



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

October 2024

This is a long newsletter. When you get to the bottom in your phone or browser, click "View Entire Message" if message has been clipped and read all the way to the "Bonus Click."



Clouds move in to Trout Lake, WA, a sign of the seasonal change

The Two Great Times of Life

The late Master Nguyen Kim, who passed away several years ago, said that "Fall is a special time of change. It is like our age as we approach winter, *the Great Time of Death*. Then, we experience the *Great Time of Rebirth* again in the Spring.

*"When you were born, you cried and the world rejoiced.
Live your life so that when you die, the world cries and you rejoice."*
...Cherokee Proverb

I rather like this thought from our Native American brothers and sisters. Thay Kozen

FALL SCHEDULE OF SERVICES & STUDY

all times are Pacific time

At 46 Stoller Rd., Trout Lake WA and at Zoom link below:

MORNING SERVICE (Monday to Friday)
6 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

SUNDAY Sangha + Meditation + Chair Yoga 8:30
ZOOM ONLY

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

2nd & 4th WEDNESDAY Thích Nhứt Hạnh Study Group 6:30 p.m.
(For information about the study group, contact Bonnie at
bon2626wit@att.net)

LAST SUNDAY OF MONTH Meditation + Dharma Talk 2:00 p.m.
IN PERSON ONLY
Buu Hung Buddhist Temple 17808 NE 18th St, Vancouver WA

[Click for Zoom Link](#)



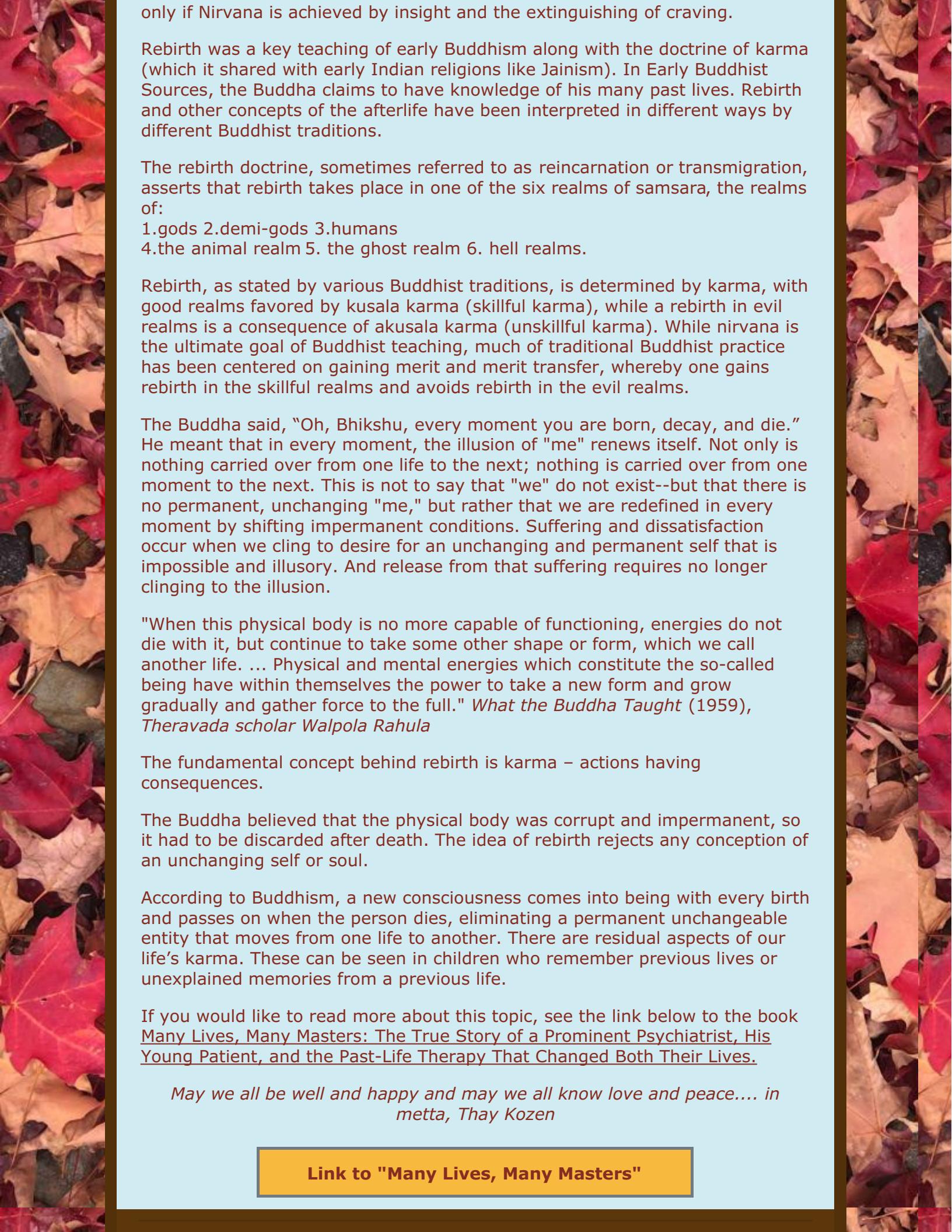
My Dear Ones,

October is here and we are starting preparations for snow and ice. It is always a wonderful time of change – reminding us again that everything is impermanent.

One of the most fundamental doctrines of Buddhism is *anatta*, or *anatman--no soul or no self*. There is no permanent essence of an individual self that survives death, and thus Buddhism does not believe in reincarnation in the traditional sense, such as the way it is understood in Hinduism. Rather, we believe in rebirth.

Buddhists often speak of "rebirth." If there is no soul or permanent self, what is it that is "reborn"?

Rebirth in Buddhism refers to the teaching that the actions of a sentient being lead to a new existence after death, in an endless cycle called *samsara*. This cycle is considered to be *dukkha*, unsatisfactory and painful. The cycle stops



only if Nirvana is achieved by insight and the extinguishing of craving.

Rebirth was a key teaching of early Buddhism along with the doctrine of karma (which it shared with early Indian religions like Jainism). In Early Buddhist Sources, the Buddha claims to have knowledge of his many past lives. Rebirth and other concepts of the afterlife have been interpreted in different ways by different Buddhist traditions.

The rebirth doctrine, sometimes referred to as reincarnation or transmigration, asserts that rebirth takes place in one of the six realms of samsara, the realms of:

1. gods
2. demi-gods
3. humans
4. the animal realm
5. the ghost realm
6. hell realms.

Rebirth, as stated by various Buddhist traditions, is determined by karma, with good realms favored by kusala karma (skillful karma), while a rebirth in evil realms is a consequence of akusala karma (unskillful karma). While nirvana is the ultimate goal of Buddhist teaching, much of traditional Buddhist practice has been centered on gaining merit and merit transfer, whereby one gains rebirth in the skillful realms and avoids rebirth in the evil realms.

The Buddha said, "Oh, Bhikshu, every moment you are born, decay, and die." He meant that in every moment, the illusion of "me" renews itself. Not only is nothing carried over from one life to the next; nothing is carried over from one moment to the next. This is not to say that "we" do not exist--but that there is no permanent, unchanging "me," but rather that we are redefined in every moment by shifting impermanent conditions. Suffering and dissatisfaction occur when we cling to desire for an unchanging and permanent self that is impossible and illusory. And release from that suffering requires no longer clinging to the illusion.

"When this physical body is no more capable of functioning, energies do not die with it, but continue to take some other shape or form, which we call another life. ... Physical and mental energies which constitute the so-called being have within themselves the power to take a new form and grow gradually and gather force to the full." *What the Buddha Taught* (1959), Theravada scholar Walpola Rahula

The fundamental concept behind rebirth is karma – actions having consequences.

The Buddha believed that the physical body was corrupt and impermanent, so it had to be discarded after death. The idea of rebirth rejects any conception of an unchanging self or soul.

According to Buddhism, a new consciousness comes into being with every birth and passes on when the person dies, eliminating a permanent unchangeable entity that moves from one life to another. There are residual aspects of our life's karma. These can be seen in children who remember previous lives or unexplained memories from a previous life.

If you would like to read more about this topic, see the link below to the book [Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives.](#)

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

[**Link to "Many Lives, Many Masters"**](#)

UPCOMING RETREATS & CLASSES

Every Saturday, - 10:30-3:30 - Saturday Helpers (see below for details)
5,12, & 19 Oct Taking Refuge & Precepts
3 one half hour study sessions 10-10:30 am at the Temple and on ZOOM
26 Oct Taking Refuge & Precepts Ceremony
at the Temple and on ZOOM 8:30am - 10:00 am
26 Oct Zen Archery with Dave Martin [Info & Registration](#)
26 Nov-9 Dec India Buddhist Holy Sites Pilgrimage
8 Dec Historical Buddha's Birth MEDITATION and RING BELL *Midnight*
31 Dec Midnight Western New Year RING BELL 11:30PM to 12:30 AM

[Zoom Link](#)

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



[Deer Park Monastery](#)

[Great Vow Monastery](#)

[Cloud Mountain Retreat Center](#)

Sangha member Donna Poole, of Bainbridge Island WA, passed away after a stroke. She was a loving wife, a supportive mother to her nephew, and a caring psychiatric NP. She enjoyed spending time in DeLand, FL at her inherited house there, deepening her practice and watching birds. We will miss her enlightening presence at morning Sangha meetings. Donna had been a Sangha member since meetings went on Zoom in 2020.

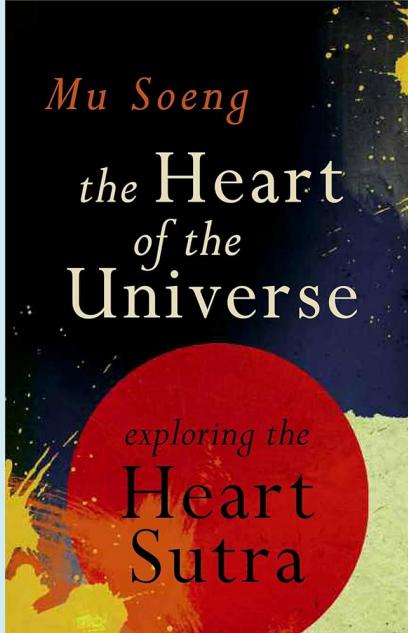
Donna's ashes will be interred in the Memorial Garden of the Temple. We will publish an update with ceremony details.

We are grateful for her time with us and we send metta to her for her transition and to her loved ones.



It's Not Too Late! Sign up Now!
Heart Sutra Course at Buddha Dharma University

Looking to deepen your practice through study and discussion? Join Rev. Scott, Donald, and Sharona in taking the online course from Buddha Dharma University on The Heart Sutra. The course begins September 30th and is video-based. **You can sign up any time this week.... You**



will watch a lecture, read, and complete homework each week. The instructor will give feedback on your work and the class will participate in a discussion forum. A zoom group of our Sangha members led by Rev. Scott will meet weekly to discuss, time to be determined.

This is a great opportunity for both those who haven't done a Sutra study before AND experienced practitioners who have it memorized. We can always learn more to incorporate into our practice.

Visit the Buddha Dharma Universiv ery site to read about and register for the course.

Email Sharona to let her know you want to join the Sangha discussion group.

[Buddha Dharma U](#)

[Email to Join
Sangha Discussion](#)

New Temple Update - Time Sensitive

We are in the middle of Phase 2 of our new Temple construction: building the meditation hall, or what some think of as the temple itself. The contractor recently provided a detailed estimate for getting the building weather proofed for the winter. Here are the estimates to complete the building exterior:

Main Roof: Frame & Waterproof
Deck & Porch Roof: Frame & Waterproof
Metal Roofing
Windows & Doors
Cement Board Siding
TOTAL \$193,500



We would very much like to complete this phase before the weather gets severe, so the existing work doesn't get wet and damaged during the winter.

This is the perfect time to make a contribution to the effort to replace our 2nd-story barn space with a facility that will be accessible to all, last generations, and support the spread of peace and love. Make your tax-deductible gift with the link below.

[Give Now](#)



Architect's rendering of the Meditation Hall section of the new Temple. Entry/Reception section that now exists is to the right.

Architect's rendering of the entrance to the Meditation Hall and views of Mt. Adams through the front windows.

The Entry/Reception area is now being used for retreats. Plastic walls block the wind. This is the same view as the center picture!



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

EMPTINESS

The article I offered in the August edition of the Newsletter was titled, "Because This Is, That Is" often referred to as Dependent Origination. When delving into this month's topic of Emptiness, it seemed important to me to explore the relationship between Emptiness and Dependent Origination, as they are seen as interconnected in many Sutras. As you may recall, Dependent Origination teaches that all phenomena arise in dependence on other phenomena, and this understanding is also closely related to this concept of emptiness.

Exploring emptiness in Buddhist practice is a profound journey into the core of Buddhist philosophy. Emptiness, or "sunyata" in Sanskrit, is a key concept in Mahayana Buddhism. We often hear this concept of emptiness included as one of the Three Doors of Liberation along with signlessness and aimlessness and is taught in every Buddhist tradition.

Emptiness refers to the idea that all phenomena lack inherent, independent existence. Instead, all phenomena are interdependent and thereby contingent on other factors for their very existence. This view challenges the usual conventional way we often perceive reality. We are moved to investigate the very nature of existence to understand that this concept of emptiness marks a distinction between the way things appear to be and the way they actually are. We often find Emptiness directly linked to Buddhist teachings on the lack of self.

In our Buddhist practice, contemplating emptiness is a means to overcome attachment and aversion, which are referenced as root causes of suffering in the earliest teachings of the Buddha. By realizing this emptiness of phenomena, we are able to cultivate a more profound understanding of impermanence and interconnectedness and this lead us to a more liberated state of mind.

In the Heart Sutra, a favorite of mine, we find fundamental texts that point to this concept of emptiness. An example might be when we chant: "Form is emptiness, emptiness itself form." These parts of the Heart Sutra encapsulates an essence of emptiness; emphasizing that form and emptiness are not separate from each other, but intimately connected. In the "Heart Sutra: the

Fullness of Emptiness", a new translation offered by Thich Nhat Hanh, he said, "Emptiness is the ground of everything. Thanks to emptiness, everything is possible". He also offers that, "...it teaches us that form may be empty of self but it's full of everything else."

The study, contemplation and cultivation of emptiness in Buddhist practice can be profound and transformative, leading all of us to develop wisdom, compassion, and a deeper understanding of the nature of reality. As we continue our exploration of this topic, consider delving into specific teachings from prominent Buddhist texts and commentaries to deepen your understanding of emptiness in Buddhist practice. As we continue our exploration of this topic, we can discover that Emptiness as a concept, will continue to challenge our ingrained perceptions and begin to show us how it invites us to explore the nature of all existence with an open mind and heart.

And so, as "Emptiness" means empty of a separate self, we can see that It is a wonderful word as it also means it is full of everything; full of life. With this awareness the concept of emptiness should not scare us. Rather it should encourage us to find this liberation from suffering that all the great teachers try to show us. That might be why we also know the Heart Sutra as, "Heart of Great Perfect Wisdom Sutra".

Namo tassa bhagavato arahato samma sambuddhassa

[Click Here to Visit Budding Dharma Website](#)

This is a long newsletter. When you get to the bottom in your phone or browser, click "View Entire Message" if message has been clipped.



What's Happening? at Mt. Adams Buddhist Temple

The busy group retreat season has ended, but things are still bustling at the Temple. Daily morning and evening meditation and study groups meet at 6am and 5:30pm. The weekly Saturday service and Tuesday Hood River meditation continues. As we become more and more comfortable being in groups after Covid, more people are coming to be in the Temple "live;" and as Zoom becomes an established way to meet our online participants are multiplying too! A new course for those taking refuge is starting (*below*).

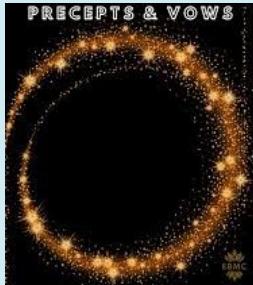
Dedicated volunteers continue to show up when they can to help our skeleton crew take care of the grounds and buildings. (*Halloween reference intentional*) Twice-weekly volunteers bring meditation instruction to those in custody at our regional jail in The Dalles, OR. Thay Kozen continues his good work as the chaplain of our local hospital. He joyfully performed a wedding ceremony in Portland this month. He continues detailed planning and advising for the India Pilgrimage for roughly 20 that will take place in November.

We have had many people staying at the Abbey for personal retreats this

season. One recent week we had 5 people staying for weekend, week, multi-week, or multi month retreats. This group was especially notable for the deep sharing and growing they did with each other, and general delight of being in the presence of those of like mind! (*left: Tom, Du, Emme, Chris*)



Email Thay Kozen RE: Personal Retreat



Preparatory Classes for Vows/Precepts Ceremony Saturdays October 9, 12, 19

The Temple is offering a fall session of three classes for those interested in learning more about the foundations of Buddhism before the Taking Refuge ceremony on October. These prep classes are recommended but not absolutely necessary for participating in the Taking Refuge in The Precepts & Vows Ceremony on Saturday, October 26. The

Taking Refuge Ceremony allows you to declare your intention to follow the Buddha's teaching and to strive to be the best "you" you can. This is a ceremony commonly taken over and over again, as we practice to be the best version of ourselves we can be. There is no passing or failing. There's just doing our best to practice.

All sessions will be offered on zoom and in person. These classes and the ceremony will follow the regular Saturday morning meditation service which is from 8:30 – 10:00 a.m. They will follow the closing of the service shortly after 10:00 a.m.

[Find Out More](#)



Volunteer Opportunities with the Temple

Volunteering to help others is part of the Eight-Fold Path: Right Action. We have the following opportunities for volunteering with the Temple. It is also a part of the foundational principle of Dana and taking care of our Temple.

Saturday Morning Help

We are expanding our Summer Saturday volunteer days and inviting volunteers to the Temple every Saturday from 10:30-3. Activities will vary by season, but usually include gardening and grounds clean-up.

Preserving Fruit

Unfortunately, a late freeze in Trout Lake resulted in a very low apple yield. We won't be preserving apples this year, only eating those that few made it.

Photos from the apple butter Jam-bor-ee last fall



George Forest Bathing

SATURDAYS :

SEPT 21: WHITE SALMON RIVER

OCT 12: KLICKITAT RIVER

NOV 9: POST CANYON

FEB 15: HOOD RIVER TRAIL

MARCH 15: CATHERINE CREEK

APRIL 19: COLUMBIA HILLS PARK

MAY 17: PUNCHBOWL FALLS

10 AM TO NOON

JOIN FOR A MINDFUL WALK IN THE WOODS

EXPLORE DIFFERENT TRAILS &

MEET OTHER CONSCIOUS HIKERS

RELAX INTO NATURE'S HEALING POWER

DEEPEN CONNECTION TO SELF & EARTH

SUGGESTED DONATION: \$20/ADULT

(KIDS FREE)



PRESENTED BY:
www.emilygoodwinmartin.com &
GOOD RIVER WELLNESS

Other offerings from Rev. Emily Martin

Wednesday mornings 8:15-8:45 AM Being Peace Community Meditation online via Insight Timer (free global meditation app). [Click here for link](#)

Sunday morning meditation and Dharma discussion 9:15-10:30 AM Hood River. [Email Emily](#) for more details.

1:1 sessions "The **Feeding Your Demons** process has been transformative for me." Developed from an ancient Tibetan Buddhist practice and brought to the West by Lama Tsultrim. [Email Emily](#) for more details.

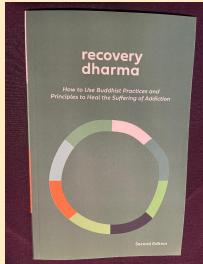
Health & Science

Are you willing to Change Yourself?

We suffer, and we want our situation to change. Are we willing to make the changes necessary to reduce our suffering, or do we really hope others will change? Some insight from her own life from a therapist digging deep into her own "stuff." Good words to ponder as we tend our heart gardens.



[Read Article](#)



Recovery Dharma

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

*The **Recovery Dharma Organization** has given our Temple a grant of 15 Recovery Dharma books - such a wonderful act of generosity! We provide meditation instruction at NORCOR, a 5 county jail in The Dalles, Oregon. The vast majority of our group attendees (Adults in Custody) are dealing with chemical dependency. We refer them to 12 step programs and RD. We try to give a RD book to individuals who regularly attend our Buddhist meditation groups or who are Buddhist. While we are NOT a recovery meeting, we focus on Buddhist concepts of following with the eight fold path, the 3 poisons and chemical dependency. I highly recommend this book and organization. We keep copies of the RD book in our Temple for individuals to take home with them....Thay Kozen*

[Visit Recovery Dharma Website, buy or download a book](#)

Creative Practice

We received several submissions from creative Sangha members! If you

practice an art that that complements your practice and can be shared through our newsletter, please send a copy or a link [here](#).

If I should return a fly
May I not look upon myself cursed
But as blessed and chosen
For I have blessed and chosen
For I have been given the supreme duty
Of shepherding the once-was to the will-become
Sacred are the beings of transfiguration
Organic alchemists, mouths of fire
Closing the cycles we long to save off
Resplendent fly, creature of shit and spoil
Whose unsightly work births bodies anew
Buzzing as corporeal bardo
A 30-day lifespan to pay one's dues to the Great
Wheel
Rebirth IS reciprocal relationship
Holy are the decomposers!

Emme composed this poem during his stay at the Abbey.

He is a wildland fire fighter and co-founder of a bioregional off-the-web group bringing the residents of Seattle back to the land and teaching skills like preserving, mending, conservation.

Jill delivered this Ode, inspired by the Chant of Compassion, at a recent Sangha zoom meeting. She has a great track record of riffing off this chant - we featured her Chant of Confection in a previous newsletter! Jill is considering changing her name to Sunshine. She emits rays of love and metta.

Chant of the Musician

Let us surround all forms of life with infinite music and song. Especially, may we send out rhythm and beats to those in silence and sorrow, to those in doubt and loneliness, to all who are striving to be in tune with the universe, and to those nearing their swan song...

We wish them all a masterful symphony.

May the infinite vibes of melody and refrain so move within us that loving kindness becomes our standard.

So shall we come to understand the healing power of music, and awaken into the vibration of universal harmony.



Oil painting by Laura: a gate at Engyoji, temple complex on Mt. Shosha, Japan



Metta to
Donna, Yudelka, Brad, Beata, Guenevere, Thay Minh, Ali, MT, Ted

We are always looking for appropriate additions to the newsletter, especially of the artistic kind - poems, drawings, AI art, personal experiences... We are also always looking stories that highlight the Buddhist life.

If you have any questions, complaints, suggestions, offers to help, etc, please email the editor at gvljohnsons4@gmail.com. We love to hear the good and the bad!

**"Bonus
Click"**

Mt Adams Buddhist Temple 46 Stoller Rd., Trout Lake WA 98650
509.395.2030 <https://www.mtadamsbuddhisttemple.com/>

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