



# Sangha In Motion

Bimonthly eNewsletter for RK Members in the US

VOLUME 4 ISSUE 1

NOVEMBER - DECEMBER 2014

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

## HIGHLIGHTS

President's New  
Year Guidance

Enlightenment  
Day Celebrations

Lots of news from  
the Sanghas!

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## HAPPY NEW YEAR 2015!!!!!!

President's New Year's Guidance for 2015



## Steadfast Work

Nichiko Niwano  
President of Risho Kosei-kai

### Taking Refuge in the Three Treasures as a Basis, Have a Theme, and Follow the Bodhisattva Way

A new year has arrived, and I believe that all of our members have expectations in their hearts.

Last year was an important turning point as we marked the fiftieth anniversary of the completion of the Great Sacred Hall, and a great number of members visited the hall for the commemorative observances. I take heart in the fact that members in greater numbers across the country are devoting themselves to their faith more than ever before, reflecting on the spirit of Buddhism and the wishes of Founder Nikkyo Niwano, which are imbued in the Great Sacred Hall.

I referred to last year as "the beginning of the second half-century since the Great Sacred Hall was completed." Marking the fiftieth anniversary, that phrase expressed the spirit in which we would take a step forward together and proceed with fresh outlooks. The reason that our organization's focus of devotion is a standing statue of the Eternal Buddha Shakyamuni is that it is the symbol of just that sort of forward-looking attitude and dynamism, and we can say these were precisely the wishes of the Founder. I believe that this year we should move forward and create as diligently we can.

What follows are my Guidelines for 2015.

Last year we moved ahead with a fresh start as we marked the fiftieth anniversary of the completion of the Great Sacred Hall. This year let us begin focusing our efforts on dissemination, with a theme based on our taking refuge in the Three Treasures of Buddhism.

Since the realities of our daily lives are always likely to become complicated, we would like to come up with various ideas on how to focus constantly on the things that are important.

Let us walk the Bodhisattva Way (the path we must walk as human beings), treasuring our natural humanity (cheerfulness, kindness, and warmheartedness), our loving-kindness, and consideration for others in the spirit of Shakyamuni as well as

# New Year Guidance from the President



**President  
Nichiko  
Niwano**

our Founder and Cofounder.

## **Additional Remarks**

Let us always remember to pray for those who perished in the great earthquake and tsunami that struck northeastern Japan as well as in many other disasters.

In the words of a classic Japanese poem:

Sowing grain seeds is best for a one-year plan,  
Planting trees is best for a ten-year plan,  
And for a lifelong plan,  
Nothing surpasses the development of human beings.

When we think about the world's future, those words make us keenly aware of the world's many problems, such as lack of food security, nuclear accidents, and degradation of the environment. We can gain the experiences of sowing grain seeds and planting trees as well as of striving to develop the people in each sphere of our membership—at the levels of the individual, the chapter, the Dharma center, and the whole of Rissho Kosei-kai. Let us choose and pursue some of these goals and contribute to our community, our country, and our world.

The gist of my remarks for this new year has not been different from my remarks for earlier years. I have added only slightly to this year's guidance, wishing that you will always have a fresh frame of mind as you make your efforts.

At the core of this year's guidelines are the exhortations "Based on our taking refuge in the Three Treasures of Buddhism" "Let us walk the Bodhisattva

Way" (the path we must walk as human beings).

Since 2008, Rissho Kosei-kai has promoted the enshrinement of the Gohonzon (an image of the Eternal Buddha Shakyamuni) in every member's home. It is in this historical context of Rissho Kosei-kai that taking refuge in the Three Treasures, the fundamentals of Buddhism, is being accomplished. Through the establishment of these basic forms of taking refuge in the Three Treasures—the Gohonzon (the Buddha), the teachings of Shakyamuni (the Dharma) and good friends in the Dharma (the Sangha)—all members can increase their Buddhist self-realization and practice their devotions. This is at the root of our practice.

Furthermore, we have been entrusted with the mission of walking the Bodhisattva Way (our paths as humans) so that the world of great harmony that the Buddha desires for us is realized in the home, the community, the nation, and the world.

The driving force for this can be none other than the natural humanity (cheerfulness, kindness, and warmth) and the loving-kindness and consideration for others in the spirit of Shakyamuni as well as our Founder and Cofounder.

## **Be Clear About What You Must Do and Focus on How to Do It**

These are things that we members already know. In reality, however, our daily lives are too rushed, and even if we understand this in our minds, we are swept up in a rush of things to do, and before we know it another day has come to an end.

With this in mind, I have said as part of this year's guidelines that we should choose a theme for focusing our

# New Year Guidance from President

efforts on dissemination.

The word *theme* is used in the various senses of “main topic,” “wish,” “target,” “goal,” and the like. Briefly, it refers to something that one should do, something that points to the direction in which to proceed. For instance, wishing for the happiness of people close to us and developing a sincere rapport with them is an example of living with a theme.

All Dharma centers have their own themes and mottoes based on their regional characteristics and their particular nature. Even among our individual members we have themes for our faith. And we can think of having themes for ourselves as citizens, as members of a regional community, as employees in a workplace, as the parents in a family, as a husband, wife, or child.

Especially as Buddhists, we have one theme that we must follow most faithfully, that is, to emulate the Buddha and be compassionate. When we become aware of this, then how should we be going about our practice or be diligent, or what we should be doing, will be naturally guided. Having and following a theme leads to living a meaningful life with a definite plan.

As for this year’s guidelines, I have said that “since the realities of our daily lives are always likely to become complicated, we would like to come up with various ideas on how to focus constantly on the things that are important.” Although this generally refers to discovering good methods and measures to adopt, it also has the religious sense of single-minded concentration on the practice of following the Buddha Way.

There are many things in our daily lives that we absolutely must do. We might also have interests such as hobbies or pastimes and the like. And on top of this, as a result of getting caught up with various things, it’s not unusual for everything to end up unfinished.

The first of the two characters for the Japanese word for “government ministry,” *shōchō*, has two senses of its own—“to eliminate or omit” and “to reflect upon.” When an organization becomes as huge as a national government, it is essential that it highly values both eliminating and reflecting, or else there will definitely be trouble, and that is why that character is part of the compound.

Of course, there may be no things in this world that are absolutely wasteful. But if you are to

think of something you should be doing that takes priority, it may sometimes be necessary for you to eliminate something in order to focus on it.

Also, on very busy days we may fail to direct our attention to, or inadvertently forget, something important.

That tends to happen to me, so I have always several mottoes placed on my desk in plain view and in an easy reach. I either file important mottoes as memos or, if necessary, place them in the inside pocket of my coat. There is a word in Japanese, *kun-sen*, meaning a nice, penetrating fragrance, and similarly when I read these or say them out loud they have a way of penetrating my mind.

We should review once again such things as how we use our time and how we deal with it in our daily lives, and come up with a plan to accomplish those things, depending on the circumstances.

## Treasure Our Consideration for Others and Our Natural Humanity, and Move Forward with Our Feet on the Ground

This year marks the 70th anniversary of the end of World War II. More than three-quarters of the present population of Japan, numbering almost 100 million, were born after the war. Meanwhile, the people who experienced the war are now elderly, and as the years go by it is becoming increasingly difficult to hear what they have to say. Because of this, hearing what they have to say about their war experiences and their desire for peace is extremely important in creating the future.

Human beings over the course of history have repeatedly engaged in disastrous conflicts. Even at this very moment, wars are breaking out in every region of the world. Because of its peace constitution, Japan has enjoyed peace for seventy years, but there is no guarantee that this will continue for eternity.

The ancient Chinese text *I-Ching* (Book of Changes) contains the phrase “In peace we must not forget war.” It counsels that no matter how peaceful the world we happen to be in, we must never forget the turbulent times. This does not counsel simply that we be prepared for war; it implies that we

# Guidance from President Niwano



**President  
Nichiko  
Niwano**

should never drop our guard in our steadfast work for peace.

*The Great Learning* book of Confucianism has a saying meaning that having a morally correct mind and living a virtuous lifestyle lead to an orderly family, a well-governed country, and world peace. If we apply this to Rissho Kosei-kai, when we take refuge in the Three Treasures of Buddhism as our basis and treasure our natural humanity (cheerfulness, kindness, and warmheartedness), our loving-kindness, and consideration for others, by following the Bodhisattva Way (our paths as humans), it will lead directly to peace in the family, the community, the nation, and

the world.

What is important is for all members to adopt this even more specifically as their personal “theme” and that they focus on it as much as possible by whatever clever means they can.

We are all together in taking the steps with which we started off into “the second half-century since the Great Sacred Hall was completed,” and I desire that we will place our feet on the ground and move forward this year as well.



Great Sacred Hall, Shakyamuni Buddha’s Day of Enlightenment Celebration

# Guidance from Founder Niwano



Founder Niwano

Buddhism for Today  
Pages 36-37

Six Perfections:

#3 Perseverance  
Forbearance

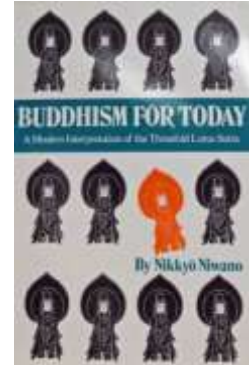


"Make an angry one give rise to the mind of forbearance." From Ch. 3, Ten Merits, revised Kyoten version.

Make an irascible one raise the mind of perseverance." Old Kyoten version

Quote from Nikkyo Niwano:  
"As we persevere in the practice of the bodhisattvas, we cease to become angry or reproachful toward others, or toward anything in the universe... Then our minds become free from changes

in our circumstances... When we advance further, we come not only to have no feeling of anger or hatred toward those who hurt, insult, or betray us but even to wish actively to help them."



## Commentary by Mary Sigman

Since the time that Founder Niwano wrote these words our Kyoten version has been revised, as seen above. The original version stressed the practice of perseverance, whereas the present version talks about forbearance.

These are two different but important parts of our practice; they both help us to prevent an angry mind. Perseverance helps us to be content and persistent, even though life will not always bring us the things we want. It is the part of our practice that keeps us going, even though we may want to quit when things get tough or don't go our way.

Our ability to maintain our

practice, one step at a time, is crucial. And I think it is perseverance that gets us to the other point of forbearance.

By persevering in our practice we begin to become more patient with others and with circumstances. It is only by getting through these tough moments that we are called upon to refrain from anger, hatred, or scorn. Where we may have gotten angry, we can now realize the futility of an angry response and feel compassion for the other. It is another step in our practice of self-control over our habitual responses, and recognition that all living beings suffer and struggle. Responding with kindness and patience can actually help the situation.

**It is one more link in our bodhisattva chain.**



# Los Angeles By Rev. Nick Ozuna



## Buddha's Enlightenment Celebration

### Enlightenment Day in Los Angeles

On December 8, over 80 members gathered for the Buddha's Enlightenment Day Ceremony. The ceremony consisted of sutra recitation, testimonials from Rie Seaver and Richard Kano, as well as a video presentation about the Buddha's enlightenment.



Los Angeles

By Rev. Nick Ozuna



# Los Angeles by Rev. Nick Ozuna



## YARD SALE!

### RKLA's Big Yard Sale!

On October 26, hundreds of people from the local community came out for the great bargains to be had at the RKLA annual Big Yard Sale. The event was an excellent fund-raiser for the Buddhist Center. The Yard-sale was organized by the RKLA youth group who worked hard for a couple of months leading up to the event in collecting and sorting items. Part of the proceeds will go toward developing a new youth room for the youth group at RKLA. On this occasion, RKLA also unveiled their new and awesome T-shirts, which are available for purchase by any member of Rissho Kosei-kai.





# RKINA

## by Rev. Nick Ozuna

### Rev. Nick Ozuna's visit to San Antonio

From December 27-31, Rev. Nick Ozuna of RKINA participated in RKSA's weekly activities, including Basic Buddhism Study, Sunday Service, Role Training, Lotus Sutra Study, and a home enshrinement ceremony. Many new people visited the center during Rev. Nick's visit and even 3 new people joined as members. Rev. Nick gave a Dharma Talk on Sunday about the importance of reaching out to others with the spirit of compassion and mission. Members were encouraged to be creative in finding ways to connect with other members or visitors of the center to help grow the sangha to match its great potential!





Message  
for  
the  
New  
Year  
2015

## Oklahoma City

by Rev. Kris Ladusau

### NEW YEAR

With the start of the new year, we once again have a “tabula rasa” (clean slate). This provides us with a golden opportunity to bring into the forefront of our consciousness, the intentional use of our increasing awareness and to make better choices in our lives.

We can use the tools we have learned, to walk through events of change coming our way - not simply becoming the “effects” of them, but instead to pause, observe, consider and choose from a stability that has been intentionally developed in us, through repetition of our practices.

2015 is a key time. Living in old negative patterns and habits - basically using FEAR as our “operating system”, will make us continue to suffer in the Six Realms, and our progress will be slow and full of discomfort.

When we function from the “heart” or Buddha-Nature and focus on co-creation, with respect for others and appreciation for our time together, we will maneuver through the upcoming changes more easily, with perseverance, amazement, and a good sense of humor.

The importance of a sincere and continual PRACTICE that matches (or exceeds) our STUDY of the Dharma, is becoming more and more apparent to us. For it is only in the application of the Teachings that the benefits are seen and felt. Only through experiential learning do we develop that “knowing,” that surpasses the intellectual understanding of the Dharma.

Now more than ever, we will be seeing humanity’s struggle to shift into a new way of thinking/being - a struggle that has the possibility of eventually moving us all into harmony with the Universal Wisdom. Bodhisattvas have chosen to not only do this work for themselves but to also be appropriately helpful and beneficial to all beings walking on the Path.

If we are compassionate people, it is hard for us to watch all the suffering (mental/physical/emotional/spiritual) in the world. Sometimes we let this draw us into solely focusing on external activities, aimed at easing the pain and difficulties around us.

While it is important to be pro-active in this manner, we more importantly need to remind ourselves that the MOST beneficial way to help the world, is for us to do our own INTERNAL work first.

In 2015, may we all let go of ego-centered living and instead, choose to see with clear eyes and listen with the compassion of Kannon-sama.

Gassho,  
Rev. Kris Ladusau

# Oklahoma City

## by Rev. Kris Ladusau

Rev. Kris Ladusau from the Oklahoma Dharma Center was the Buddhist representative at the home of Rabbi Abby Jacobson for an Interfaith dinner and teaching of the origin and practices done during the Jewish Festival of Lights - also known as Hanukkah. An explanation of the holiday was followed by a traditional meal and those who wished to help light the candles, were given the opportunity.



At the end of the year, RKOK members once again volunteered to help with the **Homeless Alliance Annual Dinner and Party**. This has been a regular favorite for members – to help serve and connect with their community in Oklahoma City. There was cookie decorating, music, a great meal, and a visit from Santa Clause, who gave gifts to the kids. There were also family photos taken and framed and gifted to those in attendance. It was a wonderful evening and a good time for all of us all to reflect on the year and be grateful.







In-Residence  
Training  
Miss  
Kinuyo  
Imakawa

# Oklahoma City

## by Rev. Kris Ladusau

### Miss Kinuyo Imakawa from Japan

The Oklahoma sangha hosted Miss Kinuyo Imakawa from Japan, this year. She was in Oklahoma for one month. She attended several board meetings with Rev. Ladusau, visited several other religious facilities, took a trip to the southern part of the state for sightseeing, and helped the sangha take care of the Dharma Center.

The Oklahoma sangha hosted Miss





# Oklahoma City

by Rev. Kris Ladusau

## Interfaith Alliance

Rev. Kris Ladusau attended the Islamic Annual Dinner this year in Oklahoma. It was a wonderful time for interfaith connection with longtime friends. The Interfaith Alliance of Oklahoma received an appreciation award during the dinner.



Buthanina and Rev. Kris



# Oklahoma City

by Rev. Kris Ladusau

## Interfaith Alliance

Dr. Noel Jacobs and Rev. Kris Ladusau represented the Interfaith Alliance of Oklahoma this year at the special event for the Boys and Girls Club. The theme was unity in diversity. The children learned how to write “peace,” “love,” and “unity” in four different languages. The children used tracing paper to draw the words. Then they could take their artwork home with them.

Boys  
and  
Girls  
Club  
Unity in  
Diversity



# Oklahoma City

by Rev. Kris Ladusau







## Oklahoma City

by Rev. Kris Ladusau

### New Associate Dharma Teacher

Kiki Morris and her daughter Diana Peterman visited the Oklahoma Dharma Center recently. Mrs. Morris was very happy to finally be able to come to Oklahoma and chant with the sangha.

We had a wonderful visit. While she was here, Mrs. Morris received a certificate for Assoc. Dharma Teacher.

**We are all very proud of her!**

New Associate Dharma Teacher

Kiki Morris





# Oklahoma City

by Rev. Kris Ladusau



# Oklahoma City

by Rev. Kris Ladusau

## Acceptance

This year's guest speaker at the Oklahoma Dharma Center was Rev. Nagashima from San Francisco. The topic for his Dharma Teaching was "Acceptance." The sangha truly enjoyed his presentation and we appreciate him visiting us in Oklahoma.



Guest  
Speaker

Reverend  
Nagashima  
"Acceptance"





# Oklahoma City

by Rev. Kris Ladusau

## Visit to Long Time Members

Recently, Rev. Yasuko Hildebrand and Rev. Kris Ladusau visited Mrs. Osborn and Mrs. Atterberry - two of their Japanese members who live in the southeastern tip of Oklahoma. There are no other Japanese members that live in that town. Both Mrs. Osborn and Mrs. Atterberry are longtime members of Rissho Kosei-kai, but have not been able to travel to Oklahoma City because of distance and age. Prayer services were done at both homes and a wonderful hoza time was shared. Both members were very grateful for the visit. The next morning, Rev. Yasuko and Rev. Kris enjoyed nature with a scenic drive back to Oklahoma City. There is a State Park with a forest area to enjoy along the way.



# San Francisco

by Stephanie Meyer

## Opening the Doors to the Community

We hosted the Pacifica Poetry Festival and celebrated the 57th Birthday of City of Pacifica on November 29. Some participants played music in addition to poetry readings. It was a wonderful event to promote RKSF and let everyone know our doors are always open to the community!



# Pacifica Poetry Festival





# San Francisco

by Stephanie Meyer

## Car Blessing

In December, we held the annual vehicle blessing service. Members spent many hours creating the charms on decorative paper with Namu Myoho Renge Kyo on one side and the car name and license plate number on the other. The service is not just to bless the cars, but to remind drivers to always practice awareness and remember Buddha's guidance in all we do.



## San Francisco

by Stephanie Meyer

### New Year and New Baby Celebrations

We held our first service of 2015 on January 1. Many gathered to pray for a fresh start to the new year. After the service, we toasted to the new year with some sake and enjoyed some traditional new year snacks. Lastly, we enjoyed delicious soup with mochi and vegetables called *Ozouni*, which was prepared by fellow members. Stephanie introduced her new baby, Yuji, to members and everyone was happy to see the new family healthy and happy.



Introducing  
**YUJI**  
**MEYER**

## Happy New Year Everyone!







*Using  
Technology  
To  
Spread the  
Dharma*

## Denver

by Diane Peterson

### Skyping In

In December this year, Rev. Kris Ladusau held a ceremony and hoza with the RK members in Denver, Colorado. This is the first time that SKYPE has been used by RKOK to connect with members living outside of Oklahoma. It was a success - and the members requested quarterly SKYPE connections in the future to which Rev. Ladusau gladly agreed.

Here are some of our Denver members making Japanese gyoza during the holidays at leader Kiki Morris's house. A good time was had by all...





# San Antonio

by Kevin Roche



Visit from Rev Okada

### NEW DHARMA TEACHER

RK San Antonio has been a busy place over the past few months. Reverend Okada graced us with his second 90 day visit. He left for his home in Tokyo just before Christmas. We are all so grateful to have Reverend Okada here to lend his knowledge, wisdom and compassionate leadership.

Our Saturday Basic Buddhism class and Tuesday Sutra Study class have been very well attended and keep each of our Dharma Teachers busy . We were all so proud to send **Rick Garrahan to Tokyo to receive his Dharma Teacher appointment** in October. Rick is our Board President and he will be a wonderful leader in our community.

On Thanksgiving eve, Reverend Okada was invited to chant the Kyoten during an interdenominational service at the San Fernando Cathedral in San Antonio. The cathedral is America's oldest Catholic Cathedral and the resting place of the remains of the Heroes of the Alamo.

Reverend Nick Ozuna and his wife Chika spent a week visiting in Nick's hometown of San Antonio. Nick spent a great deal of time teaching and talking with the sangha, and even found time to perform a home altar installation at the home of Kevin Filipek.



Reverend Okada stands next to the last remains of all those who died defending the Alamo



Reverend Okada and several sangha members attended an interdenominational Thanksgiving service at the San Fernando cathedral, the nation's oldest Catholic Cathedral.



# San Antonio

by Kevin Roche



Members of RKSA sangha preparing for our annual Yard Sale



Rev. Nick Ozuna and his wife Chika joined the Saturday morning Basic Buddhism class.



It's time to clean our koi pond

# Ft. Myers Activities

by Mary Sigman



*Celebrations*

*Movies*

*New Member*

*and a*

*Walk*

*In the Woods*

## Lots Happening in Florida Plus a New Member

Our Fort Myers sangha has gotten a bit busier now that the cooler weather has arrived. In early October our sangha was represented at the annual Fort Myers Pride Assembly, and we gave a Buddhist blessing to all those that attended.

October found several of our members taking charge of the center as we try to empower more members to do this. We have gotten into the habit of reading and discussing President Niwano's monthly Guidance as part of our regular first Sunday of the month service.

In November some of our members provided and served refreshments following a Memorial service for one of the UU members that passed away. This is part of our bodhisattva practice with UUCFM.

We celebrated the Founder's birthday with a special service on Nov. 16, and watched a video entitled "Our Founder: From Suganuma to the World." On Nov. 23 our sangha gave the talk at the UUCFM Sunday service, with the topic of being grateful for our troubles in life, with the same talk being carried over to our own service later that afternoon.

On Dec. 7 we celebrated Buddha's Enlightenment with another special service. Following this service many of our members attended a healing service for the partner of one of our members who is battling cancer. On Dec. 21st we tried our first Skype session with NY Church. Rev. Fujita got to hear our dharma lesson on the first part of the book "Cultivating the Buddhist Heart." It went well and we look forward to future Skype interactions between our two groups.

We concluded our year by taking a nice meditative walk in nature at the Six Mile Cypress Slough which is not far from our center. We tried to focus on our interconnection with all living things. It was a beautiful day and experience. We saw an alligator, a young green heron, some wild orchids, an otter playing with something he had caught, and were able to see the beauty of a small spider through the lens of a scope someone had set up. We plan to return again in another season.



One of the best things--we got a new member in December, **Don Routh**. He comes to us from the UUCFM community, and is a welcome and active addition to our sangha.







Wild life on our nature walk.





# Dayton and ONLINE Sangha

by Jane Perri



Happy  
New  
Year  
2015!

## Study of the Heart Sutra

Both the Dayton Dharma Center and the Online Sangha have been intensely studying the Heart Sutra for the last couple months. Within the Heart Sutra, we looked at the concepts of emptiness, dependent origination, intrinsic existence, five/eight aggregates, eight consciousness, eight aspects of the profound, three doors of liberation, the five stages of the path to buddhahood and how all of this integrates into the concept of emptiness. It was an interesting journey and we all learned a lot about this foundational concept of Mahayana Buddhism.

The Dayton Center has begun to discuss the goals and activities for 2015. We decided to start email threads on various goals put forth by RK. By using email, we can get the ideas from all of our members.

We have a new addition to décor of the Center. Jane just finished an interfaith quilt. There are 48 blocks in reverse appliqué representing numerous major, minor, and earth spiritual traditions. The center reads "One Quilt, Many Blocks, all cut from the Cloth of Compassion."



Gino and Andriana DeMarchis  
Jane's grandkids and everyone in the Dayton Center wish you a very prosperous and enlightening new year.

## Hawaii

by Brad Tom



## Testimonial by Jordan Hunt

Jordan Hunt gave this testimonial on September 14, 2014 at the Oahu church.

Good Morning, my name is Jordan Hunt and I am grateful to get to share my experience with everyone today.

I was asked in March by my parents if I would be willing to go to the Korean War Briefing for the Missing Solders, of course I said yes. I wanted to go on a free trip. So Dharalyn and I started planning for what we wanted to see and eat out in Washington D.C., not thinking about the actual briefing we are going on this trip for.

After the 10 hours of flights we made it to D.C. We arrived 4 days before the briefing to get a chance to do the things we wanted like seeing the monuments, museums, and other tourist things. We had a great time in D.C. and the final days of our trip came.



It was finally time for the briefing. Check in was at 7:30 am and we had to get there early to ensure we would be there on time.

This whole trip I didn't think about who this man was and what happened to him. During the opening ceremony the family members of the lost solders were able to express who they are here for. During this time these people talked about how they are connected to their lost ones.

These people explained about their husbands, brothers and fathers and how they miss their family, they had to grow up and continue on without them.

I felt absolutely terrible seeing SGT Donald Riley as just a free trip out to D.C. This was a man that was willing to sacrifice his time, family, and ultimately his life to help our country and other countries. And here I was just looking

for a good time.

During the Briefing, I began to see SGT Riley as a person, then as a relative. His plane was lost somewhere in the sea of Japan. He and the crew of this flight may never be recovered. But because of the Air Force reaching out to my family we were able to hear his story and appreciate our ancestor.

Because of my parents asking me to go I am able to understand the loss these other people feel for these missing warriors. I feel connected now.

Because of this duty, I find comfort knowing in our kyoten (all ancestors known and unknown), and because of this special HIGAN prayer, our distant cousin has been receiving prayers all along.

Thank you for this duty

Thank you Eternal Buddha Shakyamuni, thank you Founder Niwano, thank you Rev Hironaka, thank you everyone.

# Healthy Living

by Marilyn Crabil



*When you make a list of all your daily goals or write your “to do” list, make sure you add: “Do something fun today!”*

## Add Fun

Most of us get so caught up in work, obligations, multi-tasking, and the frenetic pace of life that we forget to have some plain ol’ fun. Many of us find ourselves stuck in the seriousness of daily living without any daily fun-time.

Yea, yea, I know, the economy is not the best and we can find a million reasons to get caught up with the “business” of life, but sometimes we can get so busy and focused on our obligations that we don’t realize we are running on empty in other areas of our lives. Unmet needs will eventually find a way of being met in unhealthy ways unless we are aware and manage them well. If I don’t manage an unmet need, it will eventually manage me.

Having fun is vitally important in stress management. Laughter is beneficial for our overall attitude and well-being. Amusement, laughter, light heartedness, and humor are all essential to combating stress in our lives. They reduce negativity and help keep us in a positive frame of mind.

One of my favorite authors, E.E. Cummings, said, “The most wasted of all days is the one without laughter.” I believe that. Having fun is important because it allow us to shut down left brain activity while tapping into right brain creativity. That’s where new perspectives, fresh insights, and inventive ideas originate. It’s good for the body, mind, and spirit to bring a note of fun into our reality every single day.

When you make a list of all your daily goals or write your “to do” list, make sure you add: “Do something fun today!” Identify something that’s fun for you and add it to your list of activities for the day. Whether it’s dancing in the living room, giggling with a family member over a television show, hiking a local trail, or sharing a meal with a good friend, make time for it.

Prioritize time in your schedule to meet the need for some playtime. Even if you’re not sure what your exact activity will be, set aside a block of time for it.



Remember, it’s perfectly okay to get silly. Let your inner child come out and play for a while. You’ll never regret time spent blowing bubbles.

Having fun enhances our lives in so many ways. It increases energy, restores vitality, reduces stress, and promotes relaxation and rejuvenation. It’s a vital addition to our daily routine.



## Family Matters—The Tree that Acted Like a Hunter

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



Once upon a time, there was an antelope who lived in the deep forest. He ate the fruits that fell from the trees. There was one tree that had become his favorite.

In the same area there was a hunter who captured and killed antelopes and deer. He put down fruit as bait under a tree. Then he waited, hiding in the branches above. He held a rope noose hanging down to the ground around the fruits. When an animal ate the fruit, the hunter tightened the noose and caught him.

Early one morning the antelope came to his favorite tree in search of fruits to eat. He did not see that the hunter was hiding in it, with his noose-trap ready. Even though he was hungry, the antelope was very careful. He was on the lookout for any possible danger. He saw the delicious looking ripe fruits at the foot of his favorite tree. He wondered why no animal had yet eaten any, and so he was afraid something was wrong.

The hiding hunter saw the antelope approaching from a distance. Seeing him stop and take great care, he was afraid he would not be able to trap him. He was so anxious that he began throwing fruits in the direction of the antelope, trying to lure him into coming closer.

But this was a pretty smart antelope. He knew that fruits only fall straight down when they fall from trees. Since these fruits were flying towards him, he knew there was danger. So he examined the tree itself very carefully, and saw the hunter in the

branches. However, he pretended not to see him.

He spoke in the direction of the tree. “Oh my dear fruit tree, you used to give me your fruits by letting them fall straight down to the ground. Now, throwing them towards me, you do not act at all like a tree! Since you have changed your habits, I too will change mine. I will get my fruits from a different tree from now on, one that still acts like a tree!”

The hunter realized his mistake and saw that the antelope had outsmarted him. This angered him and he yelled out, “You may escape me this time, you clever antelope, but I’ll get you next time for sure!”



The antelope realized that by getting so angry, the hunter had given himself away a second time. So he spoke in the direction of the tree again. “Not only don’t you act like a tree, but you act like a hunter! You foolish humans, who live by killing animals. You do not understand that killing the innocent brings

harm also to you, both in this life and by rebirth in a hell world. It is clear that we antelopes are far wiser than you. We eat fruits, we remain innocent of killing others, and we avoid the harmful results.”

So saying, the careful antelope leaped into the thick forest and was gone.

**THE MORAL IS:** The wise remain innocent.



The One Vehicle is inclusive of all traditions that share the tenets of devotion, love, respect, and human/spiritual development.

## Dear Abdhi-Dharma by Rev. Kris

Dear Abhi-Dharma –

When I first joined Rissho Kosei Kai, for me, it was a time of conversion. I was changing religions so I, for the purpose of solidifying my world view, was a little exclusionary. I have moved beyond that now and have really begun to embracing the teaching of the One Vehicle. I believe it is a great way to bring peace to the world and be able to coordinate with people from many backgrounds and faiths. In this vein, I have really been trying to work on seeing the nuances of different faiths and people. I am having a difficult time with the Satanists. In the other faiths I have investigated, I can easily see that the purpose of the path is to help its followers, and often there is an ethical foundation that shares similarities with Buddhism. I just cannot see any aspect of Satanism that enhances the world.

I have really been wrestling with this for about 6 months now and can't make progress. I have compassion for them and don't wish them any ill will. Can you please give me Dharma guidance.

Confused in Connecticut

Dear Confused –

Your question is a good one. There are groups out there that call themselves churches yet when we review their tenets we can easily see if they are teaching Universal Truth of interconnectedness and compassion, or simply espousing personal preferences. When the Interfaith Alliance was approached by the Satanic Church (to request membership to the board), we reviewed their literature and turned them down on the basis of their own words, which were extremely divisive, void of compassion toward others, and in fact, very inflammatory when comparing themselves to certain other traditions. We felt that is went directly against what we are trying to create with the IA - a cohesive, positive expression of the "meeting points" of the many spiritual paths.

For me, the One Vehicle is inclusive of all traditions that share the tenets of devotion, love, respect, and human/spiritual development. In the 12 major religions, all share a version of the Golden Rule. (This is not found in the Church of Satan).

I too, wish them well, but don't see how they are (at this time) interested in anything but dualistic thinking and a rollercoaster ride in the 6 realms.

It also states in the Lotus Sutra that there are "wayward" teachings out there - no need for us to do anything but simply notice a distinction.

Gassho,

Abhi-Dharma

## Dear Abhi-Dharma

Dear Abhi-Dharma –

I enjoy study and practice of the Buddhist principals. Recently, I experienced a bit of confusion in relation to the teaching about “attachments.” I suddenly realized that I felt “attachment” to the Teachings ! Please help me understand how this all fits together.

Puzzled in Peoria

Dear Puzzled in Peoria

I suspect that you have a deep connection with the Dharma and that you have received many blessings along the Path. It is natural to experience a feeling of deep gratitude and appreciation for what the Dharma has done in our lives.

This is different from feeling attachment to something. The best way I have heard it said is this - Appreciation and gratitude are states of unconditional love and compassion, while attachment contains fear - fear of losing or not having that to which you are attached.

When it comes to something you want in your life, appreciation and gratitude attracts, and attachment pushes away. If you are feeling afraid that you will not get what you want, or lose what you have, then you have attachment.

To remove the attachment, continually shift yourself into a state of appreciation and gratitude, until you can feel that the *fear* has gone.

To me, this is a wonderful way to reflect on ourselves and gauge how we are doing when it comes to being in harmony with the teachings of the Buddha Dharma.

Gassho,

Abhi-Dharma

## by Rev. Kris

Dear Abhi-Dharma

Punctuality is heavy weight for me most days - some days more than others. Today is one of those days. It feels like I'll always have an issue with time and meeting deadlines. Do you have any insightful thoughts, suggestions, recommendations, that might give some clarity?

Late in Laramie

Dear Late in Laramie -

I have also experienced this type of pattern or habit. I think for a lot of people, it is simply a way to feel some kind of control in their lives - like *they* get to say when they are going to arrive. Psychologically, it may be viewed as "passive aggressive" behavior... a kind of "you can't make me do this" approach.

Don't think badly about it -  
Take another view -

In Buddhism, we bow to each other as a sign of respecting the Buddha Nature within. When we respect others, in fact, we are respecting ourselves.

So, if we can leave 10 minutes earlier and get there on time, we are actually showing respect for ourselves.

Gassho,

Abhi-Dharma





## Art from the Sanghas by Rose Cirigliano

### NY Artist Joh Ishikane

**Multi-  
talented  
Artist**



Joh Ishikane in front of her photo Exhibition in Larchmont, New York last Spring, 2014

R. C.: I know that you work in different media, Joh, silk scarf painting, jewelry, photography, fashion design, especially your in the style of Kimono vests. Is there one that happens to be your favorite and why?

J.I.: Among the media of silk painting, jewelry making and photography, these were "stages" in my development. Perhaps my favorite was silk painting. I enjoyed it because it gave me the freedom to create designs by which I could express my deep feelings about ethnic brotherhood. I was able to display my collection of painted silk scarves in an exhibit called "Faces of the World" at the Larchmont Public Library several years ago.

I have made some garments resembling kimonos, on which I have appliquéd some of my silk paintings. And on several occasions I have had the privilege of modeling some of the kimonos designed by Mr. Naoki Nomura in his shows at Nippon Club.

Painting on silk by the resist method was my entry point into recognition as a local artist by the Mamaroneck Artists' Guild. I became interested in silk painting because I was fascinated by the concept of drawing and writing on fabric which could then be worn as accessories or garments. (This interest began in my childhood from the time I first made a "blouse" for my mother from a pillow case I had painted with markers.) I learned several techniques of silk painting under the instruction of renowned silk painting artist Susan Moyer.

R.C: Which media came first? And Why?

I would say that silk painting was my first, and perhaps my favorite, medium of expression. However, anything I'm doing at the moment has my full enthusiasm.

R.C Which is your favorite media of artistic expression?

J. I. My interest in jewelry making began when I had made a Mexican motif peasant blouse and ruffled skirt set for myself for which I couldn't find the ideal accent necklace. While shopping for the right necklace, I ran across a number of bead shops along Sixth Avenue in Manhattan, and was able to purchase beads to create the perfect necklace for my costume. With that success, and seeing the tremendous variety of beads available, I was totally overcome with excitement about necklace designs and went crazy creating everything I could imagine.

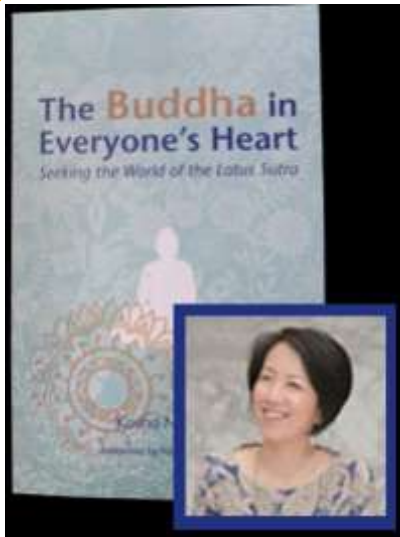
# NY Artist Joh Ishikane

Photography is my current focus. I learned much about balance and composition in photography from my father, who was an amateur photographer. My goal is to capture the beauty of any subject at its most beautiful or poignant moment, and preserve that beauty. My favorite subjects are portraits and geometric structures. I have recently exhibited at The Mamaroneck Artists' Guild and the New Rochelle City Hall Rotunda.

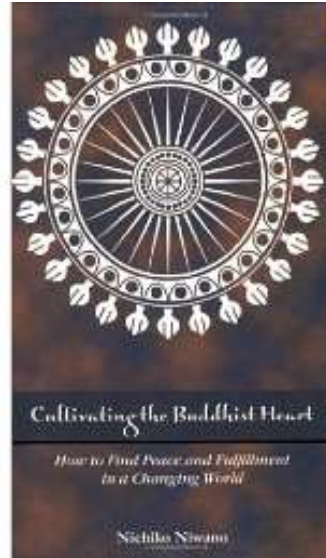
R. C.: Thank you, Joh, for sharing your talents with us.



# Bulletin Board



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

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### Published by

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



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

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