



o n e n e s s



STORY OF THE EAGLE

By Dharma Dan



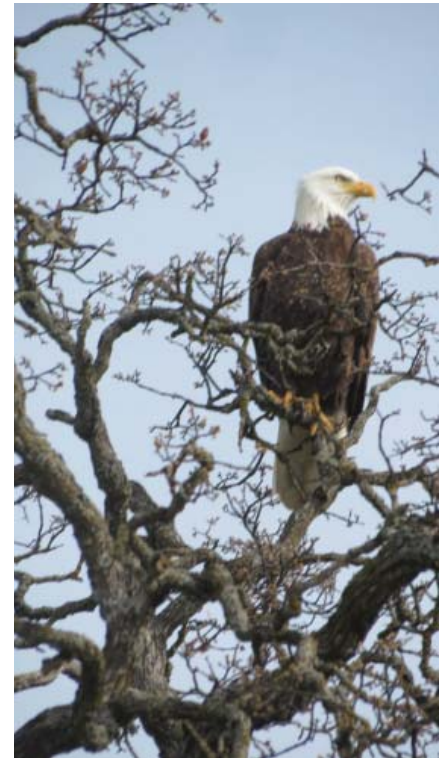
Eagles are not common in our area here in central California. The other day we saw an eagle for the first time near our place. Adrienne took some pictures and later at home, Rev. Koyo went on the Internet for some information about eagles. He found a video showing great shots of eagles, together with a terrific sound track. The superimposed text told an amazing story, as follows:

“The eagle has the longest life span of its species. It can live up to 70 years. But to reach this age, the eagle must make a hard decision. In its 40th year, it’s long and flexible talons can no longer grab prey which serves as food. It’s long and sharp break becomes bent. It’s old-aged feathers and heavy wings, due to their thick feathers, become stuck to its chest and make it difficult to fly. Thus, the eagle is left with only two options: DIE or go through a painful process of CHANGE. The process requires that the eagle fly to a mountain top and sit on its nest. Then the eagle knocks its beak against a rock until his beak is plucked out. After waiting for a new beak to grow back, the eagle will pluck out its talons. When its new talons grow back, the eagle starts plucking its old feathers. CHANGE that worth sustaining the pain. And after this... the eagle takes its famous flight of rebirth and lives

for 30 more years. Why is change needed? To survive and live, we too have to start the change process. Un-like the eagle we also have to pluck our unpleasant memories, negative habits, and fixed mindset. Only freed from past burdens, can we take advantage of the present. In order to take a new journey in the future, let go of your negative old-limiting mindset. Open your fixed mindset and let yourself fly again like an Eagle.”

Needless to say this story and the accompanying text are not true. The video was created by someone as an inspiring message. Regardless of the lack of a factual basis, the message can still have an impact. This story of the eagle should inspire us to initiate some kind of positive life-change process. We can let go of unnecessary old habits and free ourselves from past limiting burdens.

I am reminded of an age-related Japanese custom called “Kanreki.” When a person turns 60 years of age, a party is given in his honor and he wears a special red hat and vest. Turning 60 years old is a time when a person’s family responsibilities are lessened and he has more time to pursue new activities. For those with spiritual interests, it can be a time of learning and exploring new paths. For example, upon turning 60 years of age, Rev. Gyomay Kubose



took a leave of absence from his temple in Chicago and went to Japan for a three-year period to pursue a MA degree in Buddhism.

Of course you can start positive life changes at any age. This is Dharma Dan encouraging you to think big and aim high. You can remember the bogus story of the eagle, chuckle, and with a smile, still go for it!

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2016 LAY MINISTER INDUCTEES

Edith Kiyo Sasaki



Bright Dawn encouraged me to make Buddhism my own, that is, know myself through Buddha Dharma.

Discussing reading assignments with members of the LM 8 group helped to broaden and deepen my Buddhist worldview

through the eyes and minds of this special group of Dharma friends. We started out as strangers with a common goal: the study of Buddhist teachings and way of life. As the months passed I discovered that we shared many similar interests, yet each had unique characteristics which made the discussions interesting including topics such as painting, photography, music, poetry, Jodo Shin Buddhism, Zen, computer technology, space and aeronautics, gardening, Dr. Seuss, humor, and so forth. I especially found the Mandala project and Dharma Glimpses very valuable exercises.

An interesting thing happened to me on my journey with Bright Dawn. Throughout my reading assignments and group discussions, I kept hearing songs popping up from deep within me, songs that I had heard since childhood. Some songs, in English, Japanese, and French, Italian, were folk songs, cowboy songs, popular songs, and arias from various operas; I heard most of the songs on the radio, some from relatives, some in school. These songs expressed themes that reflected insights that added to my readings.

I am indebted to the late Gyomay Kubose Sensei and his vision for an American Buddhism, and to Koyo Sensei and Adrienne Sensei for the Bright Dawn program which has given me the opportunity to further my personal search for deeper meaning in Buddha Dharma in my life. Although the LM 8 has come to a close, "I've only just begun," (paraphrasing a Karen Carpenter song) and will explore other Bright Dawn programs and/ or just "keep going" . . . and . . . going . . .and . . .

Gassho

Clarence Genyo Ratliff



Greetings from sunny (most of the time) Florida! I'm really happy to be a part of the growing Bright Dawn tradition. From the first time I picked up Rev. Gyomay's book "Everyday Suchness" I realized that this expression of the Dharma is what I was looking for. Even though I

technically wasn't "looking" for something other than the Zen practice I was engaged in at the time.

I have a very eclectic professional background. I've done everything from washing dishes, managed a pizza place, been a security officer and body guard, and briefly was a field engineer on an oil rig. I have a Bachelors Degree in Criminal Justice and was once intending on a career in federal law enforcement. Life however had different plans and developing medical issues prevented me from being able to tackle the rigors of the police academy. I currently work in purchasing in the defense manufacturing industry. I'm also a practicing martial artist of both Japanese and Filipino traditions.

Like most westerners in the Buddhist "convert" community, I grew up in the Christian tradition, and have a great deal of experience in running a "religious ministry". I discovered the Dharma while looking to find something to ease my suffering from personal difficulties. I found something very profound and valuable. I want to share these teachings that have helped me so much with others in order to help them. I believe my background can help me present the Dharma to people who otherwise wouldn't give it a chance, and help spread the Bright Dawn perspective to the world.

2016 LAY MINISTER INDUCTEES - cont'd

Michael Alan Saiyo Saint



I was introduced to Buddhism approximately 19 years ago through a good friend of mine, Dee Horner, (Swami Omatranand) who is also an ordained Buddhist Monk. I was a draftsman for AT&T for 28 years and was a landscape designer, garden lecturer, and

advanced master gardener for my second career. My mission statement when I started my gardening business 19 years ago was:

- To help people create positive, life-affirming attitudes for all living things
- To cultivate compassion for and to protect the lives of all beings in the kingdoms of animals, plants and insects
- To promote stewardship of the minerals
- To protect the soil which is alive with millions of species of life forms
- To use my experience, skills, and knowledge to educate about the vital part native plants play in maintaining a robust natural environment.

Now with the help of Bright Dawn I feel that my mission statement is even more meaningful and through the support and knowledge that Bright Dawn has supplied me with I can continue to cultivate compassion for all living things and am looking forward to a new chapter in my life as I spread the wisdom of the Dharma for all living beings.

Renée Seiyo Phillips



I didn't know what to expect when I enrolled in the Bright Dawn Ministry Program. I joined because I wanted more of a spiritual discipline that was very close to the path I was already on—one of non-duality. I also felt the need for a teacher, and

I wanted to discuss this thought system with like-minded people. The idea of a Sangha appealed to me.

Bright Dawn became more than a discipline and a Sangha for me, however. The teachings, through the many assigned books, and the weekly teachings of Rev. Koyo Kubose led me to a higher awareness of how to live every day in the world. Bright Dawn is an experience, a true practice of living the teachings instead of intellectualizing them.

Bright Dawn has helped me examine my mind and question my thoughts so that I am able to choose a right minded way of thinking and living. It has taught me how to strip away the false self-concepts I had imagined and, instead, listen to my inner nature and live more in the moment.

Bright Dawn's teachings, and its practice, have become a way of life for me now. It has been a valuable, rare, and rewarding experience. I feel blessed to have had the opportunity to partake in such an enlightening program.

Oneness Newsletter Summer 2016

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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

A RECOMMENDED RETREAT

We had a nice visit with Rev. Kenji Akahoshi who visited Bright Dawn Center recently. He is a former dentist who went into the ministry after many years of lay leadership at the San Jose Buddhist Temple. He is currently the resident minister at the Buddhist Temple of San Diego. He has developed an innovative annual summer retreat that he offers at various venues; this year's location is at The Land of Medicine Buddha, which is near Soquel in the Santa Cruz mountains. The retreat content and approach sound fantastic. I asked him for a flyer so we could publicize his retreat in our newsletter. Interested persons should email Rev. Akahoshi for a complete information packet.

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\$ 275 " after "

Tuition: by donation at Retreat

For more information:

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BOOK REVIEW

A family friend and Sangha member recently sent us a book, *A Summary of Buddhadharma*, written by his friend, Michael S. Wolf. It is a great book and we recommend it. We cannot improve on the description on the book's back cover:

"This *A Summary of Buddhadharma* is an unusually concise survey of a vast intellectual endeavor. It attempts to provide readers unfamiliar with Buddhist philosophy with a careful and thorough introduction to most of the major Buddhist doctrines, theories, and practices that have evolved since the fundamental teachings were first articulated by Shakyamuni Buddha in the 6th century BCE. *A Summary of Buddhadharma* is a convenient condensation of Buddhist wisdom into a very short text, supplemented by a brief but powerful appendix illustrating the authentic heart of the tradition as expressed both in scriptures and in the profound teachings of realized masters, ancient and contemporary."

The book is available in paperback for \$10.00 from Amazon.com. For more information, you may email Mr. Wolf at: michaelswolf@bellsouth.net.

THE BUDDHA SAID

Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in tradition because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.

Buddha
Kalama Sutta

SUMMER SOLSTICE TELEPHONE SERVICE

Theme: Hot as Hell.

Just when you thought how nice the spring weather is, the summer heat arrives! Death Valley is the hottest place on earth, where temperature readings can reach 134 degrees F. It can make a person think of the prayer, "Though I walk through the Valley of Heat, I will think cool thoughts and not perspire..." A Buddhist perspective could be to accept the heat and go about one's business cheerfully. One of my favorite cartoons is:



"You know, we're just not reaching that guy."

Celebrate the heat by joining our Summer Solstice Telephone Service on Thursday, June 16, 2016 at 6 PM Pacific; 9 PM Eastern. Dial 1-504-353-1009; then access code 5805842#. All callers will be on mute to eliminate distractions. Call in a few minutes early and use the wait time to do some mindful breathing. At the end of the call, don't forget to do a gratitude bow.

Acknowledgements with Gratitude Supporters from Sales and Donations

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Rev. Kenji Akahoshi (CA)	Donna Kobayashi (CA)	Gordon Oishi (CA)
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 Janet Tanaka; Jane Horii; Setsuko Ann Okumura
 Jerome Kircher
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In honor of Bernie Sanders
 In Honor of Rev. Koyo & Adrienne Sensei
 for your work preparing us for the path
 In celebration of Hanamatsuri

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.

When submitting donations, please list your name exactly as you wish it to appear in the Oneness newsletter. Acknowledgments are current as of Mary 18, 2016. 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.
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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JUN	Theme: Perspective Purpose: Taking a moment to widen one's basic consciousness. Method: "Open-Sky Gassho:" To counter a hectic mind, go outside and look at the sky; take three slow breaths and close with Gassho.
JUL	Theme: Observation Purpose: Taking time to slow down and just be. Method: "Empty-Attention Gassho:" Sit down in a quiet out-door setting. With no agenda, just sit still and observe what's going on around you. If not much is happening, wait patiently and you will be amazed what you can observe. Gassho to this interesting world we live in.
AUG	Theme: Awareness Purpose: Breaking routine behavior. Method: "Walking-to-the-car Meditation:" Instead of hurrying to your car, walk slowly and breathe deeply. Smile and be grateful you have things to do and places to go.

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