



# O n e n e s s

## NOBILITY

By Rev. Gyomay M. Kubose

When Gautama Buddha attained Enlightenment, he declared, "I alone am noble above heaven and below heaven." This means, "I alone am noble in the whole universe." This was an expression of his discovery of his true self. Every being possesses such a noble essence. In Western terminology it is the divinity in all of us. However, most of the time our ego gets the best of us and our nobility or divine quality is hidden deep down within us. Gautama discovered this nobility in himself and he lived that nobility. All beings are pure and good. Good in an absolute, not relative sense. It is good not as compared to bad. Without comparing, beyond the sense of relativity, we all have the noble quality in us. To be aware of this nobility in us is an important thing.

When I was a small boy, my grandfather used to say, "you belong to the Kubose family and our family has been a noble family of long standing. If you do a shameful thing, it is a shame to the whole Kubose family. You should remember that. A boy of a good family does not do shameful things." Many young children were told such things and our young minds were impressed. I am grateful for such teachings from my grandfather. To impress a young mind with such nobleness, whether nobleness of family or nobleness of a person, is very important. I sometimes hear parents telling their children, "You are bad" or "You are no good." This

is a negative approach; it is the wrong kind of scolding for a child. It would be much better to make the child aware of the nobleness of himself or his family. If a boy misbehaves, he could be told that a son of a good family does not do such things. It makes a lot of difference psychologically if he has this thought of being a child of a noble family instead of having his smallness or evilness emphasized. In fact, the latter emphasis would actually contribute towards creating such negative qualities. We should always try to emphasize the nobleness of a person. This is particularly important at a young age, when the mind is so open and receptive. This kind of teaching sticks in the mind of a young child and can influence his whole life.

Today in our midst, there is so much crime and degenerate behavior. When I read about such things in the newspaper, I always think about the quality of nobleness and how it is lacking in our society. Most people have noble thoughts and feelings but their egos get the better of them and they do not behave accordingly. A person may know it is wrong to steal or do a bad thing, but momentarily he forgets his nobility and he does the wrong thing. It is important to educate ourselves, to become aware that we have this nobility in us. All other persons and things also have this nobility. What we lack in our culture today is the awareness of nobility in others. There does

not seem to be any emphasis on such education in our society. It is lacking in our child training and in our social institutions. This is why families and our nation are in turmoil.

Awareness of the quality of nobleness in all beings is very important. It leads to a sense of oneness, to feelings of respect and humility. When Gautama Buddha declared, "I alone am noble in the whole world," this did not mean that he alone was noble. "I alone" means that each individual from his own perspective is the most noble. Buddha's declaration of his nobility is the declaration of every being; everyone should have this thought of nobleness of himself or herself. When one is aware of the nobleness in oneself, one cannot help but be noble. He cannot do wrong things. This is the foundation and basis of Buddhist teachings. This is religion in the Buddhist sense.

*(The Center Within, pgs. 58-60)*

*Inside*

<b>Introducing... The Legacy Logo</b>	p. 2
<b>New Year's Eve Party</b>	p. 3
<b>Dharma Glimpse</b>	p. 4
<b>Legacy's Video Loan Program</b>	p. 5

# President's Message

By Rev. Koyo Kubose

As part of our 5th Anniversary Celebration, we unveiled a logo for our organization, The Rev. Gyomay M. Kubose Dharma Legacy, which is dedicated to carrying on and sharing the Way of Oneness, Rev. Gyomay Kubose's non-dualistic approach to Buddhism. What is the background of how our new logo came about?

Adrienne asked her niece, Cary Okano, who has graphic design experience, to think about a logo for our organization. We wanted the logo to somehow involve "Gyomay" which means "bright dawn." Cary suggested some preliminary designs but none seemed exactly right. Half a year later, while traveling in India, Cary had an inspiration for our logo. She used a leaf shape based on an actual leaf from a descendant of the original Bodhi tree that Siddhartha Gautama sat under when he realized Enlightenment over 2,500 years ago. Cary then added the rays of a dawning sun in the middle of the leaf shape. The color yellow was chosen because it can represent the sunrise and also was the color of Gautama Buddha's followers' robes during his time. Yellow is now considered the traditional color of Buddhism.

What are the meanings of the Bodhi leaf and bright dawn themes in our logo? Bodhi means wisdom or enlightenment. Enlightenment is **the** central theme in Buddhism. The sun symbolizes the light of the Dharma Teachings which enables us to see life clearly. The themes of the Bodhi leaf and of bright dawn are particularly relevant for our organization. As mentioned earlier, the translation of the Chinese calligraphy for Gyomay (GYOMEI) is "bright dawn." The sun dawns each morning, shining brightly . . . bringing light and warmth to what would otherwise be a dark, cold, and lifeless planet.

Rev. Gyomay Kubose lived each day as a new day. His way of living was always so fresh and full of joy. He did not hold grudges or stay attached to negative past events. With humility and gratitude, he shone like the sun on people and things unconditionally. It can be said that Bright Dawn means the same thing as to keep one's "Beginner's Mind" (i.e. the Buddha's Mind!).

The Bodhi leaf theme fits in with Rev. Gyomay Kubose's closeness to nature. Rev. Kubose really loved plants and gardening. Just as nature is about naturalness and the reality of life, Rev. Kubose lived such a natural life with no artificial pretensions.

The significance and impact of the Bodhi leaf and bright dawn in our logo can be expanded upon in many ways. I hope our logo becomes more than just a graphic symbol identifying an organization. Symbols are powerful and can elicit strong emotions. Particularly in the midst of life's difficulties, people turn to their religious symbols. This is why Christians wear crosses on necklaces and have pictures of Jesus. The Jewish have the Star of David. The Buddhists wear Dharma Wheel jewelry and have Buddha statues in their homes.

In addition to traditional Buddhist icons, I hope someday everyone who identifies with Rev. Gyomay Kubose's Way of Oneness approach will have in their home a picture or some artistic representation of our bright dawn Bodhi leaf.

For the family of the late Rev. Gyomay Kubose, the bright dawn Bodhi leaf logo elicits a potent emotional response with deep spiritual meaning. We want to share this with others.



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Please send: Dharma Glimpses - Poems - Reader Replies Spring issue deadline: January 15		

**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.**

# 2001 - New Year's Eve Party - 2002

An open invitation is extended to Oneness Newsletter readers to join in our annual New Year's Eve Potluck gathering on December 31. One highlight is a hot sake toast at midnight. Another highlight is everyone takes turns striking a bell for a total of 108. 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, etc.

Everyone can write down a bonno to work on for the year 2002. 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.

**Date:** December 31st

**Time:** Festivities begin at 8:30p.m.

**Place:** Rev. Koyo and Adrienne Kubose's home  
8334 Harding Ave., Skokie  
(847 - 677 - 8211)

No need to RSVP. Just come if you can make it; bring a pot-luck dish.

## Legacy's Five Year Anniversary Celebration

The five year anniversary celebration of the Kubose Dharma Legacy was an opportunity to take a look at some of the creative ways the Legacy has brought the Dharma into our lives. While going through pictures from past Legacy events - such as the Sunrise Walk, Okesa-making workshop, and New Year's Eve Celebration - I kept thinking about those who couldn't participate because they live far away. But then I realized that the Legacy really takes advantage of the different methods of communication available.

**Print** The Legacy makes available Rev. Gyomay Kubose's books and translations as well as other books on Buddhism. *Everyday Suchness* is available in Japanese, in Portugese, and even in Braille. *The Center Within* is also available as an audiobook. The quarterly *Oneness* newsletter continues to keep readers up to date with Legacy activities and offers readers a chance to voice their views, share a Dharma Glimpse, or pass along a Komical Karma cartoon.

**Phone** Since Dial-the-Dharma (847-677-8053 ) began in 1987, people have been picking up their phones to hear Rev. Gyomay Kubose and Rev. Koyo Kubose's short Dharma messages. This innovative free telephone service was featured in the Spring 2001 issue of *Tricycle* magazine, the December 8, 2000 *Chicago Sun Times*, and in *The Complete Guide to Buddhist America* (p. 145), edited by Don Morreale, Shambala Publications.

**Live** In addition to speaking engagements across the US and Canada, Rev. Koyo has performed weddings, funerals, memorial services, baby blessings, and has led "home gathering" discussions.

**Video** The Legacy recently began a free video loan program for those who miss Rev. Koyo's talks at the Heartland Sangha American Buddhist Services held in Evanston. One video loan program participant, JR, who is a sponsor for a meditation group at a correctional facility in Oklahoma, wrote, "Thanks again for the loan of the video...Gratitude for the connection and the nourishment."

**Internet** The Legacy website, [www.brightdawn.org](http://www.brightdawn.org), can be accessed from anywhere, anytime. It describes what the Legacy is about and has biographies and writings of Rev. Haya Akegarasu, Rev. Gyomay Kubose, and Rev. Koyo Kubose.

If you can think of other ways to spread the Dharma, give us a ring/fax/letter/email or an old fashioned holler!

- Shauna Kubose Fleuridor

Minnie Kubose was awarded the Bright Dawn Dharma Award for her dedicated support of Rev. Gyomay Kubose's lifework of promoting Buddhism in America. Hand in hand with Rev. Kubose, Minnie was helping with temple activities, raising their three children with wisdom and patience, teaching tea ceremony with harmony, respect, purity, and tranquillity. The Legacy took this opportunity to shine the spotlight on Minnie and to recognize her efforts in sharing the Dharma.





## Take a Walk on the Other Side

by Tate Kubose

When I first moved to New York City, just over a year ago, I never thought that events as tragic as those that occurred on September 11, 2001, would ever happen, much less in a city that I lived in. But that's a different story, one that, appropriately or inappropriately, serves only a tangential role in my most recent 'insight' into life. As with my previous submission to the Newsletter ("Keeping Your Balance on the Bus-ride of Life"), my realization involves commuting from home to work.

I was lucky enough to find an apartment in New York City, no small feat in itself, that was within walking distance to where I work (although, as someone once said, "everything is within walking distance if you have enough time"). I live almost directly north of where I work, so there is really only one way to go to work, down the same street, on the same side of the street. Any other route seems circuitous. So, each morning and evening, day after day, I would walk down Broadway, on the West side of the street. The first few days were interesting, as almost all walks in Manhattan are, full of people, activity, busy-ness, and life. But, after a while, the walk got routine, as the unique people became regular, the colorful language became familiar, and the store and shop locations became memorized. There was nothing new for me on the walks.

Then one day, I had to buy a swatch of carpet to protect the hardwood floor underneath my computer chair.

On my walk home that day, I actually crossed Broadway. I went to the East side of the street to a store, and bought a scrap of carpet for five bucks. Since I was on the East side of the street, I walked home on that side for the first time. While I was walking home, I was amazed at how different the street looked from the other side. For the first time, I saw the storefronts and facades on the West from further away. When walking next to the stores on the West side of Broadway, I could see in great detail the items in the windows, the people inside, and the goods displayed on the sidewalks. But I could never really see the full storefronts, or the signs placed on the side of the buildings, advertising the store. Now that I was on the other side of the street, I could see these things clearly. It was like I finally saw the forest, and not just the trees. I saw stores that I had never noticed before, simply because I had never seen their signs. I saw whole sides of buildings that I never saw before because of the angle of my sight from that side of the street. I saw that there was a huge structure on top of the bus station that I did not even know was there. All because I walked on the other side of the street.

During my walk home, I thought that there was a lesson to be learned from the experience, and wanted to submit something to the Newsletter about this eye-opening experience, to share with others my insight. Yet I could not quite grasp exactly what that insight was. Then today, it came to me.

Yesterday, two planes flew into the World Trade Center, causing death and destruction.

While the entire city of New York felt the effects, they were, obviously, felt the most in southern Manhattan, where the World Trade Center was. Way up north, where I live, is far enough away that life is relatively normal. There were small differences the day after, with more policemen being around, less people on the streets (though more than I had expected), and many of the familiar shops closed. But, for the most part, life was moving on, despite the previous day's events. I left work early, as hardly anyone was there, and stopped by the post office to see if they were open. I had to send some letters, and thought that the collection from mailboxes might be too slow. After leaving the post office, I again found myself walking down the East side of Broadway. It was the first time I walked on that side of the street since the one time I just told you about. Again, I looked at the West side of the street and again saw how different it looked from the East side. At that moment, I realized and learned several things.

First, I finally realized that I am blind and ignorant. Ignorant because I thought I knew all there was to know about Broadway between 184<sup>th</sup> and 168<sup>th</sup> Streets, just like I think I know everything about myself. Blind because I failed to see how things looked from the other side, how things look so different from near versus far, how my limited perspective prevents me from seeing all there is to see, especially about myself.

Second, I learned that you can learn things you never realized, with only a slight shift in perspective. A very small, very simple change in my routine, merely walking on the other side of the street, made me look at the West side in a completely different manner. Similarly, a small shift in perspective can make you look at yourself and others in a completely different way. Why is it that when you're driving behind someone who keeps on stopping to look at addresses, it's so intensely annoying, yet when you're trying to find some address for the first time, you get annoyed at those behind you who honk? And surely the other person can't always be the selfish and immature one, while you are always in the right. Did that driver cut you off, or did you fail to let him in? Probably depends on which car you're in. Why is that waiter so slow? Or should I really ask "why am I being so impatient"? Sure, sometimes waiters just suck. But sometimes they are truly busy, trying to serve everyone, so maybe we should try to understand that from their perspective, they are doing as well as they can. And sometimes I really need to step back, walk on the other side of the street, so to speak, and look at myself. Am I acting in a way that I would want another to act? Do I treat people the way I would like to be treated? What makes me so special? Am I *really* the only one who does any work around here? Who's really being the stubborn one?

And the last, perhaps most important thing I learned is that regardless of the reason *why* the insight occurs, the *insight itself* is the same. For example, I have walked down the East side of Broadway twice in my life. Once was because I need a piece of carpet. The other was because I went to the post office to mail some letters, fearing that mail wouldn't be collected from mailboxes because two planes flew into the World Trade Center, causing untold damage and heartache. Despite the huge difference in the reasons *why* I was on the East side of the street, *I had the same experience* walking home each time. Both times I found myself in awe at how different the street looked from the other side. Regardless of why I was there, merely walking on the other side of the street made me look at the West side in a completely different

manner. So, which would I rather do: Change my perspective and take a new look at myself, my behavior, and my attitude only after an intense argument, tragedy, or some other negative experience? Or simply cross that metaphorical street myself and try to see how right and wrong are often merely a matter of perspective, and how my sheltered views and thoughts can often be ignorant or naïve? As painful as learning those things sometimes is, I would much rather learn them on my own than have them forced upon me. So, when you have the time, cross that street. You'll see things you never saw before.

Heck, when you get to the other side, you might see me there, waiting for a bus. Hahaha! A bus! Get it? Waiting for a bus? Get it? "Keeping Your Balance on the Bus-ride of Life"??? Bah, nobody gets me.

Or hey, wait, maybe it's that I...don't get...them... Hmmm...



## 2002 Year of the Horse



(This sumie painting is by Mr. Chitfu Yu. It is one of several paintings he has generously donated to the Legacy. To see more of Mr. Yu's artwork visit [www.chitfu.com](http://www.chitfu.com).)

*In 2002, strive to be spirited like this horse. That's part of what living a spiritual life means. May you have an exciting and joyful holiday season.*



## Seasonings



*sayings to add a little flavor to life*

No snowflake falls in an inappropriate place.

-- Zen Saying

There is nothing useless...not even uselessness itself.

-- Montaigne

## American Buddhist Services

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

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

- Dec 15 The Spirit of Giving
- Jan 5 Year of the Horse
- Feb 2 A Dharma Snowball
- Feb 16 Spiritual O.K.ness
- Mar 2 Buddhist Bonno & Self Acceptance

## 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 at no charge. Return the tape and another will be sent to you.

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

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

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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.

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Invisible Eyelashes		\$12.00	
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The Monk Who Dared		\$15.95	
Zen Therapy		\$17.95	

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

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**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

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YES YES		Your Everyday Spirituality	YES YES
<b>DEC</b>	<p><b>Theme:</b> Quiet reflection</p> <p><b>Purpose:</b> To appreciation beauty</p> <p><b>Method:</b> "Moon Gassho" (Courtesy of Janet Lipner): When you see the moon, no matter what phase, gassho to its beauty. Think of the moon shining down on someone you haven't seen in a while.</p>		
<b>JAN</b>	<p><b>Theme:</b> New beginnings</p> <p><b>Purpose:</b> To put the "past" behind oneself</p> <p><b>Method:</b> "Washing-Hands Gassho:" Mimic washing your hands (like black-jack dealers do at the end of their shift). Do Gassho with your new clean hands.</p>		
<b>FEB</b>	<p><b>Theme:</b> Love</p> <p><b>Purpose:</b> To remember a loved one</p> <p><b>Method:</b> "Hug Gassho" (Courtesy of Janet Lipner): Give yourself a hug and imagine it is a loved one who is giving you the hug. Gassho to photo.</p>		

### Mailing List Update

Our mailing list has welcomed new additions from many sources and referrals. We are happy to continue sending our newsletter to all interested persons. One reason for staying on the mailing list is to find out when new books come out. Also, you never know when you might want to order a book for a relative or friend in a future time of need. If you know someone who would like to be added or removed from our mailing list, please indicate below and send to: Oneness Newsletter, Kubose Dharma Legacy, 8334 Harding, Skokie, IL 60076.

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