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# O N E S S S

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Quarterly Newsletter of the Rev. Gyomay M. Kubose Dharma Legacy Vol. 4 No. 1 Spring 2000

## HONESTY

By Ven. Gyomay M. Kubose

Honesty is one of the most important qualities of man's integrity and every religion teaches us to be honest, as in the Ten Commandments "Thou shalt not lie," and in the Buddhist Five Precepts "Do not speak a word which is not true." It is the fundamental principle of ethical law and it is said "Honesty is the best policy."

I was asked the other day about honesty, especially in Buddhism. Therefore, I should like to write an essay on honesty and share the teaching.

Honesty, in general, is applied in the relationship between people. That is to say, one should be honest to his parents and friends.

One is said to be an honest man because he does not tell a lie to people and society. One is punished by law for being dishonest. Therefore, honesty is a very important factor in social education.

We are taught to be honest from the time we are able to speak and understand, and it is the foundation of social life.

Religiously, honesty is implied in one's own life. It is more important to be honest to oneself than honest to others.

Honesty is quite subjective in religion as compared with the objective sense in ethics. There are many people who tell lies to themselves and get sick later by internal disturbances. It is easy to tell lies to others but one cannot cheat himself.

In order to smooth out an incident or affair, one tells lies to get away. Many people put up a false front—telling lies—to gain money, power or prestige.

One can deceive others easily but he cannot fool himself. He knows that he is not honest to himself.

Dishonesty to oneself is the cause of disturbances in one's inner life, and it is the cause of unhappiness and neurosis.

There are many smooth talkers and many people who put up a false front and live double lives, but I would rather be cheated and be

happy, and be poor by being honest, rather than cheat others for gain.

There is untold peace and gladness in being honest to myself. Indeed, honesty is the problem concerning oneself and not in relation to others.

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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.

# President's Message

by Rev. Koyo S. Kubose

Early one spring, my father, Rev. Gyomay Kubose, and I were driving down a tree-lined street. In the Midwest, the weather is still chilly in March but this particular year we had a few days of unusually warm temperatures. The trees were budding out much earlier than usual. Looking at the fat buds covering the tree branches, my father exclaimed, "Nature is so honest!"

It doesn't matter what the calendar date is, if it's warm, buds come out on the tree branches and plants send up their green shoots. I want to live such an honest life, a life of naturalness without pretense or artificiality. I want to live fully, and minimize the should's and ought's. When I decide to do something, I want to back up my decision 100% and do things without excuses or explanations.

If I decide to take out the garbage, then I will completely put myself into taking out the garbage! No need to think, "Well, I don't want to do it but I have to do it because it is my responsibility." Or "If I don't do it, my wife will get mad at me." Fairness and teamwork are one thing but chronic complaining and criticizing is what I'm talking about here. We also become clever and say things like it's too hard to take out the garbage because I'm so tired from working at my job all day. We find this and that excuse to get out of doing things we don't want to do. We might even proudly say, "Well, I'm lazy!" and feel others should admire one's 'honesty.' There's no end to the convoluted dynamics of the human mind. What is honesty anyway? Is it always good? Can it be abused? One can get a headache from over analyzing what honesty means. Sometimes we may feel like reducing honesty to when "nature calls." When you have to go, you have to go! Human affairs are rarely so simple.

The other day while on a walk, I saw two dogs meeting each other, tails wagging. When one dog meets another and tails are wagging, each dog knows there's an openness to meeting and getting to know each other.

You will never see a dog fake wagging his tail and then bite another dog out of meanness and deception.

Even though honesty is usually considered a good thing, we devious humans can manipulate a virtue and turn it into a vice. Suppose someone meets with you and says that he needs to talk to you. If he starts out by saying, "To be perfectly honest with you," you can be sure that you're not going to hear anything very pleasant. Honesty can be used as a hunting license to go out and harm others. Some people justify hurting others by doing it under the banner of honesty.

Honesty in dealing with others can be a complicated matter. It is even more difficult to look at oneself honestly. An unwillingness to try and sincerely do this is at the root of what can be called evil. On the other hand, the basis of a spiritual life is the willingness to look at oneself with honest sincerity. This is the beginning step... and when I reflect further, I realize it is the end step too.

Live naturally, like water flows, like flowers bloom. Too often we live our lives from the "outside in" and let external events determine our inner world of thoughts and feelings. How much more honest and natural it is to live life from the "inside out." A plant may need a nurturing environment but when it blooms, it does so 100%. The flower doesn't complain, "Hey, no one's around to appreciate me . . . maybe I shouldn't go to all the trouble of blossoming so completely!"

Nature is a great teacher. Let's take the time to look around and marvel at the budding trees, the greening of the yards. Let's smile appreciatively as we feel the warm sunshine and gentle breezes. May we witness the simple but awe inspiring sincerity in nature's response to spring-time temperatures. May our spirits resonate to nature's honesty and may we deepen our own awareness of change and renewal.

## Oneness Newsletter Spring 2000

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Please send:  
Dharma Glimpses - Poems - Reader Replies  
Summer issue deadline: April 15

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## Dharma Glimpses

We asked our niece who lives in New York if she could write something for our Oneness Newsletter. She wrote about an interesting experience she had regarding eating. Adding a commentary to her neat article: "If part of wisdom and right understanding is to go with the flow in life, it pays to be flexible and not be slaves to our conditioned habitual ways of doing things." We could also send a message from The Second City to The Big Apple about eccentric lifestyles but we won't— we are compassionate. The title of our niece's article is:

### Midnight Conch

Since I began working, meal times have become somewhat of an obsession. At 7:45 am, I eat breakfast. At work, I wait until 1pm to take a lunch break. As soon as I get home, I greet the fridge. When I'm not eating, I find myself thinking about my next meal. What will I cook for dinner? Is there leftover rice? Should I buy a sandwich for lunch?

My eating ritual was pretty consistent...until last Saturday. I was invited to a Valentine's dinner party at this restaurant in Brooklyn. Doors would open at 9:30pm, so beforehand I had a little TMO (a phrase I learned from Auntie Adrienne which stands for "tide me over"). The party was nice; there was a live band and an open bar. It wasn't until midnight when I realized that we hadn't been served dinner yet.

Was I mistaken? I thought this was a dinner party. But who would eat dinner this late? Well, needless to say the waiters served a full dinner at 1 am. And the strange part was nobody seemed surprised! The dinner was conch served in a yummy sauce. Later, I learned that most of these folks danced until the sunrise. It felt neat to eat at a time when I'd normally be in bed. And today, maybe I'll go crazy and have lunch at 10 am!

SRK



## OKESA-MAKING WORKSHOP

The *okesa* (Jpn.) refers to a Buddhist surplice worn around the neck. Traditionally worn by priests, the *okesa* now is also worn by lay attendees at a religious service or retreat to help focus one's sensitivity toward the Dharma teachings. The Kubose Dharma Legacy would like to encourage the wearing of an *okesa* for this latter purpose of furthering one's spirituality and not necessarily as a way of identifying oneself as a Buddhist and certainly not as a means of conferring some kind of status.

The impact of wearing an *okesa* is even more meaningful when one makes his or her own *okesa*. Thus, the Kubose Dharma Legacy is offering an Okesa-Making Workshop. Each participant will make his/her own cloth *okesa* (2 1/2" x 36" with braided tassels connecting the ends) to be worn around the neck. The Okesa-Making Workshop will be led by Ritsuko Inouye, who in addition to being an accomplished seamstress, is a gifted quilt-making instructor.

The Workshop will be held on Sunday, March 26, 2000 from 1:00 P.M. to 4:00 P.M. at the home of Koyo and Adrienne Kubose, 8334 Harding Ave., Skokie, IL; 847-677-8211. The \$50 registration fee will cover all necessary material and equipment. Class size is limited. Interested persons should register as soon as possible by sending the Registration Form below to: Kubose Dharma Legacy, 8334 Harding, Skokie, IL 60076.

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### REGISTRATION FORM Okesa-Making Workshop

Name:

Address:

Telephone:

Yes, please register me for the Okesa-Making Workshop on March 26, 2000. Enclosed is the \$50 registration fee (payable to the Kubose Dharma Legacy). I understand space is limited and that I may be notified that the Workshop is filled. If there is demand, another workshop can be scheduled at a later date.

## Zen Therapy Seminar

David Brazier, Dharma Teacher from England, will be visiting Chicago in May. During his last visit in January, 1998, some of you attended the seminar we sponsored, "The Feeling Buddha" which was very well received. This trip we are hosting a seminar in Evanston on Saturday afternoon, May 27, 2000 on "Zen Therapy" based on his book of the same name.

Seminar details are not finalized as of this writing. For updated information, contact the Kubose Dharma Legacy to receive a flyer and registration form.



### Book Review

By Koyo S. Kubose



"Zen Therapy" by David Brazier is a very informative book on integrating aspects of Western psychotherapy with Buddhist teachings.

I like Brazier's clear and concise manner of expressing his insights and found myself saying, "Yes, yes" while reading his book. Of course, this may be partly due to the fact that I also have a psychology background. I think psychology is a particularly good gate for Westerners to enter onto the Buddhist path.

"Zen Therapy" is divided into three parts. The first part is titled "Foundations" and introduces basic Buddhist teachings and outlines how they are related to Western notions of the therapeutic process. This part deals with religious rituals, ethics, mindfulness, and assumptions regarding what is the basic nature of self. Part II consists of 12 chapters that deal in more technical detail about aspects of the mind and how it is conditioned. This part is a very thorough and substantial presentation of basic concepts regarding the integration of Buddhism with the humanistic approach to personal growth. The third part of the book gives a good flavor of Brazier's view that therapy is a Zen way. Whereas Part II is theoretical, Part III uses concrete illustrations to expand on topics such as compassion, love, wisdom, loss, and a sense of community (Sangha).

"Zen Therapy" has been added to the list of highly recommended books available through the Kubose Dharma Legacy and can be ordered on page 7.

## American Buddhist Services

The Heartland Sangha holds American Buddhist Services at 11 am. on the first and third Saturdays of every month at the Lake Street Church in Evanston. Optional meditation sitting begins at 9:30 am.

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 "cutting edge" efforts in creating these progressive Buddhist services.

As a regular speaker, Rev. Koyo Kubose's Dharma Talks are always lively and thought provoking. The schedule for coming services is:

- |                 |  |
|-----------------|--|
| <b>March 18</b> | Dharma Bridges<br>(Ti Sarana Ceremony)               |
| <b>April 1</b>  | Green is the Buddhist Color                          |
| <b>April 15</b> | Power of the Birth Cry                               |
| <b>May 6</b>    | The Dharma Gardener                                  |
| <b>May 20</b>   | No Service Scheduled<br>(Attend Visahka Celebration) |
| <b>June 3</b>   | Dharma Fishing                                       |

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 on videotape are:

- Spiritual Emergency? Dial 911 Dharma
- Pebbles Into Diamonds
- Buddhist Hell
- Anger and Resentment
- X-Rated Dharma
- Iceberg of Gratitude

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

## Reader Replies

Dear Adrienne,

Thank you for such an insightful and complimentary review of my book, "The Monk Who Dared." It gives me renewed energy to keep going on the sequel "The Monk's Wife" which so far seems to be writing itself. Tell Koyo Sensei that this is what happens once the basic idea seizes you and the passion to write what you feel compelled to say takes over. It's both joyous and frustrating! What amazes me is that when it's all done and in print, it's the readers who tell you what you've done. The book is no longer "yours," it's "theirs" which is, I guess, one more aspect of the wonder of "things as they are."

Gassho, Ruth Tabrah

Dear Readers,

Our good Dharma friend, George Inouye, has written pamphlets over the years that express his Buddhist insights in his unique, haiku-like style. We have included some of his "poems" in past Oneness issues. Here is a sample from his latest work:

*Living Buddhism without knowing  
Its kernel always silent  
Blooms when mind awakens  
Its spiritual zest expands  
Getting there means returning  
End is always within*

Out of his own sense of Dana (generosity) in sharing the Dharma, George has distributed his pamphlets to his list of friends and interested persons. He has donated surplus copies of his past pamphlets to the Kubose Dharma Legacy. If you enjoy his work, let us know and we would be happy to send you copies.



## Seasonings

*sayings to add a little flavor to life*

Don't fish for compliments,  
You never really catch anything.

He who falls in love with himself  
Will have no rivals.

## TI SARANA CEREMONY

A Ti Sarana (Three Treasurers) Confirmation Ceremony will be held at 11 a.m. on Saturday, March 18, 2000 at the Lake Street Church (607 Lake St., Evanston, Illinois). This layperson ceremony is open to anyone who wishes to confirm his or her identity as a Buddhist and receive a Buddhist Name. Interested persons can register by calling Rev. Koyo Kubose at (847) 677-8211.



### Dial the Dharma

### (847) 677 - 8053

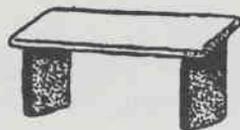
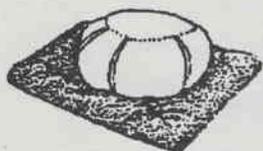
Call to hear a recorded 2-3 minute teaching.  
Tapes changed daily.

## Komical Karma



From Zen Comics by Ioanna Salajan

## Handmade Meditation Cushions and Benches



Locally handmade with care using traditional materials: kapok, cotton, and buckwheat hulls.

Zafus \$40 (11" dia. x 9" H. Specify kapok or buckwheat hull filling, black or black with blue top and bottom panels)

Zabutons \$55 (26" x 31" with removable washable black cover)

Seiza Bench (oak) \$35 Specify plain or with folding legs

Seiza Bench Cushion \$10 (attaches to bench)

These meditation practice items made by a local Sangha member are available through The Peace Project in Evanston, Illinois (847) 328-4445. "The Peace Project is a small home-based business dedicated to promoting individual and world peace through meditation. By cultivating peaceful thinking and breathing we can each achieve indi-

Home Altars (Obutsudan) made by a local craftsman, Philip Goff, have been donated to the Kubose Dharma Legacy and are now available. Interested persons can call Rev. Koyo Kubose (847-677-8211) for information on arranging to see and/or purchase these home altars. The sizes of the available home altars (made of wood, painted black) and suggested donations for each are listed below:

Smaller size: 8 x 8 x 14	\$100
Medium size: 10 x 10 x 17 with drawer	\$175
Larger size: 10 x 15 x 20	\$200

vidual peace, and in doing so help to create a peaceful world for ourselves and those around us. Through the Peace Project you can purchase your cushions and benches and at the same time support a local organization." Mention the Kubose Dharma Legacy when ordering and a donation will be made to us for each item purchased.

### Acknowledgements with Gratitude

### Supporters from Books and Donations

Lorraine Aoyagi (IL)  
 Yusuke & Rae Arakaki (IL)  
 Kiyoko Arao (IL)  
 Robert & Kay Azuma (CA)  
 Elizabeth Bahe (IL)  
 Robert Barker (IL)  
 Hank Chapin (IL)  
 Ben & Kiyo Chikaraishi (IL)  
 Ruth Funai (NJ)  
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 Barnes & Noble (San Diego, CA)  
 Borders Books (Glendale, CA)  
 Buddhist Temple of Chicago (IL)  
 Midwest Buddhist Temple (IL)  
 Transitions Bookplace (Chicago, IL)

Namiye Hanamoto  
*In Memory of Family Loved Ones*

Evelyn Kebo  
*In Memory of Patricia Higgins*

Tomoye Kubota  
*In Memory of Koichi Ozone*

Tomiko Motomura  
*In Memory of Fumi Yamamoto*

Lee S. Tanaka  
*In Memory of Miyano Hashimoto  
 Kaichi Hashimoto*

Yoshi Tanaka  
*In Memory of Miyano Hashimoto  
 Kaichi Hashimoto*

Yoshikane Family  
*In Memory of Toma Yoshikane  
 Sherri Yoshikane  
 Hank Nakagawa*

## 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 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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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 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	
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, clearly 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  
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YES YES Your Everyday Spirituality YES YES	
MAR	<p><b>Theme:</b> Courtesy <b>Purpose:</b> To practice patience and consideration while driving. <b>Method:</b> "Letting-In Gassho." Start with 'half' Gassho of one hand in front of you; extend hand out at 45 degree angle as signal for the other person to go ahead of you.</p>
APR	<p><b>Theme:</b> Living in the Now <b>Purpose:</b> To nurture fresh enthusiasm of whatever one is experiencing. <b>Method:</b> "WOW Gassho." Make a big circle with thumb and forefinger of both hands; put tips of remaining fingers together. Keeping the circle together, if you open your hands, can you see the word "wow?" (You can turn the WOW Gassho upside down for Mother's Day!)</p>
MAY	<p><b>Theme:</b> Respecting the Dead <b>Purpose:</b> To increase awareness of life's impermanence and interdependency. <b>Method:</b> "Cemetary Gassho." Do Gassho whenever passing a cemetary. If driving, do a one-hand Gassho. (Keep other hand on the wheel and eyes on the road!)</p>

### 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: \_\_\_\_\_