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# O n e n e s s

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Quarterly Newsletter of the Rev. Gyomay M. Kubose Dharma Legacy Vol. 5 No. 2 Summer 2001

## MIDDLE WAY

By Rev. Gyomay M. Kubose

There are many teachings in Buddhism. However, it could be said that the basic teaching of Buddhism is the Middle Way.

To explain the Buddhist meaning of Middle Way is difficult because the word “middle” suggests “between” and people misinterpret the Middle Way as a point or path between two extremes; in other words, as compromise. Compromise as appeasement has bad connotations. Everyone knows that nothing ever comes of appeasement in the political world.

As for problems in home life such as quarrels between husband and wife, we all feel that neither the husband’s way nor the wife’s way is the only way but that family life is compromise, a give and take. Similarly, in our democratic way of life, the middle way is usually understood as avoiding the extremes of one way or the other. People try to compromise between the “either-or” of Western culture.

In the world of relativity, people feel that the middle point is the way of compromise. However, the Buddhist middle point is a different realm, an entirely different dimension of life which Buddha taught. In this dimension there is a different conception of time than the usual notion of historical time. Historical time is usually considered to be a series of

events, just as a straight line is a series of innumerable points. A series of events, say from the time of the Greeks to today, is called history.

However, the Buddhist concept of time is not historical time. It is not serial points of moments. The past is already gone. The future is yet to come. The reality of time is just this present, this very moment. Buddhism goes even further and warns us not to cling to or be captured by the midpoint of the vast past and vast future. This is because the middle point is a flowing, continuous moving process. As soon as we say, “This is the middle point,” it has gone already and another new middle point is already existing.

The Middle Way is life itself. We live today, and we live this very moment. In this very moment is the entirety of history. When we explain that America declared its independence in 1776 or Columbus discovered the American continent in 1492, we see those series of years through time. However to me, all those hundreds of years of history are not in serial points but in this very instant. In me there are wonderful great civilizations, wonderful Indian histories, the American independence, and the French revolution. All are present in this one moment in me. Only in explanation, only in the conceptualized world does

serial time exist. Reality is this very moment. Buddha exists in this very moment, not 2,500 years ago but now in me.

This way of looking at life is important because we are living now. We cannot live in the past; we cannot live in the future. If you try to, you will have nothing but complaints. The important thing is how you are living now. That is the very reason Gautama Buddha did not speculate into the unknowable past or unknowable future. He emphasized the present, the importance of each day and the importance of each moment, the now. This is the Middle Way.

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# President's Message

By Rev. Koyo Kubose

On March 29, 2001 the First Year Memorial Service of Rev. Gyomay M. Kubose was held via a TeleConference arrangement from the home of Rev. Koyo and Adrienne Kubose. Also present were Minnie Kubose and Joyce Kubose Prosis. The service was preceded by a dinner which included some of Rev. Gyomay Kubose's favorite foods: sashimi, umami, shira-ae, and tapioca pudding for dessert. A vase of beautiful white tulips and yellow daisies were on the table.

Although our Legacy Board meetings have been held via TeleConferencing, this was the first time to use the procedure for a religious service. At an appointed time, relatives from around the country telephoned a special TeleConferencing number. Callers first heard prelude music from a tape of Buddhist gathas. Then a Kansho bell was rung, signaling the start of the service. Chairperson Adrienne Kubose gave opening remarks. The "Tan Butsu Ge" sutra, Rev. Gyomay Kubose's favorite, was chanted, with incense offering done during the chanting. A Dhammapada reading was done, followed by a Dharma Talk by Rev. Koyo, and Words of Appreciation by Minnie Kubose. After the formal service was over, Joyce Prosis coordinated Greetings from all the relatives who had called from various places including Fowler, Los Angeles, Central Coast, and Bay Area in California; and also from Washington and New York. It was wonderful to hear everyone's voices.

Conducting a memorial service by TeleConference was a new experience for us. The service was a model or example of how the Dharma can be brought to people in new ways. Hearing a live Dharma Talk is as close as one's telephone. A home gathering in one's living room could use

a book on Buddhist teachings and have a discussion with the author, a minister or facilitator via speaker phone. We envision that soon we will use "streaming video" technology so that participants can not only hear but see events live as well. Such technology can be applied to activities such as seminars, discussion groups, home study programs, and even for memorial services, especially when family members are widely scattered.

The Kubose Dharma Legacy has been described as a "virtual temple" that goes beyond the confines of a physical location. One good outreach resource is, of course, books. Another is our Dial-the-Dharma 24-hour telephone service of short taped talks that are changed daily. Although we have been offering this relatively novel resource for many years now, our goal is to expand the use of technology in other innovative ways. The Dharma teachings should be accessible at any time in any place, especially in one's own home. It certainly is a plus when going to one's temple for traditional rituals is complemented with individual spiritual practice in everyday activities. People need to be freed up to creatively develop their own personal practice in addition to following the traditional rituals. It should not be a matter of "either-or" but of expanding. It is not a matter of taking something away but of adding something. People need to be empowered to customize and make their spiritual practice uniquely relevant for themselves. People can realize that they are given permission to freely develop their practice.

As the Kubose Dharma Legacy develops new programs and ways to offer the Dharma teachings to people, I feel we are doing very exciting work in carrying on Rev. Gyomay Kubose's legacy. The title of one of my recent Dharma Talks was, "More than memorialize, Carry on!"

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| Editor of this issue<br>Adrienne Kubose<br>Editor-In-Chief<br>Rev. Koyo S. Kubose<br>Technical Consultant<br>Kanon Kubose | <i>Oneness Newsletter Summer 2001</i><br>Please send:<br>Dharma Glimpses - Poems - Reader Replies<br>Fall issue deadline: July 15 | 8334 Harding Avenue<br>Skokie, Illinois 60076<br>Phone: (847) 677-8211<br>Email: <a href="mailto:kubose@worldnet.att.net">kubose@worldnet.att.net</a><br>Website: <a href="http://www.brightdawn.org">www.brightdawn.org</a><br>Dial-the-Dharma: (847) 677-8053 |
|---|---|---|

**The purpose of the Kubose Dharma Legacy is to offer a non-sectarian, non-dualistic approach, the Way of Oneness, to further individual spiritual growth in everyday life for people of all backgrounds.**



## Rev. Gyomay M. Kubose Memorial Tree

Imagine our surprise upon opening a long box delivered in the mail, to find a 3-foot high Ginkgo sapling. An accompanying letter explained that this tree, sent by a company specializing in “memory” trees, was a gift from Lakeview Chapel in memory of Rev. Gyomay M. Kubose. Lakeview Chapel is a funeral home which handles many services for the Japanese-American community in the Chicago area. Thank you Lakeview Chapel for such a thoughtful gift.

The Ginkgo is an ancient species originating in China millions of years ago. The Ginkgo is a unique tree that is perfect as a memorial tree. The Ginkgo sapling that we received has been planted on the parkway in front of the Kubose Dharma Legacy Headquarters at 8334 Harding Avenue. Planting approval was gotten from the village of Skokie. The tree is now listed in their inventory so they will take care of any needed future trimming and care.

Although it will take a while for our Ginkgo to grow into a mature tree, it is so nice to look out the window every day and see the sapling happily growing in its new home. Years from now, it will be neat to mentally compare the mature tree with its size when first planted.

## “REMEMBERING SENSEI” BOOK

After Rev. Gyomay Kubose passed away on March 29, 2000, the Kubose family was touched by what many people wrote in their sympathy cards. The family compiled these remembrances and tributes into a book for the occasion of Rev. Gyomay Kubose’s First Year Memorial. This 230 page book, “Remembering Sensei,” includes a biography and family photographs of Rev. Gyomay Kubose as well as reminiscences from the 1989 publication, “Sensei.”

The book was mailed out by the family this spring as a gift in appreciation for having received the many expressions of sympathy. The family is concerned that their mailing list was incomplete. It is also quite likely that a number of undelivered copies were not returned to sender by the Post Office; so the family does not know if all the copies sent out were in fact delivered. The family wants to accommodate everyone who would like a copy of the book. In addition, anyone who already received a copy but who would like more copies for relatives and friends are encouraged to request as many copies as they would like.

For all the above reasons, the Kubose family welcomes the opportunity to make more copies of the book available. The “Remembering Sensei” book was put together as a labor of love by the family. They offer the book as an appreciation gift to all.

For your convenience, you may request copies of the book by sending the Form below to: Kubose Dharma Legacy, 8334 Harding Avenue, Skokie, IL 60076.

### Remembering Sensei Book Request Form

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Please send me \_\_\_\_\_ copies of “Remembering Sensei.”

Please send one copy each to (provide names and addresses):

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

# Dharma Glimpse

## Non Attachment

by Don A. Kubose

My wife Joyce was cleaning out our children's rooms (who had long ago "left the nest") in preparation for accommodating our house guests for our daughter Shauna's wedding reception. There was the usual accumulation of their school papers, books no longer needed, knick knacks, the toys of their childhood, etc. Just looking and handling these items brought back many memories. Our son Darren came by to pick through his stuff and took home what he wanted to keep. There were still a lot of things left after he was done.

We ended up burning the rest of what Darren left at our house. I really felt a strong sense of nostalgia and melancholy as I watched the flames consume the leftovers. I wanted to keep the stuff somewhere but I didn't say anything because I knew Joyce would be exasperated and say, "There's no room for it – why do you want to keep these things, anyway?!" I guess I'm just the kind of person that wants to hang on to "things" and the memories that are associated with them.

I used the doctrine of "non-attachment" to restrain my feelings. I also said to myself, "What does it matter if these things are gone?" I still have the memories but since I'm a visual person they will not be as strong. That thought led me to think, "Well, are hanging on to memories just as bad as hanging on to things?" Should that be part of "non-attachment," too? Indeed, I didn't know an answer to that one.

### Save Oct 13<sup>th</sup> Date!

The Kubose Dharma Legacy's Fifth Year Anniversary Celebration Luncheon will be held on Saturday, October 13, 2001 at the Terrace Garden Restaurant of the Wilmette Country Club. On this occasion, a newly created Bright Dawn Dharma Award will be presented to Minnie Kubose for her years of contribution to Buddhism through her support of her husband Rev. Gyomay M. Kubose's lifework.

So, please save the date of October 13<sup>th</sup> and plan on joining us to celebrate our Fifth Anniversary and help us honor Minnie Kubose.



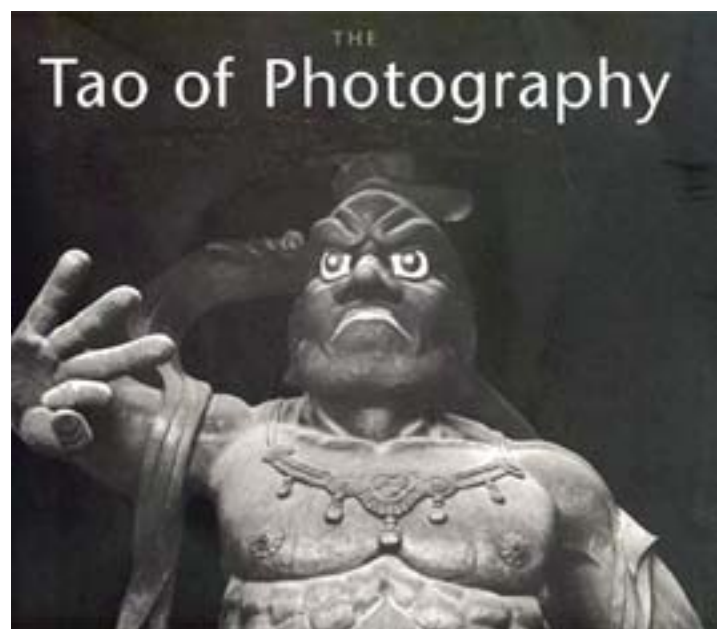
## Book Review



*The Tao of Photography: Seeing Beyond Seeing* by Philippe L. Gross and S.I. Shapiro (Ten Speed Press; 144 pages; Publication Date: Mar 01)

Photography is one of the most popular and accessible means of artistic expression, yet until now no book has so uniquely explored its potential for spiritual growth and the art of living. A surprising void, considering today's widespread interest in creativity, spirituality, and awareness training. The *Tao of Photography: Seeing Beyond Seeing* surveys the effect that Taoist practice can have on the way that we observe and document our lives. Over 70 black and white photographs by masters of the art – from Imogen Cunningham to Marc Riboud – complement passages from the Taoist classic, the *Chang-tzu*. These passages are interspersed with quotations from eminent photographers.

Using the wisdom of the *Chang-tzu* as a framework, the book provides an introduction to Taoist photography. The authors then assess the constructive nature of reality, discuss barriers that constrict awareness, and explore conscious camerawork as a means of enriching everyday life. Practical exercises in camerawork, both inspirational and instructional, round out this multifaceted volume. Academic, professional, and casual shutterbugs alike will find their images – and their lives – greatly enhanced by *The Tao of Photography*. (excerpt from Ten Speed Press Book News)



## TO THE SOUL

Is anyone there  
if so  
are you real  
either way are you  
one or several  
if the latter  
are you all at once  
or do you  
take turns not answering

is your answer  
the question itself  
surviving the asking  
without end  
whose questions is it  
how does it begin  
where does it come from  
how did it ever  
find out about you  
over the sound  
of itself  
with nothing but its own  
ignorance to go by

W.S. Merwin

From: *The New Yorker*, Feb. 5, 2001. Sent to us by a reader with the comment, "Seems like a Buddhist poem!"

## American Buddhist Services

The Heartland Sangha holds services on the first and third Saturdays of every month at the Lake Street Church, 607 Lake St., Evanston (use courtyard entrance). Service starts at 11:00 A.M. with optional meditation sitting at 9:30 A.M. (For information call Heartland Sangha at 773-545-9972)

As a regular speaker, Rev. Koyo Kubose's coming Dharma Talk titles are:

|         |                                 |
|---------|---------------------------------|
| June 16 | Dharma.com                      |
| July 21 | Lotus: Blooming in the mud      |
| Aug 18  | Buddhist Ethics: Black is White |
| Sept 1  | Do Buddhists Believe in God?    |

## Video Loan Program

Dharma talks from past services are available on video tapes for interested persons (e.g. shut-ins, incarcerated persons, people without a nearby Sangha, or to those who simply wish to hear Dharma talks). Contact the Kubose Dharma Legacy to receive a tape on loan. Return the tape and another will be sent to you.

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 Yes, please send me a Dharma talk video on loan.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

## Dharma Wheel Gift

The Kubose Dharma Legacy has received a large wooden Dharma wheel made by Philip Goff. Mr. Goff is a local craftsman noted for making *obutsudans* (traditional home altars). He also has a green thumb and grows Bodhi plants from seed. His wares often can be seen at local community festivals and events.

In reflecting upon his Dharma wheel project, Mr. Goff remarked, "This wheel is the result of what happens when you give a square guy a round job." He said he experimented with trying to carve a wheel using traditional carving tools but discovered carving was not his forte. So instead, he designed a wheel made out of straight pieces of wood. His creation is a beautiful two-foot diameter hardwood wheel, with natural wood grain stain.



The wheel is now above the fireplace mantel in the main meeting room at the Kubose Dharma Legacy headquarters (i.e. the living room of Rev. Koyo and Adrienne Kubose's residence). The Dharma wheel gives a nice spiritual atmosphere to the room. Thank you, Phil!

## BRIGHT DAWN MEMORIAL WALK

On Sunday of the Memorial Day weekend, a group of people (and a dog) joined Rev. Koyo Kubose for a memorial walk along the lake in Evanston. The participants submitted names of people (and pets) that they wanted to memorialize and walk in memory of. Each participant lit a long stick of incense to carry while walking. Although it was hoped to view a bright dawn, the inclement weather prevented seeing the sunrise.

Just as one cannot be sure what kind of weather will occur from day to day, it is the same of conditions affecting one's plans in life. We hope for sunny skies but when rain and clouds occur, we have to keep on going and do the best we can. With this metaphor in mind as a teaching, the walkers opened their umbrellas and enjoyed a two-mile stroll along the lakefront. It was a most auspicious beginning for our first lakefront walk because weatherwise, it cannot help but be better in the future!

The participants are also to be commended for being early risers because at this time of year, sunrise is the earliest, about 5:15 A.M. local time, as compared to other times of the year. In mid-September, sunrise will be at 6:30 A.M. This is when another sunrise walk is being planned.

Instead of a memorial theme, the autumn sunrise walk will focus on one's own spirituality through communion with nature and self reflection. Re-dedication through introspection is an appropriate theme for mid-September, which is when autumn O-Higan is observed. O-Higan is a traditional religious observance in Japanese Mahayana Buddhism when a week-long time of religious practice is emphasized.

So, save Sunday, September 16th for a Sunrise Retreat Walk! Details will follow in the Autumn issue of this newsletter, which will come out at the beginning of September.



### *Acknowledgements with Gratitude*

### Supporters from Books and Donations

Maryann Brandon  
*In Memory of Elmer Brandon, Herbert C. Dony,  
 Marion Dony-Tasior, Thomas H.W. Dony,  
 James E. Dony, Herbert O. Dony*

Dan Fraser  
*In Memory of Rev. Gyoko Saito*

Sadako Fujii  
*In Memory of Rev. Gyoko Saito*

Jewel Kanai  
*In Memory of Yukio Kanai*

Nancy Kondo  
*In Memory of Eunice Kondo & Raymond Kondo*

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*In Memory of Rev. Gyoko Saito*

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 Edward T. Hashimoto*

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 Kimiko Uto (HI)  
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## Legacy Catalog

### 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.** This continues the approach of "Everyday Suchness" and speaks directly to the ordinary layperson. The collection of 58 essays reflects Rev. Kubose's unique, down-to-earth presentation of the Dharma teachings which offer 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.

**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.

### Highly Recommended Books

**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.

**INVISIBLE EYELASHES** by Rev. Nikkyo Niwano. Combines time-honored Buddhist teachings and stories with examples from modern life to show how attitude affects happiness and how flexibility of mind helps us grow spiritually, making us more productive at work and better able to relate to others. 175 pages.

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

**RIVER OF FIRE, RIVER OF WATER** by Taitetsu Unno. Introduces the Pure Land tradition of Shin Buddhism using personal anecdotes, stories, and poetry. The Pure Land practice is harmonious with daily life, making it easily adaptable for seekers today. With spiritual insight and unparalleled scholarship, this book is an important step forward for Buddhism in America. 244 pages.

## Donation/Book Orders

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City / State / Zip: \_\_\_\_\_

General Donation: \$ \_\_\_\_\_

Memorial Donation: \$ \_\_\_\_\_

In Memory of: \_\_\_\_\_

I would like to order the books marked below:

| Title                              | Qty | Price   | Total |
|------------------------------------|-----|---------|-------|
| Everyday Suchness                  |     | \$12.00 |       |
| The Center Within                  |     | \$12.00 |       |
| The Center Within AudioTapes       |     | \$18.00 |       |
| American Buddhism                  |     | \$ 5.00 |       |
| The Fundamental Spirit of Buddhism |     | \$ 8.00 |       |
| Tan Butsu Ge                       |     | \$ 7.00 |       |
| Heart of the Wisdom Sutra          |     | \$ 6.00 |       |
| Buddhism : Path of Enlightenment   |     | \$ 5.00 |       |
| Invisible Eyelashes                |     | \$12.00 |       |
| Ocean                              |     | \$15.00 |       |
| River of Fire, River of Water      |     | \$12.00 |       |
| The Monk Who Dared                 |     | \$15.95 |       |
| Zen Therapy                        |     | \$17.95 |       |

**Shipping** - \$3.00 first two books and 50c per item thereafter. **SHIPPING** \$ \_\_\_\_\_

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

**Payable to: Kubose Dharma Legacy**

8334 Harding Ave., Skokie, Illinois 60076

**ZEN THERAPY** by David Brazier. "A potent source of inspiration for anyone interested in the therapeutic potential of Buddhism...offers readers in the West a fresh perspective on Buddhist psychology and demonstrates how Zen Buddhist techniques are integrated into psychotherapy... and with the help of vivid case studies, demonstrates how a Buddhist approach can provide a practical path to personal growth." 280 pages.

**THE MONK WHO DARED** by Ruth M. Tabrah. A historical novel of Shinran, the founder of Jodo-Shinshu Buddhism. Set in 13th century, this story covers the drama and crucial inner changes of Shinran's life. 329 pages.

# Kubose Dharma Legacy

## Oneness Newsletter

8334 Harding Avenue  
Skokie, Illinois 60076

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| YES YES |  | Your Everyday Spirituality | YES YES |
|---------|--|----------------------------|---------|
| JUN     | <b>Theme:</b> Beauty of Flowers<br><b>Purpose:</b> To appreciate the “budding” moment.<br><b>Method:</b> “Flower Gassho:” When seeing a flower, cup your hands (like two petals) to “hold” the beauty right in front of you. Go fully into the moment thank the flower for its beauty; close with traditional Gassho.  |                            |         |
| JUL     | <b>Theme:</b> Motivation/Passion<br><b>Purpose:</b> To stimulate Right Effort and spiritual energy.<br><b>Method:</b> “Flame Gassho:” Cup your hands over any flame (candle, stove, fireplace, etc.). Feel the heat. Remind yourself that light and life (wisdom and compassion) go together. Teachings and beliefs need to be backed by practice and action. End with traditional Gassho. |                            |         |
| AUG     | <b>Theme:</b> Think up different kinds of Gassho’s<br><b>Purpose:</b> Apply awareness in everyday situations.<br><b>Method:</b> Do the above. Brainstorm and share your ideas with us!   |                            |         |

### HELP SAVE A TREE!

Our mailing list has welcomed new additions from many sources and referrals. We are happy to continue sending our newsletter to all interested persons. However, we have no way of knowing whether some of you may prefer not to receive the newsletter. So, if we haven’t heard from you in the last few years, please indicate your preference below and send to: Oneness Newsletter, Kubose Dharma Legacy, 8334 Harding, Skokie, IL 60076.

Please continue to keep us on your mailing list.

Name: \_\_\_\_\_

Thanks for including us, but we’d like to save a tree.

Address: \_\_\_\_\_