

Tuyết Sơn Thiên Tự
Mt Adams Zen Buddhist Temple
雪山禅寺

September 2012 Newsletter



Dear Dharma Friends

The photo was taken at sunset - a view of Mt Adams and our small pond. It is so lovely - there is so much beauty in our lives.

Much of life is like this - an image and its reflection. I have seen many people who are happy with just finding the reflection and not actually seeing the Mountain. Remember the admonition to not mistake the moon for its reflection in a pail of water. May we all look well into our own hearts and see that which is real and alive, may we all be willing to be honest with ourselves as to who and what we are and do. I find that the 10 Cardinal Precepts guide my journey well - you can find them listed on the

Vermont Zen website: http://vermontzen.org/precepts_prayers.html

May all beings find peace. In Loving Kindness, Thich Minh Tinh

We are a small Thien (Zen) Buddhist Temple practicing "laughing farmer zen" - living our practice, sitting zazen, being here - right now!

A Special blessing and well wishing go out to Mitesh and Anna who were wedded at the Abbey last month. May you both live in happiness and joy.

Join us for
**Dances of Universal Peace
at Trout Lake Abbey
Saturday Sept 15
3:30 - 5:30pm with a pot luck
to follow.**

Services & Meditation

Mornings 6:30AM
M-F mornings

Evenings
6:30 PM
Thursday and Friday Evening

Weekends
9 AM
Saturday Morning

Join us on Saturday September 8th for our Welcoming Ceremony for our new meditation huts and our ceiling art work in the temple.

9 am - 10 am regular service

10 am - 11 am tours and dedication ceremony

11am - 12:30pm Pot Luck Lunch - please bring a veterinarian dish

We have completed 2 huts and we are starting new construction on our third hut the first week in September.

Local Artist, Ardiss Defreece, painted our temple ceiling while laying on her back on top of a tall scaffold. Her work features a lovely sky, the Bodhi Tree (under which the Buddha became enlightened), and a ceiling medallion of Bodhisattvas.

Calendar

SEPTEMBER

1 Saturday Service 9am -
Zhongyuan Hungry Ghost
Service
or Obon - offering of food to the
dead
7-9 Yoga Retreat (Meredith
Holcomb)
8 OPEN HOUSE here to
celebrate our new meditation
huts and temple artwork, 9am
15 Saturday Service 9am The
Mid-Autumn festival, or Tét
Trung Thu
15 Dance of Peace 3:30pm
-5:30pm
22 Saturday Service 9am
22 Druid Autumn Equinox
Ceremony 6pm followed by Pot
Luck
29 Saturday Service 9am Na
Mo A Da Phat (Amida Buddha)
Day

OCTOBER

6 Saturday Service
6 All day meditation intensive
7am-3pm 9am - Quan Te Am
Bo Tat - Celebration of
Compassion and Mercy
13 Saturday Service 9am
Celebration of Bodhi Dharma
20 Saturday Service 9am
27 Saturday Service 9am

NOVEMBER

3 Saturday Service 9am
10 Saturday Service 9am
Celebrating Veterans service
16 - 18 Metta Retreat loving
Kindness
17 Saturday Service 9am
Celebrating Thanksgiving
24 Saturday Service 9am

Abby Gail Layton is leading the
funding for our new ADA
(disabilities compliant)
meditation cabin. You can
reach her at
avigael@charter.net if you
would like to ask about the
construction of our 3rd
meditation cabin.

Thoughts of Wisdom from Shakyamuni Buddha

Do not dwell in the past, do not
dream of the future,
concentrate the mind on the
present moment.

Holding on to anger is like
grasping a hot coal with the
intent of throwing it at someone
else; you are the one who gets
burned.

We are shaped by our



ISSCA Retreat was a great success!

The international Society for the Study of Classical Acupuncture held a 4 day retreat here at the Abbey. Research and Scholarship were the hallmarks of the weekend as Physicians of Chinese medicine from around the world gathered to review and discuss ancient treatments.

Participants shared translations and practical applications of ancient texts and treatments.

One very special procedure involved soaking a cloth in an herbs and wine concoction, letting it dry, the re-soaking it again and again until all the liquid was absorbed and the cloth was dry. The cloth was then heated over mulberry tree ashes and the warmed cloth was applied to the body. Imagine the excitement as modern day practitioners experience an opportunity to participate in this healing method which is over 2000 years old.

You can learn more about ISSCA at <http://isscaonline.org/>

thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection. However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?

In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.

To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.

Three things cannot be long hidden: the sun, the moon, and the truth.

Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind.



Our Temple Welcomes 2 new teachers



Rev Ming Chan

The Very Reverend Abbot Ming Chan

of Jia Shan Temple in Hu Nan Province. His temple is the site of the Blue Cliff records that Dogen Zenji (and many other Zen Masters) have studied. The Rev. Ming Chan will visit our temple as his other duties allow. Rev Ming Chan spent 2 weeks here last month and shared a wealth of Buddhist Dharma with all. Rev. Ming Chan is a monk in the Chinese Chan tradition. Chan is the origin of both Zen and Thien Buddhism and part of the same school. We are all very happy to have him join our temple as a senior monk and teacher and we have hopes that he will return often to the US and stay here.



Revs. Ming Chan and Kozen

Abby Gail Layton will join us in October and be a resident lay Dharma Teacher. Abby Gail Layton has taught meditation for some twenty years. Her work is a heart-centered,



psychologically attuned, study of the mind, offered gently and clearly for the peace and health of all beings. Abby was a psychotherapist in Portland, Oregon for thirty years. She has trained in Vajrayana Buddhism with Ken McLeod of Unfettered Mind, and has returned three years ago to study with Venerable Lama Ngawang Tsultrim Rinpoche, who bestowed ordination as clergy of the Nyingma sect of Tibetan Buddhism upon her. Some twenty years ago, Abby began learning Jewish meditation, attending two, 3-year training programs, one through Chochmat

HaLev, and the other with Rabbi David and Shoshana Cooper. Abby was then certified as a Jewish Meditation teacher. She formed the Jewish meditation center, Or Hadash, in Portland, Oregon, and taught meditation and Jewish mysticism at many synagogues for the next ten years. Abby's style is relaxed, supportive and loving. She teaches the art of cultivating awareness, and opening the heart and mind to the present moment.

Northwest Buddhist Resources

click on links below

- Dharma Rain - www.dharma-rain.org/
- Cloud Mountain Retreat Center - www.cloudmountain.org/
- Northwest Dharma Assoc.- <http://www.northwestdharma.org/>
- Pacific Hermitage - pacifichermitage.org/
- Plum Mountain Buddhist Community - <http://www.plummountain.org/>
- Portland Buddhist Priory - www.portlandbuddhistpriory.org/
- Zen Community of Oregon- www.zendust.org/

Happenings at the Abbey



Looking at solar flares



Kozen and Keith climbed up to the tree line on Mt. Adams - just below "Lunch counter" (a large rocky outcrop)

As long as the weather stays warm and dry, we'll be hiking to a scenic spot each week. If you want to join us we're hiking every Friday for an easy 3-4 hour hike.

A big thanks to **Corky Fredrickson** who has been weeding in the Abbey gardens every week

Dances Of Universal Peace at Trout Lake Abbey

46 Stoller Rd., Trout Lake, WA 98650

Saturday, September 15, 2012
3:30-5:30

It's lots of fun, feeds your spirit and all are welcome!

Please join us in these simple joyous circle dances drawn from different spiritual traditions around the globe. We celebrate peace and presence by singing and moving together. Every dance is fully taught in minutes by a certified dance leader. No experience is necessary, just your open heart and beginner mind. You may come early to enjoy the grounds, stay after for a potluck dinner - even reserve a room or camping space to stay overnight!

2:30 - Come early and tour the grounds

3:30 - Dance and sing!

5:30 - Stay for potluck dinner (Bring your own dinnerware)

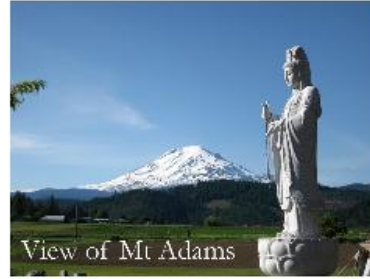
7:00 - Go home happy or stay overnight by pre-reserving a camping space or a room in the Bed & Breakfast!

\$5 -10 Donation requested
No one turned away for lack of funds

For more info about the Abbey
or to reserve accommodations:
business@tlabbey.com
509.395.2030

For more info about the
White Salmon
Dances of Universal Peace
509 493-2514

For more info about the Dances Of Universal Peace:
dancesofuniversalpeace.org



View of Mt Adams



Zen Temple & Pond



Bed & Breakfast



Standing Stone Circle



Alpacas

MEDITATION SERVICES

- + Join us Monday - Friday at 6:30 AM for our usual daily service.
- + Thursday and Friday Evenings at 6:30pm
- + Saturday Morning at 9 AM

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PO Box 487, Trout Lake WA 98650 www.MtAdamsZen.org

