



## SIERRA SANCTUARY DEDICATION March 28, 2015

The public is invited to attend the Opening Dedication of the Bright Dawn Center's newly constructed Sierra Sanctuary.

**WHEN:** 2:00 PM; Saturday,  
March 28, 2015

**WHERE:** 28372 Margaret Road,  
Coarsegold, CA 93614

**DRESS:** Casual attire  
(Hawaiian shirts preferred)

**RSVP:** (559) 642-4285

brightdawn@kubose.com



### PROGRAM

1. Ringing of wind chimes: Hear the deep tones coming from the five ten-foot long, five inch diameter metal wind chimes which hang from an oak tree in front of the Sanctuary.
2. Mounting of a "Sierra Sanctuary" cast-bronze plaque on a granite boulder located at the front approach to the Sanctuary.
3. Cutting of a ribbon stretched across the front door.
4. Introduction of special guests.
5. Moment of silence honoring past Dharma teachers.
6. Congratulatory speeches.
7. Closing gratitude blessing.
8. Social Hour.
9. Optional tour of property
  - a. Altar Rock (location of lay minister induction ceremony)

- b. Cast-bronze plaque of "Dharma Is My Rock" poem which is set into a boulder in a planned memorial garden area.
- c. SPOT (Special Place of Tranquility) small 10' X 11' meditation hut; home of animal-puppet collection and religious artifacts.
- d. Labyrinth (60% completed site of a 50' diameter circular walking path—google "spiritual labyrinth" to learn how such labyrinths can be used as a spiritual tool.
- e. Dharma Hike (wear appropriate shoes) to explore six-acre property that includes: a Dharma Throne hidden seat where you can receive a one-word teaching; Power Pine (aka "Bad-Ass Pine") that grew up breaking a granite boulder in

- half; and a natural stone bridge that crosses a seasonal creek.
- f. Orchard area: newly planted blueberry, cherry, fig, lemon, lime, nashi-Asian apple-pear, olive, orange, peach, plum (for making umeboshi), pomegranate, and walnut.
  - g. Vegetable garden: dozen 4' X 20' raised beds for growing artichoke, asparagus, beets, carrots, daikon, eggplant, garlic, green pepper, green bean, hot pepper, imo, kale, okra, onion, pak choi, potato, radish, sesame seed, spinach, strawberry, sweet potato, tomato, turnip, yamaimo, and zucchini.

Since Rev. Koyo grew up in Chicago, he has a lot to learn about growing things -- but he is adventurous and willing to try new things. His brother, Don, calls him "City boy gone wild."



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# BLAME

## A Dharma Glimpse

### by Tamu Hoyo Ngina

Something happened about a week ago. Rev. Koyo Sensei sent out an email from DailyOm. The title of the email was “Blaming Others.” So I clicked it to see what it was about. The subject of this DailyOm was listed under “burdensome feelings” and was written by Madison Taylor. The title in big bold letters was:

**“We can not insist that someone take responsibility for their actions, only they can make the choice when they are ready.”**

I have to be honest and say that this is something that I struggle with a great deal. That day that Rev. Koyo had forwarded that email to everyone, it was like a boom, it was right there, it was exactly what I needed to see and read in that moment and to sort of simmer down.

Because actually that day I was having a bit of a problem with someone in my life. You know when you love someone very deeply and you have known them for a very long time, there will always be these issues. We all have our various issues that crop up, our lessons we need to learn, our habits or what have you and sometimes they affect other peoples’ lives. Sometimes they continue to affect our own lives yet we are not quite able to get over them. So it was an issue I was having with someone. It was like I was just feeling, I was wishing “wow I just wish this person would take responsibility for their actions”. And the more I wished that and the more I went deeper into that feeling, the more I began to suffer.

And by suffer I mean really be stressed out. Really be upset. Really in that time frame started to color, not necessarily the feelings that I had for that person but my interaction with that person. I would feel stressed and agitated every time I spoke to that person. And then this email came and it was like a Mac truck right in my face. And it really gave me something to think about. And of course I then felt the need to really vent and get certain feelings out. The more I read the big bold title:

**“We can not insist someone take responsibility for their actions, only they can make that choice when they are ready.”**

I saw in that a lesson for myself as well. I have to take responsibility for MY actions and for my reactions

to another person. As much as I might feel the suffering, feeling from wanting the other person to stand up and take responsibility and change their life, it wasn’t doing anything for that other person. It was helping me to suffer and it was helping my relationship with that other person to suffer.

Then I realized that, wait a minute, the second part of that title, “Only they can make the choice when they are ready”... I had to realize that only I could make the choice for myself when I was ready. That I was no longer to allow the actions of this other person, whom I love very much, to affect me in such a way that I chose to react and put myself into a situation of suffering. Nor put the other person into a situation of suffering because I was unhappy with their actions or lack of responsibility for their actions. I had to step back a moment and accept responsibility for the thoughts that were in my head, for the need to continue to think that this person needed to change. Also I started to realize that I had no right to insist that this person change or needed to form their life on a path that I thought was best for them. No matter how much I thought I loved them, they have their own life and their own path to take. Even if they took a path that seemed unhelpful or unhealthy for them, I needed to make the choice. On that day, after much thought, after much back and forth and much venting, I had to make a choice to let it go. Once I began to do that, to make the choice to let go, it was sort of like my energy shifted.

I do the updates for Bright Dawn Center of Oneness Buddhism’s Facebook page. I always like to mix it up a little bit. I like to use quotes from Rev. Gyomay’s and Rev. Koyo’s writings, from various different Dharma teachers and various sects of Buddhism.

That day, after I resolved the letting go issue, I took down Rev. Koyo’s book “Bright Dawn: Discovering Your Everyday Spirituality.” The very page that I opened up to had this wonderful paragraph in it. The quote was so a propo that I decided to use it. It was as follows:

“In our interpersonal interactions, some things are worth remembering while other things are best forgotten. Wisdom is knowing the difference. In a

BLAME continues on page 3

sense, wisdom is having a selective poor memory. In one of the Buddhist Sutras it is said:

‘Some people are like letters carved in rock; they are easily angered and they keep their angry thoughts for a long time. Some people are like letters written in sand; they give way to anger also, but the angry thoughts quickly pass away. Some people are like letters written on water; they let verbal abuse pass them by and no disturbing thoughts are retained.’”

Rev. Koyo’s book is one of my favorite Dharma books to read from time to time. AND as I read that and as the words popped out to me... ”wisdom”...”rock”...”anger”... the images of letters written in sand came to me. How many of us have gone to the beach and written our name in the sand or hearts in the sand only to have the waves come wash it away almost immediately. Sometimes we might have a contest with the ocean to see how quickly we can write or rewrite in the sand before the waves can come wash away our words.

This quote from the Buddhist Sutra really stuck to me. You know, I want to blossom into wisdom. I realize wisdom does not come with age. I believe wisdom comes through our experiences and our ability to learn from those experiences and truly take to heart what we have learned. And that those experiences, those feelings we have about them and the knowledge we gain from them, become a part of our core. That is a part of how I think wisdom develops. I have been that person who has written letters in the rock. I have been the person whose letters are written in the sand. And every once in a while if I am really lucky, I have also been that person whose letters are written on the water.

When I read those lines it was like a message written to me and I know it’s a message for a lot of people. That sometimes there are people that you love

## SPRING SOLSTICE Telephone Service

A Spring Solstice Telephone Service will be held on Thursday, March 18, 2015 at 6PM Pacific Time; 7PM Mountain Time, 8PM Central Time, 9PM Eastern Time. During the 20-minute service, Rev. Koyo will chant a short sutra. The theme is renewal and new beginnings. To listen, call (716) 273-1200 and enter Access Code: 5805842#.



or people that you interact with in life that may rub you the wrong way. And it’s like you just have to let those interactions go and you have to keep going.

That is the message and Dharma Glimpse that I wanted to share with you. And when I look back at:

We can not insist that someone take responsibility for their actions, only they can make the choice when they are ready.

I can just say to myself, “I have to take responsibility for my actions, my reactions as well as my interactions.” And I have to make that choice for myself (when I am ready) and so does everyone else around me (when they are ready).

Thank you very much for allowing me to share my Dharma Glimpse with you and giving you a little peak into my world and my monkey mind crazy thoughts!

Thank you everyone, Gassho, until next time.



### Oneness Newsletter Spring 2015

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28372 Margaret Road

Coarsegold, CA 93614

The purpose of the Bright Dawn Center 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

# POOPING YOUR WAY TO ENLIGHTENMENT

By Dharma Dan



The field of biology describes the basic life functions of an organism as: nutrition, circulation, growth, reproduction, and \_\_\_\_\_. These are the life functions that are required to sustain life. As an animal puppet, I feel my main purpose is to remind newsletter readers of the important role of nature in providing Dharma teachings—very basic stuff really—but humans easily lose sight of living “naturally.” I think it has something to do with a desire to rise above one’s “animalistic” (biological) nature.

By the way, did you fill in the above blank? You guessed it right—excretion, the process by which living things remove waste products produced by cell activity.

As you may recall, Rev Koyo some years ago, introduced Toilet Gassho as a way to express gratitude that one’s internal plumbing is working properly. If not excreted, waste products from food digestion are toxic to one’s body. Toilet Gassho is a nice complement to the usual meal-time Gassho. As described in Rev. Koyo’s Bright Dawn book, he suggests extending Toilet Gassho to include the idea of flushing such “mental” waste products as resentments, regrets, jealousy, etc. These can be considered by-products of our daily interpersonal interactions. Letting go of negative thoughts and their accompanying emotions helps promote spiritual health. We should start each day anew without hanging onto unnecessary harmful experiences from the previous day, or in some cases from several years ago!

Ironically, it is to family members we love the most that we often show the least tolerance and patience. This reflects what is meant by the quote, “Familiarity breeds contempt.” It is quite common for harsh words to be exchanged among family members living under the same roof. Such harsh words can be considered like verbal pollution that stinks up one’s own house. One should respect where he lives and not violate the psychological atmosphere of his home. This could be considered similar to how dogs and other animals avoid defecating where they sleep. We humans can learn from their example and not cuss and use harsh words in one’s home.

I have heard Rev. Koyo talk about a teaching he learned from a beaver he happened to see while on an early morning walk. He saw the beaver swimming under the water, away from his lodge. After a few seconds, Rev. Koyo saw the beaver return, as he re-entered his lodge through an underwater entrance. Then, Rev. Koyo saw three or four golden nuggets rise to the surface of the water. He realized the beaver had exited his lodge to do his early morning poop! Rev. Koyo thought to himself, “Yes, this beaver knows better than to dirty up where he lives!” Rev. Koyo was motivated by the beaver’s example and inspired to try and not “pollute” his home atmosphere by not using a mean voice or cuss words.

A few weeks later, Rev. Koyo saw a beaver animal puppet in a gift shop. He had to buy it! He calls this animal puppet his Bodhisattva beaver. I was reminded of all this when a few months ago, I saw Rev. Koyo take the beaver animal puppet with him to give a Dharma Talk to children at a Buddhist temple in Seattle. He showed the children the beaver puppet and shared a lesson about Right Speech—that you should not (verbally) “poop” in the home where you live! Let’s speak to our family members with a kind and gentle attitude. As our Yellow Lab dog Easy says, “Wag more; bark less.”

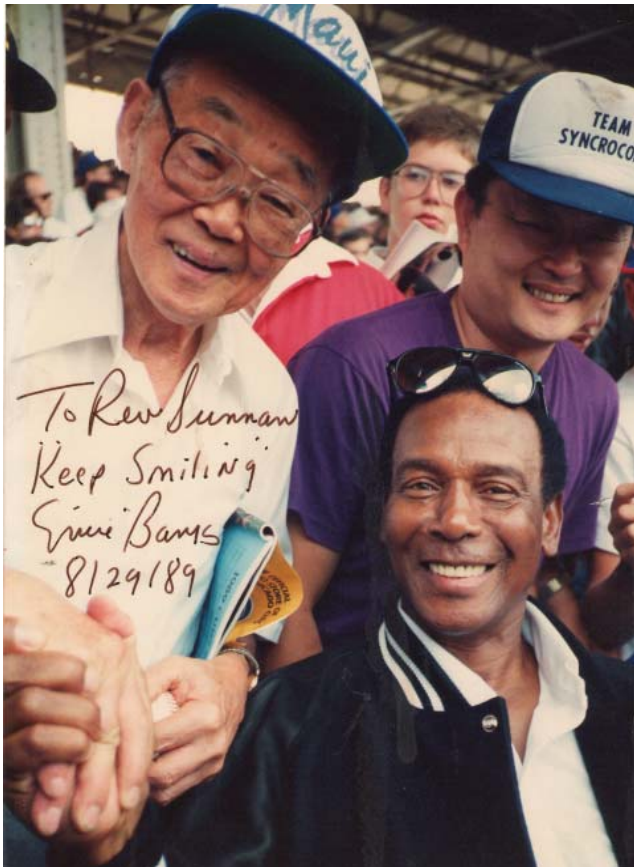
**POOPING** continues on page 5



## GOOD BYE, MR. CUB!

Here's a photo of Ernie Banks with Revs. Gyomay and Koyo Kubose at Wrigley Field. You can hear Ernie saying, "Look at that ivy! Feel the warm sunshine! Let's play two!"

BTW: On the day this picture was taken, the Cubs beat the Mets 5 to 2. Rev. Koyo caught a line-drive foul ball (with his bare hands!) and Ernie signed the ball for him.



**POOPING** continues from page 5

When we do mess up and speak unkindly to others, we can consider this an opportunity to learn and to keep improving ourselves. This is important because as Rev. Koyo is fond of saying, "BM is fertilizer too!" Then he usually says, "BM can also stand for 'Buddha Movement.'" Indeed, life often teaches us valuable lessons from our bad experiences. This is similar to how manure is a great organic addition in the garden. When we see stinky compost, we should also be able to see a beautiful flower. May it be so. This is Dharma Dan signing off!



## SANCTUARY NAIL PROJECT

One of our lay ministers asked if he could send us a nail and whether we would bang it home for him somewhere in the Sanctuary. What a great idea! We extended an invitation of sending us a nail to the rest of our Bright Dawn Center lay ministers, to our Board of Directors, and to our relatives.

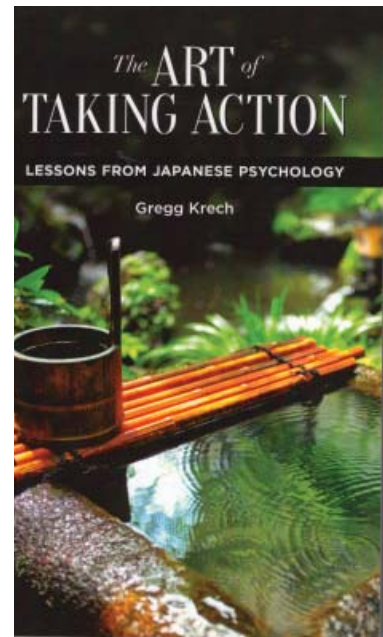
We received almost two dozen responses. It was decided to hammer the nails into the sub-flooring which will be covered later by hardwood flooring. The location of the nails is at the east wall where an artistic sculpture of our Bright Dawn logo will be hung. The photo below shows the nails with their packaging that we received, arranged in a semi-circle on the sub-flooring. A video was shot of this scene, with Rev. Koyo listing who sent the nails and read the senders' accompanying remarks. This video is posted on YouTube under: sierra sanctuary nail mail.

It should be mentioned that two extra nails were added. One was for those people who intended to but forgot to send us a nail. The other nail was for all those who weren't informed of the project but who would have liked to have sent us a nail. Thus, nobody is left out and everybody is included!



## A NEW BOOK “The Art of Taking Action” by Gregg Krech

Gregg Krech draws on Eastern philosophy, Buddhism, Japanese psychology, Zen, and martial arts to offer an approach to ACTION that goes beyond productivity and time management. Most of us associate Eastern wisdom with meditation but Krech demonstrates the importance of ACTION as an essential element in our spiritual and emotional health...It is not just about getting things done, but about what you do, how you do it and the impact of your action (and inaction) on the world around you. Your karma. Your legacy. The world is waiting for you. (excerpt from book’s back cover)



To order, see the booklist in this newsletter.

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When submitting donations, please list your name exactly as you wish it to appear in the Oneness newsletter. Acknowledgments are current as of February 18, 2015. Donations received after this date will be listed in the next issue. If we have missed an acknowledgment, please let us know.

#### **MEMORIAL DONATIONS**

Not only is making a memorial donation a way to remember and honor a loved one, it is a karmic action that fosters awareness of the two main teachings of interdependency and impermanence. Acknowledging one’s “roots” also nurtures a feeling of gratitude, which is the foundation of a spiritual life. A memorial donation does all this and at the same time helps support the mission of a worthy organization of one’s choice.

# BOOK LIST

## Book by Rev. Koyo Kubose

**BRIGHT DAWN: Discovering Your Everyday Spirituality.** Describes the author's daily morning ritual and how ordinary things and activities can deepen one's spirituality. 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." Collection of 58 essays of down-to-earth teachings for a richer, more meaningful life. 134 pages.

**AMERICAN BUDDHISM.** Covers a brief history of Buddhism in America, problems in terminology and misunderstandings common to Westerners. 29 pages.

**ZEN KOANS.** Commentary on over 200 classical and modern koans. Insights and life teachings applicable to all Buddhists. 274 pages.

## Translations by Rev. Gyomay Kubose

**THE FUNDAMENTAL SPIRIT OF BUDDHISM** by Haya Akegarasu (Rev. Gyomay Kubose's teacher). Translated by Rev. Kubose. 99 pages.

**TAN BUTSU GE.** (Translation and commentary). This sutra tells the story of Dharmakara who became Amitabha, the Buddha of Infinite Life and 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, a 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.

**DISCOVERING BUDDHISM IN EVERYDAY LIFE** by Marvin Harada 2011. In commemoration of his 25 years of ministry at the Orange County Buddhist Church, over 40 essays by Rev. Harada were selected from past monthly newsletters. 128 pages.

**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 ART OF TAKING ACTION** by Gregg Krech. Draws on Eastern philosophy, Buddhism, Japanese psychology, Zen, and martial arts to offer an approach to ACTION that goes beyond productivity and time management. 216 pages.

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Heart of the Great Wisdom Sutra .....	\$6.00	_____	_____
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Buddhism: Path of Enlightenment .....	\$5.00	_____	_____
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Discovering Buddhism .....	\$10.00	_____	_____
River of Fire, River of Water .....	\$19.00	_____	_____
The Art of Taking Action.....	\$12.00	_____	_____

Subtotal \$ \_\_\_\_\_

**Shipping** - \$3.95 first book and \$0.50 for each additional book      Shipping \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

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For questions regarding quantity discounts and shipping, contact Bright Dawn at 559-642-4285 or brightdawn@kubose.com.



**BRIGHT DAWN CENTER**  
**of Oneness Buddhism**  
 28372 Margaret Road  
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Change Service Requested



**YES YES Your Everyday Spirituality YES YES**

<b>MAR</b>	Theme: Gassho (formal, serious level) Purpose: Deepen focus Method: Arm-Circle Gassho: Move arms to the sides, then forward to form a circle (Tai Chi's "Holding the Earth" position); bring hands into a traditional Gassho. Do slow and smoothly whenever time and mood allows to bring respect and gratitude to any daily activity.
<b>APR</b>	Theme: Gassho (informal, mid level) Purpose: Increase awareness Method: Elbow-Circle Gassho: Same motion as above except keep elbows next to body; circle is smaller when elbows are the pivot point.
<b>MAY</b>	Theme: Gassho (casual, everyday level) Purpose: Promote naturalness Method: Wrist-Circle Gassho: Same as above except use wrists as pivot points. Using a one-handed Gassho is recommended since the simplicity makes it easier to pair this Gassho with many daily activities, adding a spiritual attitude to everyday life.

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 email us at [brightdawn@kubose.com](mailto:brightdawn@kubose.com) or indicate below and send to: Bright Dawn Center, 28372 Margaret Road, Coarsegold, CA 93614

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