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

October 2016 Newsletter



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

Dear ones,

Well and September has been an exciting month. The fall colors are here - filling the land with yellows, oranges, and reds. I remain so very grateful to live this life!

My surgery, previously scheduled for October 12th, has been postponed,. I am not sure when it will be re-scheduled.

In this time of elections and political positioning, let us remember that we are all one. When we get caught up in anger, lust (desire), or ignorance we may do and say things that do not express our hearts or compassion. Please remember that all beings (including Republicans and Democrats) are all children of the Buddha. In these times we may have to be even more compassionate and accepting as our passions rise up.

I am still not able to recognize faces well. It is called "facial blindness" and it resulted for the hit on the head I had in May. Please don't take offense if I do not recognize you. I have to treat everyone as a friend because I don't know who I know and who I don't know.

May we all be well and happy. May we all know love and peace. Kozen

We are collecting funds to build a temple



This is an architect's first concept of the new temple building

We have raised \$25,000 in 12 months.

WE WANT TO EXPRESS OUR APPRECIATION
TO THE MANY DONORS WHO HAVE ADDED
TO THE BUILDING FUND

YOU CAN DONATE DIRECTLY TO OUR TEMPLE OR GO TO
gofund.me/ywdqkc

Thich Minh Thien's Column



CULTIVATING OUR BODHICITTA

Bodhicitta is a mind (including thought, action feeling and speech) totally dedicated to others and to achieving full enlightenment in order to benefit all sentient beings as fully as possible. In sanskrit, Bodhi means "enlightenment" or "awake" and citta means "mind". Bodhicitta is often called the "Wish Fulfilling Jewel" because like a magic jewel, it brings true happiness. Many of our Christian brothers and sisters as well as other religious philosophies often refer to prayer in which a supplicant seeks from

an outside source or deity, some request or some relief from life's current circumstances. Understanding and cultivating one's own Bodhicitta or "enlightened mind" takes the external concept of asking an outside force for something and moves it to the internal work of awakening oneself for the betterment of all and reducing suffering.

There are two levels of bodhicitta; namely Aspirational and Engaged. Aspirational bodhicitta is the complete wish to overcome our emotional afflictions and delusions to realize our full potential to bring all fellow beings to an enlightened state, free from suffering. Aspirational Bodhicitta has two stages: One is called "Heartfelt Wishing" - to become a Buddha to benefit all sentient beings. The second stage is referred to as "Pledging" - to never abandon the aim until it is achieved. Engaged bodhicitta means engaging in the practices and behaviors that bring about the full aspirational bodhicitta and most times is associated with the taking of the Bodhisattva vows.

All sentient beings have the potential to achieve the omniscient state. Understanding this, combined with a strong force of compassion, brings about the experience of Bodhicitta. Bodhicitta is equated, in part, with our ability to love. Even the cruelest of people have this soft spot. It is also frequently equated with compassion in our ability to feel the pain that we share with others. Without consciously realizing it, we may try and shield ourselves from pain and suffering. We put up protective walls made up of our opinions, prejudices and strategies and this barrier is built on our deep fear of being hurt. We then further fortify this barrier by all kinds of emotions. Fortunately, our Bodhicitta, our innate ability to love and to care about things, acts like a crack in these barriers we erect. The Buddha said that we are never separated from enlightenment, even at times we feel most stuck. The openness and warmth of bodhicitta is in fact our true nature and condition. Through the practices of meditation, loving-kindness, compassion, joy and equanimity we can uncover and cultivate this soft spot of Bodhicitta. With these practices we will find tenderness in sorrow and gratitude. We will find it behind the hardness of rage and in the shakiness of fear. It is available in loneliness as well as in kindness. All beings have the capacity to feel tenderness; to experience heartbreak, pain and uncertainty. The enlightened heart of bodhicitta is available to us in all of these times and in every other moment. Bodhicitta has this kind of power to inspire and support us in good times and bad. It is like discovering a wisdom and a courage that we did not even know we had.

Making a daily practice of this awakening in our own hearts and minds with kindness towards others is what ironically brings about our own happiness and ultimately an enlightened mind. It is in the contemplation of others that arouses Bodhicitta. Holding others in our hearts, in that soft spot, pushes ourselves off that place our human ego often assumes; that "Me First" position where we can easily go if we are not cultivating our Bodhicitta. Awakening our hearts and minds to kindness toward others is what ironically brings about our own happiness and ultimately that enlightened mind of Bodhicitta. Holding others in that "soft spot" of our hearts in all ways and in all things cultivates our Bodhicitta.

Namo tassa bhagavato arahato samma sambuddhassa

Bửu Hưng Monastery, September 21, 2016
Invitation to 2-day course
with the Abbot of Sera Mey Monastery from South India,
Ngawang Jorden Rinpoche

Namo Shakyamuni Buddha
Dear Dharma friends,

It is an honor for Bửu Hưng Monastery that Ngawang Jorden Rinpoche, Abbot of Sera Mey Monastery from South India, has graciously accepted our request to give a 2-day course and to grant empowerment of Buddha Amitabha on Saturday, October 8 and Sunday, October 9, 2016.

Ngawang Jorden Rinpoche joined Sera Mey Monastery at the age of 16, took his Bikkshu vows under His Holiness the Dalai Lama at 22 and received the degree of Geshe Lharampa (equivalent of Ph.D degree in Buddhism) at 35. Prior to being the current Abbot of Sera Mey Monastery, Rinpoche has been appointed by His Holiness the Dalai Lama to be Abbot of Gyuto Monastery for 3 years and of Sed Gyued Monastery for 1-1/2 years.

The schedule of the 2-day course is as follows:

Saturday, October 8, 2016

11:00 am - noon: Dharma talk "Stages of the Bardo"
12:30 pm - 2:00 pm: Lunch in silence/chanting during walk and resting time
2:00 pm - 4:00 pm: Dharma talk "How to assist the dying for a peaceful death"

Sunday, October 9, 2016

10:15 am - noon: Empowerment of Amitabha Buddha
12:30 pm - 2:00 pm: Lunch in silence/chanting during walk and resting time
2:00 pm - 5:00 pm: Dharma talk "Amitabha practice and 7-limb prayer"

There will be questions/answers after every Dharma talk.

We request that everyone not to eat meat, eggs, garlic and onions on the day of empowerment

We would like to invite everyone to this auspicious week-end to learn Dharma under the teaching of Ngawang Jorden Rinpoche, Abbot of Sera Mey Monastery in South India. Your presence is an honor for the monastery and a contribution to the success of the 2-day course.

May all Buddhas and Bodhisattvas abide with you and your family and grant you many blessings .

Linh-Son Buddhist Association, Vancouver, WA

Buu - Hung Buddhist Monastery

17808 NE 18th St, Vancouver, WA 98684. Tel: (360) 718-6158

The Buddha's teaching.....

A recent study about airline passenger behavior made some sad findings. Per the study, "There was also a nearly 12-fold increase in the rate of air rage among first-class passengers on flights where all passengers boarded through the first-class section, compared with flights that had separate entrances for first class and economy".

"When people from higher social class backgrounds are more aware of their higher status, they are more likely to be antisocial, to have entitled attitudes and to be less compassionate," DeCelles said.

The Buddha tells us, "what we think we become". If we fail to see all people as Buddha then we set ourselves up to be less compassionate and more self-centered. How many times have we compared ourselves to others and felt superior or above them? How many times have we looked upon another being and hardened our hearts?

The Buddha teaches us non-duality - may our hearts listen to his teachings and be filled with compassion and kindness.

Incredible Buddhist Art



Photos of Buddhism across the world by Prabir C Purkayastha will be exhibited in city of Calcutta (Kalkota), India, from Feb. 25th to March 26th 2017 . It appears to be a most wonderful show.

Calendar

OCTOBER

3 Grief group - The Dalles

7-9 NCNM Qigong Retreat - *Private*

12 Kozen Surgery - has been cancelled

14-16 NCNM Qigong Retreat - *Private*

29 Samhain - Druid Event

NOVEMBER

18-20 FALL RETREAT

DECEMBER

8 Bodhi Day - meditation 12/7 at 11:30pm to 12:30am 12/8
Please Register +

17 Winter Solstice - Druid Event

30 Midnight Meditation - 12/30 at 11:30pm to 12:30am 1/1 *Please Register +*

We lost our e-mail - if you have registered for an event, please re-register!

**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 sanga you can still donate dana (money).
They are a clearing house for Buddhist Activity in the Northwest and need our support.**



Northwest
Dharma
Association

read more about the NWDA at <http://www.northwestdharma.org/>

TUYẾT SƠN THIÊN TỰ + MT ADAMS ZEN BUDDHIST TEMPLE + 雪山禅寺

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