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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

July 2017

Dear Ones,

I will be on retreat from June 24 to July 2. During that time Su co Chodron will be conducting services and managing the temple. It is a joy to have her kind assistance and teachings at our temple. Su co has been a nun since 1988. She was ordained as a novice in the Tibetan Tradition, then fully ordained by Thich Nhat Hanh.

My retreat this year is to Yellowstone National Park where I will meditate on impermanence. Yellowstone sits on a super volcano that is expected to explode sometimes in the future. When it erupts it is expected to cause major devastation to the Western United States. Yet - even in the great peril it presents - there is great beauty and serenity. What a wonderful place to actively see impermanence.

Thầy Tâm Hoàn will be the teacher for our precepts retreat in the Summer. Please think of attending, he is a kind and knowledgeable Master. The retreat is August 19 -20.

May we all be well and happy, may we all know love and peace. *Thay Kozen*

Sunset over Mt Adams from our front yard



The Eightfold Path of Buddhism

also called the Middle Path or Middle Way, is the system of following these eight divisions of the path to achieve spiritual enlightenment and cease suffering. This path was the last of the Four Noble Truths which were our historical teacher's first instructions. We will be reestablishing the walkway of the 8 fold path around our farm and hope to have it operational by mid July.

- 1. Right Understanding: Samma-Ditthi** — Complete or perfect vision, also translated as right view. Vision of the nature of reality and the path of transformation.
- 2. Right Thought: Samma-Sankappa** — Perfected emotion or aspiration , also translated as right attitude or intention. Also liberating emotional intelligence in your life and acting from love and compassion. An informed heart and feeling mind that are free to practice letting go. Determining and resolving to practice Buddha's teachings.
- 3. Right Speech: Samma-Vaca** — Perfected or whole speech, clear, truthful, uplifting and non-harmful communication. Avoiding slander, gossip, lying, and all forms of untrue and abusive speech.
- 4. Right Conduct: Samma-Kammanta** — Integral action . Also called right action. An ethical foundation for life based on the principle of non-exploitation of oneself and others. Adhering to the idea of nonviolence (ahimsa), as well as refraining from any form of stealing or sexual impropriety.
- 5. Right Livelihood: Samma-Ajiva** — Proper Livelihood. This is a livelihood based on correct action and the ethical principal of non-exploitation, the basis of an ideal society. Not slaughtering animals or working at jobs that force you to violate others.
- 6. Right Attitude: Samma-Vayama** — Complete or full effort, energy or vitality. Also called right diligence. Consciously directing our life energy to the transformative path of creative and healing action that fosters wholeness, and conscious evolution. Avoiding negative thoughts and emotions, such as anger and jealousy.
- 7. Right mindfulness: Samma-Sati** — Complete or thorough awareness. Developing awareness, "if you hold yourself dear, watch yourself well". Levels of awareness and mindfulness - of things, oneself, feelings, thoughts, people and reality. Having a clear sense of one's mental state and bodily health and feelings.
- 8. Right concentration: Samma-Samadhi** — Full, integral or holistic samadhi. This is often translated as meditation, absorption, or one-pointed-ness of mind. None of these translations are adequate. Samadhi literally means to be fixed, absorbed in, or established at one point, thus the first level of meaning is concentration when the mind is fixed on a single object. The second level of meaning goes further and represents the establishment, not just of the mind, but also of the whole being in various

levels or modes of consciousness and awareness. This is Samadhi in the sense of enlightenment or Buddhahood.



Thich Minh Thien's Column



A CUP OF TEA

Each week, at the new Budding Dharma Zen Buddhist Temple in Arlington, Texas, I think about what should I talk about in addition to our sitting and walking meditation and that might be of interest to the Sangha members who attend. Not all the members are necessarily Buddhist, but many seem to be connected to Mindfulness Practices and wish to lead lives that are happy, compassionate and peaceful. This week, I came across a website that had some stories related to Buddhist principles that I thought I might use and one caught my eye. It was called, "A Cup of Tea". The story goes like this:

Nan-in, a Japanese Master during the Meiji era (1868-1912), received a university professor who came to inquire about Zen. Nan-in served tea. He poured his visitor's cup full, and then kept on pouring. The professor watched the overflow until he no longer could restrain himself. "It is overfull. No more will go in!" "Like this cup," Nan-in said, "you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?"

What a beautiful and simple story that points the way to demonstrate the benefits of our meditation and mindfulness practice. I know my cup of opinions and speculations is frequently overflowing and I don't think my personal observation is far off from what we all might see when we look at our thoughts, opinions, judgments and actions. Through meditation practice, we reduce our attachments to those thoughts, opinions, judgments and actions, along with their influence. We then can open our hearts to let our own Buddha Nature take over. Unless we actively support the practices that work to "empty our cup", the delusions of our mind filled with learned prejudices, judgments and opinions, will be in the forefront of our thoughts. They will be the loudest voices in our mind, overpowering the quiet, peaceful whispers of our Bodhicitta mind; urging us towards service to others and to achieving full enlightenment to benefit all sentient beings as fully as possible. That is why Bodhicitta is often called the "Wish Fulfilling Jewel" because like a magic jewel; it brings true happiness.

So, on those days when we are tempted to maybe let our meditation and mindfulness practices slip, think back to the picture of that teacup overflowing and know that to be the best we can be, we need our practice to empty ourselves a bit to let the wisdom of Zen and the Dharma of our ancestral Teacher, the Shakyamuni Buddha, fill us up.

Namo tassa bhagavato arahato samma sambuddhassa

Buu Hung Monastery

The first Sunday of the month at Buu Hung Monastery
17808 NE 18th St. Vancouver WA 98684



Contact: Venerable Su Co Hue Huong huehuong7@yahoo.com
The temple is a Pure Land Temple in the Vietnamese tradition. The abbess, Ven. Su Co Hue Huong has established a wonderful and supportive community.

A few times in my life I've had moments of absolute clarity, when for a few brief seconds the silence drowns out the noise and I can feel rather than think, and things seem so sharp. And the world seems so fresh as though it had all just come into existence. I can never make these moments last. I cling to them, but like everything, they fade. I have lived my life on these moments. They pull me back to the present, and I realize that everything is exactly the way it was meant to be. From A Single Man

Donate today!

WE ARE BUILDING A TEMPLE

and we need your help

We have started on our plans to build a temple on our 23 acre farm. Our temple proposal has been approved for up to 4000 sq. ft by the Klickitat Planning Commission, now all we need is the money to start building. Please help us by donating to our building fund.

1. Donate directly to the temple (Mt Adams Zen Buddhist Temple PO Box 487, Trout Lake WA 98650

2. you can donate on line at www.gofundme.com/ywdqkc .

3. 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 donations to the temple may be tax deductible.

click on this link to start (<https://smile.amazon.com/ch/30-0468937>)

We've been here for 8 years. Our retreat area is complete, our gardens are complete, now is the time to start on building a temple. We have been approved for a 4000 square foot structure by the county and we want to raise \$275,000 to build a Dharma Hall. This will be one of the very few Buddhist Temples in our county.

Calendar

Calendar

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

June

3-4 Master Thích Minh Hải will be Guest Master for an open retreat here in English and Vietnamese

7 Buddhist Festival - Portland

10-11 Woman's Heart Retreat - Here - with Suco Chodren

15-22 Yoga / Astrology Retreat - Private

24-30 Kozen on Retreat -temple open



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 - Vancouver
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

11-12 Woman's Heart Retreat
Private retreats welcome

December

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

Weekly Temple Services

Monday -Friday 6:30 am Meditation
Saturday 9am full service + meditation

Mt. Adams Zen - outside of our temple

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

1st and 3rd Wednesday Evenings - Trinity Sangha Study Group

Time 6:30-8:00pm

Where: first meeting at Withers residence, 1829 5th St., Hood River
(Sieverkropp Development behind Rosauer's)

Book to be studied: Peace in Every Breath by Thich Nhat Hanh

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

Other Meditation Groups in the Gorge

Pacific Hermitage Meditation and Dharma 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 2nd and 4th" Sundays 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).

Monday evenings from 7:00 - 8:30 pm, at Bethel Congregational Church in White Salmon

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

Washougal Mindfulness + Meditation Group Last Sunday of each month from 4:00-5:15pm
Washougal Acupuncture & Massage: 1436 A Street Washougal, WA 98671
Contact: Emily Olson 503-928-2478 emily@washougalacupunctureandmassage.com

Scott Rower, PhD scott@scottrowerphd.com has mindfulness classes - please contact him for details



Our Labyrinth from an areal photo. We use it for walking meditation and Qi Gong. It is open all the time - come and walk the journey of peace.

*May the Infinite Light of Wisdom and Compassion so shine within us
that the errors and vanities of self may be dispelled;
so shall we understand the changing nature of existence and awaken into spiritual peace.*

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www.Mtadamszen.org