then continued her training in Japan under Kohō Zenji, who was then Chief Abbot of Dai Hon Zan Sōjiji, one of the two head temples of Sōtō Zen Buddhism in Japan. In 1963 she received Dharma Transmission from him and was later certified by him as a Rōshi (Zen Master). She held several positions during her years in Japan including that of Foreign Guestmaster of Dai Hon Zan Sōjiji and Abbess of her own temple in Mie Prefecture.

It had always been Kohō Zenji's sincere wish that Sōtō Zen Buddhism be successfully transmitted to the West by a Westerner. He worked very hard to make it possible for Rev. Master Jiyu-Kennett to train in Japan and, after his death, she left Japan in order to carry out this task. In November 1969, Rev. Master Jiyu-Kennett came to San Francisco on a lecture

tour, and as her following of disciples grew rapidly, the Zen Mission Society was founded and moved to Mount Shasta, where Shasta Abbey was founded in November 1970. The Zen Mission Society was reorganized as The Order of Buddhist Contemplatives in 1978.

Rev. Master Jiyu-Kennett served twenty-six years as Abbess and spiritual director of Shasta Abbey, ordaining and teaching monks and laypeople. She founded Throssel Hole Buddhist Abbey in England in 1972 and was Head of the Order of Buddhist Contemplatives. Her written legacy as a Zen Master includes the books *Zen is Eternal Life*; *How to Grow a Lotus Blossom*; *The Wild, White Goose*; *The Book of Life* and *The Liturgy of the Order of Buddhist Contemplatives for the Laity*. *The Roar of the Tigress*, a collection of her edited lectures, was published after her death. She died on November 6, 1996.

## About the Order of Buddhist Contemplatives.

---

The Order of Buddhist Contemplatives is a religious order practicing Serene Reflection Meditation (J. Sōtō Zen) as transmitted from The Very Reverend Keidō Chisan Kohō Zenji, Abbot of Dai Hon Zan Sōjiji in Yokohama, Japan, to Reverend Master P.T.N.H. Jiyu-Kennett. Rev. Master Jiyu-Kennett returned to the West in 1969, establishing Shasta Abbey in 1970 and Throssel Hole Buddhist Abbey in northern England in 1972. She founded the Order of Buddhist Contemplatives in 1978, serving as Head of the Order until her death in 1996. There are currently temples and meditation groups of the Order located in various places throughout Europe and North America. The daily practice of Buddhism which occurs at these temples and meditation groups uses Western forms and languages. The Order has male and female monks and lay ministers; women and men have equal status and train together. In our Order, the monastics are referred to as both monks and priests, and they follow the traditional Mahayana Buddhist monastic precepts, including being celibate and vegetarian. Lay ministers are householders who have long experience and deep commitment to the practice of this religious tradition, who serve in a wide variety of roles. The Head of the Order is Rev. Master Daizui MacPhillamy. The Order publishes *The Journal of the Order of Buddhist Contemplatives* quarterly.

For more information about the Order, and the location of its temples and meditation groups, please visit our website: [www.obcon.org](http://www.obcon.org).

## About the Monasteries of the Order.

---

### *Shasta Abbey.*

Shasta Abbey, located on sixteen forested acres near the city of Mount Shasta in northern California, is a seminary for the Buddhist priesthood and training monastery for both lay and monastic Buddhists and visitors. It was established in 1970 by Rev. Master P.T.N.H. Jiyu-Kennett, who was Abbess and spiritual director until her death in 1996. Buddhist training at Shasta Abbey is based on the practice of Serene Reflection Meditation and the keeping of the Buddhist Precepts. The monastery is home to twenty-five to thirty ordained male and female monks and its Abbot is Rev. Master Ekō Little, a senior disciple of Rev. Master Jiyu-Kennett.

Guests and visitors follow a schedule that is similar to that of the monastic community, providing a balance of sitting meditation, work, ceremonial, and instruction in Buddhism. The schedule allows the mind of meditation to be cultivated and maintained throughout all aspects of daily life. Retreat guests stay at the Abbey's guest house, which accommodates about forty people. All meals are vegetarian and are prepared in the Abbey kitchen. A stay at Shasta Abbey allows visitors to set aside their usual daily concerns so that they may participate wholeheartedly in the spiritual life of the monastery.

In addition to its monastic and lay training programs, Shasta Abbey publishes books through Shasta Abbey Press. For more information, call or write Shasta Abbey, 3724 Summit Drive,

Mt. Shasta, California, 96067-9102; phone: (530) 926-4208; fax: (530) 926-0428; website: [www.shastaabbey.org](http://www.shastaabbey.org); email: [shastaabbey@shastaabbey.org](mailto:shastaabbey@shastaabbey.org).

*Throssel Hole Buddhist Abbey.*

Throssel Hole Buddhist Abbey is situated in a quiet valley in the north of England. It was founded in 1972 by Rev. Master P.T.N.H. Jiyu-Kennett as Throssel Hole Priory, and over the years has become a monastery and seminary for training priests of the Order, as well as a retreat and training center for a large European congregation. Its Abbot is Rev. Master Daishin Morgan, a senior disciple of Rev. Master Jiyu-Kennett.

The Abbey offers for lay guests a full and varied program to which all are warmly invited. Experienced senior priests teach both meditation and how to use the Buddhist Precepts in establishing a daily practice. Through these means one can find the Truth, or Buddha Nature, at the heart of oneself and all beings. Training shows how to let go of the clinging that causes suffering, thus allowing this inner compassion and wisdom to enrich our lives. Guests meditate in the bright and spacious ceremony hall, and sleep there at night, dormitory-style, with complete privacy between men and women maintained. A large dining hall includes a small library and common room area for guests. By following the monastery's daily schedule, guests experience how it is that all activities of life—working, relaxing, reading, eating, and sleeping—have true spiritual depth and value. For more information, call or write Throssel Hole Buddhist Abbey, Carrshield, Hexham, Northumberland NE47 8AL, United Kingdom; phone: +44 (0) 1434 345204; fax: +44 (0) 1434 345216; website: [www.throssel.org.uk](http://www.throssel.org.uk).









