



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

[Visit our website](#)



February 2025

Happy Lunar New Year !

Over 25% of the globe, including much of the Buddhist world, celebrates Lunar New year. This year on Jan. 29, 2025 the Year of the Snake began. In Vietnam, it is called Tết, celebrated from Jan 25 through Feb 2. It is a time when families come together to celebrate the new year and honor their ancestors. It's a

time of happiness, forgiveness, and new beginnings.

This is a long Newsletter. Please click "View Entire Message" and read to the "Bonus Click" at the end!



**Day of Service & Fellowship -
Painting & Potluck!
Saturday, Feb 8th
~10am-?**

Mark your calendar and find your old clothes!

We will gather from 10-

? right after the Saturday service to paint the new monks' quarters adjacent to the old temple. We'll have rollers, brushes, and paint for you to use, but bring a roller frame & extension or your favorite brush if you have them.

Bring a dish to share with the group for a potluck lunch (please mark for allergies). We'll take a break mid-day and enjoy food together.

*If you can't get there by 10am, come anyway! There is plenty to do to help.

*If you can't paint, we'll find another job for you.

*If you need a ride, click below to send a message.

RSVP or Questions: Send a message

Google Map to Temple



Kyle (above, in the hazmat suit) & Phil have spent hours prepping the walls and ceilings for this work party!

**RECURRING SERVICES - WINTER
2025 SCHEDULE**

all times are Pacific time

at 46 Stoller Rd., Trout Lake WA

and at Zoom link or button below:

<https://zoom.us/j/5093952030>



MORNING SERVICE (Monday to Friday)

6:00 AM Robe Verse, Light incense and candle, Incense chant

Danh Le - with the 3 bows, Sutra, Dharma talk

6:30 AM Chant of Compassion, Check-in

7:00 AM Meditation, Well wishing prayer, Dedication of Merit

EVENING SERVICE (Monday, Wednesday, Friday)

5:30 PM 3 bows, Chant of Compassion, Check-in
6:00 PM Meditation, Well wishing prayer, Dedication of Merit

SATURDAY SERVICE

8:30 AM Check in

9:00 AM Danh Le - with the 3 bows, Chant of Compassion
Meditation, Dharma Talk, Well wishing prayer, Dedication of Merit

Other locations or Zoom Links:

TUESDAY Sangha + Meditation 12 noon

IN PERSON ONLY

1412 13th Street, Suite 200. Hood River, OR 97031

TUESDAY Sangha + Meditation 7-8:30

IN PERSON ONLY

Zen Community of Oregon, Vancouver, WA

<https://zendust.org/vancouver/>

SUNDAY Sangha + Meditation 8:30 AM

ZOOM ONLY

8:30 Check-in

9:00 Dharma talk & Meditation

(Email Brother River at CedarRiverHermitage@gmail.com for link)

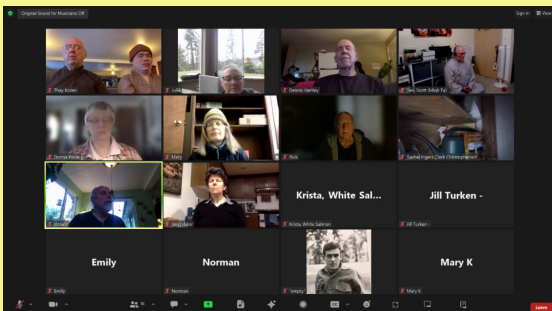
2nd & 4th WEDNESDAY Thích Nhất Hạnh Study Group 6:30 PM

(For information about the study group, contact Bonnie
at bon2626wit@att.net)

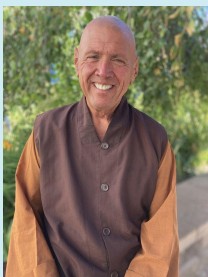
LAST SUNDAY OF MONTH Meditation + Dharma Talk 2:00 PM

IN PERSON ONLY

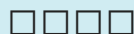
Buu Hung Buddhist Temple 17808 NE 18th St, Vancouver WA



**Link for All Zoom
Services**



Chúc Mừng Năm Mới, Happy Lunar New Year,



The Year of the Snake begins on January 29, 2025, the Lunar New Year heralds a time of renewal, self-discovery, and transformation. Celebrated across East and Southeast Asia, including in China, Korea (Seollal), and Vietnam (Tet), this period marks the beginning of a fresh year according to the Chinese lunisolar calendar. It is a time of feasting, festivities, and reflection, all while preparing for new opportunities ahead.

Symbolism of the Snake - In contrast to its often negative portrayal in Western cultures, the snake is highly revered in many Eastern traditions. The Chinese zodiac attributes wisdom, resilience, and an inherent ability to overcome obstacles to the snake. In 2025, the Wood Snake is set to inspire profound personal and societal growth.

May your New Year be filled with Health, Peace, and Prosperity.

In metta,
Thay Kozen

Upcoming Events & Retreats

11-13 April Gorge Yoga Spring Wellness Retreat (see article below)

30 May-Jun 1 2nd Annual Sangha Retreat

12-14 September Gorge Yoga Fall Wellness Retreat

I encourage everyone to do a minimum of a 1 week retreat and 2 additional 1-2 day retreats every every year. Recommended retreat centers are Deer Park in Escondido, CA, Great Vow in Clatskanie, OR, Cloud Mountain in Castle Rock WA. ...Thay Kozen



**Cloud Mountain
Retreat Crt**

[Click Here for Website](#)



Great Vow Monastery
[Click Here for Website](#)



Deer Park Monastery
[Click Here for Web Site](#)



Thich Minh Thien, (Thay Z) Abbot of Budding Dharma

Arlington, Texas thayzzen@gmail.com

The Noble Eightfold Path - Wise Intention

Last month, I wrote about the first teaching of the Noble Eightfold Path called Right or Wise View. This month, let's continue our journey with the second element of this wonderful teaching; namely, Right or Wise Intention.

Wise Intention is a fundamental principle that guides ethical and mental development as instructed by the Buddha and that leads us to liberation from suffering. It encompasses three aspects: the intention of renunciation, the intention of good will, and the intention of harmlessness.

The intention of renunciation refers to the commitment to non-attachment and letting go of desires that lead to suffering. It involves cultivating an attitude of contentment and detachment from material possessions and worldly desires. By embracing renunciation, we seek to free ourselves from the cycle of craving and aversion, ultimately leading to inner peace and liberation.

The intention of good will, also known as loving-kindness or metta, involves cultivating a compassionate and empathetic mindset towards oneself and others. Practicing good will entails developing an attitude of benevolence, empathy, and genuine concern for the well-being of all sentient beings. This intention fosters harmonious relationships, reduces conflicts, and promotes a sense of interconnectedness among all living beings.

The intention of harmlessness, or non-harming (ahimsa), emphasizes the commitment to refraining from causing harm to oneself or others, whether through actions, speech, or thoughts. This principle extends beyond physical harm and encompasses abstaining from verbal abuse, gossip, or any form of mental aggression. Cultivating the intention of harmlessness contributes to creating a peaceful and respectful environment, fostering harmony within oneself and with others.

In essence therefore, a Wise Intention serves as a moral compass for us all, guiding our thoughts, words, and actions towards ethical conduct and mental purification. By aligning our intentions with renunciation, good will, and harmlessness, we can progress on a path towards liberation from suffering and the realization of enlightenment.

Our practice of cultivating Wise Intention involves mindfulness in our meditation, reflection on ethical principles, and integrating these intentions into our daily life. Through consistent effort and self-awareness, we can gradually refine our intentions, leading us to greater inner peace, compassion, and wisdom.

Thich Nhat Hanh has suggested these four mindfulness practices for Wise Intention:

Ask yourself, "Are you sure?" He suggests we write the question on a piece of paper and hang it where you will see it frequently. Wrong perceptions lead to incorrect thinking.

Ask yourself, "What am I doing?" This will help you come back to the present moment.

Recognize your habit energies. Habit energies can cause us to lose track of ourselves and our day-to-day lives.

Cultivate bodhicitta. This is the compassionate wish to realize enlightenment for the sake of others. It becomes the purest of Wise Intentions; the motivating force that keeps us on the Path.

In conclusion, Wise Intention is a crucial aspect of the Noble Eightfold Path in Buddhism, guiding us towards ethical conduct and mental purification. By cultivating the intentions of renunciation, good will, and harmlessness, we lay the foundation for personal transformation and spiritual awakening. It is through embodying these intentions in thought, word, and deed that we can progress towards the ultimate goal of liberation from suffering and the realization of profound peace and wisdom.

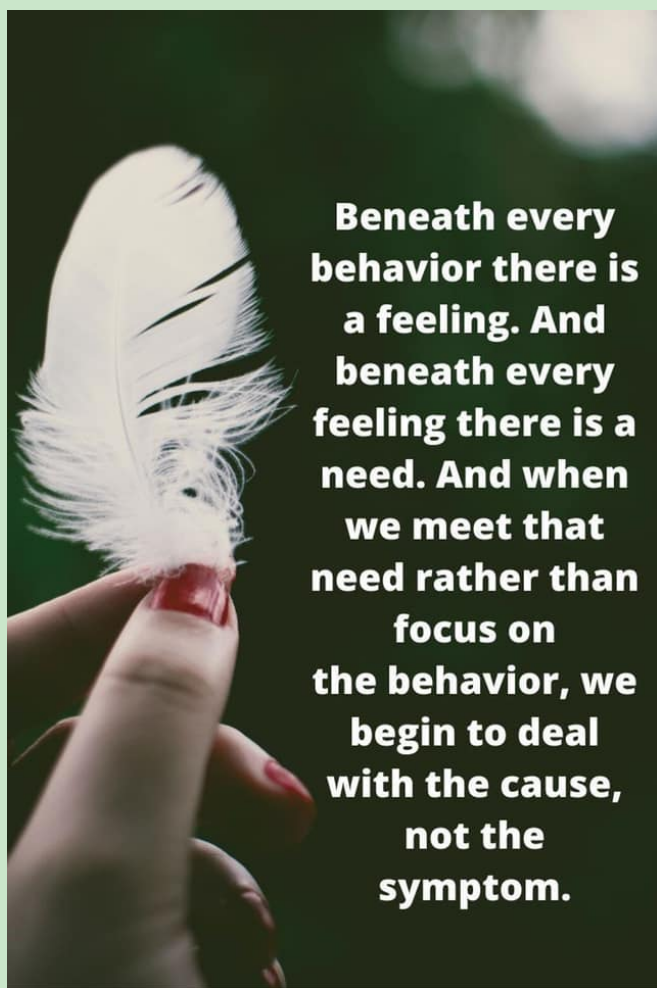
Namo tassa bhagavato arahato samma sambuddhassa

Widsom From Our Sangha

The Buddha taught that all suffering comes from greed or attachment, hatred or aversion, and ignorance or delusion.

In our daily and weekly sangha meetings, we share our experiences with these poisons in our everyday lives, support each other as we wrestle with them, and share practices that have worked for us.

Recently, our Emissary of Heart, Jill, introduced us to this quote, which sums up how we all try to get to the root of our unwise behavior and our suffering. Send love and compassion to all, especially yourself!



Beneath every behavior there is a feeling. And beneath every feeling there is a need. And when we meet that need rather than focus on the behavior, we begin to deal with the cause, not the symptom.

Emissary of Heart

Jill has been officially named the Emissary of Heart for our temple and sangha. She has worked tirelessly to establish communication with sangha members outside our regular meeting times. She is a big warm hug when needed, a sympathetic ear, a truly caring person. We are delighted to officially recognize her role as the glue that binds us. If you would like Jill to contact you, send her a message Jill@mabt.org or click below.



[Message Jill](#)

The Basics of Buddhism



How Meditation Works & Science-Based Effective Meditations

Andrew Huberman, Ph.D., is a neuroscientist and tenured professor in the Department of Neurobiology at Stanford University School of Medicine. He has a popular video series that explores how we can apply science-based discoveries about our brains. This episode discusses how meditation practices lead to long-term trait changes and neuroplasticity, including changing your default mood, reducing baseline anxiety/depression, increasing your ability to focus, enhancing relaxation, improving sleep, and increasing your overall happiness level. It also explains what mindfulness is from a biological standpoint, the power of ultra-brief meditations and how to select the best meditation and time and duration to meditate to meet your need.

More and more of the Buddha's insights and teachings are being proven by science!

How and Why to Meditate Video

HOW & WHY TO MEDITATE

HUBERMAN LAB



Insights from India

Two of our Dharma teachers went on the India pilgrimage this winter with Thay Kozen. They share their insights below.

Thay Kozen is planning another trip in November, 2025.

Emily Martin (2nd from L, back row) is a meditation & mindfulness teacher who lives in Hood River.



Emily's Reflection

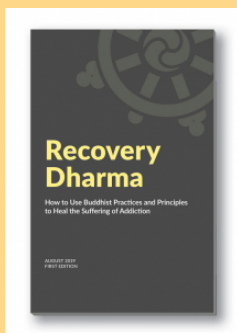
Scott See (center, in brown robe & sunglasses) is a dharma teacher and web developer who lives in Vancouver.



Scott's Reflection

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to the "Bonus Click" at the end!



Recovery Dharma

Using Buddhist Practices and Principles to Recover from Addiction

Recovery Dharma is a peer led movement and a community that is unified by the potential in each of us to recover and find freedom from the suffering of addiction. This book uses the Buddhist practices of meditation, self inquiry, wisdom, compassion, and community as tools for recovery and healing. We welcome anyone who is looking to find freedom from suffering, whether it's caused by substance use or process addictions like codependency, sex, gambling, eating disorders, shopping, work, technology, or any obsessive or habitual pattern. We approach recovery from a place of individual and collective empowerment and we support each other as we walk this path of recovery

Find a Meeting Near You

Download or Buy the Recovery Dharma Book

Gorge Yoga 2025 Wellness
Retreats

Rejuvenation!

Spring: April 11-13
Fall: September 12-14
The Trout Lake Abbey, WA



We'll explore the idea of Rejuvenation of your true self through yoga, Ayurveda, the doshas, acupuncture, sound baths, conversation, food, and more!

Visit Gorge Yoga Website

DOORWAY INTO LIGHT

presents

Facing Death Nourishing Life

-The teachings of the 3 hearts-

FEB 17 - APRIL 3, 2025

OUR SPRING 2025 ONLINE TRAINING

7 WEEKS, 2 CLASSES EACH WEEK



*Preparing for death
Caring for the dying
Meeting a changing world*



INFO: [DOORWAYINTOLIGHT.ORG/EDUCATION](https://doorwayintolight.org/education)

A stand-alone training and a pre-requisite for our certification program

*Thay Kozen completed this course
last year, and highly recommends it!*

Find Out More

Looking for a Career Opportunity Far From the Crowd?

Kagyu Changchub Chuling seeks to fill a full-time (35 hours/week), non-exempt residential position based at KCC's rural Buddhist retreat center located on 240 wooded acres near Goldendale, Washington.

Read About Job

A NOTE FROM THE EDITOR

If you've read this far, thank you! If you have ANY comments, complaints, or suggestions, please email the newsletter editor at gvljohnsons4@gmail.com. We especially enjoy including poetry and other art from our

***Bo
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community, so if you've got something Buddhist-themed to share, send it! You may see it featured in a future newsletter!

THANK YOU to all my Dharma Bums who have send ideas for the newsletter content. I have a treasure trove to share :-)

*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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