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**Tuy?t S?n Thi?n T?  
Mt Adams Zen Buddhist Temple  
雪山禅寺  
and Plum Mountain Buddhist Community**

March 2015 Newsletter



Dear Dharma friends,

A year ago this month we had a minor theft at the temple; someone took a hand crafted incense ash screener. It was from Japan and both beautiful and expensive. We used it to remove bits of remaining unburned sticks of incense from our incense offering bowls. Who did it and why are still unknown.

A quick internet search came up with a small temple that used a common household flour sifter, a \$6.95 common kitchen gadget. It worked actually far better and easier than our former screener and takes less time to use.

The moral of this story is about loss and acceptance. The Buddha taught that all things are impermanent. I was certain that at the time of our "loss" that the Buddha's teachings did not include the impermanent nature of our beautiful screener. It was to be reverently kept forever. The simplicity of our new sifter makes me smile and the lesson of non-attachment still rings sweet in my heart. Holding on to nothing, accepting everything, ah! All of our dreams and hopes are but mental constructs, just clouds in the sky. Our actions are our only true belongings.

*May we all live in Peace, Thay Kozen*

## Spring Retreat April 4 - 6

Buu Hung Monastery and Mt Adams Zen Buddhist Temple will hold our Spring Retreat at the Mt. Adams Zen Temple on April 4 - 6 Friday through Sunday midday. This will be a Precepts Retreat (keeping the first 5 precepts for a period of 24 hours). We will also have chanting, meditation, walking meditation, and Dharma talks by Vietnamese and American Clergy.

To register please call Ven. Suco Hue Hung at 360.913.1800 or Akiko (Minh Bao) (360) 601-8980



Spring retreat at Adams Zen Center, 46 Stoller Rd., Trout Lake, WA 98650

People plan to attend the retreat, starting at 6:00 am. on Saturday 4/4/15 and ending at 2:00 pm. on Sunday 4/5/15.

- Drive your own car or carpool.
- Meet at Buu Hung, 17808 NE 18<sup>th</sup> st., at 6:00 am on Saturday 4/4/15.
  - Pay \$25 for sleeping place on Saturday night 4/4/15.
  - Optional offering to Adams Zen Center, monks and nuns.
- Have only 2 meals, breakfast and lunch on Saturday 4/4 and Sunday 4/5.
  - Practicing the eight precepts and following the retreat rules.
  - Practicing meditation, attending Dharma talk and chanting sutra.
- Need to sign for attending to reserve the sleeping place, before March 23, contact Akiko ([nihongo1@msn.com](mailto:nihongo1@msn.com)) or [huehuong7@yahoo.com](mailto:huehuong7@yahoo.com).

If you wish you can come Friday evening and start early with meditation and evening services in English

Nam M◊ A Di ?◊ Ph?t

**1,000 Bows practice for Avalokiteshvara (Guan Yin)**



It is said that the personification of perfect Compassion, Avalokiteshvara Bodhisattva (Guanyin) , in the beginning of his Bodhisattva career of helping sentient beings, vowed that "Should He ever become disheartened in saving sentient beings, may His body shatter into a thousand pieces." This might seem extreme, but it was symbolic of His overwhelming great Compassion and determination. A Bodhisattva is a great being who aspires to help all sentient beings be free of suffering before entering the bliss of Buddhahood.

There is a wonderful story that one day, while helping beings in a higher realm, He/she looked down into the hells which He/she had emptied through the teaching of the Dharma, and realized, to His dismay, that countless beings were still flooding into them. In a moment of exasperation, He/she became so disheartened that true to His vow, His body shattered in great agitation and despair. Despite this, He/she did not just give up - His/her consciousness beseeched the Buddhas for help. Of the Buddhas who came to aid Him, one was Amitabha Buddha, who became His Guru (personal teacher) Buddha. With the Buddha's miraculous powers, He/she attained a new form - one with a thousand helping hands of Compassion coupled with the eyes of Wisdom in each palm. With this, He/she renewed His vow to saving not just limited sentient beings, but all sentient beings.

This might seem like a Buddhist fairy tale or myth. So did it happen after all? Does it really matter? All tales, fictitious or not, can be skillful means to teach us the Dharma, as long as there are morals to them. It is a beautiful "legend" with powerful spiritual metaphors. When we begin our Bodhisattva path of helping some beings, we are bound to be disheartened, due to our unperfected Compassion and Wisdom. This is when the need of a good inspiring teacher or spiritual friend might come in. With the teacher's guidance, our vows are thereby renewed and strengthened. In walking the Bodhisattva path, which inevitably leads us to come face to face with obstacles such as disappointment now and then, we either succumb to them and lose our Bodhicitta (the heart of wishing to help all beings, along with oneself, attain Enlightenment) or overcome them and become stronger - like Avalokiteshvara. Yes, there are only two choices when we face spiritual obstacles - to be forever weak and trapped by the obstacles we do not cross, or to cross them and become stronger with the experience. When we advance, we move towards Buddhahood. When we do not, we either backslide or come to a spiritual standstill. As we all suffer from spiritual burnout from time to time - let us then, be timely Bodhisattvas to each other - and always help each other recover in good time.

#### **STEP 1 - CHANTING - DO FOR 10 +/- MINUTES**

##### **A SIMPLE BUDDHIST GUAN YIN VISUALIZATION MEDITATION**

In this simple but powerful meditation, you gradually increase the tempo of the mantra. Recite or chant Om Mani Padme Hum, slowly at first and then faster and faster. This creates a rhythmic vibration that intensifies as you chant. Sounding a bell or striking another small percussion instrument will enhance the experience. In the temples, the tone is struck with each syllable, which can be quite challenging as the chant speeds up; you may choose a slower rhythm.

You may practice this meditation while sitting - perhaps in your home at your altar or another power spot, or outdoors. After you strike the final percussion tone, return to your meditation seat if you have been walking, and immerse yourself in the silence; it will be very powerful.

#### **STEP 2 - WALKING - DO FOR 50 BOWS**

### A KUAN YIN WALKING MEDITATION

During this meditation, you will chant Om Mani Padme Hum while walking. Sound a bell, take two steps forward, and then prostrate yourself-an expression of penitence, as well as honor and respect for the bodhisattva. Depending on your fitness level, you may either touch the ground with your hands or bow down until your forehead touches it. Your single-minded intention to connect with Kuan Yin is more important than perfecting the body movement.

This is the classic Sanskrit Guan Yin mantra. The rough translation is "Hail to the jewel in the lotus." Imagine that there is a beautiful lotus flowering in your heart, with Kuan Yin at its center, as you recite it. See Kuan Yin as the jewel emanating a radiant light. When chanting this mantra, you may choose instead to visualize the male form of Kuan Yin, Avalokiteshvara. According to a lovely legend, Buddha Amitabha was reciting Om Mani Padme Hum while in a state of ecstasy as Avalokiteshvara was born from a ray of light emanating from his eye.

### STEP 3 - BOWING - Do FOR 950 BOWS

YOU MAY HAVE THE OM MANI PADME HUM CHANT PLAYING AS YOU DO THESE BOWS.

Bow down until your forehead touches the ground. A full prostration is best and your single-minded intention to connect with Guan Yin is more important than perfecting the body movement.

Once you have completed 1000 bows sit quietly for 10 - 30 minutes. When you are done sitting rise, do a bow from you waist, then go on with your day.

*This practice is not an easy one. You may do all or part of the exercise each day. My teacher had me do this practice many years ago. I do not think my body would tolerate it now - laughing - getting old. Kozen*

We are a small Thien  
(Zen) Buddhist  
Temple practicing  
"laughing farmer zen" -  
living our practice,  
sitting zazen, being  
here - right now!

### Services & Meditation

#### New Winter Schedule

##### Morning Meditation

6:30AM

Tuesday - Saturday

##### Evening Meditation

6:30 PM

Friday

##### Morning Services

9AM

Saturday

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**Sunday Evening  
meditation at 6:30 pm at  
Trinity Natural Medicine  
1808 Belmont Ave, Hood  
River, OR**

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Dammadasa and Thay Kozen spent a few days in retreat in Long Beach Washington. Photos of Dhammadasa on the trail to the beach and also at the Lewis and Clark trail statue with a large sturgeon in the foreground.

### Calendar March

1 Buu Hung Monastery - Spring Retreat  
18 Mar CRCC Prison visit

### April

2-April 30 Thay Vinh Minh Visits  
4-5 Retreat - Buu Hung  
21 Thay Kozen to CRCC  
22 Earthday

### China Trip in September

Our pending trip to China is still scheduled in September. They have not yet decided on the date. We should have a definite date by April's newsletter

**"You can search throughout the entire universe for someone who is more**

**1st Sunday of the month**  
at Buu-hung Buddhist  
Monastery 17808 NE  
18th St, Vancouver, WA

Tel: (360) 718-6158  
3:00pm - 4:30 pm

deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.

Buddha



Northwest  
Dharma  
Association

Is your group part of the  
Northwest Dharma  
Association?

if not, it is time to join! If you are a solitary practitioner or without a sangha you can still donate dana (money). They are a clearing house for Buddhist Activity in the Northwest and need our support.

read more about the NWDA at <http://www.northwestdharma.org/>

## Visiting 5 international and 5 Vietnamese Temples on Saturday 3/14/15, from 9:00 am-3:30 pm.

Μεετ υπ – ΠΟΡΤΛΑΝΔ – People from Portland go to Nam Quang Temple (Vietnamese ), 3337 NE. 148<sup>th</sup> Ave., Portland, OR 97230 (503-254-0875) **at 9:00 am.**

Μεετ υπ ζΑΝΧΟΥΣΕΡ – People from Van Vancouver go to Buu Hung Temple, 17808 NE. 18<sup>th</sup> st (360-718-6158) **at 8:15 am.**

OP – Drive your own car or carpool, optional offering to 10 temples.

Have a free vegetable lunch at Miao Fa Chan Temple (Chinese), 1722 SE. Madison st., Portland , OR , (503-239-5678)

### Visiting the temples in Portland, Saturday 3/14/15

1-Nam Quang Temple (Vietnamese Temple)  
3337 NE. 148<sup>th</sup> Avenue, Portland, OR 97230 (503-254-0875)

2-Oregon Buddhist Temple ( Japanese Temple)  
3720 SE. 34<sup>th</sup> Ave., Portland, OR 97202 (503-234-9456)

3-Portland Buddhist Priory (American Temple)  
3642 SE. Milwaukie Ave., Portland, OR 97202 (503- 238-1123)

4-Maitripa College (Tibetan Temple)  
1119 SE. Market, Portland, OR 97214 (503-235-2477)

5-Miao Fa Chan Temple (Chinese Temple)  
1722 SE. Madison St., Portland, OR 97214 (503-239-5678)

We will have vegetarian lunch in this temple.

6-Yin Temple (Chinese Temple)  
16525 NE. Glisan Ave., Portland, OR (503-253-3752)

7-Ngo?c Phu???c Temple (Vietnamese Temple)  
1621 SE.174<sup>th</sup> Ave Portland,OR 97233(503-820-9484,896-4598)

8-Minh Quang Temple ( Vietnamese Temple)  
14719 SE.Powell Blvd, Pt,OR 97236 (503-760-0634,789-7680)

9-Ngoc Chau Temple (Vietnamese Temple)

4320 SE. 136<sup>th</sup> Ave., Portland, OR 97236 (503-252-0560)

10-Ngo?c So?n Temple (Vietnamese Temple)

8318 SE. Harney st., Portland, OR 97266 (503- 775-2333)

Hu ?? H u?o? ng (huehuong7@yahoo.com), (971-227-9828)

### Upcoming Non - Buddhist Retreats and Activities at the Abbey

April 17 - 19 NCNM Taiji Retreat

April 24 - 26 NCNM Taiji Retreat

May 15 - 17 Laurie VanCott Yoga Retreat

May 29 -31 Private Board Retreat

June 4 - 7 Collaboration Retreat

June 15 - 19 Qigong Retreat, Pam Tindall

July 1- 6 Zikr Retreat

July 15 - 21 Master Wu Retreat

Aug 28 - Sept 7 Joanna Macy Retreat

Sept 11 - 13 Laurie Van Cott Yoga Retreat

Oct 9-11 NCNM

Oct 16 - 18 NCNM

Oct 30 - Nov 1 Druid Retreat

## Community Plum Mountain Buddhist March 2015 Newsletter

**Weekly Schedule:** Daily 6:30 a.m. and 6:30 p.m. Service with short recitation and half hour seated meditation, at 516 W. Cushing in Aberdeen. This is except for Fridays and when Thay Kobai is away from the Harbor. Our regular community (*sangha*) gathering is Tuesday evenings at Cushing St. 6:30 to 8 p.m. We do some movement and sitting meditation, with plenty of guidance for newcomers. Thay Kobai or a senior student gives a short talk on Buddhist principles followed by Q&A and discussion.

### Events in February

3 March Tuesday: **Community Meditation**, 6:30 to 8:00 p.m. We do some simple movement and seated meditation, followed by a short talk and demonstration by Rev. Jeff Hadashi Miles on "Tea and the Way of Tea in Buddhist Practice." Other details above.

5 March, Thursday: **Full Moon ?**

10 March, Tuesday: **Community Meditation**, 6:30 to 8:00 p.m. We do some simple movement and seated meditation, followed by a short talk by Thay Kobai and a Q&A discussion. People of any or no faith are welcome. Check with Thay Kobai if you have questions.

17 March, Tuesday: **Community Meditation**, 6:30 to 8:00 p.m. We do some simple movement and seated meditation, followed by a short talk by a senior student and a Q&A discussion. People of any or no faith are welcome.

20 March Friday **New Moon ?**

24 March, Tuesday: **Community Meditation**, 6:30 to 8:00 p.m. We do some simple movement and seated meditation, followed by a short talk by Thay Kobai and a Q&A discussion. People of any or no faith are welcome. Check with Thay Kobai if you have questions.

31 March, Tuesday: Kobai on Coffee Talk, 8:15 a.m. 1450AM or 100.5FM

31 March, Tuesday: **Community Meditation**, 6:30 to 8:00 p.m. We do some simple movement and seated meditation, followed by a short talk by Thay Kobai and a Q&A discussion. People of any or no faith are welcome. Check with Thay Kobai if you have questions. This is sandwich night. We'll be making sandwiches for Lunch Under the Bridge, which is tomorrow.

**1 April, Wednesday: Lunch Under the Bridge Meet at 10 a.m. St. Andrew's Episcopal kitchen.**

**Some Dharma:**

The poet Phillip Levine died last week. I knew him from when I was an English major at California State, Fresno. I wasn't actually registered in any of his classes, I just sat in, as many of us did in those days. He once gave an anti-war reading on stage with Joan Baez. It was a beautiful spring evening at Pig Tech as we hippies called our college-or sometimes "Fresno Straight." Phillip went on to get hired by UC Berkeley, to win the Pulitzer and National Book awards and to become one of the "New Yorker's" favorite poets.

He had a twin brother, who he loved very much and who died before Phillip. This is part of a poem for his brother:

**Storms**

After the storm of his dying,  
After the phone calls and letters  
Stipped, after the sudden outbursts  
of tears, seizures that came on me  
without warning and left me ashamed,  
after those passed, he entered my dreams  
one June morning, young and slender  
again, in leather jacket and jeans.  
Yes, of course he was dead! He waved  
it away, smiling. It was nothing  
to worry about, it was just life,  
he said, laughing now at the joke. . . .

Phillip died at age 83 at his home in Fresno.

We are happy to be a member of the [Northwest Dharma Association](#)  
and encourage you to consider joining.

We are also affiliated with Open Gate Zen Center in Olympia. For information on their programs go  
to  
[www.boundlessmindzen.org](http://www.boundlessmindzen.org).

If you do not want to receive this newsletter, please email [info@plummountain.org](mailto:info@plummountain.org)

**TUYẾT SƠN THIÊN TỰ + MT ADAMS ZEN BUDDHIST TEMPLE + 雪山禅寺**

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