
O N E N E S S

Quarterly Newsletter of the Rev. Gyomay M. Kubose Dharma Legacy

Vol. 3 No. 4 Winter 1999

SELFLESSNESS

By Ven. Gyomay M. Kubose

The purpose in Buddhism is to overcome the self, overcome the duality of things, overcome multiplicity and become one's true self. A stronger way of stating this is, one should become totally selfless. We have trouble because we cannot become ourselves; that is, we cannot become selfless.

Selflessness is something like putting water into a bottle. If you fill the bottle half full, cork and shake it, you can hear the noise of the water. However, if you fill the bottle completely, leaving no air space, then there is no sound when you shake it. No matter how you toss it there is no noise. Of course, when the bottle is completely empty there is no noise, but there is no water either.

The self can be compared to these three conditions: no water in a bottle, partially filled, or completely filled. Which are you? No

water in the bottle? Half filled? Or completely filled which is "emptiness"? Yes, this kind of emptiness is when the water goes completely to the top. The bottle has weight but there is no noise. Selflessness is when you are filled to the top. It is when you are fulfilled. There is no noise, no self.

You must be all empty, or in other words, you must be fully, wholly fulfilled to the top. You become selfless. All the small, petty things in you make up your "small" self. They are the sensations, perceptions and ideas that come from the outside and make noise in you. You should not be empty in the ordinary sense of the word, but you should attain complete fullness; this is Buddhist emptiness or Buddhist selflessness. You are the one who occupies the whole world. So no one can crush you.

There is no small, petty self to be disturbed. Even if you are shaken, there is no noise. When you are

❄️ **Legacy New Year's Eve Celebration.** The annual Bonno bash. Page 3.

❄️ **The Monk Who Dared.** A book review. Page 4.

❄️ **Dharma Talks.** On video. Page 5.

❄️ **www.brightdawn.org.** And the contest winner is... Leslie Chow. Page 6.

completely fulfilled, then you must even forget that fulfillment. Forget enlightenment. Forget Buddha. Then you are like a bottle filled with water—so settled down, so heavy. You become one with this whole universe. This is enlightenment; this is selflessness.

As we greet the year 2000, may our efforts to follow the teachings deepen and our lives lived with understanding and compassion for others and ourselves.

*Seasons Greetings,
Rev. Gyomay and Minnie Kubose*

President's Message

by Rev. Koyo S. Kubose

The year 2000 is rapidly approaching. The idea of "Year 2000" and similar phrases are being used for many purposes. Going with the flow of popular culture, I decided to use "Year 2000" to motivate myself into making a special resolution for the coming year. I vow to write a book in the year 2000. I have been haphazardly doing some writing during the past few years. Well, that phase is over. Now is the time to get down to business, the nitty gritty, brass tacks. Yes, I will buckle down and produce something—even though I may expose my ineptness and shallowness for all the world to see. Yet, I will "just do it" and let the words fall where they may.

I am serious enough to make my resolution public in this newsletter. This Statement of Intention is only the first step. Next, I need to outline for myself an Action Plan. Weekly progress reports will be made to a designated person. Accountability contingencies (rewards) may have to be devised. You can tell I am trying to gear myself up. I admit it; I need help. Talk is cheap. Anybody can have grand intentions. The quiet discipline of the daily grind is something else. Can I do it? We'll see.

By the way, do you have any goals you've been working on that you

need a little push with? Why not use "Year 2000" as a "kick in the rear" to get serious? Why not join me with your own personal resolution of establishing an everyday spiritual practice? Reading and listening to the teachings are fine but they must be backed by some kind of practice if they are to really become part of one's life. Traditional religious practices are fine; do them. I also encourage you to go beyond them. Devise your own daily rituals that keep you aware or mindful of the teachings. For example, you may wish to start with some of the monthly Gassho's that are listed in each issue of this newsletter. Be creative! Only you know your particular preferences. Experiment to find what works for you, what is personally meaningful at this time in your life.

Whatever you come up with, avoid vagueness and subjectivity. Your Action Plan must be realistic and objective. State clearly what you are going to do or not do. To use a health example, it rarely will work if you only say, "I want to eat a healthy diet." You need to specify the kinds of foods involved, and monitor progress until new eating habits are firmly established.

Speaking of health practices, you may wish to somehow combine your spiritual resolution with a resolution

like losing weight or exercising regularly. After all, physical health affects your spiritual health. Poor health can be a major distraction that dissipates the energy needed to focus on other goals. There's no reason you can't integrate physical and spiritual health practices. At the risk of appearing corny, one little way I do this is when doing stretch and strength exercises, I do them to the count of 3 (for the Three Treasures), 4 (for the Four Noble Truths), 6 (for the Six Paramitas), 8 (for the Eight-Fold Path), etc.

To be really serious about a resolution, you need to establish an accountability or reporting procedure. You could set up a mutual agreement with a friend or family member. If you like, you could send me your Statement of Intention, Action Plan, and subsequent Progress Reports. If desired, be anonymous—don't use a return address; use a code name, etc. I will just put everything in a file labeled "Year 2000 Resolutions." Unless requested otherwise, my role will not be to offer advice but simply be the repository of a reporting procedure to help actualize your resolution. So join me in personally challenging yourself for the Year 2000. Can you do it? We'll see.

Oneness Newsletter Winter 1999

Editor of this issue
Shauna Kubose
Editor-In-Chief
Rev. Koyo S. Kubose
Managing Editor
Adrienne Kubose

Please send:

Dharma Glimpses - Poems - Reader Replies
Spring issue deadline: January 31

8334 Harding Avenue
Skokie, Illinois 60076
Phone: (847) 677-8211
Fax: (847) 677-8053

Email: kubose@worldnet.att.net
Website: www.brightdawn.org
Dial-the-Dharma: (847) 677-8053

Dharma Glimpses

Some Jodo Shinshu followers break out with "Namu Amida Butsu" throughout their day. When I first noticed this, it made me feel uncomfortable. It seemed phony. Like a way to draw attention to how pious the person was.

Recently, I started thinking differently. It doesn't matter if these people are sincere or phony. What matters is: What about ME?

I realized daily spiritual practice is a way to cultivate awareness. I realized doing gassho can have a great impact on my daily life. It would give me perspective. I would do gassho:

When something good happens;
When I see something beautiful;
When I get home;
Before I eat;
When I get into my car;
Before I go to work.

But I would especially do gassho:

When I have a disappointment;
When someone speaks ill of me;
If I lose my job;
When someone cuts me off while driving;
When I'm frustrated;
When I'm sick or injured.

Adrienne Kimura Kubose,

Attending two funerals gave profound insight into human nature and families. Having few relatives here and being relatively young, funerals are few and far between. The first funeral was of a new relative, one through marriage only, quite elderly, and of new acquaintance. She was a very vibrant woman and well loved. Attending her funeral, viewing others from an objective, outsider's view, sometimes the strangest thoughts and memories pass through one's mind. As her grandchildren recalled wonderful times spent with their beloved nana, a memory sprang to mind of how irritated one of her granddaughters was when her nana worried incessantly about a minor fender-bender involving her son. It's so simple to observe other people's behaviors, but not see the same dynamics happening in one's own family. The play, "Our Town," touched on this very theme... Not appreciating our loved ones and the beauty in life until it's too late.

The second funeral struck much closer to home. Mom's best friend and a woman who was like family to us suddenly died, leaving an enormous hole in her family and friends' lives. As her eulogy succinctly described her, she was a true lady, humble and giving. Being the same age as her son, growing up in the same town, our mothers raised their families together. Seeing my friend

New Year's Eve Party

An open invitation is extended to Oneness Newsletter readers to join in our annual New Year's Eve gathering on December 31. One highlight is a hot sake toast at midnight led by the Venerable Gyomay Kubose. Another highlight is everyone takes turns striking a bell for a total of 108 times. This year's bell ringing will have a special Y2K surprise.

New Year's Eve bell ringing is a traditional Japanese Buddhist ritual that focuses awareness on the 108 "bonno" or human "limitations" such as anger, greed, ignorance, envy, hatred, arrogance, etc.

Everyone should write down a bonno to work on for the Y2K. This could be a bad habit, attitude, grudge, etc. We will have a "Bonno Burning" where you throw your bonno paper into the fireplace as a statement of your wish to get rid of that bonno.

Festivities begin from 8:30 p.m. at Reverend Koyo and Adrienne Kubose's home: 8334 Harding Avenue, Skokie, Illinois. Harding is one block east of Crawford, and the house is 1/2 block south of Main Street. In addition to street parking, there is a parking lot on the northwest corner of Harding and Main.

Please RSVP by December 28, 1999. Call (847) 677 - 8211 and let us know what kind of pot-luck dish you will be bringing.

Seasonings

sayings to add a little flavor to life



**The greatest ability
is dependability.**



**If you have a good excuse,
don't use it.**

lose her mother, and thinking about aging and death, makes life seem clearer and simpler.

There is a book called "The Japanese Cult of Tranquility." The description of the book talks about the deep acceptance of life and death that is part of Japanese culture. Of course, Buddhism teaches exactly the same thing.

Families and friends express their love, appreciation, and gratitude in different ways... words, gestures, gifts, or actions. The lesson I learned from these funerals? Making sure this important message gets heard.

Wanda Arakaki Leopold

Winter Book Review

By Adrienne Kubose

I recently read “*The Monk Who Dared*”, written by Ruth Tabrah, and thoroughly enjoyed it. I recommend it to anyone interested in learning more about the events that helped shape the life of Shinran, one of Buddhism’s most popular reformers.

The Monk Who Dared is a novel about this 13th century Japanese monk who changed the shape of Buddhist history. His unique insights were forged in the crucible of family struggle, civil war, famine, plague, and a chaos in religion and politics much like that of our own times.

The Mahayana Buddhism of his True Pure Land Way has for the past seven hundred years been the largest Buddhist sect in Japan and for the past hundred years the largest in the United States and South America. This novel, which might also be called a fictionalized biography, covers the drama and inner changes of Shinran’s early

life from his childhood as Matsuwaka-maru, his novitiate as Hanen, his years on Mt. Hiei as the monk Zenshin, and his chosen identity as Shinran, who called himself neither monk nor lay. His teachings and writings remain a universal inspiration and guide for modern men and women throughout the world.

Reviewer George Gatenby, Australian Buddhist priest writes, “Paradoxically, although *The Monk Who Dared* has singular contemporary relevance, Ruth Tabrah’s penultimate skill lies in her ability to evoke the living cultural context of her narrative...She presents us with a thoroughly credible, eminently readable reconstruction of Shinran’s early life. In the process she manages to weave a riveting tale which never fails in its ability to retain our interest. The novel in brimful of the author’s life forged understanding of the Dharma. From the opening paragraphs of

her novel until the very last sentence we find ourselves immersed in the world Shinran inhabited yet, at the same time, we can identify our own experience in his.”

Dr. Alfred Bloom, Dean Emeritus of Berkeley’s Institute of Buddhist Studies in his review calls *The Monk Who Dared* a ‘vivid and imaginative portrayal of the events of Shinran’s early life (his life in the monastery on Mt. Hiei, tutelage under Honen, and his epochal marriage as a monk). Ruth Tabrah puts flesh and blood on the bony data of historical analysis. Distant events that gave birth to a vital faith in the unconditional compassion of Amida Buddha come alive on the pages of her novel.”

The Monk Who Dared has been added to the Legacy’s “highly recommended books” and is available for purchase through the Legacy using the book order form on page 7.

Reader Replies

Thank you for sending me your newsletter “Oneness.” I’ve enjoyed reading it from cover to cover and especially enjoyed Rev. Kubose’s article as I have his many books. For many years both my husband and I have admired and respected your father. Especially did my husband, since he knew him for many years and had occasion to be with him often. I believe I mentioned to you, how following evacuation, Rev. Kubose made a special stop-over to visit us in Mesa. He came walking out to the field where we were both working. I believe he was on his way to Chicago at the time. The few times I had the privilege of being in his company,

I felt I was in Buddha’s presence. In the late 1980’s before my husband died, he had gone to Chicago with a group from Mesa called the HoHo Kams to watch the Cubs who every spring came to Mesa for spring training. On several such trips, my husband would come back to tell me how much he enjoyed Rev. Kubose’s company and was amazed how youthful and active he was although in his early 80’s.

Please give your father my sincere regards. Best wishes to you and your family and to the Kubose Dharma Legacy.

S.S.

Two brothers. The older one sitting behind the younger. The older one teasing and annoying the younger using the chair as a prop. The younger one tells, pleads the older one to stop, but it’s all in vain. As an objective observer, it was plain that to end his suffering, the younger one just needed to move over a couple of seats, to get out of the older’s playing field. The suffering would have ended very simply.

Aren’t I just the same as the younger brother? I struggle and fight with others, saying to do this or to be more that; if only the other would do this, things would be better, be all right. The answer is simple: change myself. When I point my finger at others, three are pointing back at me.

Anonymous

American Buddhist Services

The Heartland Sangha holds American Buddhist Services on the first and third Saturday mornings of every month at the Lake Street Church in Evanston, Illinois.

Each service is uniquely planned by a chairperson volunteer from the local Sangha. Music and readings from a variety of sources have been used. Gratitude and nourishment offerings of rice or flowers often replace traditional incense burning and sutra chanting. The Heartland Sangha is to be commended for their creative efforts. These services could be considered on the "cutting edge" of progressive, non-sectarian Buddhist services.

As a regular speaker, Rev. Koyo Kubose's Dharma talks, always lively and thought provoking, have been described as "...like rain falling on parched soil." Some coming services:

- December 18: *Anger and Resentment*
- January 15: *X-Rated Dharma*
- February 5: *Iceberg of Gratitude*
- February 19: *Buddhist Bowling*
- March 4: *Nirvana Forever?*

Call Heartland Sangha (773 - 545 - 9972) for details.

Dharma Talks on Video

The Kubose Dharma Legacy has begun video taping the above services and making them available to interested persons (e.g. shut ins; incarcerated prisoners; people without a nearby Sangha; or to those who simply wish to hear Dharma talks). Some past services available on videotape are:

- Summer Rain: Dharma Weather Forecasting*
- Spiritual Emergency? Dial 911 Dharma!*
- Right Effort: Fruits of Our Labor*
- Ocean Waves*
- Pebbles Into Diamonds*
- Buddhist Hell*

Interested persons can contact the Kubose Dharma Legacy for more information regarding the availability of these videotapes.

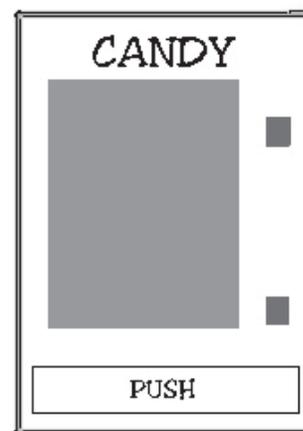
Hot Off the Press

Now available is the Third Printing of Venerable Gyomay M. Kubose's "*The Center Within*." This collection of 58 essays, which reflects Rev. Kubose's unique down-to-earth presentation of the Dharma teachings, has touched many readers since 1986.

The title "*The Center Within*" reflects the importance for each individual to look within and find oneself and be oneself. Rev. Gyomay Kubose wrote in the forward, "Everyone cannot be an outstanding musician or engineer. Everyone cannot be a general; foot soldiers are equally important. A janitor is important, as well as the president of a company... Everything has its place in the world. It is of prime importance to find this center within one's own life; there are many people who are unable to find the center of their lives and consequently become frustrated and unhappy."

Rev. Kubose continued on to say, "The articles in this book were transcribed from talks given over the years. Their original form has been preserved as much as possible and are expressions from my everyday life. If these articles help readers to find their centers and live fulfilling and meaningful lives, the purpose of the book is fulfilled."

Komical Karma



Change is inevitable...except from a vending machine.

The Rev. Gyomay Kubose Dharma Legacy is an American Buddhist organization established to perpetuate and develop Rev. Gyomay Kubose's non-dualistic approach to Buddhism.



Dial the Dharma (847) 677 - 8053

Call to hear a recorded 2-3 minute teaching.
Tapes changed daily.

Dial the Dharma is also available on the internet.
Visit www.brightdawn.org and listen to
"Unpack Your Bags" by Rev. Koyo Kubose.

Legacy On Line www.brightdawn.org

Visit www.brightdawn.org to find:

- ✿ Calender of upcoming events
- ✿ Catalog of books by Ven. Gyomay Kubose
- ✿ Spinning 3-D photocube with biographies

Congratulations to Leslie Chow from Hawaii. Leslie was the winner of the Legacy website contest and received an original calligraphy by Ven. Gyomay Kubose.

Acknowledgements with Gratitude *Supporters from Books and Donattons*

Elizabeth Bahe (IL)
David Coffman (NY)
Philip Goff (IL)
Morgan Harris (Canada)
Sam Himoto (IL)
Evelyn Inamine (IL)
Sara Kashima (CA)
Naomi Shimomura Kawahara (CA)
Mr. & Mrs. H.K. Kimura (CA)
Elaine Kiritani (IL)
Don & Joyce Kubose (CA)
Rev. Gyomay & Minnie Kubose (IL)
Rev. Kevin Kuniyuki (HI)
H. Masumoto (IL)
Akira & Marta Nakao (IL)
Rev. Ronald Y. Nakasone (CA)
Michi Osaka (WA)
Hirao Smoky Sakurada (IL)
Blanche Sawamura (HI)
Julie & Scott Smelser (CA)
William Suther (IL)
Kimiko Uto (HI)
Molly Winkelman (IL)
Rev. Jim Yanagihara (CA)
Academic Book Center (OR)

Barnes & Noble (CA)
Barnes & Noble (IL)
Honpa Hongwanji Mission of Hawaii
Seattle Buddhist Church (WA)
Antoinette d'Vencets
In memory of Dr. L. T. van der Vencets and Josephine d'Vencets
Dan Fraser
In memory of Myra Fraser
Wayne & Tomi Fujiwara
In memory of Eric Fujiwara
Hanako Hirose
In memory of Father Kanai Family
In memory of Yukio Kanai
Miyoko Kanai
In memory of Yukio Kanai
Nancy Kondo
In memory of Raymond Kondo
Mary Kunihiro
In memory of Noboru Kunihiro
Koyo S. Kubose
In memory of Edna Lipner
Janet Lipner
In memory of Edna Lipner

George Morikawa
In memory of Sadako Morikawa
Muramoto & Yamada Families
In memory of Asano Muramoto
Masao & Kikue Nakayama
In memory of Haruo Nakayama
Tadashige & Shizue Okubo
In memory of Father Miyoko Oye
In memory of Okimi Kitahata
Karry Sakamoto
In memory of Henry Nakagawa
Dennis & Roberta Takata
In memory of Robert Takata, Saneo Takata, Sane Tanouye, Ron Tanouye, Tom Nakanishi, Joann Harada McInerney, Roy Kawaguchi, Kenbo Sakuma, Shigeo Horita, Ray Morishita, Tadashi Kurima, Byron Toguri
Ayako Tamura
In memory of Father Lee S. Tanaka
In memory of Lee I. Tanaka
Joanne Tohei
In memory of Akira Tohei

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

INVISIBLE EYELASHES by Rev. Nikkyo Niwano. Combines time-honored Buddhist teachings with examples from modern life to show 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. 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. With spiritual insight and unparalleled scholarship, this book is an important step forward for Buddhism in America. 244 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.

DONATION/BOOK ORDERS

Name: _____

Address: _____

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 AudbTapes		\$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	
Invisible Eyelashes		\$12.00	
Ocean		\$15.00	
River of Fire, River of Water		\$12.00	
The Monk Who Dared		\$15.95	

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

TOTAL \$ _____

 Payable to: **Kubose Dharma Legacy**

8334 Harding Ave., Skokie, Illinois 60076

WHY MEMORIAL DONATIONS?

Not only is making a memorial donation a way to remember and honor a loved one, but it is a karmic action that fosters awareness of the two main teachings of Interdependency and Impermanence. Acknowledging one's "roots" 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 and activities of a worthy organization of one's choice.

For those who wish to make a memorial donation to the Kubose Dharma Legacy, the above form may be used.

Kubose Dharma Legacy

Oneness Newsletter

8334 Harding Avenue
Skokie, Illinois 60076

Non-Profit Organization
U.S. Postage
PAID
Skokie, Illinois
Permit No. 389

Change Service Requested

YES YES YES YES YES Your Everyday Spirituality	
DEC	<p>Theme: Quiet Reflection Purpose: Widen and deepen one's perspective of life. Method: "Evening Gassho": Make it a bedtime habit to give thanks for the day, regardless of how things went.</p>
JAN	<p>Theme: Patience Purpose: Make use of waiting time. Method: "Pause Gassho": Whenever waiting (e.g. in a store line, stop light, etc.), take a deep breath and say, "Ah... what a great opportunity to pause and refresh myself!"</p>
FEB	<p>Theme: Harmony Purpose: To nurture interpersonal unity. Method: "Togetherness Gassho": With everyone locking arms together in a circle, put your right palm together with the left palm of the person on your right, and your left palm together with the right palm of the person on your left. All bow together.</p>