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**Tuyết Sơn Thiền Tự**  
**Mt Adams Zen Buddhist Temple**  
雪山禪寺

46 Stoller Rd., Trout Lake WA 98650 509.395.2030  
[www.Mtadamszen.org](http://www.Mtadamszen.org)  
**MARCH 2017**

Dear Ones,

Winter continues here - we have about 3 feet of snow over our whole farm. It is quite beautiful. I have never really appreciated the cold or snow but have come to love it and feel a special connection.

A local woman told me that she tells everyone that "It is a beautiful day", regardless what the weather is. One day last summer, all was perfect, a gentle breeze, a warm 74 degrees, just a perfect day. When she mentioned this to a friend, he said, "but it wasn't yesterday". Every moment we are alive, every second, every breath can be precious to us if we can live in this moment.

In living in this moment now - may you be well and happy, may you know love and peace. *Kozen*



## **Thich Minh Thien's Column**

### **The Fifth Mindfulness Training - Nourishment and Healing**

This month, we complete the Mindfulness Trainings that I have been sharing from an article by Venerable Thich Nhat Hanh.

These Five Mindfulness Trainings are his re-formulation of some of the Buddha's core teachings. This month's topic is on what Thich Nhat Hanh describes as the fifth training; namely, "Nourishment and Healing". Thich Nhat Hanh describes it this way: "Aware of the suffering caused by unmindful consumption, I am committed to cultivating good health, both physical and mental, for myself, my family and my society by practicing mindful eating, drinking and consuming".

This training encourages us to practice looking deeply into how we consume what the Buddha termed, the Four Kinds of Nutriment; namely, edible foods, sensory impressions, volition and consciousness. This includes refraining from using things like alcohol or any other intoxicants or to ingest foods or other items that contain toxins. We may not think about toxins in terms of TV programs, magazines, books, films, conversations, social media and the like however when we do damage to the body or one's consciousness with these toxins it could be said that we betray our ancestors, parents, society and future generations. If we think just in dietary terms, putting the wrong

types of food in our body, or not getting the proper nutrition, will cause our body to cease functioning as it was designed to do. In the same way, if we feed our minds and experiences with negativity, anger, lewdness, doubt and worry, our Buddha natures will also suffer and not support our path to enlightenment and our suffering continues as well.

The question often arises about the consumption of alcoholic beverages in moderation such as a glass of wine with a meal. Thich Nhat Hanh offers that if you are going to occasionally have an alcoholic refreshment, do so mindfully. He suggests looking deeply into the conditions of your liver, your heart, and the fact that humankind is wasting a lot of grain and fruit making alcohol instead of feeding other humans. He suggests that meditating in this way will lead us to feeling uncomfortable when drinking any amount of alcohol. And of course, that same thinking can be applied to all toxins like those that were previously mentioned. If things like social media, TV, book, films, conversations, etc. are also proving toxic in our lives, we can, by seeing them in a mindful way and meditating on the suffering that they cause, come to terms with a better way of living; a more healthful form of nourishment that will lead to healing not only our bodies but our minds as well.

And so this Fifth Mindfulness Training, "Nourishment and Healing", moves us to practice coming back to the present moment to be in touch with the refreshing, healing and nourishing elements in ourselves and around us. It moves us to not let regrets and sorrow drag us back into the past nor letting anxieties, fear or craving pull us out of the present moment. Let us be determined not to try to cover up loneliness, anxiety or other suffering by losing ourselves in toxic consumptions. Let us instead be mindful of our interbeing and consume in a way that preserves peace, joy and well-being in both our body and consciousness, and the consciousness of our families, our society and the Earth.

May All Be Well....May All Be Happy....May All Know Love....May  
All Know Peace.

Namo tassa bhagavato arahato samma sambuddhassa

## Help Us Build A Temple

Buy on Amazon at <http://smile.amazon.com/ch/30-0468937>  
Whenever you order from Amazon.com use this link and your regular passwords  
and the temple will receive a small amount of the purchase price.



We are a 501(c) 3 organization and direct monetary donations to the temple  
may be tax deductible.

**WE HAVE SENT OUT OUR TAX INFO LETTERS. IF YOU DONATED MONEY THIS YEAR  
YOU SHOULD HAVE A LETTER FROM US SAYING SO. IF YOU DID NOT RECEIVE A  
TAX LETTER, PLEASE CONTACT US.**

## **Spiritually based healings starting on Tuesdays in March**

A dear friend, Sylver, will be starting a new program at the Abbey. He will be here once a week to help with Spiritually Based Healing.

He is a retired Chiropractor who has been on a journey of spirit and awareness for some time and is willing to share his healing energy with others.

He is doing this by donation (suggested minimum is \$20.00) and will be at the Abbey on Tuesdays from 10am - 2 pm. You can set up an appointment with him at 352.284.9588.

He has been helping Kozen recover from his knee surgery.

*"Sylver's work is kind and loving, he has helped me a lot". Kozen*

If you have chronic or acute physical problems, give Sylver a call and see if there are perhaps some psychological or spiritual components that he can help with.

**Reverend Lois Van Leer**

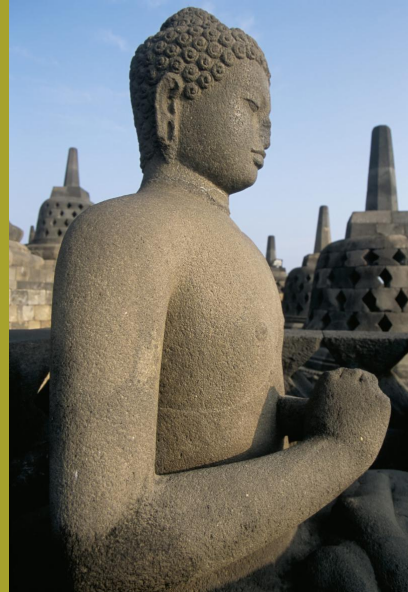


Lois is a Unitarian Universalist minister who spent 1 month here on retreat. She attended meditation and metta practices as well as helping with daily activities here at the Abbey. She was a joy to get to know and we will miss her when she leaves. Her church is the Unitarian Universalist Church in Woodinville, Washington (near Seattle).

### **Gatha Practice**

By using simple little statements (Gathas) we can become mindful - in this moment - of even the simplest activity or actions of daily living. Below are a small selection of gathas - try selecting just 3 and then say them prior to an activity. If you do this for 30 days you will find a surprising amount of awareness in just simple actions.

Dwelling in the present moment, we can see so many beauties and wonders right before our eyes - a child's smile, the sun rising, the autumn leaves. We can be happy just by being aware of what is in front of us. Practicing with a gatha can help us return to ourselves and to what is going on in the present moment. It is helpful to memorize these gathas, a few at first, and more as you go on with the practice. As you silently recite the first line, breathe in; and as you silently recite the second line, breathe out. When the gatha is finished, continue your activity, and you will find that your mindfulness has increased. When we drive, road signs help us find our way. We "see" the last sign until the next one appears. Practicing with gathas is the same. When we practice well, the gathas are with us continuously, and we live our whole day in awareness. *Thich Nhat Hanh.*



## **BODY FUNCTIONS**

### **WAKING UP**

Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at beings with eyes of compassion.

### **TURNING ON THE WATER**

Water comes from high mountain sources. Water runs deep in the Earth. Miraculously, water comes to us and sustains all life. My gratitude is filled to the brim.

### **WASHING YOUR HANDS**

Water flows over these hands. May I use them skillfully to preserve our precious planet.

## **MEDITATION**

### **SITTING DOWN**

Sitting here is like sitting under a Bodhi tree. My body is mindfulness itself, free from all distraction.

### **CALMING THE BREATH**

Breathing in, I calm my body. Breathing out, I smile. Dwelling in the present moment, I know this is a wonderful moment!

### **ADJUSTING POSTURE**

Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.

## **DAILY ACTIVITIES**

### **INFORMAL MEAL PRAYER**

Beings both great and small have worked hard to bring us this meal. May we be truly grateful. From our actions here today may we work towards the cessation of suffering for all beings.

### **HOLDING THE EMPTY BOWL**

Looking at this bowl, I see how fortunate I am to have enough to eat to continue the practice.

### **LOOKING AT YOUR PLATE OR BOWL AFTER EATING**

The meal is finished, and I am satisfied. The four gratitudes are deeply in my mind.

### **TURNING ON THE COMPUTER**



Turning on the computer, my mind gets in touch with the internet. I vow to transform habit energies to help love and understanding grow.

#### **DRIVING THE CAR**

Before starting the car I know where I'm going. The car and I are one. If the car goes fast, I go fast.

### **PRACTICE ACTIVITIES**

#### **LIGHTING A CANDLE**

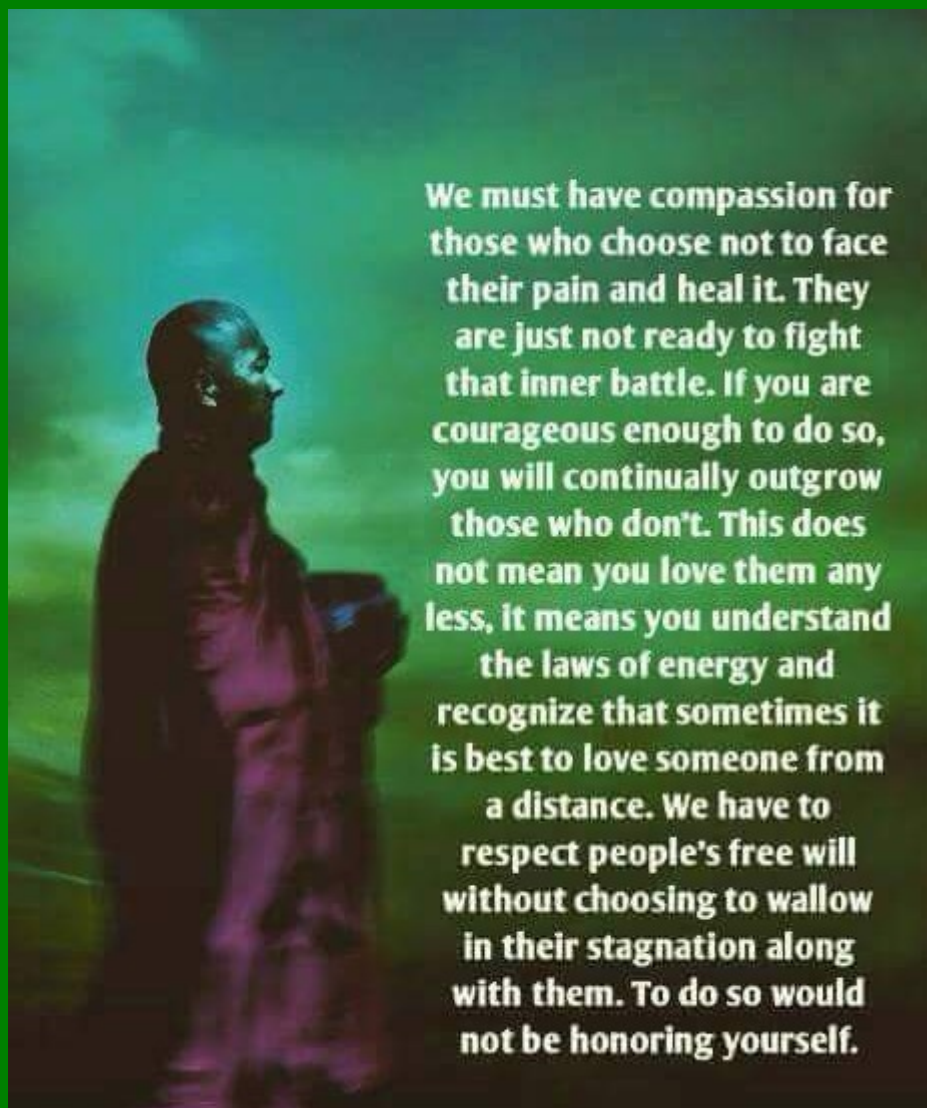
Lighting this candle, Offering the light to countless Buddhas, the peace and the joy I feel brighten the face of the Earth.

#### **WALKING MEDITATION**

The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, a cool wind blows. With each step, a flower blooms.

#### **IMPERMANENCE**

The day is ending and our life is one day shorter. Let us look carefully at what we have done. Let us practice diligently, putting our whole heart into the path of meditation. Let us live deeply each moment and in freedom, so the time doesn't slip away meaninglessly.



**We must have compassion for those who choose not to face their pain and heal it. They are just not ready to fight that inner battle. If you are courageous enough to do so, you will continually outgrow those who don't. This does not mean you love them any less, it means you understand the laws of energy and recognize that sometimes it is best to love someone from a distance. We have to respect people's free will without choosing to wallow in their stagnation along with them. To do so would not be honoring yourself.**

## Local Sitting Meditation Groups:

**Mt. Adams Zen Buddhist Temple** Morning meditation Monday-Friday at 6:30 am and Saturday at 9 am with Ven. Kozen Sampson at the Trout Lake Abbey located at 46 Stoller Road, Trout Lake, WA. <http://www.mtadamszen.org>. Contact: Kozen Sampson ( [thaykozen@mtadamszen.org](mailto:thaykozen@mtadamszen.org); 509-395-2030)

**Trinity Sangha** Meditation with Ven. Kozen Sampson, Mt. Adams Zen Center, Noon to 1 pm every Monday at Trinity Natural Medicine, located at 1808 Belmont Road in Hood River. Sitting meditation and loving kindness meditation. [www.trinitynaturalmedicine.org](http://www.trinitynaturalmedicine.org). Contact: Emily Martin ( [Emily@trinitynaturalmedicine.org](mailto:Emily@trinitynaturalmedicine.org); 503-358-1949)

**Pacific Hermitage** Meditation and Dhamma talk with Thai Forest Monks, 6:30-8 pm every Tuesday evening at Yoga Samadhi in White Salmon, WA. <http://pacifichermitage.org>

**Hood River Zen** Sunday afternoon walking and sitting meditation every other Sunday 3 - 5 pm in the Bamboo Room of Cascade Acupuncture, located at 104 5th St. Hood River, Oregon. <http://www.hoodriverzen.org>. Contact Kyri Treiman: ( [kjtreiman@yahoo.com](mailto:kjtreiman@yahoo.com))

**White Salmon Dharma Practice Group** every other Sunday evenings at Atlan (near Northwestern Park outside of White Salmon). Contact: Scott Cushman: ( [rscottcush@gmail.com](mailto:rscottcush@gmail.com); 925-708-5652)

**11th Step Meditation: A Fresh Step Forward in Recovery** Sunday evenings 6:30 pm at Bethel UCC Church in White Salmon, WA. Contact Dick Withers: ( [Richard.withers@att.net](mailto:Richard.withers@att.net); 414-587-4065)

Buddha was asked, "What have you gained from meditation?"  
He replied, "Nothing!"  
However, Buddha said, let me tell you what I lost :  
Anger, Anxiety, Depression,  
Insecurity, Fear of Old, Age and Death."



## 2017 Calendar

This is not 100% complete. An undated schedule will appear each month



### March

Feb 22 - March 1st Thay Kozen in Texas  
3-5 NUNM Qigong Retreat - Private  
20-24 Oregon Episcopal School Retreat - Private  
25-26 Eight Precepts Spring Retreat with Buu Hung Monastery - here  
29 - April 1st Kozen on retreat at Deerpark Retreat in California (**temple closed**)

### April

2-11 Spring retreat, Thay Kozen on retreat at Desert Zen Center CA, (**temple closed**)  
22 Earth Day - 9 am service  
29 Beltane (Druid Event)19-20

### May

6 Buddha's Birthday Celebration 9am  
5-7 Laurie VanCott Yoga retreat (541.490.7420)  
19-21 NUNM Pik Shan Ko Taiji Retreat - Private  
27-29 Buddhist retreat, Thay Hang Toan, from the city of 10,000 Buddhas will be the Guest Master

### June

7 Buddhist Festival - Portland  
15-22 Yoga / Astrology Retreat - Private  
24-30 Kozen on Retreat - (temple closed)

### July



1-5 Ziikr Retreat - Private  
7-8 Thich Nhat Hanh group retreat  
13-16 Eight Winds Festival (Druid Event)

### **August**

12-18 Vedanta Retreat housing only  
19-20 Precepts Retreat by Buu Hung Monastery - here  
23-28 Beyond The Gates (Druid Event)  
27 - Ullambana - Buu Hung Monastery - Portland  
31 - 3 Sept Xinglin Institute Private

### **September**

31 August - 3 September Xinglin Institute (private)  
23 Autumn Equinox (Druid Event)  
29- 1 October NUNM Private

### **October**

Sept 29-Aug 1 NUNM (Private)  
13-15 Fall Retreat Zen - here

### **November**

No scheduled group retreats  
Private retreats welcome

### **December**

9 Bodhi Day - meditation 11:30 pm - 12:30 am  
31 meditation 11:30 pm - 12:30 am

## **Mt Adams Zen Buddhist Temple Services**

**Monday - Friday 6:30 am Meditation**

**Saturday 9am full service + meditation**

## **Mt Adams Temple Groups Held Offsite**

### **1st Sunday of the month, Buu Hung Monastery at 3pm**

17808 NE 18th St. Vancouver WA 98684  
contact Venerable Su Co Hue Huong, huehuong7@yahoo.com

### **Every Monday - Trinity Sangha, at Trinity Natural Medicine at 12 noon**

1808 Belmont Ave, Hood River, OR 97031

**11th Step Recovery meeting - Sunday evenings Bethel UCC Church in White Salmon WA 6:30 pm. Contact Dick Withers: ([Richard.withers@att.net](mailto:Richard.withers@att.net); 414-587-4065)**

Trinity Sangha group



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STAY CONNECTED:

