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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

May 2020

Saturday Temple Services on ZOOM 507878725 at 9am

Other services are done by Zoom - see poster below

Dear ones,

Well, April has passed and May is upon us. Some have said - "Will April ever end? It is the longest time, I am isolated and lonely". We as a nation are getting pandemic fatigue. We grieve for what was and long for a return to what we have known.

Sadly, the COVID virus is still here, uncontrolled, and causing emotional and physical trauma. We are all experiencing some form of grief and many of us have added fear to our daily emotions.

What can we do? Here are a few suggestions for taking care of ourselves:

- Balance watching or reading the news with viewing or reading recreational or spiritual subjects. (*If we become too focused on the negative, it colors our thoughts and empowers our depression and sadness.*)
- Go outside, look at flowers and trees, and living things. (*Balancing indoor and outdoor brings about harmony of spirit. The Japanese concept of Shin Rin Yoku - forest bathing.*)
- Spend time on the phone, internet, zoom, face time etc. with friends and family. (*Connecting allows us to socialize and be a part of a group vs. isolating*)
- Donate food or time with relief agencies, feeding the homeless or ill. (*When we give, we always receive far more than we give. Per Dogen Zenji "We are enlightened by all things in the Universe" when we forget self.*)
- Voice our appreciation to nurses, doctors, grocery store workers, delivery people, transportation drivers, and others who help us. (*Verbalizing appreciation reminds us to be kind and supports others.*)
- Exercise, or do yoga, QiGong, walk, Tai Chi, or any other form of movement. (*Movement helps our physical self stay limber and in balance. It also relieves body stress from emotional turmoil.*)
- Meditation and contemplation can help us be present in the midst of turmoil and anxiety. (*When we practice focusing the mind we become present in the now and let go of future and the past. Just the now, right now, no room for fear, sadness, worries, just right now in this moment. The practice of IS-ing, just being right here and now, is the practice taught by our historical teacher, the Buddha. It is the way of peace regardless of what is happening.*)

May all be well and healthy, in metta (loving kindness) Thay Kozen

Special Dates in May

5 - Cinco de Mayo, Teacher's day
7 - Vesak (Buddha's Birth, awakening, and death), Day of Prayer
10 - Mother's Day
16 - Armed Forces Day
19 - Laylatul-Qadr (Moslem day of the Quran)
20 - World Bee Day
25 - Memorial Day
28 - Shavuot (Jewish day of the Torah)
31 - Pentecost (Christian Church born of the spirit)

TORTOISE PRACTICES HIS LAST BREATH

by John Madian

Rabbit was in his good morning
Hippity-hoppity-happy
tell myself a good goofy story mood
as he hopped up the path
to see Frog and Toad

So he was especially happy when he
came around Big Bend and saw Tortoise

Oh the glory!
What a happy good morning story
I'm telling myself
to see my 3 best friends
in one morning! sang Rabbit

But Tortoise didn't sing back
Rabbit stopped, listened, watched
Then Rabbit walked slowly
toward Tortoise

Tortoise, why aren't you saying hello?
asked Rabbit

Tortoise took another long slow breath

Tortoise you're breathing funny

Tortoise didn't answer

Tortoise, are you dying?
Rabbit asked anxiously

No, not dying yet

What are you doing?

Practicing

Practicing what?

Practicing taking my last breath

Is that something I should practice?
Rabbit asked.

No Rabbit, not yet, you're young
You're still celebrating your first breath
and each new breath after
that brings you new adventures
but I'm old as stones and dinosaur bones
and each breath brings me
closer to my last.

Does that scare you?

Sometimes, but mostly I'm practicing
to make my last breath
the best breath I'll ever take

How do you practice?

I imagine

What do you imagine?

I take a deep breath
and as I let my deep breath out
I imagine I'll not take another

That sounds scary

It was at first,
now it's become rather fun

Fun? What do you mean fun!

Fun because as I let my breath out
I imagine morning meadow
bright with light
singing spring-blooms-tunes
birds chirping,
insects strum-humming
and bright rainbows smiling
in glistening dew drops

And that makes you happy
to take your last breath?

Oh yes,
it's so beautiful,

so peaceful

Do you do anything else
in your imagining?

Yes, in my heart I say thank you
for all the wonderful times I've had

Thank you, River,
Fish, and Old Oak

Thank you for the forever new
seed and flower song
that the earth is always
protecting and giving birth to

And especially thank you
for my parents,
my friends,
and for you, Rabbit,
my special best friend,
who let me win the race

I didn't really let you win, said Rabbit.

I know, but that's how
I like to imagine it, smiled Tortoise

Then Tortoise took an especially deep breath
smiled and let it out ever so slowly

Are you dying now?

No, but I'm liking the idea of dying
better today than I did yesterday

Well, I'm liking the idea
of not dying even more
So please, Tortoise, come along
Let's visit Frog and Toad together

That sounds very nice, agreed Tortoise
While today is a very good day for dying
It's even a better day to play with our best friends!

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" When the mind's not quiet- that's when its poor and burdened with difficulties. It takes molehills and turns them into mountains. But when the mind is quiet, there's no suffering, because there's nothing at all. No mountains at all. When there's a lot to the mind, it's simply a lot of defilement, making it suffer".
Ajaan Fuang



Thich Minh Thien's Column
Abbot, Budding Dharma. Arlington Texas

Here Is Now

We have just finished the month of April in what will be forever known historically as a month of "Self-Isolation". Unless you have had the opportunity to live in a monastic environment or taken the opportunity deliberately to spend your days in "self-isolation", then this is a new experience for many. I had done a few retreats that favored isolation and prior to my ordination, my teacher had me spend 30 days without human, pet or social media interactions. It was just me, my thoughts and my practice. It was a time directed by someone and readily chosen by me. In our current "self-isolation", we all had to make a choice for our health and the health of others, to undergo this unusual and not desired state of living, though it was not about what any of us would necessarily choose to do.

My experience thus far has been to find more and more comfort in my meditation practice. But that encompasses 1 to 1 1/2 hours of my 24 hour day. I am finding my thoughts drifting to memories of time spent prior to this pandemic and to curiosity and concern about what the world will be like when, and if, this terrible virus is controlled. Both those thought processes seemed to be more directed about me than about the suffering of others. Sort of a weak bodhisattva practice was my judgement on that.

Then a couple of days ago, during meditation, a sort of mantra became a focus ...Here is Now... and I began to see it in a different perspective. It became clearer to me that Here, is not necessarily Now. I remember a great teacher whose name begins with a "K", in a dharma talk, about being right here...right now. He illustrated it by continually clapping his hands together and repeating, "...Now....clap clap...no not then....now...clap clap....no not then....NOW...". That dramatization brought a realization of what mindfulness in the moment was really about.

Zen is often described as the connection of body, breath and mind. It is clear that if the mind is off somewhere in the past or meandering about what the future may hold, that connection is questionable. We know that focus on the breath, when we notice our monkey mind off playing somewhere, can help us rebuild the connection of body, breath and mind. Logically then, one might reasonably say that when the mind, body, breath connection is broken, being ... Here... is not necessarily being in the ...Now. Alternatively, we can see that when all is in synch in that Zen connection of body, breath and mind, the here and the now are one and the same.

As our great teacher, Thich Nhat Hanh says, "To dwell in the here and now does not mean you never think about the past or responsibly plan for the future. The idea is simply not to allow yourself to get lost in regrets about the past or worries about the future. If you are firmly grounded in the present moment, the past can be an object of inquiry, the object of your mindfulness and concentration. You can attain many insights by looking into the past. But you are still grounded in the present moment."

Namo tassa bhagavato arahato samma sambuddhass

Ven. Jeff Miles
Fa Hsing, Thich Tâm Minh

Heads bowed
in reverent silence,
a flock of crows
listens to the rain.

Oh my darling,
Oh my darling,
Oh my darling, quaran-tine;
We were locked
Indoors forever
Dreadful sorry, quaran-tine.

Reading stories,
Stirring crazy,



Staying up 'til way past nine;
We ate all the
Junk food in sight
While we sat in quaran-tine.

Nurses, doctors,
Grocery workers,
Working hard on the front line,
Kept us fed and
Safe from danger
'Til the end of quaran-tine.

When the time came
To return to
The outer world we left behind,
We would always
Carry with us
Memories from quaran-tine.

Prayer Is Not Enough.' The Dalai Lama on Why We Need to Fight Coronavirus With Compassion.
full article. <https://time.com/5820613/dalai-lama-coronavirus-compassion/>

This is a most wonderful insight teaching...Thay Kozen



**FREE
STARTS!**

COMMUNITY GARDEN OPENING

AT TROUT LAKE ABBEY

PLOTS ARE FREE!

FERTILIZED SOIL, WATER & TOOL
STORAGE PROVIDED

ORGANIC PRACTICES & SOCIAL
DISTANCING REQUIRED

SPONSORED BY



More info- email business@tlabbey.com



Mt. Adams Buddhist Temple

Trinity Sangha
Meditation
Mondays 12-1 pm
via ZOOM
<https://zoom.us/j/366450747>

Insight Mindfulness
Meditation
w/ Rev. August Jensen
and Kaye Jones
Thursdays 5-6 pm
Join at this [LINK](#)
or call in via phone-
+1 512-402-2718
PIN: 1701881995#

Trinity Sangha Study
Group
2nd and 4th Wed
6:30- 8:00 pm -
contact
bwithers261@gmail.com

Counseling Support
(online)
August Jensen
august@gorge
counseling.com

Recovery Support
Dick Withers
richard.withers@att.net

MEDITATION GROUPS

IN THE GORGE 2020

COVID-19 CHANGES



Other Practice and Study Groups

Heart Devotion Meditation w/Emily Martin Sundays from 9-10 am via ZOOM <http://bit.ly/heartdevotion>.

Recovery Dharma - Wednesdays 7-8:15 pm & Sundays 6:15-7:30pm via ZOOM <https://zoom.us/j/6585138476>

Second Saturdays 11-12:30 via ZOOM <https://zoom.us/j/754615114>

Mindfulness & Meditation Group - first Sunday of each month 4-5:15pm check [HERE](#) for updates to online offerings

Yoga w/Laurie VanCott via Zoom - Mondays 5-6:15 pm [HERE](#)
_pswd:140400
Tuesdays 8-9 am [HERE](#) pswd:285192
Thursdays 8-9 am [HERE](#) pswd: 852204

Trinity Natural
Medicine is offering
numerous classes
online, please see
their full schedule
[HERE](#)

Join the Columbia
Gorge
Mindfulness
Facebook page

Scott Rower's
Mindfulness
Event Calendar

4/25/20

AH HA Moments by Scott See

Some years ago, early in my studies with my teacher, Venerable Thay Kozen, I remember saying, "All this Buddhist stuff is really just learning how to think about things from a different perspective." Or, "Learning to look at things differently." I forget exactly what I said, but that's the gist of it. Thay Kozen gave me one of his gentle, "Is that so?" reactions. Now, years later, I've found that there is indeed more than just thinking about things differently. I don't have the words to explain what the more is. Words are such an imperfect tool. When I find the words, I'll come back and edit this post. But for now, I'll give a few tries here.

- Learning to step back from the default state of mind static and be present with the present moment.
- Learning to capture and stay with the instant before we dump our thinking on top of things.
- Learning to just be.
- Learning to let go.

- Learning that on one hand, everything is perfect just as it is. And at the same time
- "Life and death are of supreme importance. Time swiftly passes by and opportunity is lost. Each of us should strive to awaken. Awaken! Take heed, do not squander your life."
- — Dōgen
- And that these two are not contradictory.
- ...to be continued...

**"The more conscientiousness a person is,
the more likely they are to wash their hands"**

The Bodhisattva Practice is to save all sentient beings. Wearing a mask and gloves in public and washing your hands frequently is as much for others as for ourselves. Let us all think of each other in this time of a COVID pandemic. Read more about why we do and don't wash our hands at <https://www.bbc.com/future/article/20200417-the-hidden-reasons-some-people-dont-wash-their-hands>

*May the Infinite Light of Wisdom and Compassion so shine within us
that the errors and vanities of self may be dispelled;
so shall we understand the changing nature of existence and awaken into spiritual peace.*

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www.Mtadamszen.org