

SHARE:



[Join Our Email List](#)



Mt. Adams Buddhist Temple
Tuyết Sơn Thiền Tự, 雪山禪寺

September 2021 Buddhist Newsletter



Temple Services on ZOOM

Join at <https://us02web.zoom.us/j/5093952030>

Saturday 8:30am full service + meditation

Morning Meditation at 6:30am Monday - Friday

Monday 12 noon meditation

Tuesday 5:30pm evening meditation

Thich Nhat Hanh study group on the 2nd & 4th Wednesdays at 6:30 pm,

"for info, contact Bonnie at bon2626wit@att.net

Dear Ones,

Well it is September already and Fall is approaching (September 22nd). Our Spring here had 100 degree days, our Summer has had cooler days and nights. Both seasons have had unusual temperatures and very little rain. In the west our forests are burning, our snow and rivers have less water, in the east there is flooding and storms, there is a conflict in Afghanistan, Democrats or Republicans are lying, masks or no mask arguments are raging, vaccinations are approved of or refused, homeless people are everywhere... the list goes on and on...it doesn't seem to end. Amidst all of the troubles - we can be aware of the turmoil yet be at peace with our life.

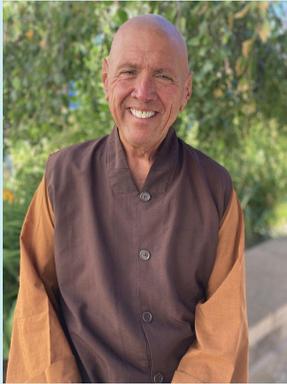
Sadly, we're canceling OctSoberfest plans for this fall.

Metta In Spanish - may you be well

Que estés bien
Puede que seas feliz
Que sepas amor
Que sepas la paz

There has been an issue of conflict in our temple - the temple's Board of Directors is taking steps to explore & resolve the issues. May there be peace and corrections as needed.

When in doubt, love more becomes my daily mantra.....Thay Kozen



Local monk, nurse finds joy volunteering at vaccine clinic

By Alana Lackner, Columbia Gorge News Aug 4, 2021

Kozen Sampson is a Buddhist monk and a registered nurse who spends much of his time volunteering within his community.

As a Buddhist monk and a registered nurse, Kozen Sampson has made it his mission to help others. Even now, in his 70s and faced with a global pandemic, he finds ways to be present and active in his community.

Sampson started volunteering with White Salmon's Skyline Health in January, helping with their vaccination clinics, and continued until they no longer needed volunteers. For several months, he was at Skyline three times a week. The time commitment was well worth it for the impact his help could have on others.

"Working with the thought of decreasing suffering is part of what I do in my life," Sampson said. "I had some folks come in from the earlier days of the vaccinations and they would actually start crying, saying, 'This means I'm not going to die from COVID.'"

It wasn't just the patients that made his time worthwhile, Sampson said, but the other volunteers too. "I saw a lot of people really come and actively seek to do good," he said. "Even people with no medical skills whatsoever cleaned tables, monitored folks as they sat through the 15 or 30 minutes to make sure that they were OK. Just willing to say 'What can I do to help?'"

When Sampson started volunteering with Skyline, there were still many unknowns. The volunteers weren't certain the vaccine would work, but were willing to try it. They put themselves at risk in the name of helping others, he said. "None of us knew what was going to happen with this. None of us knew how this would work out. None of us knew if we would live or die," Sampson said. "We were really at risk and we were not certain we were protected, but we were willing to do the best we could under those circumstances."

The work at the clinic was not without challenges. One of the biggest hurdles that Sampson and the volunteers faced during the vaccination clinics was the politicization of the vaccine, he said. "In this process, that acceptance of our differences and acceptance of not being invested in being right but being invested in doing our best for ourselves and our families became a real issue," he said. Sampson said he didn't believe there was necessarily a right or wrong answer when it came to the choice to get vaccinated. "Which side is right, which side is wrong depends on what our feelings are," he said. "And so, I would ask everybody to just have compassion with each other and not get too riled up in being right or wrong but rather, (know) that differences are okay."

Overall, however, the community was supportive, he said. Skyline is a small hospital but that didn't stop them, he said. The hospital staff worked hard to make sure the clinics were successful, and the whole community came together to support their work. Sampson said it was incredible to see a small community rise up to help each other. Though Skyline doesn't necessarily have a lot of resources, they were able to accomplish great things, he said. Sampson believes that's been a trend across the country throughout the difficult times of the pandemic.

"There are hidden heroes and hidden treasures across the country that have stepped up and done their best in impossible situations," he said.

Sampson said he believed it's possible to disagree with someone else's decision while still respecting it and being respectful of one another. At the end of the day, as long as you're trying to help one another. "There's so many wonderful, wonderful examples of this kindness and giving. And, boy, color me happy that as an old man I can put my own tiny bit of help in. How lovely is that?"

https://www.columbiagorgenews.com/gorge-life/local-monk-nurse-finds-joy-volunteering-at-vaccine-clinic/article_2b66c268-f484-11eb-875c-834a1bee08f7.html

Apocalypse - HOPI Prophecy is Coming True

Floyd 'Red Crow' Westerman (Kangi Duta) - A way of the ancient Hopi native Americans

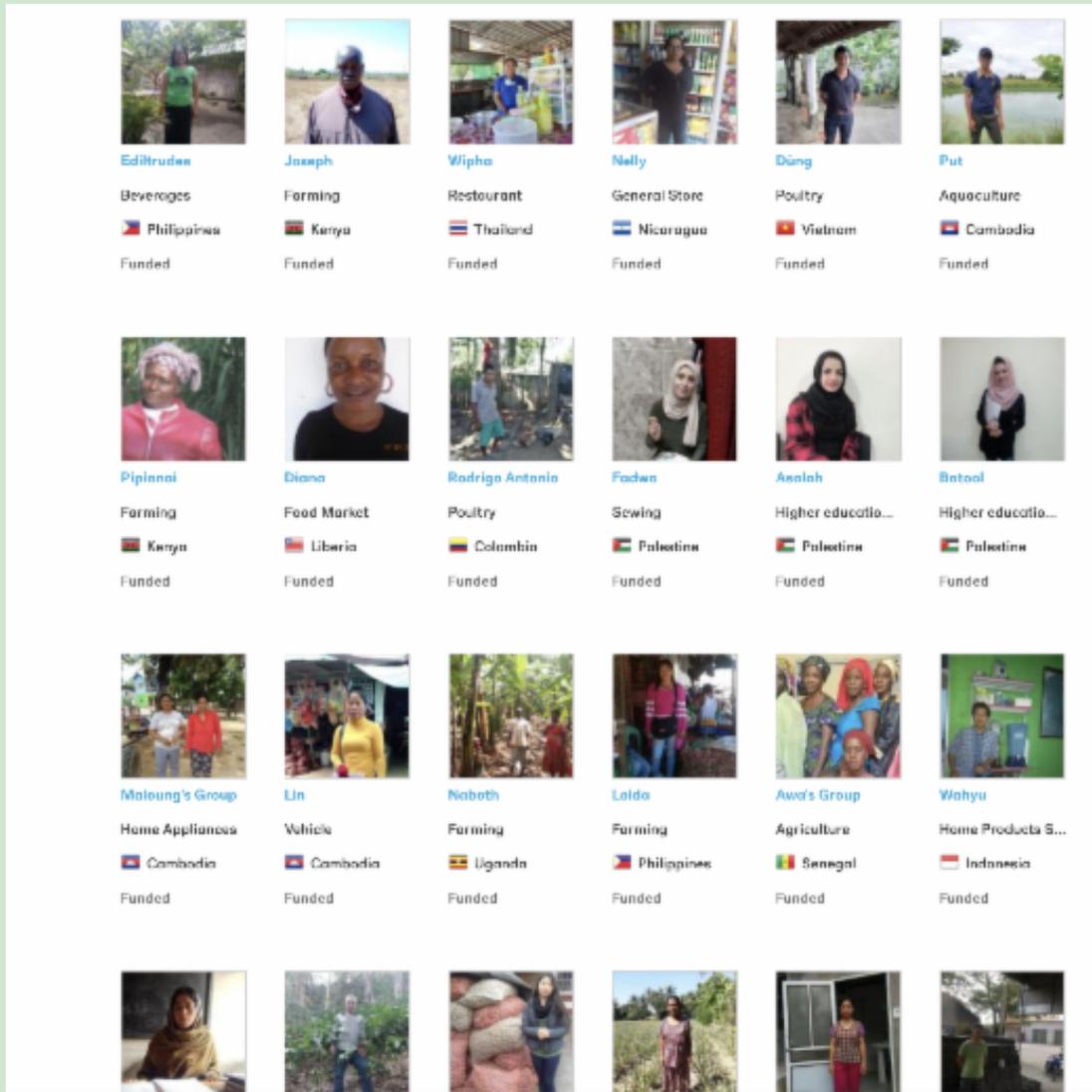
Floyd 'Red Crow' Westerman (Kangi Duta) shares the old Hopi Prophecy about the end of America, the big change that's coming and the ways to truly live on and with Mother Earth. Floyd 'Red Crow' Westerman (1936-2007) <https://www.youtube.com/watch?v=u4DCFvaK7LA>

KIVA - making change in people's lives.
<https://www.kiva.org>

Lin from Cambodia was the recipient of a \$25.00 loan from our temple. She has paid back 66% of the loan in very small monthly payments.

By helping Lin and people like her, we can support a lessening of suffering.

Lin is 43 years of age and is a widowed mother. She is a groceries seller. She is making a net income of USD 12.00 each day. She is living in Batambong Province of Cambodia. Due to a shortage of finances, she is now asking for this loan to buy a motorcycle for daily family use. She hopes that this loan will help her to reduce her family's expenses and will improve her family's living condition. In the future, she wants to build her house. Lin send thanks beforehand to all lenders for their support." from Kiva.org

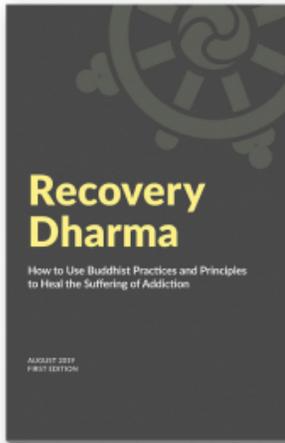


Above is a "screen shot" of individuals to whom lenders have made microloans.

You can help lessen suffering and improve life quality with a small micro loan of \$25.00 + a Kiva fee. We do not get the initial loan back but we can re-lend it to another person when it is paid back. The temple has loaned and re-loaned about \$1,000.00 in 38 loans to people in 21 countries.

A Way of Freedom from Alcohol/Substance use and Attachments

Recovery Dharma



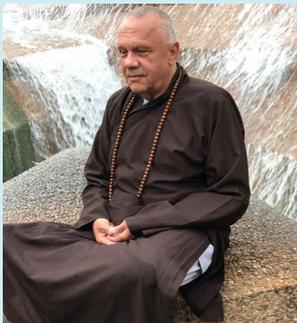
The Trout Lake Abbey is spiritual 'home' to the monthly Recovery Dharma Inquiry meeting while we are meeting in cyberspace. These monthly meetings (on the second Saturday of each month at 11:00 a.m.) are in addition to the weekly meetings (Sunday and Wednesday Evenings) of the Gorge Recovery Dharma program. We are grateful for the support of the Mt. Adams Buddhist Temple and look forward to a time when we can once again meet in person on the Abbey grounds.

Recovery Dharma (RD) is a worldwide program of peer support for persons recovering from substance use disorders and also 'process addictions' such as gambling, overeating, tech addiction, and other harmful or dysfunctional behaviors. RD uses Buddhist principles and practices and draws lessons from other peer support recovery programs including 12-Step fellowships such as AA and Al-Anon.

The meeting can be accessed on Zoom at <https://us02web.zoom.us/j/754615114>. Participants will be admitted from the waiting room, The meeting will begin at 11 a.m. PST. Meetings last approximately 1 hour and 15 minutes. The 12 months of the year are used to explore how the Four Noble Truths and each element of the Wise Eightfold Path may help to transform the suffering of addiction and contribute to a path of awakening and service to one another.

The book *Recovery Dharma* can be accessed and downloaded for free at recoverydharma.org.

For more information, contact Richard Withers at richard.withers@att.net. Meetings are also listed at the Facebook group "Gorge Recovery Dharma" and at the web site for Columbia Gorge Mindfulness Meetup.



Thich Minh Thien, (Thay Z) Abbot of Budding Dharma
Arlington, Texas thayzen@gmail.com

In the seven decades that I have had this incredible experience called life, I have had many opportunities for growth. Some I have taken advantage of fully, some partially, and some, not at all. The practice of meditation does give us many opportunities to see not only the lessons of the moment, but also the full fabric of life's experiences. In those moments of small awakenings, I see that many of my sufferings, dissatisfactions and ignorance have been caused by my inability or unwillingness to see how my actions, thoughts and beliefs played such a great part in the outcome.

In these moments of review, I see my mind went on endlessly with judgments, expectations, worries, resentments, and stories about what should and shouldn't happen. And sometimes I had overlooked the feelings of fear and uneasiness that can be running beneath the surface almost nonstop. Life was happening, but with a constant inner commentary about how things weren't quite right.

Part of getting out of my own way meant becoming very familiar with the inner world of thoughts and feelings and meditation became the vehicle to accomplish this. You discover what you do that makes you suffer so you can choose peace instead.

Amazingly, you realize that you can press pause in any moment and step back from the momentum of old, recycled habits. In our meditation practice we have the opportunity to notice the thoughts and feelings that grab our attention. We get to see how we get in the way of happiness. As we shift our attention away from thoughts, we have the opportunity to simply be present and aware. In the teachings of the Buddha, we learn that, "When the mind is pure, joy follows like a shadow that never leaves." The Buddha and the Dharma tells us that all that we are, arises with our thoughts. With our thoughts, we make the world.

As we get out of the way, we stop resisting life. The focus shifts from what we don't have to what is here and available now. No longer doubting everything, we receive what life offers us. And rather than living in the mind-created past or future, we are available to the simplicity of this now moment. Unclouded by mental noise, we become more clear about what to do next. We can tell the truth about what is and isn't working and take practical steps to begin truly living.

Really, it's true. When you get out of your own way, your life will shine.

Namo tassa bhagavato arahato samma sambuddhassa

Eating a hot dog could take 36 minutes off your life, study says

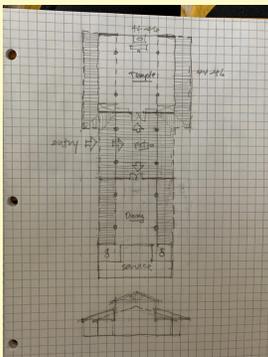
(CNN) You may want to skip the toppings on your next hot dog, or skip it altogether: Health researchers at the University of Michigan have found that eating a single hot dog could take 36 minutes off your life. In their study, published this month in the journal Nature Food, researchers looked at 5,853 foods in the US diet and measured their effects in minutes of healthy life gained or lost. It's based on a study called the Global Burden of Disease, which measures morbidity associated with a person's food choices.

read the article here:

<https://www.cnn.com/2021/08/27/health/hot-dog-could-shorten-life-trnd-wellness-scn/index.html>
OR

you can read a report from the The School of Public Health from the University of Michigan
<https://sph.umich.edu/news/2021posts/small-changes-in-diet-could-help-you-live-healthier-more-sustainably.html>

Another reason to eat less meat and more of a vegetarian diet...Thay Kozen



Top view of the new temple

\$100,000 Matching Funds Donation

An anonymous donor has offered to match all money we raise up to \$100,000. So we're starting our fund raising kick off. We're well started on phase 1 of our building, the open patio. Our patio will have a heated floor and be enclosed by sliding doors. Since it can be fully open and have heat we can use it to meditate safer from the Covid virus (we chose to build the patio first to allow us to practice more safely).

The new temple complex will have a dining room and kitchen at the south end (the right side of the drawing below), a central open patio (in the center - now under construction), and a temple at the northern end (the left side of the drawing below). with a view of Mt Adams. The temple style will be a mixture of American and Asian architecture to celebrate the journey of the Buddha's teaching from Asia to the USA.



Artist's concept of our fully built temple.

Donate by check to **Mt Adams Buddhist Temple** 46 Stoller Rd., Trout Lake WA 98650

OR, you can donate online at:

<https://www.mtadamsbuddhisttemple.com/giving-dana-financial-support/>

The Most Venerable Huineng

(Originally from an area in Vietnam, which is now part of China)

The Sixth Patriarch of Ch'an (Zen), is without question one of the most influential figures in Tao philosophy, and this story may well be the most significant tale in Ch'an and Tao lore. Not only is it an interesting drama of how the underdog attained an exalted position against all prevailing expectations, but also the poetry contained herein teaches us some essential and fundamental Tao lessons.

When Huineng first came to the monastery of the Fifth Patriarch, he was a singularly unimpressive figure - a poor boy from the backward countryside who did not even know how to read or write. The learned

monks at the monastery paid him no heed and in general considered him beneath contempt. Little did they realize that one day this scruffy-looking, low-class peasant would become their spiritual leader. When the time came for the Fifth Patriarch to name his successor, he ordered all the disciples to express their understanding of Ch'an Buddhist teachings in whatever way they saw fit. The one who could demonstrate the utmost understanding would become the next Patriarch.

The most learned disciple at the monastery was the head monk Shenxiu, who was an accomplished scholar. Most monks felt certain that the mantle would go to him, and that there was no way any of them would be a match for Shenxiu's intellects. Many did not even try.

To demonstrate his wisdom, Shenxiu wrote his famous poem on the wall of a temple corridor:

Body is the bodhi tree
Heart is like clear mirror stand
Strive to clean it constantly
Do not let the dust motes land

2nd translation

The body is the bodhi tree.
The heart-mind is like a mirror.
Moment by moment wipe and polish it,
Not allowing dust to collect.

Bodhi means enlightenment or spiritual awakening. The bodhi tree is the tree that Gautama sat under when he became fully enlightened and attained the state of grace known as Buddhahood. This type of tree originally grew on the banks of a tributary of the Ganges and features heart-shaped leaves.

In his poem Shenxiu compares the human body to the bodhi tree. His meaning is that sitting by the tree is the human soul, which like Gautama, is capable of attaining the ultimate wisdom.

Also, in his poem Shenxiu compares the soul to a mirror that must be kept clean at all times. The "dust" in the poem refers to all the distractions, temptations and impure thoughts of the material world. To keep the soul clear of these unclean elements, a Zen disciple must diligently practice Tao - which is to say, engage in pursuits such as meditation, reading and reciting of scriptures, and the performance of the various rituals.

In a nutshell, Shenxiu expresses that the road of enlightenment is not an easy one. Only through hard work and never-ending diligence can one purify one's mind sufficiently to attain Buddhahood. The poem was a rallying call for the monks to fortify their resolve as they continue on this difficult spiritual journey. All the monks were impressed. And, certain that this poem is effectively the edict from their next leader, they all memorized it and recited it as they went about their daily duties. Huineng overheard them, and that was how he learned of the existence of Shenxiu's work.

Huineng understood instantly where Shenxiu fell short. There was another level of wisdom beyond that described in Shenxiu's poem. Huineng knew how to express this understanding in a poem - but being illiterate, did not know how to write it down. He ended up asking another monk to write it up on the same wall for him:

Bodhi really has no tree
Nor is clear mirror the stand
Nothing's there initially
So where can the dust motes land?

2nd translation

Bodhi originally has no tree.
The clear and bright mirror also has no support.
Buddha-nature is constantly purifying and clearing.
Where could there be dust?

When they saw this poetic response, the monks did not get it at all. But the Fifth Patriarch comprehended Huineng's meaning perfectly. Represented in these four lines was an intuitive mind more capable of grasping fundamental Ch'an and Tao concepts than Shenxiu's formidable intellect after decades of schooling Six Patriarch -- This article "Huineng" was written by Derek Lin with a few minor additions by Thay Kozen read the original story at - <https://www.greattao.org/english/2003/2003-5.htm>

The Buddha taught that "this exists because that exists"

Everything is related to all other things. Think of it like a row of dominoes standing in a row on end about 1/2 inch apart. Each tile is separate yet when one falls it starts a chain reaction to cause all others to fall. All of our world is part of a whole. Everything, every act, every word matters and impacts everything.

See a fun domino film here <https://www.youtube.com/watch?v=FWgH0hXZKrE>

*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.*

Mt Adams Buddhist Temple

46 Stoller Rd., Trout Lake WA 98650 509.395.2030 <https://www.mtadamsbuddhisttemple.com/>

You can pass this newsletter on to a friend or have them sign up on our website.

We now have 1,417 people receiving our newsletter