

Tuyết Sơn Thiên Tự  
Mt Adams Zen Buddhist Temple

雪山禪寺

and Plum Mountain Buddhist Community

January 2015 Newsletter



May we all have a happy and peaceful New Year - the Year of the Goat



Mt Adams Zen Buddhist Temple is now on Facebook. Want to become a friend?

Dear Dharma Friends

May the infinite light of wisdom and compassion so shine within us that the errors and vanities of self will be dispelled; so shall we come to understand the changing nature of existence and awaken into spiritual peace. May 2014 be filled with health, happiness, love, and prosperity for us all. May all beings find peace,  
Ven. Kozen

**Meditation Intensives**

Throughout 2015 we will have a full day of meditation or a multi-day retreat every month. During these times we'll have sitting, walking, and guided meditation along with a vegetarian lunch (or meals for the longer retreats). These intensives are a good way to focus on our personal meditation practice and to join with others who are also seeking peace. *"Meditation is a solitary practice done well with others"*. For more information please see our website: [www.mtadamszen.org](http://www.mtadamszen.org). We ask for a \$30.00 donation for the 1-day meditation intensives, but we'd rather have *you* than your money, so don't let financial concerns stop you from attending. The longer retreats are live-in and vary in costs; please see our website.

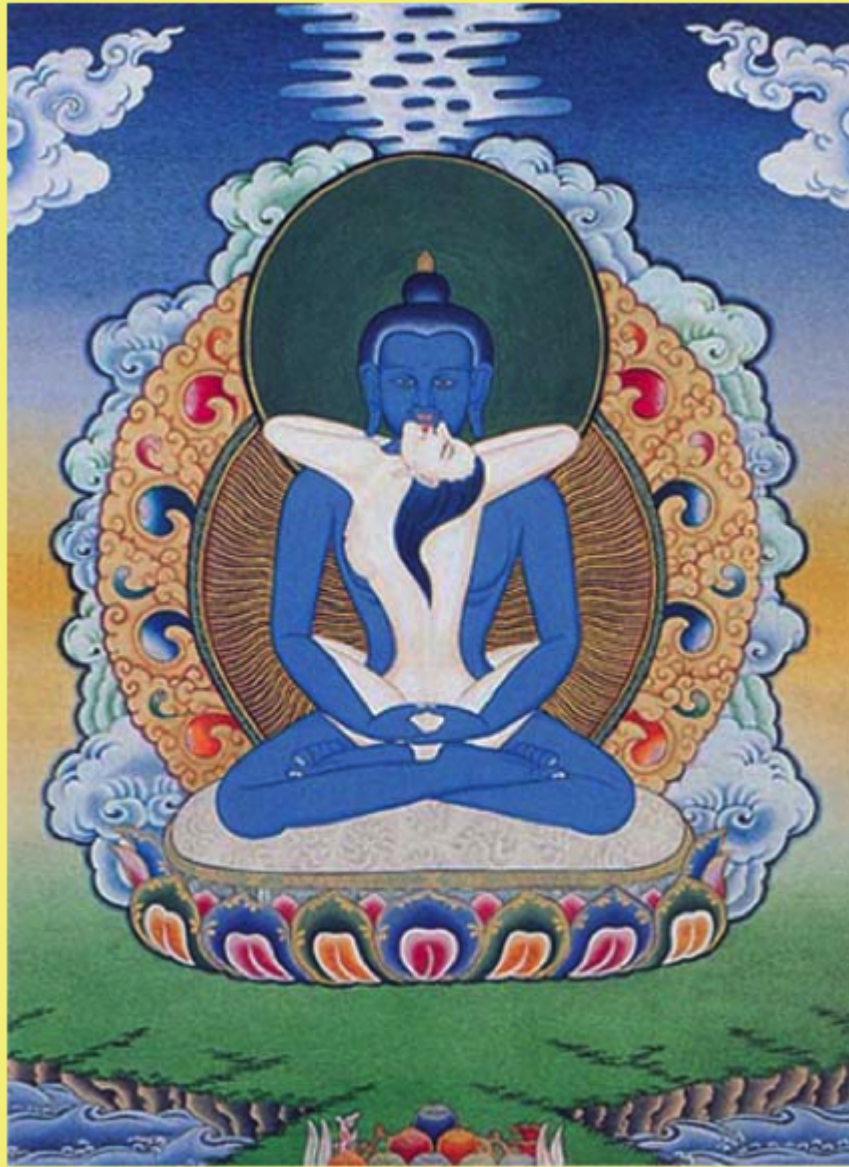
Samantabhadra Bodhisattva - Phổ Hiền Bồ Tát



In the *Āvatamsaka-sutra* (*Flower Garland Sutra*, *Flower Adornment Sutra*, or *Flower Ornament Scripture*), the Buddha states that Samantabhadra Bodhisattva made ten great vows in his path to full Buddhahood:

- To pay homage and respect to all Buddhas.
- To praise the Thus Come One-Tathagata.[2]
- To make abundant offerings. (i.e. give generously)
- To repent misdeeds and evil karmas.
- To rejoice in others' merits and virtues.
- To request the Buddhas to continue teaching.
- To request the Buddhas to remain in the world.
- To follow the teachings of the Buddhas at all times.
- To accommodate and benefit all living beings.
- To transfer all merits and virtues to benefit all beings.

The ten vows have become a common practice in East Asian Buddhism, particularly the tenth vow, with many Buddhists traditionally dedicating their merit and good works to all beings during Buddhist liturgies.



*While not sexual, he is sometimes seen with his consort representing the union of Wisdom and Compassion.*

### **Atheists' new Ten Commandments**

Lex Bayer, an executive at AirBnB, and John Figdor, a humanist chaplain at Stanford University, delivered their own 10 "non-commandments" in a book they co-wrote: "

*Atheist Heart, Humanist Mind.*" Bayer said the book forced him to clarify and articulate his own beliefs, and he thought others could benefit from doing the same. "A lot of atheists' books are about whether to believe in God or not," he said. "We wanted to consider: OK, so you don't believe in God, what's next? And that's actually a much harder question."

*from: <http://www.cnn.com/2014/12/19/living/atheist-10-commandments/index.html?iref=allsearch>*

1. Be open-minded and be willing to alter your beliefs with new evidence.
2. Strive to understand what is most likely to be true, not to believe what you wish to be true.
3. The scientific method is the most reliable way of understanding the natural world.
4. Every person has the right to control of their body.
5. God is not necessary to be a good person or to live a full and meaningful life.
6. Be mindful of the consequences of all your actions and recognize that you must take responsibility for them.

7. Treat others as you would want them to treat you, and can reasonably expect them to want to be treated. Think about their perspective.

8. We have the responsibility to consider others, including future generations.

9. There is no one right way to live.

10. Leave the world a better place than you found it.

*It appears that folks are looking for a way to express and experience a meaningful and ethical life without religion. Similar to some Vipassana, insight, and mindfulness practices of some of our brothers and sisters who follow a non-religious dharma. Ven. Kozen*



### **Sound Meditation and Manifestation Circle**

**January 15th & February 19th (Thursdays, 2015)  
7pm - 8:30 pm.**

**At Cascade Acupuncture Center, Bamboo Room  
104 5th St, Hood River, OR 97031**

You are invited to start the year out by experiencing the power of sound vibration and clear intention to relax, release and feel renewed. We will tone, meditate, and focus our imagination, increasing the yum capacity for creativity and wellbeing.

All welcome- No experience required- Pre-registration appreciated

Facilitated by Beth Welton-Miller, MS, LMT

For over 30 years, Beth has lived her passion for personal and relationship transformation helping people connect with their core essence. Her professional experience includes teaching workshops and working individually with people using body centered and energetic healing practices.

Reserve a space by e-mail to [beth@vibrant-living.com](mailto:beth@vibrant-living.com) or calling 503-680-5810

Suggested Contribution:  
\$10 - \$20. Payable at time of event.

Other Opportunities:

Beth is available for Intuitive Guidance, Energy Clearing and Balancing sessions at Cascade Wellness on Thursday's.

For more information: [www.vibrant-living.com](http://www.vibrant-living.com)

practicing "laughing  
farmer zen" - living our  
practice, sitting zazen,  
being here - right now!

### Services & Meditation

#### New Winter Schedule

##### Morning Meditation

6:30AM  
Tuesday - Saturday

##### Evening Meditation

6:30 PM  
Thursday - Saturday

##### Morning Services

9AM  
Thursday - Saturday

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Sunday Evening  
meditation at 6:30 pm at  
Trinity Natural  
Medicine  
1808 Belmont Ave,  
Hood River, OR

\*\*\*\*\*

#### 1st Sunday of the month

at Buu-hung Buddhist  
Monastery 17808 NE  
18th St, Vancouver, WA

Tel: (360) 718-6158  
3:30pm - 4:30 pm

### January

4 Buu Hung Monastery  
10 - 11 two day retreat  
21 CRCC Prison Visit

### February

1 Buu Hung  
Monastery  
18 CRCC Prison  
18 New Years celebration  
at Co Lam Pagoda  
(Chinese New Year)

### March

we are still waiting for confirmation for some of these dates.

### JANUARY

Jan 1 **New Year - Gregorian**  
(meditation 12/31 - 1/1 11:30pm - 12:30 am)  
Jan 5 **New Year - Mahayana**

### FEBRUARY

Feb 7 **Parinirvana or Nirvana Day**  
Mahayana Buddhist festival marking the anniversary of Buddha's death.  
Feb 19 **New Year - Lunar -Tet** - the Lunar New Year - 2015 is the year of  
the goat or sheep (green sheep or green wood sheep year)

### MARCH

Mar 7 **Magha Puja Day** (1250 enlightened sages came to Buddha on  
their own to pay him their tribute)

### APRIL

APRIL 1 - MAY 31 **Thich Vinh Minh** in residence

April 4 **New Year - Therevada**

April 11 **Buddha's Birthday** (Thien/ Chan)  
April 22 **Earthday** - Celebration to promote ecology and respect for life on  
the planet as well as to encourage awareness of the growing problems of  
air, water and soil pollution.

### MAY

May 1-3 **Spring Retreat**  
May 9 **Wesak or Buddha day** The most important of the Buddhist  
festivals. It celebrates the Buddha's birthday, and, for some Buddhists,  
also marks his enlightenment and death.

### JUNE

June 13 **Amitabha Buddha Day**

### JULY

Jul 11 **Asala - Dharma Day**  
- The anniversary of the start of Buddha's teaching his first sermon, "The  
Wheel of Truth", after his enlightenment.  
July 25 **Ullambana or "MuaVu Lan"** (Obon) mother's day and ghost days  
celebrated or Aug 28 Ancestors' Day

### AUGUST

Aug 1 **Avalokiteshvara Day** (Quan Te Am/ Kannon)  
Aug 22 **Ksitigarbha Day**

### OCTOBER

Oct 5 **BodhiDharma Day**  
Oct 23-25 **Fall Retreat**

DECEMBER

The Buddha tells us that as we think we become. Let us today commit to thinking in terms of love and kindness towards all

Dec 8 **Bodhi Day**

- some Buddhists celebrate Gautama's attainment of enlightenment under the Bodhi tree at Bodhgaya, India. (meditation 12/7 - 12/8 11:30pm - 12:30 am)

*This is our first draft of the 2015 schedule. We are waiting for 2 other monks to give feedback. The official schedule will be published in February.*

# Meditation and Dharma Talk

## Vancouver WA



**FREE All Welcome!**

When: 3:30 ~ 4:30PM Sunday January 4

Where: 17808 NE 18<sup>th</sup> St. Vanc. WA (Buu Hung Monastery)

Who: Ven. Kozen Sampson (Thich Minh Tinh), is Abbot of  
The Mt. Adams Zen Buddhist Temple ([www.mtadamszen.org](http://www.mtadamszen.org))  
Will lead Meditation and give Dharma talk. He is an  
American Monk in the Vietnamese tradition.

Contact Person: Hue Huong [huehuong7@yahoo.com](mailto:huehuong7@yahoo.com)  
360-718-6158

Akiko Pinard [nihongo1@msn.com](mailto:nihongo1@msn.com)  
360-574-0389

**Is your group part of the Northwest Dharma Association?**

If not, it is time to join! If you are a solitary practitioner or without a sangha you can still offer dana (financial support). They are a clearing house for Buddhist activity in the Northwest and need our support. Read more about the NWDA at <http://www.northwestdharma.org/>



**TUYẾT SƠN THIỀN TỰ + MT ADAMS ZEN BUDDHIST TEMPLE + 雪山禪寺**

PO Box 487, Trout Lake WA 98650 [www.MtAdamsZen.org](http://www.MtAdamsZen.org)  
509.395.2030 (e-mail -put in the @ sign) kozen1 at embarqmail.com

**Plum Mountain  
Buddhist Community  
January 2015 Newsletter**

Weekly Schedule: Daily 6:30 a.m. and 6:30 p.m. Service with short recitation and half hour seated meditation, at 516 W. Cushing in Aberdeen. This is except for Fridays and when Thay Kobai is away from the Harbor. Our regular community (sangha) gathering is Tuesday evenings at Cushing St. 6:30 to 8 p.m. We do some movement and sitting meditation, with plenty of guidance for newcomers. Thay Kobai or a senior student gives a short talk on Buddhist principles followed by Q&A and discussion.

**Events in January**

3 January, Saturday: Celebrate Transit! All who wish may join Thay Kobai in a fare-free bus ride to celebrate the restoration of Saturday bus service. We'll board the #10-B at Thay's place, 516 W. Cushing St., at 9:40 a.m., then transfer to the #20 at Aberdeen Station at 10:00 a.m. We'll ride to Hoquiam, get off and then lounge at Tully's before deciding where else to go. Quinalt? Ocean Shores? Elma? Or just a pleasant day in Hoquiam.

6 January Tuesday: Community Meditation, 6:30 to 8:00 p.m. We do some simple movement and seated meditation, followed by a short talk by Thay Kobai on "Meditation, the Eighth Element of the Eight-Part Map of the Path" and a Q&A. See details above.

4 January, Sunday: Full Moon O

8 January, Thursday: Kobai on Coffee Talk, 9:10 a.m., 1450 AM, 100.5 FM and streaming.

13 January, Tuesday: Community Meditation, 6:30 to 8:00 p.m. We do some simple movement and seated meditation, followed by a short talk by Thay Kobai and a discussion. People of any or no faith are welcome.

20 January, Tuesday: Community Meditation, 6:30 to 8:00 p.m. We do some simple movement and seated meditation, followed by a short talk by Thay Kobai and a Q&A discussion. People of any or no faith are welcome.

20 January, Tuesday New Moon C

27 January, Tuesday: Community Meditation, 6:30 to 8:00 p.m. We do some simple movement and seated meditation, followed by a short talk by Thay Kobai and a Q&A discussion. People of any or no faith are welcome. Check with Thay Kobai if you have questions.

TBA Wednesday in January: Lunch Under the Bridge for Chaplains on the Harbor. We meet at 10:00 a.m. in the kitchen at St. Andrew's Episcopal in Aberdeen. We'll make coffee and do hot water for tea and hot chocolate, then pack the carts and walk (and roll) over to the DOT bridge site to start serving about 11:00 a.m. Thay Kobai will announce to local sangha when date is set.

**Some Dharma:**

My long-time monk friend Santidammo Bhikkhu sent me a box of new books of his for free distribution. The Thai community pays for the printing and distribution of them and I'm very grateful to have them. There are several titles about the life of the Buddha and the Thai Forest monk tradition, including translations of the work of Ajahn Buddhadasa.

In his book called *Meditation is Mind Culture*, Santidammo describes the process of meditation in very unique and simple ways. "Sitting in meditation is making peace." I have always found this to be true. Our practice is about discovering that we need fewer and fewer enemies.

"When we do this mindfulness practice," he continues, "we become more and more familiar with our mind, and in particular learn to recognize the movement of the mind, which we experience as thoughts. No matter what kind of thought comes up, we should say to ourselves: That may be a really important issue in my life, but right now is not the time to think about it. Now I'm practicing meditation."

I know writers and poets who have insisted on having paper and pencil nearby when they are doing seated meditation. I myself have struggled with this. It's as if I might have a crucial insight during meditation that will never come back unless I make it permanent by writing it down. But this is just more grasping, more taking these random movements of the mind as if they were important. But they're often no more than hot flashes. If they are truly momentous, we'll remember them later.

It's very hard for us to face this fact, but our thoughts are rarely important.

/Thay Kobai

Copies of Santidammo Bhikku's titles can be requested through Atammayatarama Buddhist Monastery at [www.atamma.org](http://www.atamma.org).

Our newsletter is now incorporated into Trout Lake Abbey's monthly newsletter. There are photos as well as dharma content on that newsletter. To subscribe, email: [business@tlabbey.com](mailto:business@tlabbey.com).

We are happy to be a member of the Northwest Dharma Association and encourage you to consider joining.

We are also affiliated with Open Gate Zen Center in Olympia. For information on their programs go to [www.boundlessmindzen.org](http://www.boundlessmindzen.org).

*If you do not want to receive this newsletter, please email [info@plummountain.org](mailto:info@plummountain.org)*