



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

HIGHLIGHTS

Book Review

Buddhism for
Everyday Life

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Sangha in Motion

Bimonthly eNewsletter for RK Members in the US

VOLUME 1, ISSUE 4

JULY 2012

Dharma Leaders Meeting in OKC

The theme of this issue is JOY IN THE DHARMA. At the 2012 Dharma Leaders Meeting at the OKC Dharma Center in May, The original author is Dana Saviuc and Rev. Kris modified it for our usage. It fits perfectly with this issue's theme.

15 Things You Should Give Up To Be Happy

Here is a list of 15 things which, if you give up on them, will make your life a lot easier and much, much happier. We hold on to so many things that cause us a great deal of pain, stress and suffering - and instead of letting them all go, instead of allowing ourselves to be stress free and happy - we cling on to them. Not anymore. Starting today we will give up on all those things that no longer serve us, and we will embrace change.

1. **Give up your need to always be right.** There are so many of us who can't stand the idea of being wrong - wanting to always be right - even at the risk of ending great relationships or causing a great deal of stress and pain, for us and for others. It's just not worth it. Whenever you feel the 'urgent' need to jump into a fight over who is right and who is wrong, ask yourself this question: "Would I rather be right, or would I rather be kind?" Wayne Dyer. What differences will that make? Is your ego really that big?
2. **Give up your need for control.** Be willing to give up your need to always control everything that happens to you and around you - situations, events, people, etc. Whether they are loved ones, coworkers, or just strangers you meet on the street - just allow them to be. Allow everything and everyone to be just as they are and you will see how much better it will that make you feel. "By letting it go it all gets done. The world is won by those who let it go. But when you try and try, the world is beyond winning." Lao Tzu
3. **Give up on blame.** Give up on your need to blame others for what you have or don't have, for what you feel or don't feel. Stop giving your powers away and start taking responsibility for your life.
4. **Give up your self-defeating self-talk.** How many people are hurting themselves because of their negative, polluted and repetitive self-defeating mindset? Don't believe everything that your mind is telling you - especially if it's negative and self-defeating. You are better than that. "The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive." Eckhart Tolle
5. **Give up your limiting beliefs about what you can or cannot do, about what is possible or impossible.** From now on, you are no longer going to allow your limiting beliefs to keep you stuck in the wrong place. Spread your wings and fly! "A belief is not an idea held by the mind, it is an idea that holds the mind" Elly Roselle
6. **Give up complaining.** Give up your constant need to complain about those many, many, many things - people, situations, events that make you unhappy, sad and depressed. Nobody can make you unhappy, no situation can make you sad or miserable unless you allow it to. It's not the situation that triggers those feelings in you, but how you choose to look at it. Never underestimate the power of positive thinking.



Give up your need to always be right.

Give up your need for control

Give up on blame.

Give up your self-defeating self-talk.

Give up your limiting beliefs.

Give up complaining.

Give up the luxury of criticism.

Give up your need to impress others.

Give up your resistance to change.

Give up labels.

Give up on your fears.

Give up your excuses.

Give up the past.

Give up attachment.

Give up living your life to other people's expectations.

7. **Give up the luxury of criticism.** Give up your need to criticize things, events or people that are different than you. We are all different, yet we are all the same. We all want to be happy, we all want to love and be loved and we all want to be understood. We all want something, and something is wished by us all.
8. **Give up your need to impress others.** Stop trying so hard to be something that you're not just to make others like you. It doesn't work this way. The moment you stop trying so hard to be something that you're not, the moment you take off all your masks, the moment you accept and embrace the real you, you will find people will be drawn to you, effortlessly.
9. **Give up your resistance to change.** Change is good. Change will help you move from A to B. Change will help you make improvements in your life and also the lives of those around you. Follow your bliss, embrace change - don't resist it. *"Follow your bliss and the universe will open doors for you where there were only walls"* Joseph Campbell
10. **Give up labels.** Stop labeling those things, people or events that you don't understand as being weird or different and try opening your mind, little by little. Minds only work when open. *"The highest form of ignorance is when you reject something you don't know anything about."* Wayne Dyer
11. **Give up on your fears.** Fear is just an illusion, it doesn't exist - you created it. It's all in your mind. Correct the inside and the outside will fall into place. *"The only thing we have to fear, is fear itself."* Franklin D. Roosevelt
12. **Give up your excuses.** Send them packing and tell them they're fired. You no longer need them. A lot of times we limit ourselves because of the many excuses we use. Instead of growing and working on improving ourselves and our lives, we get stuck, lying to ourselves, using all kind of excuses - excuses that 99.9% of the time are not even real.
13. **Give up the past.** I know, I know. It's hard. Especially when the past looks so much better than the present and the future looks so frightening, but you have to take into consideration the fact that the present moment is all you have and all you will ever have. The past you are now longing for - the past that you are now dreaming about - was ignored by you when it was present. Stop deluding yourself. Be present in everything you do and enjoy life. After all life is a journey not a destination. Have a clear vision for the future, prepare yourself, but always be present in the now.
14. **Give up attachment.** This is a concept that, for most of us is so hard to grasp and but it's not something impossible. You get better and better at with time and practice. The moment you detach yourself from all things, (and that doesn't mean you give up your love for them - because love and attachment have nothing to do with one another, attachment comes from a place of fear, while love... well, real love is pure, kind, and self less, where there is love there can't be fear, and because of that, attachment and love cannot coexist) you become so peaceful, so tolerant, so kind, and so serene. You will get to a place where you will be able to understand all things without even trying. A state beyond words.
15. **Give up living your life to other people's expectations.** Way too many people are living a life that is not theirs to live. They live their lives according to what others think is best for them. They ignore their inner voice, that inner calling. They are so busy with pleasing everybody, with living up to other people's expectations, that they lose control over their lives. They forget what makes them happy, what they want, what they need....and eventually they forget about themselves. You have one life - this one right now - you must live it, own it, and especially don't let other people's opinions distract you from your path.

Guidance from President Niwano

No Greater Joy than Faith

From Cultivating the Buddhist Heart: How to Find Peace and Fulfillment in a Changing World

To meet the Buddha, encounter the Buddha, encounter the Buddha Dharma, live earnestly and honestly, and value one's encounters-this is true happiness. According to legend, soon after his birth Shakyamuni declared, "I was born so that people the world over may find the path to happiness. I save all in heaven and on earth. I bring ease to all." If we can truly understand these words, we will have been able to meet the Buddha. Let us gratefully receive the Buddha's message that in all of heaven and earth he alone can bring true happiness to all, helping us deepen our faith together and spread that faith far and wide.

Meeting the Buddha can be summed up as recognizing the law of transience. This is the greatest aim of birth into this world. It releases us from all problems and enables us to live freely. To encounter the Buddha, recognize the Truth and the Dharma, awaken to the preciousness of life, share others' sorrow and suffering and make their joys our own, transmit the Truth and the Dharma to others so that they may awaken to the blessings of having been granted life-for a person of faith there can be nothing that makes life more worthwhile. Talk of the Truth and the Dharma and of the law of transience sounds rather forbidding. But to encounter the Truth and the Dharma is to meet the Buddha and his Law. It is to take refuge in the Buddha and in the Law and to live in earnest, together with others. Herein are found faith and the essence of tilling the field of the heart.

Joy in the Dharma by Mary Sigman

"A worthwhile life does not consist in merely spending one's life in peace and quiet but in creating something good. When one tries to become a better person through his practice, this endeavor is the creation of good. When he does something for the benefit of other people, this is the creation of a still higher standard of good. The various arts are the creation of beauty, and all honest professions are the creation of various kinds of energy that are beneficial to society. Creation is bound to bring with it pain and hardship. However, one finds life worth living when one makes a strenuous effort for the sake of something good. He endeavors to become a little better person and to do just a little more for the good of other people-- through such positive endeavor we are enabled to feel deep joy in our human lives." Nikkyo Niwano, "Buddhism for Today," pp. 98-99.

When I was in the Advanced Lotus Sutra classes, Rev. Nakamura would say every so often, "Don't you feel joyful?", and I would think to myself, yes, that part of the Lotus Sutra is good, but I don't know if I feel joyful. I realize now that I was early on in my Buddha path, and did not feel the impact that the dharma would later have on me. I am still feeling very much like a beginner on the Buddha path, but I must say I have found the feeling of joy that Rev. Nakamura talked about.

The moments that make me joyful, I realize, are those moments that Founder Niwano called "creating something good." Life is still problematic and the pains of old age, sickness, and death are inescapable. But we can experience great joy in helping another, in creating an atmosphere of harmony in our homes or workplaces, in being a good person. Once we lose the mindset of the Ego and realize we are all interconnected, things become much easier. We don't have to stress about getting ahead of others anymore. We can be joyful that we are here now to help others and to do our best every day.

What's Happening in RK US

Oahu HI by Brad Tom



Oahu Dharma Center held it's annual Miscarried baby service on 5/27/12. Here are some pictures of the service performed by Rev. Hironaka. Mary Fujiyoshi gave a testimonial.

Here are pictures of our service for Buddhas' Birthday on 4/8/12. Our youth and elderly members made the offering for the Oahu church

"The purpose of life is to live for others, to live together in joy and cooperation. Nothing can be more fulfilling."

President Nichiko Niwano

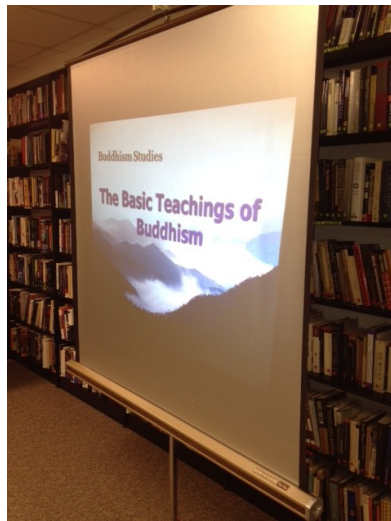
Cultivating the Buddhist Heart

Dayton OH by Jane Perri



Ashley Jones and Danny Mangelsdorf ham it up at an ice cream social to celebrate the completion of the renovations and thank all the members who donated a great deal of time, energy and financial support to make us shine.

Tampa Bay FL by Rev. Nick Ozuna



BASIC BUDDHISM COURSE

Having just completed an extensive study series on the Lotus Sutra for the past two years, on June 7th Risho Kosei-kai of Tampa Bay set to embark on a new array of teachings under the program "Buddhism Studies". This program was designed as a means of bringing variety to the study of the Dharma in a systematic, sequential series format. This program will include "Basic Buddhism," "Dharma Discussion," and "Essential Lotus Sutra" segments that will span 3-4 months each. The first class on Basic Buddhism, instructed by Rev. Nick Ozuna, brought in nine participants and created a fruitful discussion among the sangha



JAPANESE SUMMER FESTIVAL

On June 8th, a few leaders of Risho Kosei-kai of Tampa Bay gathered at the 7th annual Tampa Japanese Summer Festival. This event, organized by JETAA, offers an opportunity for the public to experience Japanese culture in a traditional *natsu matsuri*. Traditional dances, martial arts, and music were on display, as well as a variety of booths with Japanese food, games, and other cultural activities. This is the second year that Risho Kosei-kai of Tampa Bay has participated in this event. In their booth they promoted their Buddhist Center and its activities with brochures and newsletters, as well as sold books on Buddhism.

Ft. Myers FL by Mary Sigman



Singing bowl demonstration



Our group is getting busier these days! We had our first Monthly Movie Night in May, where we showed the video "Griefwalker" to a group of 10. It was well-received, and we are looking forward to this month's viewing of "The Dhamma Brothers." It is a new and friendly way to extend our presence in the community.

We also hosted the refreshment tables for 2 more Memorial services at the UU church where we practice. Our group was asked if they would take this duty, and it has brought our group together in a wonderful act of service.

Dharma Leaders Meeting in OKC

New OKC member NEMO!

Dharma leaders from the US-RK centers met for a week-end of ritual refresher with Rev. Chiba from Tokyo. Rev. Chiba is the head of Ritual for RK.

The group also learned how to write posthumous names, brainstormed recruitment ideas, and learned about leadership.

The fish you ask? This friendly new member announced when it was time to eat!



*Rev. Chiba
Head of Ritual
came from
Tokyo, to teach
the nuances of
ritual*



*This is RK, of
course there
was lots of
great food!*



New York Members Join Aids Walk

The members of the New York Church joined the APICHA group and 45,000 other people who attended the walk in Central Park on 5/20/12.



Shakyō practice to translate the Lotus Sutra



Jyoshikai Ladies' Meeting

Ethics



“...I have full faith that whatever you decide to do – you will do it with the utmost compassion and wisdom humanly possible - for these are the two guiding lights of the Dharma in action.”

Online Class

RKINA will offer the Basic Teachings course again this summer from August 1st through September 26th. We will take Sept. 5th off. Live lectures will be given by Rev. Nick Ozuna through WebEx each Wednesday 9 PM EST, 8 PM CST, 6 PM PST, 3 PM in Hawaii. There will be an accompanying website for additional discussions throughout the week, brief assignments and quizzes. Students that complete all of the requirements will be awarded a certificate at the end of the course.

Register for the course on the RKINA website or click the image here.



Dear Abhidharma by Rev. Kris Ladusau

Dear Abidharma –

I am struggling with what to do. I have a situation at work where I am responsible for both the integrity of our company and doing the best for our clients. There has been a very serious ethics problem with one of our clients. I want to be caring and considerate of this person's very difficult life, but at the same time I have to think about my responsibilities to the integrity of our business. I have to make a very tough decision on Monday morning and I am losing sleep over this. Can the Dharma help?

Signed,
Confused Supervisor

Dear Confused Supervisor-

There is an old quote that says: “The difficulty in life is in the choice.” I think it is very true. Hopefully, every choice we make, we make with the best understanding of the situation at hand. This includes knowing everyone's perspective that is involved. I can tell by your inquiry that you have been deeply struggling with what to do. This shows both a high level of professionalism, a care for the client, and a deep reflection into all perspectives. I cannot tell you what you will choose on Monday morning, but I have full faith that whatever you decide to do – you will do it with the utmost compassion and wisdom humanly possible - for these are the two guiding lights of the Dharma in action. Continue to have compassion for yourself and for others.

Family Matters—A Happy Monk

Once upon a time, there was a high class rich man. As he became older, he realized that the suffering of old age was about the same for rich and poor alike. So he gave up his wealth and class position, and went into the forest to live as a poor monk. He practiced meditation, and developed his mind. He freed himself from unwholesome thoughts, and became contented and happy. His peacefulness and friendliness gradually drew 500 followers to his side.

At that time, long ago, most monks usually looked pretty serious. But there was one monk who, even though he was quite dignified, always wore at least a little smile. No matter what happened, he never lost this glimmer of inner happiness. And on happy occasions, he had the broadest smile, and the warmest laughter of all.

Sometimes monks, as well as others, would ask him why he was so happy that he always wore a smile. He chuckled and said, "If I told you, you wouldn't believe me! And if you thought I spoke a lie, it would be a dishonor to my master." The wise old master knew the source of the happiness that could not be wiped from his face. He made this happiest monk his number one assistant.

One year, after the rainy season, the old monk and his 500 followers went to the city. The king permitted them to live in his pleasure garden for the springtime.

This king was a good man, who took his responsibilities as ruler seriously. He tried to protect the people from danger, and increase their prosperity and welfare. He always had to worry about neighboring kings, some of whom were unfriendly and threatening.

Sometimes his wives fought for his attention and for the advancement of their sons. Occasionally, a dissatisfied subject even threatened the life of the king himself! And of course, he had to worry constantly about the finances of the kingdom. In fact, he had so much to worry about, that he never had time to be happy!

As summer approached, he learned that the monks were preparing to return to the forest. Considering the health and welfare of the old leader, the king went to him and said, "Your reverence, you are now very old and weak. What good does it do to go back into the forest? You can send your followers back, while you remain here."

The chief monk then called his number one assistant to him and said, "You are now to be the leader of the other monks while you all live in the forest. As I am too old and weak. I will remain here as offered by the king." So the 500 returned to the forest and the old one remained.

The number one assistant continued practicing meditation in

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

the forest. He gained so much wisdom and peace that he became even happier than before. He missed the master and wanted to share his happiness with him. So he returned to the city for a visit.

When he arrived, he sat on a rug at the feet of the old monk. They didn't speak very much, but every so often the number one assistant would say, "What happiness! Oh what happiness!"

Then the king came to visit. He paid his respects to the chief monk. However, the one from the forest just kept saying, "What happiness! Oh what happiness!" He did not even stop to greet the king and show proper respect. This disturbed him, and he thought, "With all my worries, as busy as I am looking after the kingdom, I take time out for a visit and this monk does not respect me enough to even recognize me. "How insulting!" He said to the senior of the two monks, "Venerable sir, this monk must be stupid from overeating. That must be why he is so full of happiness. Does he lie around here so lazy all the time?"

The head monk replied, "Oh king, have patience and I will tell you the source of his happiness. Not many know it. He was once a king, just as rich and mighty as you! Then he was ordained a monk and gave up his kingly life. Now he thinks his old happiness was nothing compared to his present joy!"

"He used to be surrounded by armed men, who guarded and protected him. Now, sitting alone in the forest with nothing to fear, he has no need for armed guards. He has given up the burdens of worrying about wealth that has to be protected. Instead, free of the worry of wealth and the fear of power, his wisdom protects himself and others. He advances in meditation to such inner peace, that he cannot keep from saying, 'What happiness! Oh what happiness!'"

The king understood at once. Hearing the story of the happy monk made him feel at peace. He stayed for a while and received advice from both of them. Then he honoured them, and returned to the palace.

Later the happy monk, who once had been a king, paid his respects to his master and returned to the lovely forest. The old chief monk lived out the remainder of his life, died, and was reborn in a high heaven world.

THE MORAL IS: *Unattached to wealth and power, happiness increases.*

Question: Toys and electronic devices are constantly being marketed to children and teens. If less produces more happiness, how can we train our children to be happier with less?

Senior's Corner by Ann Rinehard OKC - WA

Founder Niwano ended his book, *Invisible Eyelashes*, with these words:

"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."

At the same time, aging gives us the gift of time that we didn't have in our younger years with our busier lives. The Buddhist writer Jack Kornfield said, "As we mature, a natural contemplative quality enters our life. We can sense a movement within to seek periods of reflection and to gain perspective, to stay in touch with our heart."

True, we struggle with the sufferings of old age and disease. But remembering that we are under the protection of the Buddha, we can be grateful for the lives we were given. Generosity is based in gratitude, and we look for ways to "pay it forward," to make a better world for the next generations. This is the time when we can offer our best gifts to our families, communities and the world. The return we receive from these actions is the joy we experience in living the Dharma. We hear stories about people who do amazing things in their 50s, 60s, 70s and beyond. One person might write an important book. Another might become a rocket scientist. Our greatest example was the Buddha Shakyamuni himself, who preached the Lotus Sutra as his gift to his followers just before he entered final nirvana. But most of us are ordinary individuals, with our wisdom and our foibles, still full of enthusiasm for life and still wanting to contribute. So just as the Dharma spreads from one person to another, we "pay it forward" one action at a time - cause, condition, effect and recompense.

In the Six Perfections we learn that the three types of generosity are the donation of money and material things, the donation of ourselves (time and effort) and the donation of the Dharma. As seniors, some of us are able to offer financial and material support. But others are not. We can, however, offer ourselves and the Dharma.

When a grandfather sees that his grandson has no one to play with, and the grandfather offers to play a game with the boy, the result is the sharing of a good time. The recompenses are a

happy boy who no longer feels lonely and parents who are happy because their son is content. The grandfather feels joy in the happiness of the family. He also has an opportunity to play again, a skill many of us forget as adults.

When a retired person finds that the community center needs help during the day, and he or she volunteers, the center benefits from the assistance and the volunteer feels joy in being useful. The community also benefits as the center becomes a stronger and more interesting place.

Finally, when a senior citizen, drinking morning coffee at the café, sees someone of an obviously different ethnic or cultural background, proceeds to introduce him or herself, and invites that person to share coffee and conversation, a shift begins. For the two sharing coffee, it may be a new friendship. On a global level, it could be the ripple that starts a *mano-a-mano* wave that becomes another step toward world peace.

While we don't always have an opportunity to talk about the Buddha's teachings, our actions of generosity are examples of living the Dharma. And our actions can lead to opportunities to share. We just have to use our skillful means to know the right time. When someone is sincerely interested in hearing the teachings, we're also able to share bits of wisdom we've accumulated from practice - both our progress and our stumbles along the path. We can feel joy from knowing that by passing on the Dharma we're "paying it forward."

The Buddha said, "Thousands of candles can be lit by a single candle. Happiness never decreases by being shared."

Questions to reflect upon:

1. If you qualify as a senior, how do you picture your life as a senior and your relationships with your family and your community?
2. As a senior, what is your relationship with the Dharma?
2. If you are a member of a family that includes seniors, how do you encourage them in their efforts to be useful to others?
3. As a senior, what is your definition of joy?

Joy
in the
Dharma

Member Milestones Send us your special announcements!

Record of births, deaths, graduations, military service, retirements



Pearl and Raymond Awana announce the marriage of their son Blaine to Chantelle de Jesus, daughter of David and Tess de Jesus.

On their experience: The day was perfect, everyone had a wonderful time. Proud mom Pearl said “Blaine and Chantelle are both loving and compassionate and always support others when needed. Chantelle was concerned that it might rain that day. However with the wind and rain, everything turned out great with a large rainbow appearing, providing a feeling that their recently departed grandmother showered both of them with her love and was present. (There is manifestation and there is the cessation of manifestation in order to have another manifestation.)”

They were married on March 24, 2012 at Diamond Head Lookout Honolulu, Oahu, Hawaii.

Blaine Keola Awana and Chantelle de Jesus. Both are Special Education teachers.

12 Symptoms of Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything.

<http://recoverytradepublications.com/blog.html?entry=12-symptoms-of-a-spiritual>

Activities

vesak colouring in bodhi leaf painting

Name:



buddhanet.net
buddha dharma education association inc.

Questions to discuss while coloring:

1. What does the Bodhi leaf symbolize?
2. What is the meaning of the mudra (hand placements) of the Buddha?
3. Why should we take time to sit in silence, meditation and reflection?

Picture to
COLOR
From
Buddhanet

Download the
image to your
printer

Art from the Sanghas edited by Rose Cirigliano, NY



World Sangha 2011

Origami paper by Yasuko Vendley
 Mix media, Mandala Orb Cluster collage.
 aluminum foil, water base, felt tip pens
 8" x 11"

Rose: Yasuko Vendley, what inspired you to create your Mandala series?

"Color has always inspire me," she said. Ms. Vendley, said, she has enjoyed working with water base pens since she was a little girl.

After doing a series of pencil mandalas, she created this Universal Origami collage called "World Sangha".

Yasuko Vendley is the daughter of the President and granddaughter of Founder Niwano. She and her husband are members of the NY Church.



Lilly Floating on a Quiet Pond 2011

by Yasuko Vendley

Colored Mandala for Balance, Harmony, and Spiritual Well-Being.

This piece begins in the center like a flower.

The petals extends toward the outer rim enhancing the tactile sense of a floating water lily.

10" x 11" on Block Coloring paper.

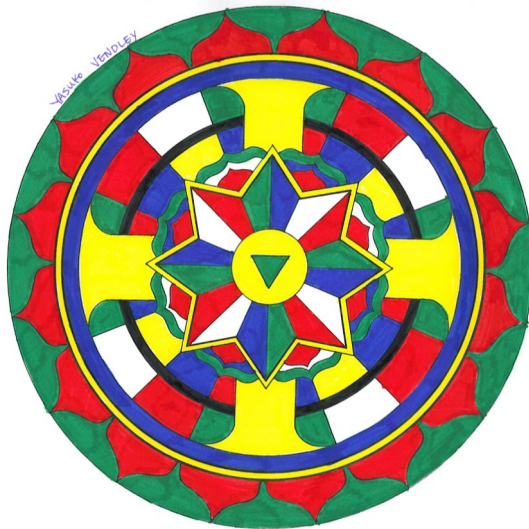
More Mandalas from Yasuko Vendley



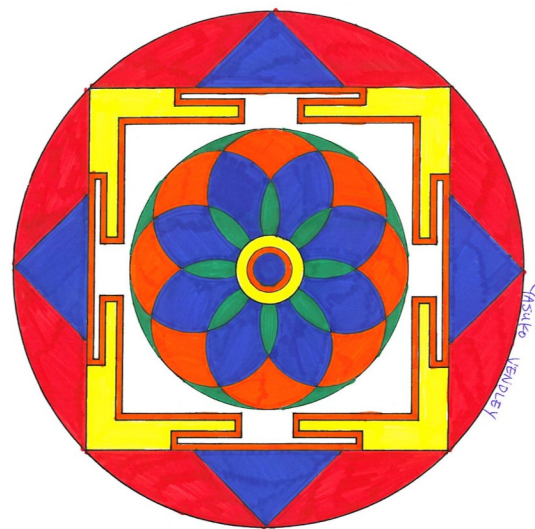
YASUKO VENDLEY



YASUKO VENDLEY



YASUKO VENDLEY



YASUKO VENDLEY

Poetry of Kathy Austin, Dayton OH

TIME OUT

Hiding from a tiresome red-eyed sun,
I plant my bare feet in cool grass,
hang laundry on the line.

Through a wash of tree leaves
I can see a cool blue sky,
in this world boundless
with billows of fathomless white clouds
slowly curling like steam after rain.

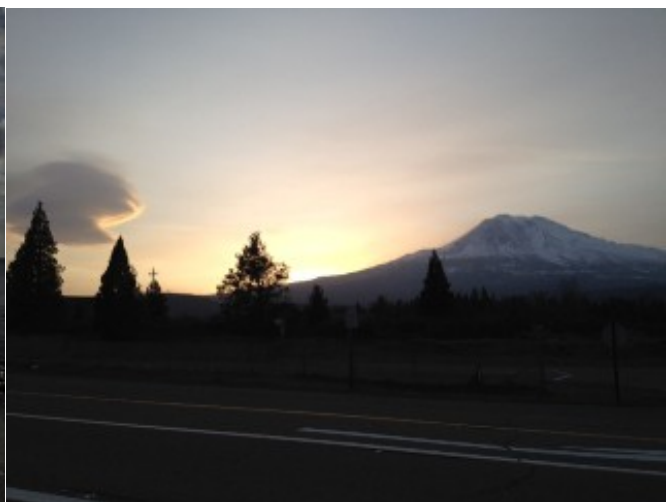
A thrush begins its three-note song
with variations.

In this world, Buddha sits in my garden,
his eyes unmoving, unperturbed.
He knows there is no rush to judgment,
just blue sky, feet in grass,
bird in tree.

I pin another white shirt against the sky
like a cloud.
Buddha smiles—
all the time in the world,
no time at all.

VACATION

In the flick of a wrist
the tireless TV pundits are silenced.
Their constant arguments go on
somewhere else, but not here-
they continue on with crucial issues
that affect us all, that create or destroy:
People, Nations, Suffering, Peace.
I silence them and close my eyes.
I expand to draw in air,
then let it out. I am weightless.
I can hardly believe it!
The pundits disappear, even those
who are elsewhere.
I disappear and am careful
not to move. Without movement
I am bodiless and free
as in a dream where I am flying
and feel my feet lift gently
off the ground.
I only expand to let in air,
and let it out again, and then again.
Some day I will let go
of even that.
But for now, I am content
with small vacations from myself
and the world,
which is finally beautiful.



Images by Rev. Kris

Peace

Mt Shasta in CA at Sunrise

Art from the Sanghas edited by Rose Cirigliano, NY

Submissions
from
Rev.
Kris Ladusau



Jizo 2006

Rev. Kris Ladusau,
Clay, 6" x 3"

Myth has it that Bodhisattva Jizo reached enlightenment but vowed to delay his Buddhahood until all those in the realm of the torment of hell are free from suffering. Fondly known in contemporary Japan as Jizo-san, he is considered the quintessential healer, guardian of children, travelers and the underdog.

Rose: When I saw Rev. Kris Ladusau's, sculpture I was struck by its simplicity in abstract style: palms together, delicate folds in his robe. His eyes cast down and mouth that ever so slightly curls up at the edges, *Jizo* seems to embody a gentle and forthright optimism. Hence, compassion, mercy, joy, and detachment.

I asked Rev. Kris of Oklahoma City Dharma Center what inspired her to create this little gem of a textured clay sculpture of the Bodhisattva Jizo?

Rev. Kris: "While traveling in Japan, I have appreciated all the different styles of Jizo that I saw. I also like what the statue represents. I wanted to create one out of gratitude."



Divine Mother, the crown has symbols of many spiritual traditions



Rev. Kris Ladusau
Oklahoma City

Rev. Kris Participates in Interfaith Day of Reflection

On May 3rd, the Interfaith Alliance of Oklahoma presented an annual program called "The National Day of Prayer and Reflection". Rev. Kris Ladusau represented Buddhism and was the Master of Ceremonies at the Raindrop Turkish House in OKC. The theme was Religious Liberty: A Core American Value. The service also included the popular "Let Freedom Ring" ceremony in celebration of the diversity of religious and non-

religious traditions in Oklahoma.

Guest speakers included Ms. Nur Uysal for the Islamic tradition, Dr. Bruce Prescott from the Mainstream Oklahoma Baptists, and Dr. Ed Shadid a community leader in Oklahoma City. The program included speeches, a bell ringing ceremony with quotes from all spiritual traditions, and wonderful food made by the Turkish Raindrop House.

Interesting Hot Links edited by Ann Rinehard

Joy in the Dharma

The Buddhist Blog

<http://thebuddhistblog.blogspot.com/2007/09/pleasure-and-joy-in-buddhism.html>

(I have read the blog They Call Him James over the years and it's one of my favorites.)

Buddhist Geeks

<http://www.buddhistgeeks.com/2010/10/bg-192-making-joy-our-default-setting/>

<http://www.dharmaseed.org/teacher/85/?page=3>

A Dharma talk on mudita by Jack Kornfield <http://www.lewisrichmond.com/>

(Buddhist writer and teacher Lewis Richmond is the author of Living and Aging as a Spiritual Practice.)

Links to
interesting
Buddhist
Sites

Joy in the
Dharma

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Try visiting
one of your
sister sanghas!



Location of Centers

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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)

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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)

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