
O N E N E S S

Quarterly Newsletter of BRIGHT DAWN: Institute for American Buddhism

Vol. 12 No. 1 Spring 2008

NEW HOME FOR BRIGHT DAWN INSTITUTE

The Bright Dawn Institute is planning to move to California. A real estate closing is scheduled in March on a property in Coarsegold which is close to the southern entrance to Yosemite National Park, and is about a 45-minute drive northeast from Fresno.

Rev. Koyo and Adrienne will reside on the property and they will continue to administrate the Institute's activities as they have been doing for many years in Skokie. The program activities carried out by mail, telephone, Internet, etc. can be done from any geographic location. The Institute's mission of carrying on the lifework of the late Rev. Gyomay Kubose will not change, and our programs should not be disrupted in any major way.

It should be remembered that the Bright Dawn Institute is not a membership-based temple or center with a local congregation, but is an educational organization that serves people scattered all over the country.

The Bright Dawn Institute is a family-run organization. If the leadership is seen as an expanding circle, Rev. Gyomay and Minnie Kubose's children and their families are at the center, serving as the Board of Directors. In addition, there are a large number of relatives who provide an important support network. The involvement of all these relatives and family members is crucial. The majority of people in this key leadership circle and support network live in California. For a number of years they have been lobbying to make California the Institute's permanent home base. Such a move was not possible while Adrienne was still working. After she retired in July of 2007, she and Rev. Koyo said they would be open to the possibility. The move progressed quicker than anticipated, but sometimes even big changes occur that way.

All of us at the Bright Dawn Institute truly appreciate the generous support received from

all over the country and especially from our local friends in the Midwest, and we ask for their continued involvement. We need the support of all persons interested in the Institute's mission and goals if we are to grow and meet the challenges ahead of us. We hope everyone will support us in this move and that we can use the opportunity to take even bigger strides forward than we have in the past. More detail on the move will be provided in the next newsletter.

Thank you!



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A Big Change

by Rev. Koyo Kubose

Moving from the Chicago area to California is a big personal change. My individual ministry has been based in the Chicago area for the past twenty-five years. Plus, I grew up in Chicago. As many of you know, I was a Southsider, attending K through 8 at Ray Elementary School and then four years at Hyde Park High School. I attended U of I- Chicago when it was located at Navy Pier prior to its current Circle Campus location.

I grew up rooting for the Sox, later the Cubs, and always Go Bears! I saw the Lake Shore Drive S-Curve straightened, and witnessed the demise of Riverview. Somebody stop me! There are just too many memories. Back to my ministry. One very warm and gratifying aspect of my ministry has been the continuing connection to so many families. I've conducted weddings for people who've said, "Your father married my parents." Other people have mentioned that my father officiated their parents' funerals. I am glad I could be there for these people when they lost other loved ones.

As I reflect upon my ministerial career, I hope I will be able to continue being active as long as possible. Yet, it is a sobering thought, being now of Medicare status, that gradual physical and mental decline is inevitable. I have to look beyond my personal preferences to the wider perspective of what is best for the future of the Bright Dawn Institute. We need to lay the groundwork for the next generation to take over. In a general sense, all of us should do this in some fashion as we get older. And at the same time, may we never forget to live each day as fully as possible. May It Be So. I like to encourage both others and myself by saying, "Let's continue to Keep Going..."



Dr. Coke continued from page 3



not just fumes. I know what's wrong with the syrup—it's, it's, it's not kerosene; it's Dr. Pepper.

I love Dr. Pepper. My wife hates Dr. Pepper, so we never have any in the house. My daughter was being very sweet and surprising me with Dr. Pepper because she knows I like it and never get any. But because I had already decided it was Coke without knowing anything about it, *it* was wrong. There was something wrong with *it*, not with my expectations, which I didn't even realize I had.

So, because of my expectations, it was wrong. So much of life is wrong, not because it's inherently wrong, but because of our expectations. I'm grateful to my daughter for teaching me that that day.

(Mr. Wylder is in his second year of the Bright Dawn Institute's Lay Minister program.)



Peace

Look at the next step
To leave behind a few clues
Of who you really were

--Royce Taniguchi

Dr. Coke

by John Wylder

It's funny how the mind creates expectations, weaves fantasies of how things are going to be, and then, when the reality doesn't live up to the dream, the fantasy, gets angry that it isn't getting its way. At least, my mind does that. And it's obvious when I do this on a major scale, when I plan a vacation, and an ice storm closes the highway, or I plan a move half-way across the country and the UHaul breaks down. These are all conscious plans, but what always surprises me is how I **constantly** create expectations over every little thing.



Near the library where I work is a little mall with a bagel shop in it. It's a little mom & pop operation; I've gotten to know the people who run it, and I dash over for a quick coffee or a bagel to go sometimes.

On days when I work but she's out of school, my daughter likes to take my wife, her mother, along and come eat lunch with me, and we usually go to the bagel shop. It's close, it's convenient. A few weeks ago, there was a half day of school, and my wife and daughter came and got me for lunch, and we went over to the bagel place. We placed our orders at the counter, and while my wife and I take our coats and things over to a table, my daughter took our paper cups over to the self-serve soda machine to get our drinks. She's ten; she still likes to do that kind of thing.

She places my Coke in front of me, and I take a sip. It's **awful**. Sometimes on those machines they get the mix wrong, and the soda's flat, or it's too salty from too much soda water in the mix, but this is just wrong. There's a taste in there that just shouldn't be there; it's *nasty*. It isn't just that the mix is off—there's tastes here that should not be in a Coke. I sit bolt upright and pull back from the soda, just getting away from it. My face is all twisted up and puckered, and everyone just looks at me.

“What's wrong?”

“This drink just isn't right.” So I bend down to take another taste, because I'm more like Homer Simpson than I care to admit. But also, I want to *taste* the drink, to really see what it tastes like, rather than just *Ewww*, which is all I can really say about it right now. 'Cause if there's kerosene or something in the syrup, I need to be able to articulate that. So I take another taste. A small one. A really small one. Just enough to get past the edge of the straw and onto the back of my lips. You know, like when you're four years old and your mother's making you take medicine. That big of a taste.

I recognize that taste. It's, it's, I know what that is. Another small little taste, a little bit bigger. This time the liquid reaches my tongue, and

please go to Dr. Coke on page 2

Oneness Newsletter Spring 2008

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The purpose of the Bright Dawn Institute is to offer a non-sectarian, non-dualistic approach, the Way of Oneness, to deepen individual spirituality in everyday life for people of all backgrounds.

Reader Reply

Rev. Koyo Kubose,

I have received Rev. Gyomay Kubose's ICHI GO ICHI E calligraphy. It is a wonderful thing to have with me. I studied with Rev. Kubose at the Buddhist Temple in the early to mid 1970's and have always treasured the time I was able to spend with him. So you can imagine how special it is.

Meeting Rev. Kubose was one of those unplanned situations in life that grow in importance in life far beyond many of those that are planned. At the time I was a student at the University of Illinois, Chicago Circle. At the time I was taking many classes beyond my major areas (psychology and philosophy), including Chinese Philosophy and Ancient Chinese. Unbeknownst to us, our professor invited Rev. Kubose to speak to us during one of our class periods. I recall it as if it was yesterday, Wearing his trademark suit, Rev. Kubose spoke to us about Buddhism in terms that not only resonated with relevance for everyday life, but for me that fit so well with a world view (involving the potential of human language and human meaning systems for creating "realities" [or so we think] that have no real or external basis (— I ultimately went to Stanford and then to the University of Sydney on the Fulbright program for a dual Ph.D. in Linguistics [specifically language and culture] and Neuropsychology) that was then forming in my mind.

So taken was I with the simplicity, and yet the power of what this man was saying, I later asked him if I might be able to study from him further. For me this was quite a step because, though there were many spiritual teachers around at the time, and many in my age group quite willing to

join and quite willing to wear their participation on their sleeves, there seemed to be something a bit disingenuous and identity creating about much of it. Rev. Kubose's teachings, on the other hand, could not have been more direct, more real, or more genuine. And each passing year has only amplified this for me and deepened my appreciation of them. I treasure the copy of *Everyday Suchness* that he inscribed to me ("Oneness", as he always did), and I never fail to have *The Center Within* handy. Recently I got a copy of your book as well and, being quite different in style and approach, it is an extraordinary book / gate that speaks to the sensibilities of America as it now. I am sure that people who live in and who have grown up in America find easy to relate to. With these three books one is set for many years of meditation and consciousness (or "mindfulness") raising.

Thank you for continuing your father's work and for bringing it into the new millennium.

B.M. (CA)

American Buddhist Services

The Heartland Sangha holds 11 A.M. Saturday services on the first and third Saturdays of every month at Lake Street Church, 607 Lake Street, Evanston (use courtyard entrance on Chicago Avenue).

Each service is uniquely planned by a chairperson volunteer from the local Sangha. Music and readings from a variety of sources are used. Gratitude offerings of rice, flowers, or other innovative offerings often replace traditional incense burning and sutra chanting. The Heartland Sangha is to be commended for their "cutting edge" efforts in creating these progressive American Buddhist services.

For more information, call Heartland Sangha President Asayo Horibe at (847) 869-5806.

Present at IHOP

by Cheryl Kornegay

Last week, we were craving pancakes. Not just any pancakes, either – strawberry cheesecake pancakes from IHOP, but when we got there, we had to settle for the Harvest grain and nut combo. It was a good chance to practice non attachment to craving, I thought to myself...perhaps somewhat egotistically proud of turning disappointment into a lesson. The breakfast went like any other – the only “special” thing about it was that it was a rare day when everyone had off from school and work all at once, so we could spend the entire day together. My husband and I sat together so that we could make the most out of such a rare occasion – exchanging a touch, a lean, a hand on a knee.

When I returned from the restroom later in the meal, we’d gotten a new seat neighbor – I came up to the table and put a hand on my husband’s shoulder, barely registering the new fellow across the way. I made some light hearted remark –probably about the long line or the amount of people crammed into one little Southern IHOP. I was still trying to squeeze myself into the booth when the new booth neighbor started laughing with my husband about the look on Cutler’s face when I’d gotten back.

“You should have seen your face!” The older man said, “I saw it. She walked up and you just lit up!”

My husband chuckled – maybe he was a little put on the spot. “Yeah,” he said “Nine years and she still does it to me.”

I smiled, secretly embarrassed – not because of the way my husband “lit up” but because...well, I didn’t really notice! It was nothing new to me, so it didn’t really even register as something special that my husband

smiled at me in such a way – *same as always* – when I got back to our table. And, yet, here was this stranger exclaiming about how wonderful it was! HE’D seen it, but I wasn’t paying attention. I felt cheated! By myself and my own ego, no less!

I remembered reading a book by Thich Nhat Hanh in which he said that even if you have been married to a person for 30 years, it’s arrogant to think you can sit in silence and know everything that there is to know about the other and so *not* give them your full attention. He even has a chapter of his book *Creating True Peace* entitled “To Love Means to be Truly Present!” I felt somewhat ashamed – Wasn’t this stranger thrilled at how loving we were, but being loving is being present. I was upset to find that in my arrogance of thinking “this is just another breakfast like all the rest”, I’d not been observant – and so, I’d not been truly loving!

I ate the rest of the meal in mindfulness, trying my best to be fully present and not to take the moment for granted. When it was time to go, my husband asked for our check and the waitress responded that the gentleman across the way had already taken care of our family’s bill! I was shocked and incredibly grateful! Not only had he taught me a real lesson, but he’d bought our breakfast, too! We thanked him and he called himself a ‘warrior for love.’ I wonder what kind of warrior he meant! To me, he’ll always be a kind of bodhisattva, armed with a fork and a plate of hash browns to stab at the ego and shake it into mindfulness, who gave a great dharma lesson that to love is to be present.

(Ms. Kornegay is in her first year of the Bright Dawn Institute’s Lay Minister program)

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Kaichi Hashimoto
Margaret Fujimoto

(Acknowledgments are current as of February 24.
Donations received after this date will be listed in the next issue.
If we have missed an acknowledgment, please let us know.)

Book List

Book by Rev. Koyo Kubose

BRIGHT DAWN: Discovering Your Everyday Spirituality. The author's early morning run and sunrise viewing over Lake Michigan are related to simple teachings like "wide view" and "keep going" which deepen one's daily spirituality no matter where one lives. Includes map of actual lakeshore path and over a dozen photographs. 152 pages.

Books by Rev. Gyomay Kubose

EVERYDAY SUCHNESS. A classic collection of short articles first published in 1967, hailed as one of the most significant books in Buddhism because of its simple explanations and reference to everyday life. 142 pages.

THE CENTER WITHIN. Continues the approach of "Everyday Suchness" and speaks directly to the ordinary layperson. Collection of 58 essays reflects Rev. Kubose's down-to-earth presentation of the Dharma teachings which offers to all people a richer, more meaningful life. 134 pages.

THE CENTER WITHIN audio cassette; 3 hours.

AMERICAN BUDDHISM. Covers a brief history of Buddhism in America, Four Noble Truths, Eightfold Path, problems in terminology and misunderstandings common to Westerners. 29 pages.

Translations by Rev. Gyomay Kubose

THE FUNDAMENTAL SPIRIT OF BUDDHISM by Haya Akegarasu (Rev. Gyomay Kubose's teacher). Translated by Rev. Kubose, this book gives an idea of Rev. Akegarasu's life (1877-1954) and teachings. 87 pages. (Temporarily out of print)

TAN BUTSU GE. (Translation and commentary). This sutra tells the story of Dharmakara who became Amitabha, the Buddha of Infinite Light. 56 pages.

HEART OF THE GREAT WISDOM SUTRA. (Translation and commentary). This sutra deals with the teachings of non-self and nothingness. 35 pages.

Other Recommended Books

BUDDHIST SYMBOLS. Handy brochure explaining common Buddhist symbols. quad-fold.

BUDDHISM: Path of Enlightenment. Simple, concise introduction to basic Buddhism. Teachings are superimposed on beautiful full-color photographs of nature scenes such as water ponds, rock gardens, bamboo grove, etc. 20 pages.

COFFINMAN by Shinmon Aoki. This diary of a mortician invites the reader into the fascinating world of Buddhist Spirituality which sees the extraordinary in things ordinary, mundane, and even repugnant. 142 pages.

OCEAN: AN INTRODUCTION TO JODO-SHINSHU BUDDHISM IN AMERICA by Ken Tanaka. Uses a question and answer format to present Jodo-Shinshu Buddhism and to answer questions frequently asked by non-Buddhists. The book can help Jodo-Shinshu Buddhists understand their own religious tradition and also help in communicating it to others. 270 pages.

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Address: _____

City / State / Zip: _____

General Donation: \$ _____

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In Memory of: _____

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Title	Price	Qty	Total
Bright Dawn	\$12.95		
Everyday Suchness	\$12.00		
Center Within	\$12.00		
Center Within Audio Tapes	\$18.00		
American Buddhism	\$5.00		
Tan Butsu Ge	\$7.00		
Heart of the Great Wisdom Sutra	\$6.00		
Buddhist Symbols Brochure	\$0.25		
Buddhism: Path of Enlightenment	\$5.00		
Coffinman	\$14.95		
Ocean	\$14.95		
River of Fire, River of Water	\$19.00		
The Feelling Buddha	\$15.95		

Shipping - \$2.95 first book
and \$0.50 for each additional book

Subtotal \$ _____

Shipping \$ _____

Payable to: Bright Dawn Institute
8334 Harding Ave., Skokie, IL 60076

TOTAL \$ _____

For questions regarding quantity discounts and shipping, contact Bright Dawn at 847-677-8211 or brightdawn@kubose.com.

RIVER OF FIRE, RIVER OF WATER by Taitetsu Unno. Introduces the Pure Land tradition of Shin Buddhism using personal anecdotes, stories, and poetry. With spiritual insight and unparalleled scholarship, this book is an important step forward for Buddhism in America. 244 pages.

THE FEELING BUDDHA. by David Brazier. A lucid account of how the Buddha's path of wisdom and loving kindness grew out of the challenges he encountered in life. 207 pages.



BRIGHT DAWN
Institute for American Buddhism
 8334 Harding Avenue
 Skokie, Illinois 60076

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Change Service Requested

YES YES <u>Your Everyday Spirituality</u> YES YES	
MAR	Theme: Moon Gassho Purpose: Increase your awareness of things around you. Method: When you see the moon, no matter what phase, gassho to its beauty. Think of a Dhammapada with “moon” in it (There are many.). Or think of it shining down on someone you haven’t seen for a while.
APR	Theme: Start your day Purpose: Give your day a positive start Method: Before getting out of bed, Gassho and concentrate on the positive things that will happen this day. Throw out any negative thoughts. Then get out of bed and enjoy your day.
MAY	Theme: Centering Oneself Purpose: Restore Spiritual balance whenever you feel “knocked off” your center Method: While in “Daruma Doll Posture,” clasp hands just below navel; move slightly side to side to “re-center yourself,” feel “weighted” in your gut. Remember the saying, “7 times down; 8 times up.”

Mailing List Update

If you are already on our mailing list and wish to remain on the list, no action is necessary. We are happy to continue sending our newsletter to all interested persons. If you know someone who would like to be added or removed from our mailing list, please indicate below and send to: Bright Dawn Institute, 8334 Harding, Skokie, IL 60076.

Please add to your mailing list Name: _____
 Please remove from your mailing list Address: _____