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46 Stoller Rd., Trout Lake WA 98650 509.395.2030 [www.Mtadamszen.org](http://www.Mtadamszen.org)

**Tuyết Sơn Thiền Tự**  
**Mt Adams Zen Buddhist Temple**  
雪山禅寺

Dear Ones,

Happy New Year. May all beings be well and happy, may all know love and peace.

Kozen

Winter is here..



**Mt Adams & our front yard**



**Our retreat area is covered in snow**



**A view from the office**

## **Thich Minh Thien's Column**

### **The Second Mindfulness Training - True Happiness**

This month, we move forward in the Mindfulness Trainings that I found in an article from Venerable Thich Nhat Hahn. These Five Mindfulness Trainings are his re-formulation of some of the Buddha's core teachings. This month's column is on what Thich Nhat Hahn describes as the second



training; namely, **"True Happiness"**. Thich Nhat Hahn describes it this way: *"Aware of the suffering caused by exploitation, social injustice, stealing and oppression, I am committed to practicing generosity in my thinking, speaking and acting"*.

This training encourages us to see a connection between our own happiness and suffering, and the happiness and suffering of others. It emphasizes a focus on generosity and understanding, with less of a focus on external conditions that are superficial in nature, such as fame, wealth and material possessions. Indeed, this is not only a recipe for mindful living but also presents a striking vision for global ethics. *"We already have more than enough conditions to be happy..."* said Thich Nhat Hahn in 2009. He was referring to those internal conditions that we can turn to within ourselves in any present moment. His teachings tell us that happiness depends on one's mental attitude and not on external conditions. Echoing the Buddha, who spoke of practicing *"the Way"*, all the Mindfulness Trainings, this one in particular, emphasizes the balance between excess and deficiency within one's life: in working, learning, playing loving and serving. This balance then leads to the goal of personal happiness and ultimately, **"True Happiness"**. It struck me that in his earliest teachings, the Buddha outlined the path for **"True Happiness"** in the *Four Noble Truths* and the *Noble Eightfold Path*. Knowing the Path and living the Path however are distinctly different. Conducting our lives in *Right View, Right Intention, Right Speech, Right Attitude, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration* is the prescription the Buddha gave us for the alleviation of suffering. It stands to reason therefore, that our practice of living mindfully and employing the insight and clarity we experience through meditation, could lead to a level of **"True Happiness"**. As sentient beings, however, our general approach to determining our own happiness, is often polluted by our personal wants and desires and lack of genuine consideration for the happiness of all beings and our planet. Until we can clearly see our own **"True Happiness"** as being inherently intertwined with the **"True Happiness"** of all, individual and societal suffering will continue. May our practices of Metta and Compassion move us in the right direction for a shared **"True Happiness"**. In hope that we may experience **"True Happiness"** let us offer to each other and the world...

May All Be Well....May All Be Happy....May All Know Love....May All Know Peace.

**Namo tassa bhagavato arahato samma sambuddhassa**

## Help Us Build A Temple

**Donate today!**

### **WE ARE BUILDING A TEMPLE**

**and we need your help**

We have started on our plans to build a temple on our 23 acre farm. Our temple proposal has been approved for up to 4000 sq. ft by the Klickitat Planning Commission, now all we need is the money to start building. Please help us by donating to our building fund.

1. Donate directly to the temple (Mt Adams Zen Buddhist Temple PO Box 487, Trout Lake WA 98650

2. you can donate on line at [www.gofundme.com/ywdqkc](http://www.gofundme.com/ywdqkc).

3. Buy on Amazon at <http://smile.amazon.com/ch/30-0468937>

Whenever you order from Amazon.com use this link and your regular passwords and the temple will receive a small amount of the purchase price.



We are a 501(c) 3 organization and donations to the temple may be tax deductible.

We've been here for 8 years. Our retreat area is complete, our gardens are complete, now is the time to start on building a temple. We have been approved for a 4000 square foot structure by the county and we want to raise \$275,000 to build a Dharma Hall. This will be one of the very few Buddhist Temples in our county.

### **Spiritually based healings starting on Tuesday January 10th**

A dear friend, Sylver, will be starting a new program at the Abbey. He will be here once a week to help with Spiritually Based Healing.

He is a retired Chiropractor who has been on a journey of spirit and awareness for some time and is willing to share his healing energy with others.

He is doing this by donation (suggested minimum is \$20.00) and will be at the Abbey on Tuesdays from 10am - 2 pm. You can set up an appointment with him at 352.284.9588.

He has been helping Kozen recover from his knee surgery.

*"Sylver's work is kind and loving, he has helped me a lot". Kozen*

If you have chronic or acute physical problems, give Sylver a call and see if there are perhaps some psychological or spiritual components that he can help with.

## **Temple Visitors**



Su Co Hue Hung and friends.

There is a class at 3 pm on the first Sunday of the month at Buu Hung Monastery, 17808 NE 18th St. Vancouver WA 98684. Contact Su Co at [huehuong7@yahoo.com](mailto:huehuong7@yahoo.com)

## CALENDAR

### DECEMBER

31 Midnight Meditation - **CANCELLED**

### JANUARY

*Private retreats only*

16 - 24 *Kozen to Arizona to teach at a Federal Prison in Tucson*

2,9,16,23, & 30 - Monday noon Meditation at Trinity Natural Medicine in Hood River, OR



## Workshops by Laurel Hagner. contact her at [laurel@glassometry.com](mailto:laurel@glassometry.com)

What if you could do Anything?

"What would you be doing Right Now, if you could do Anything?"

Most of us never give ourselves the luxury of asking this question. We're just keeping up with daily life.

It's my belief that your heart would like you to ask this very question. My heart has made me ask a lot of difficult questions. You may be afraid to ask this question. Assuming the answer would be way different than what you are living right now? Well, here's the truth of the matter.

There's a probability that some of what makes up your life now, would not change (and if it

would...then you definitely need to ask). But what may manifest more than anything is a greater appreciation for what you do have and what you are doing. A re-investment, a shift, a transformation may be born. And then a new found clarity of where you want to go on your journey. Asking these questions are our spiritual responsibility and quite frankly...actually help the world be a better place. So in this vein, I introduce to you, my new Studio.

### Laughing Tara Living Arts

After 3 years of asking myself the same question, I bring to you a place to create dreams and discover your heart. A place to share in the journey with others and a way to find love and compassion in everyday.

Below you will find upcoming events and a first glimpse of the 2017 Class Schedule. I hope you'll join me for the journey and know that every step you take to loving yourself brings us one step closer to Healing the World.

#### **2017 Class Preview**

(Gift Certificates Now Available for the Holidays)

The Art of Self Love: A Journey to the Heart

Mondays from 7pm-9pm starting January 9th. \$40 per class or \$295 for all 8.

The Art of Loving the World : Self Love 2

Wednesday's from 6-9pm starting January 4th. \$60 per class or \$325 for all 6

Other Classes and further details to come. Feel free to contact me if you have questions, want to register. And last but not least. Coming up in just over 1 week.

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