

Sangha In Motion

Bimonthly eNewsletter for RK Members in the US

VOLUME 1, ISSUE 1-6

NOVEMBER 2012



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

HIGHLIGHTS

Nisei Parade

Obon Festival

Lots of news from the
Sanghas!

INSIDE THIS ISSUE:

Current Events	1
Guidance	2
News	3-9
Living Naturally	10
Family	11
Senior Corner	13
Dear Abhidharma	13
Book Review	14
Art From the Sanghas	15-17
Hot Links	18
Bulletin Board	19
How to Submit	19
RK Locations	20

New York Celebrates 30th Anniversary!

Story by Robert Piemme

On Saturday, October 13 and 14 Risho Kosei-kai of New York held events to mark the 30th anniversary of the founding of the Buddhist center.

Saturday's service included offerings of flowers, fruits and vegetables to the image of the Eternal Buddha and Chapters 2 and 16 of the Kyoten were chanted. Rev. Masamichi Kamiya, Minister of RKNY, gave his remarks and member James Lynch gave a moving talk, sharing his Dharma journey. The center was honored to have Rev. Yasutaka Watanabe, chair of Risho Kosei-kai's Board of Trustees, as the guest speaker. Later, Rev. Watanabe led a hoza session and shared his own personal dharma thoughts with those in attendance.

On Sunday, a symposium titled, "Wisdom and Compassion in Action: Engaged Buddhism, Interfaith Cooperation and Partnership with the United Nations" was held and included panelists from the World Conference of Religions for Peace (WCRP), UNICEF and the Focolare Movement, among others. Dr. William F. Vendley, the Secretary-General of WCRP, chaired the symposium. Members of the audience had a chance to ask questions and lively discussion was held.

A banquet was held following the symposium with fresh sushi and other treats. Rev. Watanabe commented that the New York center is special in that so many cultures and religions are found in New York, as well as the United Nations, and that the New York center is working well with them. The event was well attended and will be a lasting memory.

[Post Hurricane Sandy note: The NY church escaped major damage from the storm and none of the members were hurt.]





Niichiko Niwano
Founder of
Risho Kosei-kai

Excerpt from

Monthly Guidance
of President
Nichiko Niwano,
August 2009

Guidance from President Niwano

LIVING IN THE PRESENT MOMENT

... "In discourses with his disciples, Shakyamuni spoke of the length of human life as the time in which one takes a breath. He even used the Sanskrit word *kshana*, meaning an inconceivably short mind-moment, to describe life. Since what occurs in the present is all that we ever have before our eyes and since it is only that with which we human beings can actively engage, we should be living in the present moment to the fullest. In other words, each and every moment is part of our actual lives.

Certainly, we can neither relive the past nor experience the future be-

fore it arrives. When we clearly recognize this, we are filled with the feeling of living life fully by exercising care for the people around us and devoting our hearts and minds to what is taking place in front of us. ...

...Scientists tell us that life on earth began some 3.8 billion years ago, so the present is but a brief instant in a period that seems almost like eternity. But the present actually is filled with precious moments that are the materials of our lives. Since that is the case, we should let go of past regrets, stop chasing after an illusory future, and keep in mind the need to live in the 'now' of every moment so that we will lead our limited lives to the fullest."

Commentary by Mary Sigman

This particular Guidance was chosen not only for its perfect "fit" for our topic, but also because I think President Niwano very succinctly summed up the major aspects of this topic. While I have always found this topic an easy one to relate to, I still struggle to keep this type of awareness in my daily practice. Like most of us, I dwell too often in the past or future. I have regrets about something in the past and fears about the future. I had never before read of Shakyamuni's use of the word *kshana*, an inconceivably short mind-moment, to describe life. I find the wording beautiful, and its focus on the mind most pertinent, for it is in our mind that we need to begin our work. Our perception of life is clouded with the past and future, when it only truly exists in the present moment. President Niwano reminds us to look at what is right before our eyes--that is where we need to focus our attention. Our life is "taking place in front of us," as he says, and we keep foolishly turning our gaze backwards or forwards. We are missing the greatest part of our lives in doing so. Shakyamuni's description of the length of a human life used the word *breath*. Focusing on the breath has been a tool used by

the sages throughout the centuries to help one's mind to be aware of the present moment. Sitting quietly every day, even for a 5 minutes, can be a very calming, centering practice. I like to do this right after I finish my morning chanting at my altar. It helps me to absorb the words I have just chanted, to let the dharma enter my heart. But I begin this practice by focusing on at least 5-10 breaths. This helps my body and mind to settle down. It is a great way to start the day or end it.

President Niwano concludes this Guidance with another image of the vastness and brevity of Time. We see it as stretching back 3.8 billion years, and our present moment is so short, so brief, in a spectrum that goes on to eternity. But he reminds us that these moments are "precious" and they are the "materials of our lives." This "material" is what we have to work with. There is no "material" in the past or future. His final words to us give us three things to work on: to "let go," to "stop chasing," and "to live in the 'now' of every moment." Perhaps if we can truly do this there will be no present moment, but only moment, a moment outside of the realm of past, present, or future. Live in THE moment.

Rev. Nagamoto Retires from SF and Seattle

On October 13, a retirement ceremony for Rev. Nagamoto was held at the Seattle Dharma Center.

Rev. Hiroshi Niwano Emeritus Member, Board of Trustees from Tokyo, gave a farewell message to Rev. Nagamoto. Members of the Seattle group shared precious time with both reverends to honor Rev. Nagamoto contributions over the years and to bid him best wishes and farewell.



On Oct. 14th, a Farewell Ceremony was held for Rev. Nagamoto at the San Francisco Dharma Center. Rev. Hiroshi Niwano from Tokyo led the celebration to thank Rev. Nagamoto on his role as Minister at San Francisco. The Sangha members joined Rev. Niwano in relaying their fond memories of Rev. Nagamoto.



NY *Wisdom and Compassion in Action* Symposium

New York Dharma Center had its 30th Anniversary Commemorative Symposium on October 14th, "Wisdom and Compassion in Action". The sangha members engaged in talks about Buddhism, Interfaith Cooperation and Partnership with the United Nations.



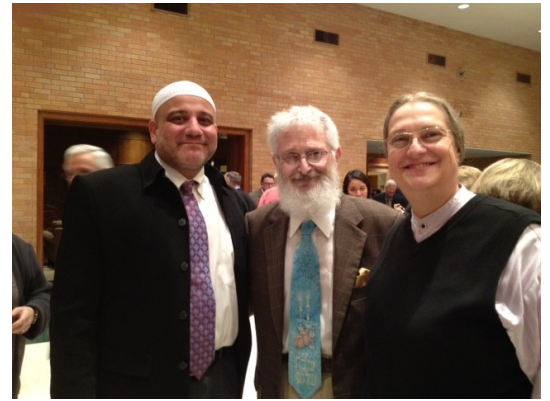
RKINA in the Interfaith Hunger Walk

October 28th Sunday, RKINA and OC members participated in a Hunger Walk. The Hunger Walk was the 24th Annual United Interfaith CROP, in Orange County and members joined to do the 7K walk around the Back Bay area of Newport Beach.. There were many great prizes won for their efforts as well!



Oklahoma City by Rev. Kris Ladusau

Rev. Kris at the installation of a new rabbi at a Jewish Synagogue in OKC.



Dayton Ohio Members in the News by Jane Perri

Two of our very talented artistic members Danny Mangelsdorf and Dee Char were invited to paint a mural just outside of downtown Dayton to celebrate and recognize our community garden. Their mural will be one of 32 that will grace the street near the garden.



Below is a photo of Dee Char finishing her first half marathon race with her trusted dog. She said "I'm making every effort to live my life, true to myself- in spite of the challenges I face. I'm off to Florida tomorrow to support a golf tourney that is raising funds for the Foundation Fighting Blindness. When I return I will

begin training for my next athletic event, yet to be determined. I also hope to open some more doors that will allow me an opportunity to create more art. I'm happily enjoying life right now, living my dreams, making things happen." By the way, Dee is almost completely blind.



Hawaii Dharma Centers by Brad Tom

Ohana Gathering at Pearl City, HI Dharma Center
 The Oahu Dharma group had their annual Ohana Gathering this year at the church instead of Ala Moana Beach Park. A change of location was requested this year to make it easier for all members to attend the event and it was a successful gathering. With over 100 people participating, we all had a great time. There were games for all ages to play and everyone had fun. We had so much food brought by everyone. There were at least 10 different types of deserts (I tried all of them) that were soooo good! We fired up the grill and served up the teriyaki beef & chicken to all who came. Thank you all for your participation in the set up and tear down. Since it was such a success we will definitely have it again next year.



"Those who see worldly life as an obstacle to Dharma see no Dharma in everyday actions; they have not discovered that there are no everyday actions outside of Dharma."

Dogen Zenji
 (1200 - 1253)

Founder of the Soto School of Zen Buddhism in Japan

Contributed by
 Robert Piemme





Advance Lotus Sutra Study in LA

On September 28-30th, U.S. leaders gathered together at the Los Angeles Center to study the Lotus Sutra. The weekend study session was instructed by Rev. Kris and was very active and comprehensive.



*“The
Tathagata
is able to
distinguish
all things,
explain the
teachings
skillfully,
use gentle
words, and
bring joy to
the hearts
of all.”*

**Chapter 2
Skillful
Means**

Basic Lotus Sutra Study in San Antonio

On September 11, thirty members in San Antonio got together for a Basic Buddhism class, devoting themselves to understandings the Eight Fold Path. The discussion focused on how to incorporate the teachings in our daily life.



San Diego News

Los Angeles and San Diego members got together on September 2nd to hold a Hoza. Close to 30 members shared the Dharma experience and had great time in the afternoon



Healthy Living by Jane Perri

Dance for Your Life

“The key to healthy living lies in not what we put in our mouths but what we put in our hearts.”

Recently, I witnessed an amazing dance production. The dancers exhibited extremely high energy. They gave 100% of themselves. They did not just show up for the performance, they lived it, they became it, it popped with excitement and drew the audience into their story.

This is how we should live our lives; not as mere observers, never being brave enough to jump whole heartedly into the role. We all know people that seem to just sit on the sidelines and watch. They are fearful of taking risks. They need to know the outcome of things – or at least have a pretty good idea of how things will unfold before they move into action. Surprises are unwelcomed- even good surprises- because they feel a loss of control. The beauty of the performance lay in not knowing what the dancers were going to do next. Would the tempo pick up or slow down. Maybe they would slide on the floor or maybe they would do my favorite move and fly through the air leaping like a gazelle. Regardless of the move, it was all beautiful.

What made it really beautiful was the interaction of the performers. Yes, the solo routines were delightful but certainly not as captivating as watching the whole troupe depend on each other to be there to swing together or catch one another in the air or set in motion a wave action – the interplay was spellbinding.

So it is in life too. Yes, we can and are at times individual performers in our lives. We have to take school exams by ourselves. But for the most part, everything else in life is enhanced when we involve others. Collaboration, sharing, supporting, playing off others- this is what makes life more interesting BUT less controlled.

If I do something completely by myself, I perceive that I will therefore know the outcome and it will be the one that I will be comfortable with. My problem solving skills are restrained by my own field of experience and

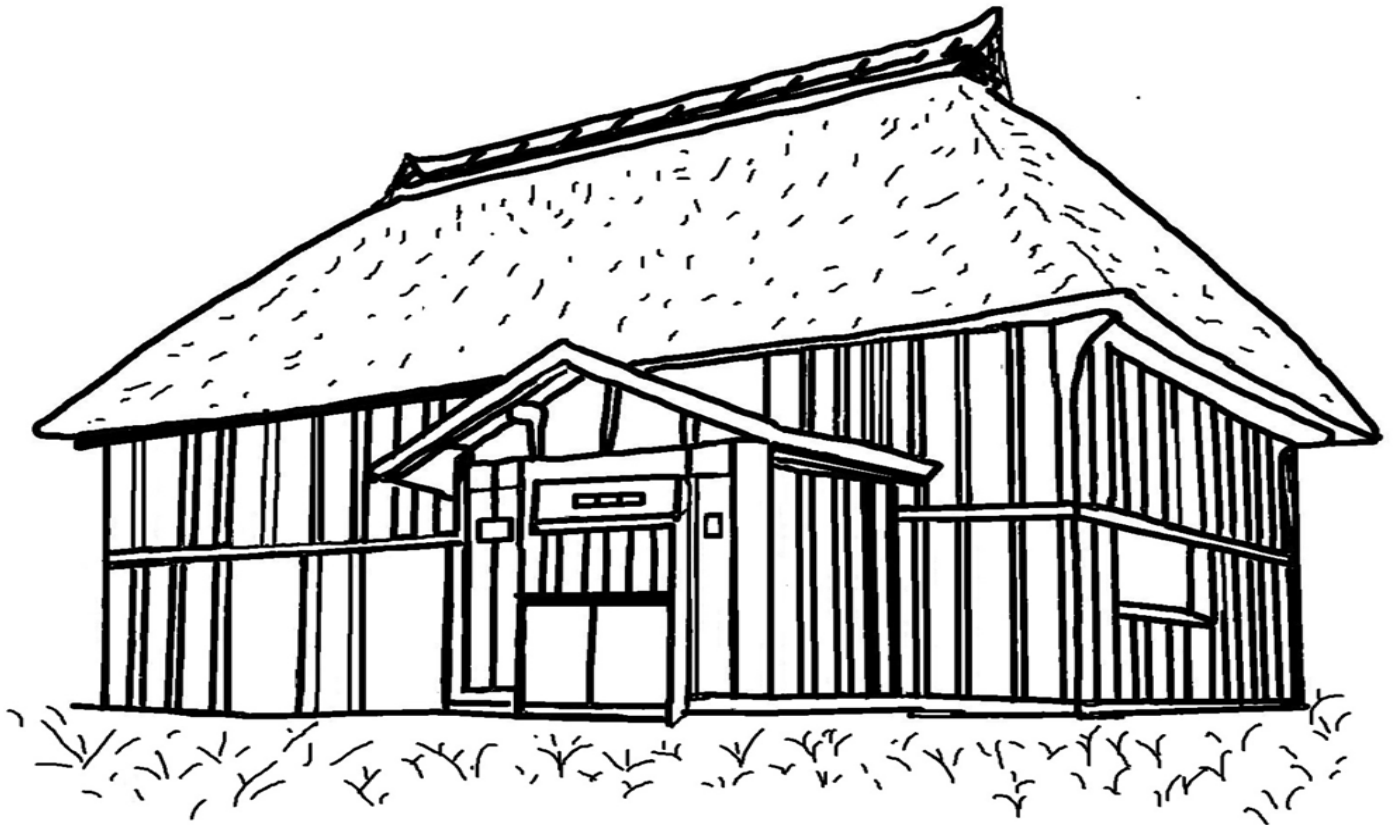
will therefore be less creative and I may never be able to come up with a workable solution. Instead when we involve others, ask for help, we are able to draw on their experiences and combined with ours, we create something completely different. In order to be able to do this we have to squelch our ego. We have to admit that we do not know how to do something. This is an unconscionable thing to do for those who must have total control in their lives, at all times.

Fear of the unknown and our own perception of who we are – ego- when combined keeps us on the sidelines of life. It is like a seed that is planted in fertile soil (material world). It is watered with opportunities to grow. The seed sprouts but without fertilization from a bee, it cannot fully blossom and reproduce. We need fertilization from others in our own lives. Even the hermit in a dense forest needs interaction with birds and animals to draw inspiration for problem solving.

We are social beings by our very nature, designed to work together. We need to trust that others will “have our backs.” We need to trust that the best solution will only come from giving up control of the minuscule. Once we accept the support and guidance of others, the path becomes easier for us. We do not have to reinvent the wheel; we can use the experience of others to build upon.

One's ability to have control over the outcomes of all events in your life is a myth anyway; it is only an illusion. So if it is not real, then why put all of your energy into trying to control things you cannot. It is like being on a raft in the middle of a fast moving river. You can paddle all you want to try to remain in the exact same place but you cannot maintain it for long, so why try. Instead, go with the flow. Allow yourself to be transported and supported by others. You can ride their waves and still make it your own experience.

Children's Corner—Coloring Time!



Download and color Founder's home.

Founder Nikkyo Niwano grew up in this thatched roof home in what region of Japan?

He often said that growing up in a harsh environment enabled him to learn what?

Family Matters—Little Prince No-father

Buddhist Tales for Young & Old
Prince Goodspeaker www.buddhanet.net

The Power of Truth

Once upon a time, the King of Benares went on a picnic in the forest. The beautiful flowers and trees and fruits make him very happy. As he was enjoying their beauty, he slowly went deeper and deeper into the forest. Before long, he became separated from his companions and realized that he was all alone.

Then he heard the sweet voice of a young woman. She was singing as she collected firewood. To keep from being afraid of being alone in the forest, the king followed the sound of the lovely voice. When he finally came upon the singer of the songs, he saw that she was a beautiful fair young woman, and immediately fell in love with her. They became very friendly, and the king became the father of the firewood woman's child.

Later, he explained how he had gotten lost in the forest, and convinced her that he was indeed the King of Benares. She gave him directions for getting back to his palace. The king gave her his valuable signet ring, and said, "If you give birth to a baby girl, sell this ring and use the money to bring her up well. If our child turns out to be a baby boy, bring him to me along with this ring for recognition." So saying, he departed for Benares.

In the fullness of time, the firewood woman gave birth to a cute little baby boy. Being a simple shy woman, she was afraid to take him to the fancy court in Benares, but she saved the king's signet ring.

In a few years, the baby grew into a little boy. When he played with the other children in the village, they teased him and mistreated him, and even started fights with him. It was because his mother was not married that the other children picked on him. They yelled at him, "No-father! No-father! Your name should be No-father!"

Of course this made the little boy feel ashamed and hurt and sad. He often ran home crying to his mother. One day, he told her how the other children called him, "No-father! No-father! Your name should be No-father!" Then his mother said, "Don't be ashamed, my son. You are not just an ordinary little boy. Your father is the King of Benares!"

The little boy was very surprised. He asked his mother, "Do you have any proof of this? So she told him about his father giving her the signet ring, and that if the baby was a boy she should bring him to Benares, along with the ring as proof. The little boy said, "Let's go then." Because of what happened, she agreed, and the next day they set out for Benares.

When they arrived at the king's palace, the gate keeper told the king the firewood woman and her little son wanted to see

him. They went into the royal assembly hall, which was filled with the king's ministers and advisers. The woman reminded the king of their time together in the forest. Finally she said, "Your majesty, here is your son."

The king was ashamed in front of all the ladies and gentlemen of his court. So, even though he knew the woman spoke the truth, he said, "He is not my son!" Then the lovely young mother showed the signet ring as proof. Again the king was ashamed and denied the truth, saying, "It is not my ring!"

Then the poor woman thought to herself, "I have no witness and no evidence to prove what I say. I have only my faith in the power of truth." So she said to the king, "If I throw this little boy up into the air, if he truly is your son, may he remain in the air without falling. If he is not your son, may he fall to the floor and die!"

Suddenly, she grabbed the boy by his foot and threw him up into the air. Lo and behold, the boy sat in the cross-legged position, suspended in mid-air, without falling. Everyone was astonished, to say the least! Remaining in the air, the little boy spoke to the might king. "My lord, I am indeed a son born to you. You take care of many people who are not related to you. You even maintain countless elephants, horses and other animals. And yet, you do not think of looking after and raising me, your own son. Please do take care of me and my mother."

Hearing this, the king's pride was overcome. He was humbled by the truth of the little boy's powerful words. He held out his arms and said, "Come to me my son, and I will take good care of you."

Amazed by such a wonder, all the others in the court put out their arms. They too asked the floating little boy to come to them. But he went directly from mid-air into his father's arms. With his son seated on his lap, the king announced that he would be the crown prince, and his mother would be the number one queen.

In this way, the king and all his court learned the power of truth. Benares became known as a place of honest justice. In time the king died. The grown up crown prince wanted to show the people that all deserve respect, regardless of birth. So he had himself crowned under the official name, "King No-father!" He went on to rule the kingdom in a generous and righteous way.

THE MORAL IS: The truth is always stronger than a lie.

Living in the Moment

Sources
Goodread.com

Essentiallifeskills.com

Senior Corner by Ann Rinehard

"Since there is no such thing as a retirement age in private life, as long as we live we should embrace a strong desire to improve ourselves, serve others, and contribute to society."

Founder Nikkyo Niwano, *Invisible Eyelashes*

The Buddha said: Do not dwell in the past, Do not dream of the future, Concentrate the mind on the present moment.

In our practice we try diligently to 'stay in the moment'. Through Right Meditation we work to clear monkey mind and reach a place where we're calm and open to receiving the present moment as each one arrives. From the beginning of recorded history, thoughts about living in the moment have been passed down from generation to generation. Here are some quotes from our more recent teachers:

Maya Angelou, writer and poet, who is currently on tour at age 84: Be present in all things and thankful for all things.

Martha Graham (1894-1991), dancer and choreographer for more than 70 years; cultural ambassador:: All that is important is this one moment. Make the moment important, vital and worth living. Do not let it slip away unnoticed and unused.

Betty Smith (1896-1972), writer – *A tree Grows in Brooklyn* and *Joy in the Morning*: Look at everything as though you were seeing it for the first or last time. Then your time on earth will be filled with joy.

Thich Nhat Hahn, Buddhist monk and teacher: I promise myself that I will enjoy every minute of the day that is given to me to live.

And finally, from Maya Angelou
We spend precious hours fearing the inevitable. It would be wise to use that time adoring our families, cherishing our friends and living our lives.

Dear Abhidharma By Rev. Kris Ladusau

Dear Abhi-Dharma

My neighbor is driving me crazy. I am so mad at her. She called me up the other day and told me I was the worst neighbor because I don't mow often enough. I am not able to take care of the lawn myself, and I am dependent on others to help. Since my friends are volunteers, I don't feel that I can pressure them. I am just grateful when they can help me by mowing. My neighbor even went as far as to threaten me if I didn't do what she wanted. How can I resolve this?

Fuming in Ft. Worth

Dear Ft. Worth

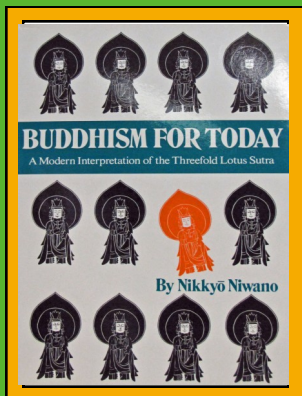
I can understand your frustration and I also appreciate that you are giving a moment of "space" before you automatically react out of anger at your neighbor. Sometimes threats are based in fear. I suspect that you might

want to talk with your neighbor and instead of starting out by defending yourself in any way -- that you acknowledge her request and they ask how she is doing these days. You might learn where that fear is coming from and through compassion and understanding, reconnect with your neighbor to create a "working-together" model to move forward.

FOLLOW UP

Well, you were right. When I talked to her, I acknowledged her call and her concern. I told her that I realized my lawn is not always as good as I would like it to be. I shared that I was dependent friends to help me, since I was unable to do it myself. I asked how she was doing. She told me her husband has Alzheimer's and she was going to have surgery on her foot next week. They will be cutting all the toes off her left foot. She has been in terrible pain and has had mobility issues. I could empathize with her. We promised to work together to make the neighborhood as good as possible. My anger is gone and I once again feel like I have a connection.

Book Reviews by Nancy Anderson



Buddhism For Today

by Nikkyo Niwano

This book is a brilliant piece of work. Written by Nikkyo Niwano, President, Rissho Kosei-kai, *Buddhism for Today* was written so that readers will better understand the *Lotus Sutra*. In that respect, *Buddhism for Today* is a book whose time has come and it is good, for we could use a little help with our understanding.

The *Lotus Sutra* was recorded approximately 700 years after the death of Shakyamuni Buddha. And since then centuries have come and gone, times have changed, and so has the way people think and transmit information. Reading the *Lotus Sutra*, especially for first time readers, can be a formidable task -- not to mention actually *understanding* it. And yet, we sense that veiled somewhere in the dreamy world of jeweled trees, flowers falling from the heavens, and tales of bodhisattvas springing from the ground, children who refuse to leave burning houses, and beings of all sorts from other worlds appearing from all directions, there must be some kind of treasure to be found. And there is. Its name is "truth."

"The *Lotus Sutra*," explains Niwano, "was compiled in the form of a drama so that the general public at the time could easily understand it." In the *Lotus Sutra* we learn the core of Shakyamuni's teachings and these comprise the basics of Buddhism as we know it today.

"We must read the sutras deeply," says Niwano. "Those who find this difficult should read them over and over..." and if necessary, ask a competent person for interpretation. Nikkyo Niwano is such a person.

Chapter by chapter he escorts us through the *Lotus Sutra*, commenting as he guides, clarifies, teaches and interprets and, as if he could hear our

questions, he answers them. Even those questions we might, in our quest for understanding, forget to ask.

Readers are cautioned not to blink or otherwise skip words, sentences or paragraphs while studying *Buddhism for Today*. Profound insights are tucked away in plain sight everywhere, and they call for us to stop and think, and sometimes go back and read them again. Here are two examples. What is the ideal state of man? And what is the natural direction of human life?

The answer to the first question is "buddhahood." And Niwano answers the second question this way: "Therefore, when we have the desire to become buddhas and practice the Buddha's teaching continually, we are following the natural direction of human life." Think about it. *The natural direction of human life!* That's a huge concept. There are others in this book, as well. Myriads of them.

We must read *Buddhism for Today* deeply, and also deeply the *Lotus Sutra*. Every word, every sentence, every paragraph. Deeply.

Nancy Anderson, a member of Rissho Kosei Kai, received her Lay Buddhist Ordination at Shasta Abbey Buddhist Monastery. She is a Certified Meditation Instructor, trained in Vipassanā meditation instruction and certified by the University of Holistic Theology.



Art from the Sanghas by Rose Cirigliano

NYC Artist Joh Ishikane



DESCRIPTION OF ITEM: (Scarf)

"Small World" is a silk scarf, approximately 30" square, featuring hand-painted original artwork. This scarf is one of a set of "face scarves" created by Joh Ishikane using her own original drawings of human faces, applied to silk fabric by the resist technique. She has also made scarves using line drawings of Japanese "ukiyo-e" masters. "Small World" is covered with nine stylized ethnic faces. It has been displayed at the Larchmont Public Library and the Mamaroneck Artists' Guild.

Rose: What inspired you? Joh: INSPIRATION: I created these face scarves to honor the ethnic diversity and brotherhood of mankind.

ARTIST'S BIO:

Joh Ishikane is a member of Rissho Kosei Kai of New York. She has studied at various art institutes in New York City. She is a member of the Mamaroneck Artists' Guild in the divisions of Fiber Arts and Photography. Her interests include fashion design, photography and jewelry-making. Joh's jewelry and silk-painted scarves have been exhibited at the Larchmont Public Library.

NYC Artist Yuri Sugino

Christmas in Beads!

These Christmas wreaths and tree created by Yuri Sugino are made from beads! Her husband is a reverend working for WCRP. She works daily for the NY Church. They have three children.



Nancy Anderson - Klamath Falls OR

"Gardens and groves, halls and pavilions,
With every kind of gem adorned,
Jeweled trees full of blossoms and fruits.
Here, all living beings take their pleasure,
And heavenly beings strike heavenly drums --
Always making many kinds of music."

The Lotus Sutra, Chapter 16



Rose: Rattles and drums? What led you this art form?

Nancy: While most of my past designs painted on rattles and drums have been primarily Native American and nature, recent art work has included images with a Buddhist theme. I just finished painting a dharma wheel on a 15 inch hand-held drum.

I became interested in making drums and rattles, and painting images on them, when two things converged in my life and head. The first was a lifelong interest in Native American cultures. I have had, since childhood, a love for painting. In 1994, the opportunity arose to learn the aged craft of making rattles and drums presented itself, I jumped at the chance. What evolved was not only a skill but surfaces upon which to paint.

Rattles and drums are among the human race's oldest musical instruments, and have been used by ancient cultures worldwide. This is not to say they are no longer in use. People buy baby rattles every day, shamans and healers use them for energy shifting and healing, and meditators like to use sound as a send-off into meditation, or a return. Rattles and drums are used for rituals and ceremonies, and as accompaniment for singing and dancing. Formal and informal drumming groups can be found in nearly American town.

All but a few rattles and drums are for sale. Commissioned work is always welcome. I may be reached at 541 882-3645 or at lotusanderson@aol.com

Poetry by Kathy Austin - Dayton

Poetry Corner



THE MYTH OF THE NEXT MOMENT

A grumble of thunder
behind the steady hum
of the portable AC
interrupts my writing.
Nothing but heat and tense sun
for weeks--my sleep
has broken into shards
of bad dreams and wakefulness.
I abandon my pieced-together poem,
words rushing down the page
at awkward angles.
I rise to check the windows--
watch for telltale
falling cloud fragments,
the random tap on glass,
the slide to unfocused,
the casual calligraphy
sustaining life.
Now, what to say?

TWO MOMENTS

A cacophonous chorus of capricious
sound,
strident, amorphous, multi-colored,
jumbled shrieks,
then the paring down--
a lone thrush sings,
one sweet tone
and then another.

Interesting Hot Links

Mindfulness and the Here and Now

Thich Nhat Hanh http://www.goodreads.com/author/quotes/9074.Thich_Nhat_Hanh

Dr. Jon Kabat-Zinn <http://www.mindfullivingprograms.com/whatMBSR.php>

Elizabeth Scott Mindfulness Exercises for Everyday Life <http://stress.about.com/od/tensiontamers/a/exercises.htm>

SANGHA IN MOTION

Hugh Prather in NOTES TO MYSELF

My prayer is: I will be what I will be
and I will do what I will do.

All I want to do, need to do, is stay in
rhythm with myself. All I want to do
what I do and not try to do what I
don't do. Just what I do. Just keep
pace with myself. Just be what I will be.

I will be what I will-but I am now
what I am, and her is where I will
spend my energy. I need all my energy to
be what I am today. Today I will work
in rhythm with myself and not be what
I "should be." And to work in rhythm
with myself I must keep tuned into myself.

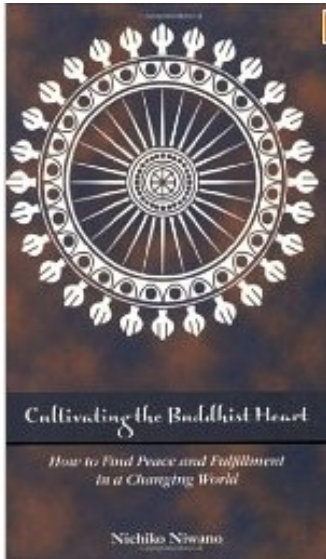
God revealed his name to Moses, and it
Was: I AM WHAT I AM.

I CHOOSE—Author unknown

To live by choice, not by chance;
To make changes, not excuses;
To be motivated, not manipulated;
To be useful, not used;
To excel, not compete;
I choose self-esteem not self pity;
I chose to listen to my inner vice,
Not the random opinion of others.



Bulletin Board



**Cultivating the
Buddhist Heart is
now available as a
Kindle eBook!**

**Purchase your copy on Amazon
for \$4.99 and receive your in-
stant download**



RK in Action

RKINA will host a Bodhi Day Dharma Service on November 25, 10 am—1 pm. The hoza talk will be a presentation by Dr. Miriam Levering titled “The Lotus Sutra and Enlightenment.”

POST YOUR CENTER’S UPCOMING EVENTS HERE!

How to Subscribe

To subscribe to this newsletter contact the minister at your Dharma Center or visit the RKINA website. 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
Suggestions and comments are always welcome. Please send them to Jane Perri jane.perri@rkina-dayton.com

Published by

Rissho Kosei-kai International of North America, Irvine CA
Chief Editor—Rev. Takashi Yoshizawa Editor—Jane Perri

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)