



# Sangha In Motion

Bimonthly eNewsletter for RK Members in the US

VOLUME 2 ISSUE 4

JULY 2013

**Buddhism for Today:  
Cultivating the fields of  
the heart and mind**

### HIGHLIGHTS

VESAK FESTIVALS

NEW BI-MONTHLY  
COLUMN ON OUT-  
REACH

Lots of news from the Sanghas!

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## Rev. Kosho Niwano at Meadville Lombard

On Wednesday, April 24, 2013, Rissho Kosei-kai President-designate Kosho Niwano visited Meadville Lombard Theological School in Chicago, sharing her personal study of Buddhism and witness of liberation from suffering through following the teachings of the Lotus Sutra.

Rev. Niwano also signed her book, *The Buddha in Everyone's Heart: Seeking the World of the Lotus Sutra*, an inspiring collection of reminiscences and the fruits of her personal study of the teachings of her grandfather, our founder Rev. Nikkyo Niwano (1906-1999). The author bears witness to his lifelong dedication to the liberation from suffering of all people through the teachings of the Lotus Sutra, one of the most important Mahayana Buddhist scriptures. The Lotus Sutra is still relevant in these turbulent times.

**Kosho Niwano** is president-designate of Rissho Kosei-kai, which now has some 1.5 million member households worldwide.



# Guidance from Rev. Kosho Niwano



Kosho Niwano  
President-Designate  
Rissho Kosei-kai

Excerpt  
from

The Buddha  
in Everyone's  
Heart



From Chapter 30 of *The Buddha in Everyone's Heart*

"The founder also used to say that 'even if Buddhism is true, sound, and precious, unless we understand how we need to be united as a group cooperating in pursuit of a common goal, the teachings will not spread. This is why I have always spoken of how we are many in body but one in spirit.'

"I believe that when the founder spoke of 'many in body but one in spirit,' he didn't mean that 'everyone should think alike' but that 'all living beings are originally manifestations of the one great Life that is the Buddha'."

## Commentary

by Mary Sigman

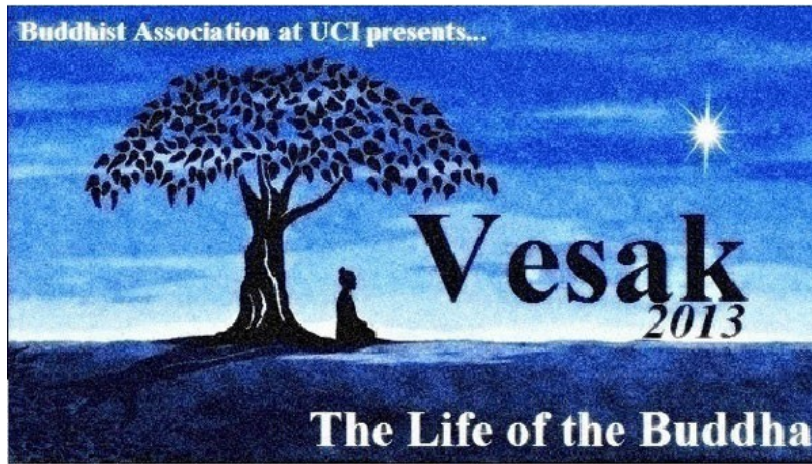
Rev. Kosho Niwano certainly touched upon many of the Founder's core teachings in her book, and there are now many of us enjoying these teachings thanks to her book. Founder's message here is perhaps more relevant now than when he first wrote it. As Rissho Kosei-kai continues to spread throughout the world, the "many bodies" grow in number and kind.

The recent surge in membership in Southeast Asia, along with the smaller but steady growth in the US, when added to the Japanese and other longtime members throughout the world, constitutes many different individuals. Each person, each country has its own identity and

concerns. How then can all of us, so different and disperse, cooperate, as the Founder asked, "in pursuit of a common goal" of spreading the teachings?

Rev. Niwano realizes that we cannot all think alike. That is not possible. But by realizing and reminding ourselves of our shared Buddha-Nature, we can recognize that our spirit is indeed one. For those of us around the world, reading these words should give us hope and a greater sense of mission. Despite our geographic separation and our unique cultural and personal differences, we are still all one in spirit and we are determined to spread the Dharma.

# RKINA



Members of RK Orange County attended the UCI Vesak Celebration Ceremony on May 19th at the Student Center at UCI.

Vesak is a holy day observed traditionally by Buddhists sometimes informally called Buddha's Birthday; it actually commemorates the birth, enlightenment, and death of Buddha.

There were panel discussions, dancing, bathing the baby Buddha, rituals and Dharma talks.

Many of those who attended were from other Buddhist associations and organizations from Orange County. Members enjoyed the opportunity to celebrate the birthday of Shakyamuni Buddha.







Founder Niwano  
Quoted in

The Buddha in  
Everyone's Heart  
By  
Kosho Niwano

The gods and buddhas are not partial; they do not extend their protection only to one person and not to another. They give their protection to everyone, whoever that may be, in the same way. This is the way it should be among people as well; we should share in the spirit of religious cooperation as a way of esteeming others

# Oklahoma City

by Rev. Kris Ladusau

On May 17<sup>th</sup> and 18<sup>th</sup>, members of the Oklahoma Dharma Center participated in their first retreat together. The focus of the retreat was "Finding Buddha." They focused on chanting, sitting meditation, drum beat meditation, walking meditation, work service and Dharma talks by Ann Rinehard and Kathy Spengler.

The retreat was held at the Osage Forest of Peace, a perfect retreat center. Rev. Kris opened the retreat Friday evening asking us to take the time to retreat from our daily schedule to find refuge in the practices of that evening and the following day. We were also asked to write down where we found Buddha during our experiences there. Below are quotes from this experience. Some of the other activities were meditation, drum chanting, walking meditation in the forest, dharma talks, writing our intentions for practice, hoza and of course sutra recitation. Everyone so enjoyed the Osage Forest of Peace retreat center, the activities and each other, that another retreat is already being planned!

Below are some of the places where the participants found Buddha.

I found Buddha  
In the Sangha  
In meditation  
On the front porch  
\*\*\*\*\*

I found Buddha in the fern during the morning chant on Saturday. Actually, I feel that Buddha is always in /with me, and that is connected to, or part of the Eternal Buddha. So for me, the question is more "what reminded you of Buddha?" And while I was chanting I looked at the fern and felt the connection.  
\*\*\*\*\*

The Buddha was in every moment where I was present.  
\*\*\*\*\*

No intention, just curiosity  
\*\*\*\*\*

I feel more connected to Buddha in:  
Nature – a roly poly during the Dharma talk, four deer on the trail, a turtle finding, and the bonus—an owl feather  
\*\*\*\*\*

Last night as Doshi, I felt more inner strength and more heightened awareness - I found Buddha  
\*\*\*\*\*

I found a new reality that is a better for and more true for me.  
\*\*\*\*\*

I think I re-found the meaning to look for Buddha-nature in everyone's heart.  
\*\*\*\*\*

Buddha is always with me. But I tuned on to that vibe during the last paragraph of your reading "The Many Come from the One".  
In a flower, In a hug  
\*\*\*\*\*

Early Sat. morning reading in the library and again while walking the trails.  
\*\*\*\*\*

# Oklahoma City

## by Rev. Kris Ladusau

This created the space and time I needed to look for the Buddha in me.  
Plus renew my practice which has not been as regular as I like, but promise to myself it will be better.  
\*\*\*\*\*

I found Buddha in a shared moment of friendship and compassion when drops of rain fell from a cloudless sky.  
I met Buddha in my reflection while chanting the Kyoten.  
I want to be that person always.  
\*\*\*\*\*

Buddha in the smiles of the sangha  
Buddha in the efforts that created this beautiful space  
Buddha in the light on the leaves  
\*\*\*\*\*

Sitting for this morning's meditation—looking out the chapel windows, observing the trees swaying back and forth in different but communal patterns—in the Many are the One  
\*\*\*\*\*

My intentions are to experience my sangha and look for my Buddha-nature.  
I found Buddha while chanting, hiking, working and in just being in this place.

Retreat Participants



### Native American Memorial Service

The Dharma Center held our annual Native American ancestors memorial service in June. Smudge was in the air... Indian drum beats sounded and a simple offering was given.

In addition to dedicating the service to Native American ancestors we also dedicated it to LaDonna Blue Eye's mother, Virgie Osborne.





## The Many Come from the One

Reading that  
inspired  
retreat  
participants

## Oklahoma City

by Rev. Kris Ladusau

It does not matter whether you choose to personify the Truth of the Universe by calling it Buddha, or if you simply see it from a scientific viewpoint, the *workings* of it, are what we are talking about when we use the term “Myo” (as in Namu Myoho Renge Kyo). It is our effort - joining with these workings of the Universe (energy/ consciousness) that provide us with an opportunity. For some, it may be to elevate ourselves spiritually. For others, it may be to become the best person possible each day of their lives. (I would like to offer the perspective that it includes both aspects)

When we study the Lotus Sutra, we learn that there is One Truth, and that everything manifests from this Truth – so the Many come from the One - and the One is in turn, expressed in a multitude of ways and means.

Shakyamuni said that deeply understanding this is the fastest way to attain Supreme Enlightenment (Sutra of Innumerable Meanings).

We learn that words used to teach the Dharma can be the same on different occasions, but the meanings can be different (depending on the level of understanding of the student) or different words with the same meaning, also.

We can also consider that each person absorbs the information (Dharma) according to their nature (Parable of the Herbs).

We learn that by the use of Skillful Means (Tactful Methods = a variety of ways), we are able to reach people with the Dharma in a form or fashion that will be most beneficial to them. (This teaching technique is a merit we gain as our own understanding continues to increase in depth)

From the standpoint of meditation, this is a quote that comes to my mind:

*“There is only one moon, but on agitated water it produces many reflections. Similarly, ultimate reality is one, yet it appears to be many in a mind excited by thoughts.”*

Although this may sound like the many reflections are a negative aspect, it is none the less, the actual way that human minds operate. As we enter into opportunities for silent meditation, simply observe – knowing that the Many come from the One.

# Tampa Bay

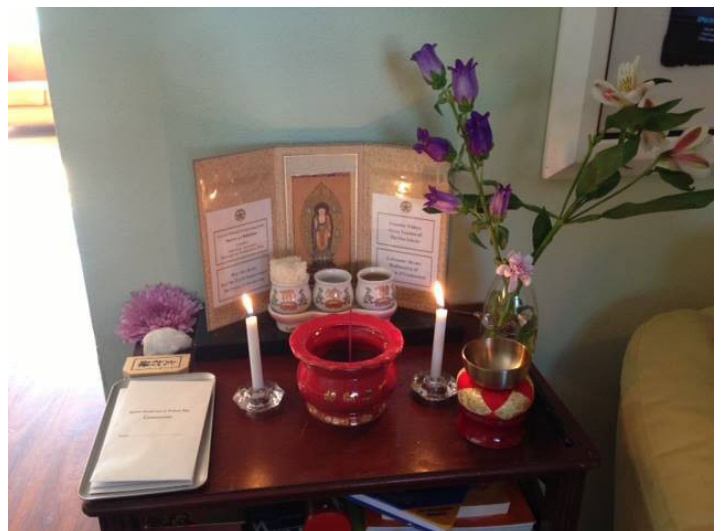
by Rev. Nick Ozuna



## Gohonzon In Tampa Bay

In May, we held a home enshrinement ceremony for one of our members, Frank Mavro and his family. Frank and his husband, Michael are owners of a small pet store in St. Petersburg, Florida. They have a 6-year old son named Robbie.

Frank joined Rissho Kosei-kai in November, 2012.





# Vesak Celebration In Pittsburgh

## NY-Pittsburgh

by Robert Peimme

On Sunday May 19<sup>th</sup> I attended the 5<sup>th</sup> Annual Vesak Celebration hosted by the Buddhist Society of Pittsburgh. The Buddhist Society of Pittsburgh is an inter-Buddhist organization comprised of nineteen groups, representing Zen, Tibetan, and Theravada Buddhism.

Vesak is a Buddhist holiday that commemorates the birth, enlightenment, and death of the Buddha. The celebration was held at a packed Unitarian Universalist Congregation and included presentations by various groups, a brief meditation session, and a Dharma talk by a Zen priestess.

A Tibetan group chanted a mantra about Tara, another group gave a musical and chanting presentation and another group led all of us in singing a hymn about Avalokiteśvara.

The Dharma talk was very powerful. The Zen priestess spoke about the importance of using our own efforts to deal with difficulties and find peace of mind.

Following the close of the ceremonies at the UU Congregation, monks led a procession from the congregation to the riverfront. A golden Buddha was carried down the streets of Pittsburgh as people followed behind.

A baseball game had just ended and hundreds of people were starting to leave the stadium as we passed by. I found it interesting to see the expressions on their faces as monks led us all down the street!

When we arrived at the riverfront the monks chanted as people used a spoon to pour holy water from a jar into the river. People stopped to look at us, take photos, and ask questions. Even people in boats stopped to see what was going on.

A small reception was held in a park near the riverfront following the water ceremony.

I joined Rissho Kosei-kai in 2009 and am currently the only member living in Pittsburgh, but I often visit other Buddhist groups and take part in various events. I have attended a Lotus Sutra study session at the Deep Spring Temple, took part in a meditation session at the Three Rivers Dharma Center, and attended a day long retreat at the Shambhala Meditation Center.

I first attended the Vesak Celebration in 2012, but did not take part in any presentations. Nor did I take part in any presentation this year.

I did however bring several copies of Shakyamuni Buddha: A Narrative Biography by Founder Niwano and extra issues of Dharma World, along with other Buddhist materials, which I placed on the 'free literature' table. Almost everything I brought was gone by the end of the event!

Although I can only visit the Rissho Kosei-kai Center in New York a few times a year, I am blessed to have many friendly Buddhist and meditation groups right here in Pittsburgh. The Vesak Celebration in Pittsburgh brings together Buddhists from all across the Pittsburgh area to sing, chant, and fellowship together as one. I could not help but think of the One Vehicle when I attended this event.





!

# Ft. Myers Activities

by Mary Sigman



New  
Home  
Altars  
In  
Fort

Springtime is a season of growth and rebirth, and we have been very blessed here in Fort Myers, Florida with 4 new members. We welcome them to our sangha, and enjoy their new energy, insight, and presence.

The days are now getting warm and the rains begin. Some of our members will travel up to northern US during the summer to visit friends and family, so our sangha sometimes gets smaller during these months.

We continue our Movie Night, Basic Buddhism Class, and Silent Meditation on Wednesdays every month. Our Interfaith work takes a break during the summer, but we will be regrouping in September.

It was wonderful to see old friends and make new ones at the LA seminar in late April. We look forward to the next one, and hope that more of our members can attend that one. All of us love Rev Kosho's book, and are very grateful for the English version.



Right: Judith Freeman,  
Left: Jerry Freeman,  
Middle: Marilee Kaufman

Ellie Birmingham





# Healthy Living by Jane Perri

## MEDITATION'S GENETIC IMPACT

Plenty of research has proven that meditation and yoga can lower blood pressure, improve mood, counter stress, and benefit your mental and physical health. Now a new study has shown for the first time that these ancient centering practices can actually affect your genes, turning beneficial ones on and harmful ones off. Researchers analyzed the genes of 26 volunteers who were unfamiliar with meditation, and then taught them a 10 to 20 minute meditation routine that involved rhythmic breathing, chanting, and focusing the mind. After the volunteers meditated twice a day for eight weeks, researchers found that the practice had activated genes that make cells more efficient at metabolizing energy and that protect telomeres, the caps at the end of chromosomes that help protect DNA from damage caused by aging. The practice also appeared to deactivate genes related to chronic inflammation, a risk factor for many diseases, including heart disease and cancer. Meditation is “not New Age nonsense,” study author Herbert Benson of Massachusetts General Hospital tells New Scientist. These effects are quite powerful in how they change your gene activity.”

Source: The Week May 24, 2013

*Meditation may be a cure for chronic disease!*



# Dear Abhi-Dharma by Rev. Kris Ladusau

Dear Abhi-Dharma

I have been practicing Ekayana (Lotus Sutra) Buddhism for a while now, and when I have studied the Parable of the Burning House in Chapter 3, I have always been confused about something. What is the difference between the "bodhisattva" of the Three Vehicles and the Bodhisattva of the One Vehicle?

Looking up with a thirsting heart

Dear Looking Up

This is a great question. The easiest way for me to explain it is this: The Three Vehicle Bodhisattva = doing good deeds. The One Vehicle Bodhisattva = Vow to buddhahood + good deeds. Hopes this clears up the confusion.

Abhi-Dharma

*What is the difference in the bodhisattvas?*



# HI Correctional Outreach by Donna Hunt



New  
Regular  
SIM  
Section!  
  
Outreach  
Hawaiian  
Style

My name is Donna Hunt and I was asked (very nicely) to write something about our “Dharma Sangha 808” Correctional Facility Buddhist Study Program. I kind of feel a little “bamboozled” into writing something...but at the same time I am excited to share how our little program in Hawaii has blossomed. So, THANK YOU Jo-Ann, Jane, Kim and Ann...you know who you are... thank you for giving me this opportunity....because I would NEVER have volunteered on my own.

I asked Jo-Ann nicely to write something, but she is really busy with her classes and she is also the primary caregiver for our father. I tried to interview her, but she was driving me crazy and that became a difficult task as well. So, I decided to tell her story through my eyes. Jo-Ann is my older sister and we have lived together for about 50+ years. She will most likely give me a tongue lashing, but I feel this is the quickest way to get a background story. Here goes...

Jo-Ann Ozaki, Karen Fujii and I are sisters, we grew up in Hawaii. By the time I was born, there were already three active generations of Rissho Kosei-kai members ahead of us working toward spreading the Dharma in Hawaii. They were Masue Kalakaua of Maui (our great-grandmother), Miyoko & Susumu Ozaki of Kona (our grandparents) and Aileen Ozaki of Honolulu (our mother) Back then, every publication, every seminar, every prayer service, every sermon was always in the Japanese Language. In the beginning, our mother forced us to go to church, forced us to read the Japanese prayer, and forced us to sit though hour after hour of people speaking in a language we did not understand. Through study, practice and sharing, we’ve come to understand that our mother only wanted us to find happiness in this life. So now we study and go to church willingly..haha.

Jo-Ann understands and speaks Japanese. She would always say, “Please speak in English”. People would naturally think that she did not know Japanese...But, she was asking people to speak in English because she was thinking of her sisters. We were the ones who did not speak or understand Japanese. I remember Jo-Ann was always

thinking about English speaking members. She would always say, what about those people (potential members) who don’t have any interest in the Japanese Culture and are not married to someone who is of Japanese ancestry? I don’t remember anyone ever answering her question.

During a seminar in San Francisco, Reverend Kris mentioned she received a call from one of the correctional facilities in Oklahoma. The facility was making a request for a volunteer to teach Buddhism to their inmates from Hawaii. Jo-Ann recognized the facility name and began thinking, “hey, I work at a correctional facility...I should volunteer here.”

She did some inquiring and found that first an inmate needed to request a Buddhists class. You can’t just appear and volunteer. You also need to get a current TB test. You need to take their volunteer safety class and pass their volunteer written exam. You also need a formal letter from your reverend to say you are responsible, authorized and qualified to represent your church.

This is the “interview” portion with Jo-Ann Ozaki. So, here is her story...

Donna: So, if you need an Inmate to request for Buddhist Service, how did you begin your program?

Ms JoAnn: Before my conversation with Rev Kris, it never occurred to me to start a program where I worked. I was afraid to go to work at the prison and my first years working there were awful. I remember asking the Buddha, “Why am I here and what do you want me to learn?”

My work friend was the Volunteer Program Representative for Halawa, she informed me there was an opening for someone to lead a meditation class...I had no experience with meditation, but I accepted. I asked for and received meditation tips from others and began the class.

Around the same time, an inmate who cleaned our offices began making small talk. He said he was from Kona and I found that he lived near the

# HI Correctional Outreach

RK-Kona Church, we began talking about Kona. I asked him to please make a request for a Buddhist class. He did, and that's how we began classes at Halawa Correctional Facility.

The first class had three students. Some students from my meditation class also came to my Buddhist Study Class. I felt very lucky there were no other Buddhist volunteers from other churches, otherwise we would have to share the Buddhist class. I feel that the Eternal Buddha was guiding me and sending helpers along the way.

Donna: What do you do in class?

Ms. JoAnn: I wanted to make our class as close as possible to our Sunday service at Church. Just in case, they wanted to attend church after their release. I wanted them to feel comfortable.

I gathered gently used sashes, prayer beads and prayer books to pass out to the inmates so we could hold Prayer Services. Without hesitation, they wore the sashes, used the beads and used their voices to chant the Kyoten. I even asked them to sing the Hymn of Rissho Kosei-kai without music, as I hummed the melody between the lyrics. It was pretty funny, but no one laughed and no one complained, they just accepted everything. We would end class with Hoza.

When new people attend our class, I like to ask them "Did you practice a faith in your family?"

If they say yes, I will ask them "Why did you come to Buddhism?" If they were Christian or Catholic, I would tell them the story of Founder Niwano and how he sent RK seminary students through the Catholic Priest program at the Vatican. I felt that by sharing that bit of information made them feel at ease and more accepting when we began talking about Shakyamuni Buddha.

I also talked about the "One Buddha Vehicle." Everyone can be saved, without exception, but you must make an effort.

Donna: What makes you continue your Dharma Sangha 808 classes? How did you get others to help you?

Ms. JoAnn: I couldn't understand why after the inmates were released, they kept coming back to prison. I felt that they came back to see the Buddha, they were waiting to meet the Buddha. They were so willing to do everything and I was

really moved by their attitude towards the Buddha.

After a couple months of volunteering, I realized why my career led me to work at the prison. It made me feel sad that I had not started earlier.

I remember that I put my class ahead of everything in my life. Even if we had a service at our home, I went to class first. One such night, I remember coming home and the ladies that came to perform the service, said they wanted to help me.

This is where her interview ended.

Jo-Ann found six people to get certified, Neal Matsushima, Connie Akamine, Joyce Manalo, Karen Fujii, Kristen Serrano and Donna Hunt. Others have volunteered to be guests, Kealii Vasquez, Ray Takeshita, Denele Hamada, and Jordan Hunt. I know she was so happy find support from her Church Sangha.

Jo-Ann never gave up and never lost hope that she was doing the "right" thing. She volunteered alone as a meditation class teacher and held Buddhist Study Classes at Halawa for almost two years. 2013 marks her ninth year volunteering two nights a week at the Halawa and Waiawa Correctional Facilities. Ms. Joyce Manalo assists her on Wednesday evenings at Halawa. And I assist her on Thursday evenings at Waiawa.

Three former students have been released and are now active members of our RK-Hawaii, Oahu branch. Our members have been very receptive to our newest members. We are so happy our Sangha is growing.

Our next article will be on Ms Joyce Manalo's experience as a volunteer. We've also asked our students to write down their thoughts on our class for future articles.



## Family Matters—The Monkey King and the Water Demon

Buddhist Tales for Young & Old  
Prince Goodspeaker [www.buddhanet.net](http://www.buddhanet.net)

ONCE UPON A TIME, far away in a deep forest, there was a nation of 80,000 monkeys. They had a king who was unusually large, as big as a fawn. He was not only big in body, he was also "large in mind." After all, he was the Bodhisattva—The Enlightenment Being.

One day, he advised his monkey nation by saying, "My subjects, there are poisonous fruits in this deep forest, and ponds possessed by demons. So if you see any unusual fruit or unknown pond, do not eat or drink until you ask me first." Paying close attention to their wise king, all the monkeys agreed to follow his advice.

Later on, they came to an unknown pond. Even though they were all tired out and thirsty from searching for food, no one would drink without first asking the monkey king. So they sat in the trees and on the ground around the pond.

When he arrived the monkey king asked them, "Did anyone drink the water?" They replied, "No, your majesty, we followed your instructions." He said, "Well done."

Then he walked along the bank, around the pond. He examined the footprints of the animals that had gone into the water, and saw that none came out again! So he realized this pond must be possessed by a water demon. He said to the 80,000 monkeys, "This pond is possessed by a water demon. Do not go into it."

After a little while, the water demon saw that none of the monkeys went into the water to drink. So he rose out of the middle of the pond, taking the shape, of a frightening monster. He had a big blue belly, a white face with bulging green eyes, and red claws and feet. He said, "Why are you just sitting around? Come into the pond and drink at once!"

The monkey king said to the horrible monster, "Are you the water demon who owns this pond?" "Yes, I am," said he. "Do you eat whoever goes into the water?" asked the king. "Yes I do," he answered, "including even birds. I eat them all. And when you are forced by your thirst to come into the pond and drink, I will enjoy eating you, the biggest monkey, most of all!" He grinned, and saliva

dripped down his hairy chin.

But the monkey king with the well trained mind remained calm. He said, "I will not let you eat me or a single one of my followers. And yet, we will drink all the water we want!" The water demon grunted, "Impossible! How will you do that?" The monkey king replied, "Each one of the 80,000 of us will drink using bamboo shoots as straws. And you will not be able to touch us!"

Of course, anyone who has seen bamboo knows there is a difficulty. Bamboo grow in sections, one after another, with a knot between each one. Any one section is too small, so the demon could grab the monkey, pull him under and gobble him up. But the knots make it impossible to sip through more than one sections.

The monkey king was very special, and that is why so many followed him. In the past, he has practiced goodness and trained his mind with such effort and attention, that he had developed very fine qualities of mind. This is why he was said to be "large in mind," not because he simply had a "big brain."

The Enlightenment Being was able to keep these fine qualities in his mind, and produce a very unlikely event—a miracle. First, he took a young bamboo shoot, blew through it to make the knots disappear and used it to sip water from the pond. Then, amazing as it may sound, he waved his hand and all the bamboo growing around that one pond lost their knots. They became a new kind of bamboo.

Then, all his 80,000 followers picked bamboo shoots and easily drank their fill from the pond. The water demon could not believe his green eyes. Grumbling to himself, he slid back under the surface leaving only gurgling bubbles behind.

### THE MORAL IS:

**"Test the water before jumping"**





“As we help each other along the bodhisattva path, our relationships grow as we learn about each other and ourselves.”

## Senior Corner

by Ann Rinehard

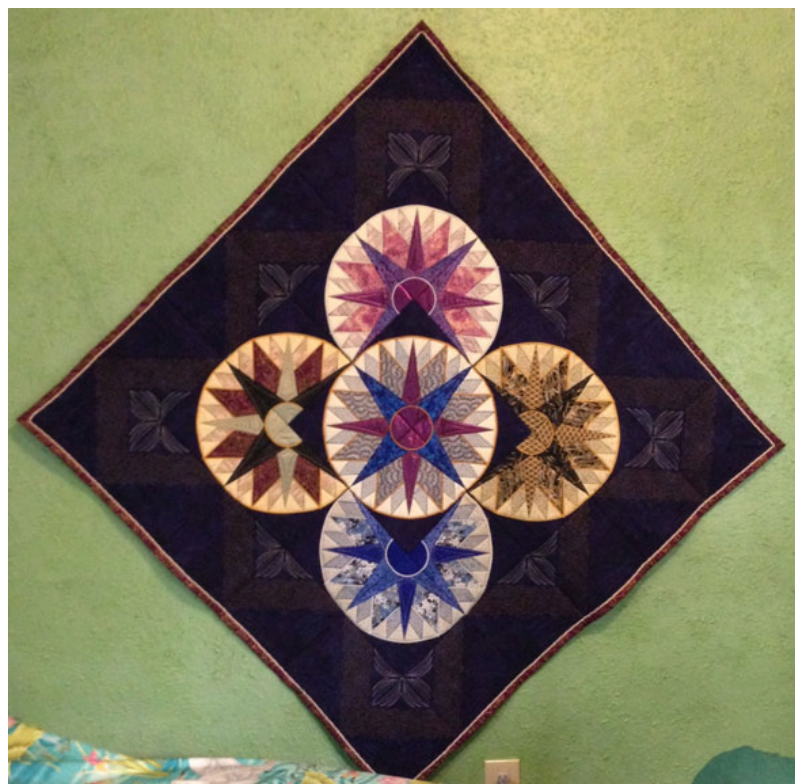
In Chapter 15 of the Lotus Sutra, Shakyamuni Buddha spoke of bodhisattvas springing up out of the earth. There were uncountable bodies, but they shared one Dharma, one wish for happiness for all beings and one spirit. As we travel the bodhisattva path today, we carry on that one-ness.

I joined Rissho Kosei-kai when I was in my mid-50s, so in terms of age I live up this to column name and call myself a senior. But I believe that being one in spirit is born in us when we become RK members. We learn what 'one in

spirit' means while we are learning how to live the Dharma. Sometimes by baby steps and sometimes by leaps, the concept of one in spirit settles in. We also discover that we are one in spirit almost universally. A member from the US can travel to Brazil, Bangladesh or Rome, and find people who share the spirit.

I've known some of my spiritual sisters and brothers for 15 years now. Many of you have much longer relationships. To me, this is what senior means here. As we help each other along the bo-

dhisattva path, our relationships grow as we learn about each other and ourselves. As time passes, the feeling of family grows. As other, newer members join us, the spirit becomes wider and ever deeper. In terms of time and our RK relationships, we become "seniors." But in the realms of practice and learning, like Founder Niwano we remain lifetime beginners.



Quilt in the OK-Dayton Dharma Center symbolizing  
Many in Body, One in Spirit, Made by Jane Perri



# Art from the Sanghas by Rose Cirigliano

## NYC Artist Yoshie Hirano



Interview by Rose

Ikebana I

Rose: Yoshi, how did you get interested in making Ikebana floral arrangements?

Yoshi: I have always had a great love of flowers, their delicacy and simplicity fascinate me. I found a Master teacher Mrs. Hata. I had a chance to study with Mrs. Hata in NYC. Initially, I thought I would just take one of her three month courses. And I've been studying under Mrs. Hata for the past eight years using the Sogetsu principle, a world renowned discipline of Ikebana.

Sogetsu designs vary according to the tradition of the Japanese area, city or village.



“The  
Essence is  
the Truth of  
Awareness”

Cornelia  
Weber

## LA Irvine Artist Cornelia Weber



Interview of Cornelia Weber by Rose  
Rose: How exactly did you get interested in taking professional photos?

Cornelia: I came over to the US from Germany in 1990, back then I worked in management for book distribution companies. Leafing through books and using my imagination and picturing scenes and characters lead me to my current passion in professional photography. Living in California with its beautiful climate and scenery enhanced my creativity. "My approach in photography has always been to capture "The Essence of The Moment," may it be the beauty of a wedding or a family portrait or the nature. The Essence is the Truth of Awareness, what I see through my lens. "

Rose: How long have you been a member of RK?  
Cornelia: I joined a year ago and I feel that I am on a great path to follow the Truth of the Buddha's teachings through the Lotus Flower Sutra teachings and I am grateful to receive those teachings from a great teacher, full of wisdom, Rev. Yoshizawa in Irvine, California to be part of the Dharma Leadership teachings.

My intention is to start a spiritual greeting card service with my photography along with spiritual wisdom poems.

Her website is [www.corneliaweberphotography.com](http://www.corneliaweberphotography.com)





# Book Review by Nancy Anderson



## The Buddha in Everyone's Heart

By

Koshi Niwano

When a granddaughter writes a book of the teachings of her grandfather, it is easy to assume the book is about sweet and poignant memories from a loving granddaughter's point-of-view. This is true of Koshi Niwano's first ever published book. But there's more. *Far more.* What Koshi Niwano delivers with razor-sharp comprehension is a book that, from the very first page and with lightening speed, takes us straight to the heart of Buddhism. And where might that be? The title tells all: *The Buddha in Everyone's Heart.*

Introductions are in order, particularly for those who are new to Rissho Kosei-kai. Koshi Niwano is the president-designate of Rissho Kosei-kai. Her father, Nichiko Niwano, is the current president. Her grandfather, Nikkyo Niwano, is the founder and former president.

If, prior to reading this book, we thought that Nikkyo Niwano was remarkable in his understanding of The Lotus Sutra, his prolific writing, and his founding of a worldwide lay Buddhist organization, these thoughts are certainly underlined by reading Rev. Koshi's book. While doing so, Nikkyo Niwano seems to come to life, to step off the pages, to greet us with his warm, friendly smile, and to hand us gifts of Truth.

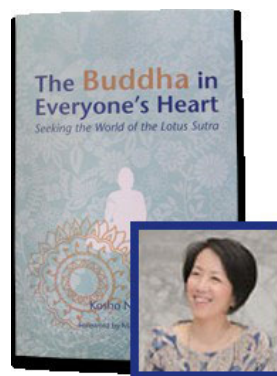
And speaking of Truth, this book is loaded. It is not only an effective Buddhist primer for anyone who has just set foot on the path of the Buddha, it is refreshment for all who have been there for awhile.

Consisting of 33 chapters between book-

ends of Foreword and Afterword, it is ideally arranged for a daily reading. Each chapter begins with a quote followed with Rev. Koshi's comments, occasional and illustrative stories and more quotes, followed by more comments. Each chapter, therefore, is a chorus of different voices singing in harmony, and ultimately ending on one note, and that note is Truth itself.

Chapter 10, for example, is titled "Liberation through the Truth," and the beginning quote from *Selected Dharma Talks of Nikkyo Niwano* reads as follows: "The teaching of Buddhism is not some superficial thing that advocates any means available to liberate people from their immediately pressing suffering and trouble. At all events it teaches 'liberation based on Truth.'" This is followed by appropriate remarks and insights by Koshi Niwano, then more quotes and comments, and finally a summary.

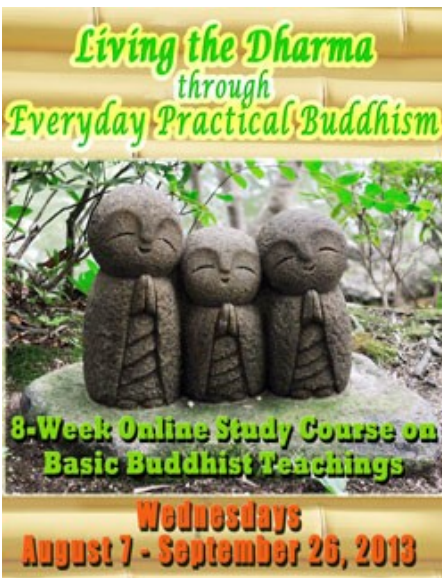
All who sincerely seek the Buddhist path should become *best friends* with this little book. It is definitely a book to read, slowly and thoughtfully, with cell phones turned off.



**Rev Koshi Niwano's new book is now available for purchase. To obtain your copy contact your minister or RKINA**

*Nancy Anderson, a member of Rissho Kosei-kai and active member of the Dharma Center of Klamath Falls, Oregon, received her Lay Buddhist Ordination at Shasta Abbey Buddhist Monastery in northern California. Her Dharma Center activities include producing, editing and mailing the monthly Dharma Center News and Calendar. She holds a Bachelor of Science Degree in Education from Montana State University and a Master of Arts Degree in Business Management/Human Relations from Webster University. She is a Certified Meditation Instructor, trained in Vipassana meditation instruction and certified by the University of Holistic Theology*

# Bulletin Board



Join us or recommend a friend to join us for an introductory course on Ekayana Buddhism as interpreted through the writings of Nikkyo Niwano, founder of Rissho Kosei-kai.

## Objectives:

Upon completion of this course, a student will be able to do the following:

1. Develop an understanding of the basic Buddhist teachings.
2. Apply the teachings to their every day lives.
3. Convey a moderate understanding of the basic Buddhist teachings to others.

## REGISTER NOW

**Format:** This is an online class that includes quizzes (don't panic they are easy!), assignments, presentations, discussions, and 2 hours of live online lecture and discussion each Wednesday evenings through WebEX at:

**9:00 p.m. EST, 8:00 p.m. CST, 7:00 p.m. MST and 6:00 p.m. PST.**

**Prerequisite:** None, but please note that a computer with Internet access and a headset with a microphone are required to participate in this course.

**\*Cost:** \$ 50 - General registration

\$ 30 - Rissho Kosei-kai members (Membership information is required at registration.)

\* If you wish to attend, but are unable to afford the fee, please contact your local RK minister to discuss scholarship options.

Class size limited to 30 for optimal learning experience.

## How to Subscribe

To subscribe to this newsletter contact the minister at your Dharma Center or visit the RKINA website. [www.rkina.org](http://www.rkina.org)

## How to Submit Articles for Publication

Submit articles, calendar events, questions for "Dear Abhidharma" and creative works through your Dharma Center representative. "Dear Abhidharma" questions can also be sent directly to Rev. Kris Ladusau. [krisladusau@gmail.com](mailto:krisladusau@gmail.com)  
Suggestions and comments are always welcome. Please send them to Jane Perri [jane.perri@rkina-dayton.com](mailto:jane.perri@rkina-dayton.com)

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Traveling ?

Try visiting  
one of your  
sister sanghas!



## Locations and Calendar of Centers

### **Rissho Kosei-kai International of North America (Irvine CA)**

Rissho Kosei-kai Dharma Center of Orange County (CA)

Rissho Kosei-kai Dharma Center of Tampa Bay (FL)

Rissho Kosei-kai of Ft. Myers

### **Rissho Kosei-kai Buddhist Church of Hawaii (Pearl City, Oahu)**

Rissho Kosei-kai Maui Dharma Center (HI)

Rissho Kosei-kai Kona Dharma Center (HI)

### **Rissho Kosei-kai Buddhist Church of Los Angeles (CA)**

Rissho Kosei-kai Dharma Center of San Antonio (TX)

Rissho Kosei-kai of Buddhist Center of Arizona (Tucson)

Rissho Kosei-kai Buddhist Center of Colorado (Denver)

Rissho Kosei-kai Buddhist Center of San Diego (CA)

Rissho Kosei-kai Buddhist Center of Las Vegas (NV)

### **Rissho Kosei-kai of San Francisco (CA)**

Rissho Kosei-kai of Seattle's Buddhist Learning Center (WA)

Rissho Kosei-kai of Sacramento (CA)

Rissho Kosei-kai of San Jose (CA)

Lotus Buddhist Circle of San Mateo (CA)

Rissho Kosei-kai of Vancouver (Canada)

### **Rissho Kosei-kai of New York (NY)**

Rissho Kosei-kai of Chicago (IL)

### **Rissho Kosei-kai Dharma Center of Oklahoma (OKC)**

Rissho Kosei-kai Dharma Center of Dallas

Rissho Kosei-kai Dharma Center of Denver (CO)

Rissho Kosei-kai Dharma Center of Klamath Falls (OR)

Rissho Kosei-kai Dharma Center of Dayton (OH)