
O N E N E S S

E = mc² By Rev. Koyo Kubose

E = mc² is the title of an article by Dr. Warren Tamamoto that appeared in the publication HOZO (Third Quarter, 2005). The article is of a talk given by Dr. Tamamoto as the keynote address at the State Jr. YBA Convention held at Pacific Beach Hotel in Waikiki, July 15-17, 2005. The theme of the convention was E = mc², Enlightenment = Meditation and Compassion. In addition to quoting from this article, I want to relate thoughts on Albert Einstein to the life and work of my father, the late Rev. Gyomay M. Kubose.

Perhaps it may seem presumptuous to draw parallels between the impact of Einstein's work about our physical world to the impact of Rev. Gyomay Kubose's impact upon our spiritual world, but I can only express my own feelings. My intent is not to try and document whether certain comparisons are accurate or historically correct. We need our "heroes" wherever we can discover or create them. The important thing is to be truly inspired to deepen one's own individual spirituality.

By coincidence, on the same weekend that the Jr. YBA Convention was taking place in Waikiki, a Centennial Birthday Celebration Service was being observed for the late Rev. Gyomay Kubose in Dunsmuir, California. The Service was the culmination of a week-long family retreat sponsored by the Kubose Dharma Legacy (KDL) which is the religious educational organization dedicated to carrying on Rev. Kubose's non-sectarian,

non-dualistic approach to the Buddhist teachings.

In the months prior to the retreat, I had clipped out articles about Einstein that were appearing in the newspapers since 2005 is the centennial year of commemorating the publication of his famous scientific papers in 1905. I thought it was an interesting coincidence that 2005 was also the centennial year of my father's birth in 1905. Just as Einstein was a revolutionary figure who had a tremendous impact on how we view and understand the physics of our physical world—to me, my father was the equivalent counterpart in the spiritual or religious world.

Both Albert Einstein's and Rev. Gyomay Kubose's early lives were not easy or privileged. Yet, somehow both were able to courageously and creatively blossom into independent thinkers. (For further reading: Dr. Tamamoto refers to a book, "Einstein's Cosmos" by Michio Kaku, Atlas Books, 2004. A biography of Rev. Gyomay Kubose, "Remembering Sensei" is available; for a complimentary copy, see order form elsewhere in this newsletter.)

Einstein's image does not conform to that of a typical scientist and prior to the publication of his famous papers he was not held in high regard by the scientific establishment. As Dr. Tamamoto points out, "Because he had lost the support of so many of his professors at the Polytechnic, his job prospects were poor after he graduated

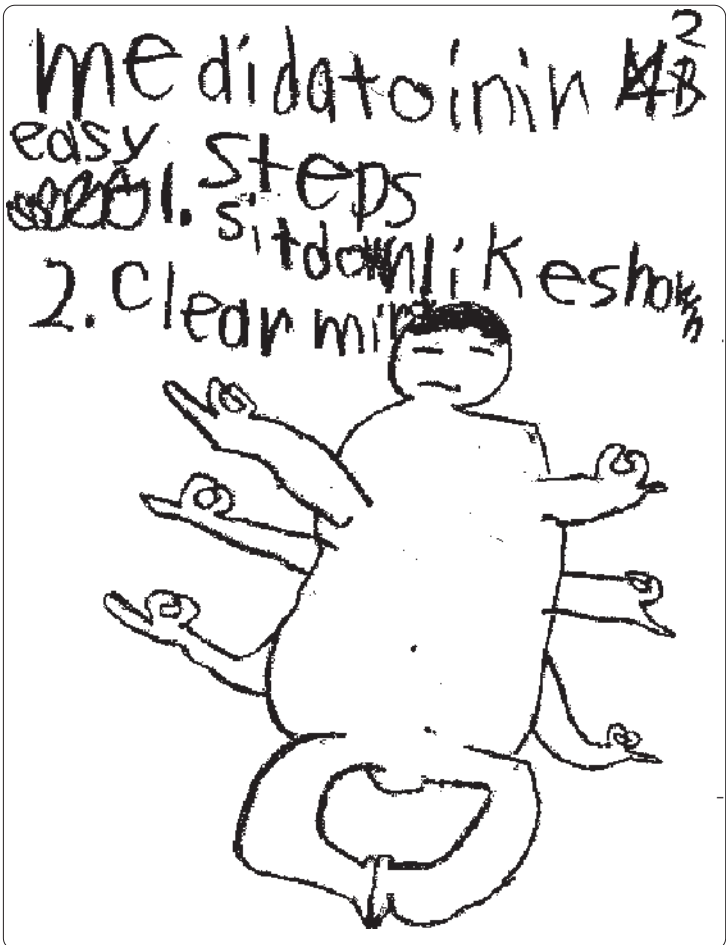
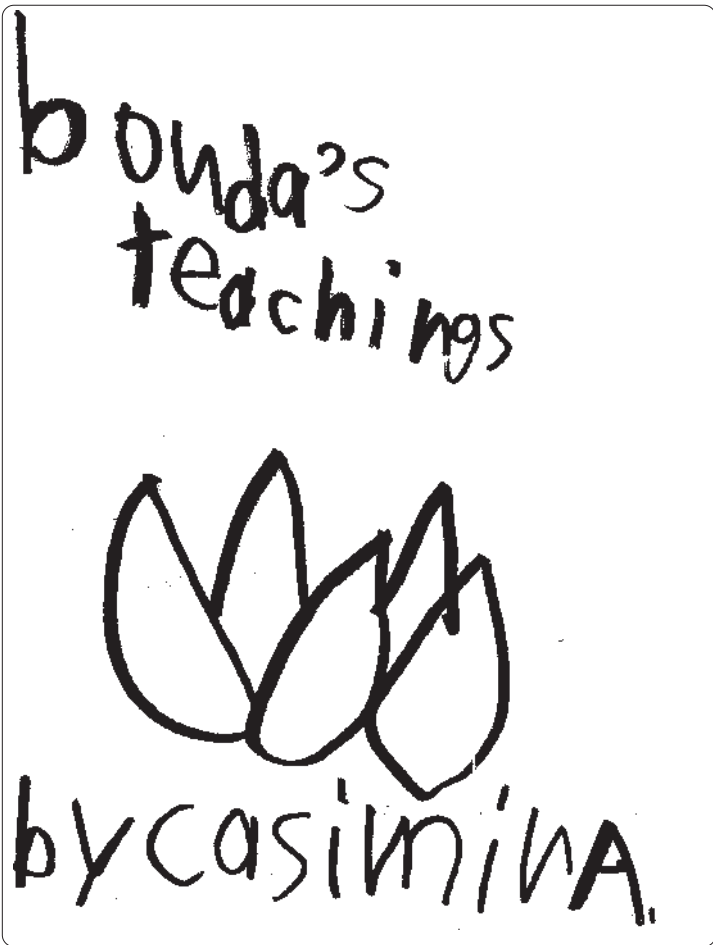
and in 1902 instead of a Professorship, he finally got a job at the Bern Patent Office as a clerk." Rev. Kubose did not behave like a typical Buddhist "Master" and having founded his own independent temple, he did not enjoy high rank in any Buddhist organizational hierarchy. Yet, Rev. Kubose's approach is quite revolutionary and he is a challenge to the "establishment" because he emphasizes individual spirituality rather than any sectarian dogma.

When the current Buddhist Churches of America Bishop, Rev. Koshin Ogui, was a minister in Cleveland, he would regularly invite Rev. Kubose as guest speaker for one of his temple's annual seminars. For other seminars, Rev. Ogui regularly invited well-known Zen Masters. Rev. Ogui observed that his students were in awe (almost fear) of the Zen Masters. This was quite a contrast from Rev. Kubose's gentle quietness.

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Editorial Comments

The above art work was done by Casmir Abatangelo, age seven. We were so impressed that we just had to share it with our newsletter readers. Notice that Casmir provides the written instructions, "Meditation in 4, which is crossed out; 3, which is also crossed out; 2 easy steps." Now, that's the Zen way of simplifying! The two easy steps are: "1. Sit down like shown; and 2. Clear your mind." Yes, basically, that is it! Also notice that the drawing displays a compassionate spirit by showing six arms which signifies the many ways that the Bodhisavatta Kwan Yin serves the world. The hand/finger mudra sends the message of "Have no fear; everything is O.K."

We have it on good authority that Casmir conceived and executed this work completely on his own. We also understand that he is very shy and humble about his work. We are not exactly sure what the forces were that resulted in his work coming to us via a fax but we ask for Casmir's indulgence. May he come to realize that a young child's spirituality is inspirational to behold. As it is written in the Dhammapada, "Even a young seeker who starts upon the way, shines bright over all the world, like the moon freed from clouds."

Oneness Newsletter Fall 2005

Editors: Shauna Fleuridor, Adrienne Kubose, Rev. Koyo S. Kubose

<p>Please send Dharma Glimpses, Poems, Readers Replies to: 8334 Harding Avenue Skokie, Illinois 60076</p>	<p>Phone: (847) 677-8211 Dial-the-Dharma: (847) 677-8053 Email: brightdawn@kubose.com www.brightdawn.org</p>
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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. *

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Rev. Ogui tells how before Rev. Kubose's visits, he would instruct his students to not take Rev. Kubose for granted but to watch him very closely because if one was not keenly observant, it's easy to think he's "just an old man off the street." Rev. Ogui says of Rev. Kubose, "He is so natural and simple that we are sometimes incapable of recognizing his existence, but he is a person who lives each moment to the fullest, with a deep sense of gratitude." (Remembering Sensei, p. 172)

Einstein did not blindly accept authority figures as the final word in either science or religion. He was not devoutly religious but had a "cosmic" spirituality as his focus. As Dr. Tamamoto mentions, "Einstein had some exposure to Buddhism from his world travels... When he came to know that according to the Buddha Dharma, the heart of the Buddha does not pass judgment of whether something is good or evil, he was elated to have encountered this kind of religion for the first time, and said that in order for us to realize true peace that is free of conflict, we must learn from this."

Einstein is quoted as having said the following: "The religion of the future will be a cosmic religion. It should transcend a personal God and avoid dogma and theology. Covering both the natural and spiritual, it should be based on a religious sense arising from the experience of all things, natural and spiritual, as a meaningful unity. Buddhism answers this description... If there is any religion that could cope with modern scientific needs, it would be Buddhism."

What about the parallels between Einstein's work and my father's teachings? Undoubtedly, others could make better comparisons between science and religion or between physics and Buddhism, but here are my personal thoughts: Rev. Kubose's Way of Oneness approach emphasizes non-dualism; that is, no rigid either-or thinking. Einstein showed that light can have both wave-like and particle-like properties. Prior to this, the debate on the nature of light was an either-or controversy. Another thing Einstein asserted and that has been proven is that space bends or is curved. This means that if one traveled straight in one direction far enough, one would return to the starting point. Thus, Beginning = End; or East is West. Sounds pretty mystical!

Einstein also showed that time is not a constant but is relative. That is, depending upon the speed one is traveling, time slows down or speeds up. Of course, you have to be traveling close to the speed of light (186,000 miles per second) to take advantage of this fact. Nevertheless, it is a revolutionary scientific fact that is simply amazing. Not to mention that this fact is the basis for time travel being possible.

Quoting from Dr. Tamamoto's article, "Later in 1905, Einstein published a small paper, almost a footnote. In it, Einstein proposed that matter and energy could change into each other. That is, they are interchangeable. If you calculate exactly how much energy was being converted into mass, in a

few simple lines you could show that $E = mc^2$, the most celebrated equation of all time. Since the speed of light is a fantastically large number and its square is even larger, this meant that even a tiny amount of matter could release a fabulous amount of energy."

This is the principle behind both the atomic bomb and atomic energy. I offer the interpretation of it in terms of a teacher (small amount of matter) and the impact of his teachings (tremendous release of spiritual energy spreading through time and space). Thus, a teacher and his teachings can change into each other; that is, they are interchangeable.

How about you and I? The physical body (matter) and the karmic influences of how one has lived (spiritual energy) are interchangeable. What are the implications of this for our ideas of self, of death, of an afterlife and immortality?

2005 is the year of two different centennial observances. One is the birth of Einstein's revolutionary theories in 1905 and the other is the birth in 1905 of Rev. Gyomay Kubose. To me, both are like two peas in a pod—side by side—each one is a great person, each in his own way. One shines a bright light to understand our physical world, and the other how to live an enlightened life of naturalness and simplicity.

AUTUMN POEMS

Of the twenty thousand leaves
of the oak tree
about twelve thousand were burned,
six thousand rotted on the ground,
two thousand disappeared in the river,
and one was pressed in a book,
pasted on paper,
hung on the kindergarten wall,
and considered by everyone to be
quite a marvelous thing.

John Dickson



Maple leaf
Falling down
Showing front
Showing back

Ryokan

IT'S A BOY! By Keizo Pierre Fleuridor

Man, what a shock! All I had known for over nine months was darkness, quiet, and warmth. Then, BAM- bright lights, loud noises, and cold! You better believe that I let it be known how I felt about this. Then I rested because it was quite a workout, with all that straining and being pushed around. Let me tell you--being born is quite a trip--it is literally going from one world into another different world. Of course, now I have to breathe on my own but this is not difficult to do at all. Feeding is another matter. Before birth, I automatically received nourishment. Now, I get rather concerned when I feel hungry. It is so reassuring to learn that a food source is reliably available. My excretion process used to be automatic and actually still is, except now for some reason, the event creates excitement to those around me.

I am getting ahead of my story. My parents are Shauna and Richardson Fleuridor. My due date was August 1, 2005. I arrived at 3:30 AM on Monday, August 8th at the Alternative Birthing Center of Illinois Masonic Hospital in Chicago. I weighed in at 7 pounds, 5 ounces, and was 20 inches in length. In the week before my birth, here are some stories that have been told.

Although due dates are not an exact science, my mom took some castor oil on Friday, August 5th, in hopes of getting things moving. Well, it certainly got things moving, and it also caused cramping. That night, my mom's water broke a little, but she didn't tell anyone, especially my father, because she didn't want him to take her to the hospital unnecessarily too early. My mom wanted to stay at home until she felt it was really time to go to the hospital. Well, by Sunday afternoon she was still cramping and her labor pains had started, but the contractions were not frequent enough to go to the hospital. So, she made an appointment with the midwife for a TENS treatment, which is electrical stimulation to encourage labor onset. Upon examination, she was now eight centimeters dilated which was a surprise since she was walking around and smiling. Still, since it was determined that her uterine contractions were not frequent enough, she was given a medication to stimulate contractions. Now, labor really started. I understand that my mom is quite capable of giving forth a guttural, primal moan. I have to hand it to my parents. For the next 4 ½ hours or so, my mom tried all kinds of birthing positions, with my dad holding her up. The midwives were very impressed with them and said they were quite a team.

On Monday morning, about eight hours after being born, I was taking a snooze on my dad's chest. He could lay down on a pull-out bed next to my mom. I had my first family visitors: my Kubose grandparents Don and Joyce; and my grand uncle and aunt, Koyo Kubose and Joyce Prosisie. They

all toasted me with a very special bottle of wine. I myself didn't get to drink any... on second thought, yes I did.

Since my mom's ethnic background is Japanese and my dad's is Haitian, everyone was curious whether I would have a Mongolian spot. In fact, the relatives had a friendly betting pool whether I would have a spot (I did), and whether I would be a boy or girl (not even my parents knew beforehand), the date and time of my birth, and my birth weight and length. Later that day, my uncle Kanon visited, and that night my grand uncle and aunt, Robert and Adrienne also came to visit. I got held by everyone!

I appreciate all the sacrifices my parents had to make. First of all, they had to miss the Dunsmuir, California family get-together which was held in mid July. My mom was particularly bummed out about that. But through a video conferencing set up, those in Chicago were able to participate in the Dedication Service that was held in Dunsmuir to commemorate the 100th Birthday Celebration of my great grandfather, Rev. Gyomay M. Kubose.

My grand uncle Rev. Koyo Kubose is ghost writing this article for me. He said it occurred to him that just as my mom Shauna had a midwife to help with my being born, it was Shauna who was like a midwife in helping our Kubose Dharma Legacy (KDL) organization be born when it was first being started some eight years ago. One of the purposes of the KDL is to encourage the spirituality of our newsletter readers. So, here is what I have to offer you.

The miracle and wonder of birth is a tremendous thing to experience. It is a new life; a new world. Please open yourself to this kind of miracle and wonder in your own spiritual life. Don't just read about it or think about it. Don't be afraid of big changes. Go for it! It's definitely worth it.



Shauna, & Richardson with Keizo (2 days old)

Kubose Dharma Legacy (KDL) Dunsmuir Retreat, July, 2005

In 2004, Don Kubose, eldest son of Rev. Gyomay M. Kubose, had an idea for the KDL to sponsor a Centennial Birthday Celebration for his father. In an invitation letter to family and relatives he explained the rationale for the event as follows:

“Next June 21, 2005 would have been Dad/Grandpa Kubose’s 100th birthday. We thought it would be fitting to honor his memory and life by the Kubose’s and Taniguchi’s getting together and reminiscing about him and how he has impacted our lives and others.

“He was always close to nature and the outdoors so we thought it would be nice to choose a place that he would have enjoyed visiting. While visiting Bruce and Aimy Wilbur’s vacation house in Dunsmuir, we thought it would be a great place to hold the event. Dunsmuir is in northern California in the Mt. Shasta area. The Wilbur’s backyard is right on the bank of the upper Sacramento River (the name Kubose means long time by the water).

“Since the Wilbur’s house can sleep a limited number of people, we have reserved two rental homes (which can accommodate up to 22 people) in Dunsmuir for July 10 to 17, 2005.

“One of the planned activities is to dedicate part of the Wilbur’s backyard to Dad/Grandpa with a memorial plaque mounted on a boulder that is next to the river. We will also assemble in the backyard, an arbor with a swing. A plaque on the swing will read ‘Everyday is a Good Day.’”

Pictures of the above can be seen in this special insert to our regular newsletter. We thank the Wilbur’s whose vacation home was the central hosting venue. Aimy Wilbur is Rev. Gyomay Kubose’s niece from the Taniguchi side. Rev. Kubose’s wife Minnie was a Taniguchi from Fowler in central California. So it was that 30 relatives (In addition to California people, some came from Illinois, New York, and Washington) spent a week’s retreat in Dunsmuir, with ages ranging from 6 months to 68 years. A group picture was taken with all of us wearing KDL Retreat T-shirts that had on the back, the KDL logo of a sunrise in the middle of a Bodhi leaf. A generic spin-off “Oneness” T-shirt was also designed, and is available for purchase (see elsewhere in this newsletter for ordering

information). A terrific family cookbook was put together which is also available.

The fun-filled week included a potluck dinner using recipes from the family cookbook (with special wines provided by Brian who works at a winery); an ice cream social (build your own sundaes with homemade hand-cranked ice cream—no cranking, no eating!); shaved ice (using a beautifully refurbished family antique shaved ice machine) with all kinds of topping including adult flavors like Drambuie, Kahlua, and other liqueurs; and KDL sponsored a Chinese dinner for everyone at a restaurant in the nearby city of Mt. Shasta.

Yes, we did things other than eating. We had a Crafts Day that included using stencils and paints to decorate baby clothes for the soon-to-be-born baby Fleuridor; constructing a neat totem pole, and making beautiful note cards (for free patterns: www.irisfolding.circleofcrafters.com). We had a Game Night that included board games, a ping pong tournament (Darren was the winner), and an exciting Texas Hold ‘Em Tournament won by Don, who received a fancy plaque and later a hat that had on the front a picture of cards showing a royal flush, with the words, “I’m all in!”

One day we had a fun picnic at a nearby park, where we followed Emiko’s lead in “soaking up the sun” (Sheryl Crow, eat your heart out!). There was a big stage at the park and everybody participated in a Talent Show. Tina was the MC, and the impressive performances included skits, dancing, singing, and fantastic taiko drumming. Such talent... no chopped liver here... except for the corny jokes. On the stage

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we also took group pictures showing both the front and back of the special KDL T-shirts we were all wearing.

On another day, some of us went hiking to visit several water falls. One waterfall had a cave behind it that you could walk around in. While hiking, we saw on the top of a tree an osprey nest with two juveniles in it. As an experienced bird watcher, Robert has keen eyes. Magnificent views of the majestic Mt. Shasta can be enjoyed when traveling in this area. On several days, some went fishing since the upper Sacramento River in Dunsmuir is well known as a prime fly fishing area. Darren said he has seen the movie "A River Runs Through It" five times.

One night Uncle Sunnan put on a Magic Show that wowed the kids. How did he do that mind-reading trick anyway? Another night we had a Video Premier Night that included: "Life of Oneness" (a video on Rev. & Mrs. Gyomay and Minnie Kubose's life); "Discovering Everyday Suchness" (a video of an inspiring talk given in Hawaii by Laura Kamoku in which she describes how Rev. Kubose's book helped her overcome crack cocaine addiction and turn her life around); and the Wilbur's Passion Flower Production of a video of Tate & Denise's wedding, with previews of a coming video of Bethany and Brian's wedding.

Everything led up to the last day when we honored the late Rev. Gyomay M. Kubose's life, with Rev Koyo officiating the Centennial Birthday Commemoration Service on the back deck of the Wilbur's house. Since the Dharma Name of Gyomay means Bright Dawn, some of us had also gotten up early that morning to view the sunrise at a special spot in the nearby mountains. As part of the service, everyone signed a Dunsmuir Retreat Proclamation. A copy of the Service Program is included in this insert. Rev. & Mrs. Gyomay Kubose's children (Don, Joyce Prosize, and Koyo) spoke, with Don and Joyce sharing their thoughts and feelings, and Rev. Koyo giving a Dharma talk to the children. Through a video conferencing set up, the service was seen live in Chicago by pregnant Shauna, her husband Richardson, and Kanon Kubose. At the conclusion of the service, each of us wrote a message on a small rock and then we placed our rock at the base of a boulder on which a memorial plaque had been mounted. At that time we also poured cool water over the boulder and put our hands together in Gassho. Then at the newly constructed arbor we could sit on the "Every Day is a Good Day" swing and view the river that was rushing by a few feet away. This all took place in the Wilbur's wooded backyard, a beautifully rustic setting.

Attendees of this KDL Retreat were invited to submit articles for our newsletter about Rev. Gyomay Kubose and/or about their experiences at the retreat. These articles are included in this insert.

REFLECTIONS ON THE DUNSMUIR RETREAT

Don Kubose

It was a long time in planning and so short in duration. The rate of time passage during the event appeared to increase exponentially. When we arrived on Sunday evening and had supper with everyone time appeared to flow normally. But starting Monday the time began to pass more quickly. By Thursday it was flying by. By the time Saturday came it was going at warp speed. And then it was Sunday and we were hugging each other good-bye.

I thought about this in terms of chemical kinetics. The experiences we had that week were very concentrated in time. In chemical kinetics the rate of reaction, or the effect on a system, is proportional to the concentration of the all the reacting substances (all other things being equal). In many instances it is proportional to a power of the concentration of the reacting substances. In other words it is proportional to the concentration squared or even cubed. To translate this to the events of the Retreat:

$$\text{EFFECT} = \text{KDL}(\text{time})^n(\text{people})(\text{events})$$

where KDL is the proportionality constant and the EFFECT is what the Retreat meant to everyone. The term, $(\text{time})^n$, is shorthand for $(\text{rate of time passage})^n$. So, the larger value of n , the faster time passed and the more consequence it has on the EFFECT. I think n had a large value. The higher the rate of time passage the larger the EFFECT.

The fact that the EFFECT is so large, it will last a long time and provide much to think and reminisce about. I think, in general, that the more meaningful, enjoyable and profound an event is, the faster the rate of time passage is for these events.

Teresa Rogers

The most inspirational moment to me was the water falls – how it flows back to earth which it was taken from the creeks and river to the air then sharing with the mountains by way of snow and then melting into the earth and falling back to the river again. That seems to be the example that Rev. Kubose wanted to share with other people - the power of one person represented gives to the family and friends a sense of linking the present to the future, the power exhibits love and satisfaction and an acknowledgement of work accomplished and work to be continued. The water falls portrays the same power and kindness. That is what life is about giving back to life what we have taken while we are on this earth.

Thank you Kubose family for allowing me to share in the experience. Here's to another 100+ years...

Kris

Oneness. At our stay in Dunsmuir I kept saying in my mind, “how does this experience relate to ‘Oneness’?” What comes to mind is the word connectedness and the continuous flow of one person to another and being connected through a conversation, preparing food, doing a project, playing a game, eating etc. Life, really, is our relationship with other people.

Dunsmuir was a great opportunity to reconnect with everyone; I hadn’t seen some relatives for a few years and it seemed like we just took off from where we left. Through all of the activities and just being together it was possible to deepen our connectedness. We will all remember little Trevor and “What ya doing?”, Susan just about overtaking the Texas Hold’em tournament as a novice, Uncle Sunnan’s ability to mind read, putting our rocks next to the memorial boulder by the river (except for Babes who couldn’t stand the idea of leaving her rock that she just colored)...

I had the opportunity to talk at length with Auntie Joyce about grandma and grandpa and I felt even more connected with the reason why we all gathered in Dunsmuir. As Uncle Sunnan said at the service, our kids are the ones that will continue the legacy and at present we all need to uphold the ideals of grandpa’s teachings. A few of us took a hike to the waterfalls and that experience exemplified “Oneness” to me.

The information sheet said it would take 20 minutes to walk the 1 mile to the falls. It actually took over 45 minutes, it seemed like 5 miles and it was HOT. We did take our time though, we stopped in some shady spots, we threw rocks over the edge into the river, we talked. We were all hot and sweaty as we descended down the hill towards the falls. Once we saw the waterfalls it seemed like we forgot all about the walk. It was a big WOW. We took our shoes off and put our toes in the water, we sat on the rocks and silently did our own meditation taking in the beauty. As I watched the water it made me think of the continuous flow of water and how it represented the continuum of life, how the fish depend on the water and insects, the birds depend on the plant life. All that was present was interdependent and yet ever changing going along with the flow of life. I think we connected silently as we sat and experienced oneness in our own way.

Thank you to everyone for making Dunsmuir a great experience. It has enriched my life.

Marika

I had fun playing with Kamryn, Emiko and Trevor and I like to see the whole family. I liked Uncle Sunnan doing the magic show and I liked the hiking. I appreciate the money from Uncle Sunnan – I had to run under the waterfall. I liked the coolness of the water after the long hike. I learned about teamwork from doing the play and learning Taiko. I appreciate the toys, the yo-yo and pen from Denise and Tate and the flag from Auntie Adrienne.

Dunsmuir Retreat Proclamation

Whereas, Gyomay Masao Kubose was born in San Francisco on June 21, 1905

Whereas, 2005 is the centennial year of his birth

Whereas, Gyomay M. Kubose was a pioneer in the Americanization of Buddhism

Whereas, he taught the Way of Oneness, a non-dualistic, non-sectarian expression of the Dharma teachings

Whereas, he touched the lives of countless persons through his ministry

Whereas, he lived a non-judgmental life of “Every Day is a Good Day”

Whereas, he lived a dedicated life with sincere humility and genuine kindness

Whereas, we the family and relatives of Gyomay M. Kubose are inspired to honor his life and teachings by gathering together in gratitude

Whereas, relatives who were not able to attend and loved ones who have passed away... we know they all are here with us in spirit

We, the undersigned, hereby commemorate the Centennial Birthday Celebration of Gyomay M. Kubose on July 16, 2005 in Dunsmuir, California.

*Paul Dainoff Joyce Taniguchi Joyce Terumi Prosis
Susan Taniguchi Ellen Languti Robert Kincaid
Adrienne Kubose Dana Taniguchi Bill Gallo
Dorcas Taniguchi Taylor Taniguchi Koyo S. Kubose
Darrin & Tina Kubose Trevor Kubose
Alyce Kubose Emiko Kubose
Joyce Kubose Kyo Kubose
Don S. Kubose Teresa Koslos Amy Walker
Susan With Marika Perry Kamryn Kubose
Karissa Perry*

Karissa

I had fun. I liked painting the shirts for Auntie Shauna and Uncle Richardson. I liked playing with Kamryn, Emiko and Trevor. I liked doing the talent show. I liked Uncle Sunnan’s magic wand.

Joyce Prosis

A Progressive Dinner!

The menu? Recipes from our newly-created family cookbook. We’ve been assigned some of our own recipes to prepare. Should be easy! OK, let’s go!

Hmm, no crockpot; so, are there any big pots with lids?

How do I use this electric stove—there are no numbers on the dials!

Uh-oh, the garlic is all dried up!

Hey, my eggplant got frozen! How did that happen?!

The two grocery stores in town don’t have any eggplants!?!?

These aren’t the usual onions I use for this recipe...

Is this pan going to be big enough?

Adjust, substitute, guesswork, cross our fingers and hope for the best!

“Hey, this is good! Whose recipe is this?”

This progressive dinner meant BE FLEXIBLE and KEEP GOING WITH WHAT YOU HAVE!

No one had to ask for recipes; they were all in the cookbook!



Rented local artist, Fred Gordon's house



Don & Denise Kubose making shaved ice while Ari Ojalvo, Aimy & Bruce Wilbur watch



Earl Taniguchi making ice cream



Starting the day with a video exercise tape



Marika running through waterfall



Tina, Stacy, Emiko, Kamryn, Brian playing games



Mt. Shasta



Trevor Kubose at park



Birder Robert Prosize with Susan Taniguchi & Bruce Wilbur



Hiked to waterfall



Texas Hold 'Em Tournament trophy



Taylor Taniguchi on arbor swing



Emiko on arbor swing



Earl Taniguchi, Tate & Don Kubose



Craft Day: making cards



Avi playing ping pong



Denise & Darren washing dishes



Chowing down at picnic



Joyce pouring water on Memorial Boulder

Talent Show



Taiko drummers using table for drum



Kamryn Kubose



Placing personalized rocks at Memorial Boulder



Emiko Kubose



Karissa & Marika Perry



Rev. G.M. Kubose Centennial Birthday Celebration Service Altar



Harmonizing by Wilbur/Ojalvo families



Strutt'n to Rocky's Theme "Gonna Fly Now"



Grandchildren & Great Grandchildren

Synchronicity

By LaRoyce Dean Taniguchi

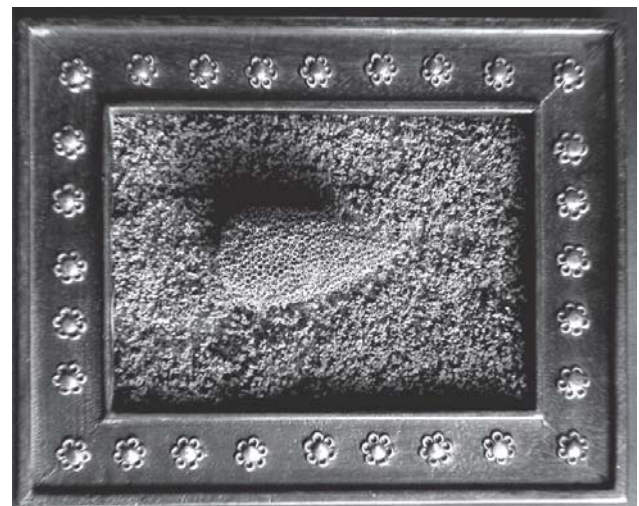
As I grow older, I've been surprised to observe an increasing number of occurrences that shouldn't have happened. People are out of their places and are running into mine. These occurrences have boggled my mind and have amused me to the point that I even expect to run into people in unusual and quite unexpected places. For instance when we were in a small curio shop in Yellowstone, my husband and I heard someone call our names. She happened to be a sister of a college friend. On a cruise ship we ran into an out-of-state friend we hadn't seen in 16 years. We also noticed another person we knew standing on the aft deck of the ship as we went to look at the wake the ship was creating. When my husband signed up for a safe boating class in our small town in Washington State several of his classmates happened to be people that were in the Fresno Yacht Club that we boated with while we lived in California. They had recently moved up here.

One of the most amazing examples of synchronicity occurred soon after we moved to Washington. It was 1970 and our son was about 6 months old. I was in a busy parking lot trying to put Brandon in his stroller and load up his gear that we would need for a small shopping spree. For some reason, an older Asian woman had picked the pathway by my car to continue on her way, however, she had to pause while I got the baby and gear out of her way. She acknowledged our presence by a slight nod of her head. When her head was down, she viewed my baby boy. I truly had an amazingly cute baby with some Japanese features like my husbands'. The next thing I knew, this lady asked me, "Where did you get your baby?" I was so shocked by this question that it took me a minute to respond. Finally I guessed that she thought the baby looked more like her than me! I said that the baby's father was Japanese-American. She said she was too! She was so excited that we were soon invited to dinner.

After the dinner, the guests were up and visiting, and I passed by the hostess and another guest looking at a book. As I was walking close by them on the way to the hallway bathroom, I saw the spine of the book and noticed the author of that book was none other than Rev. Gyomay M. Kubose, our uncle. When I told them that, we were all in a state of shock. Then, they said that their group had invited him to speak to them on meditation and that he would be coming soon! It was an auspicious time to go to the bathroom or I would not have seen the book or probably known of our uncle's visit. We called our parents in California to tell them of this wonderful coincidence, and they told us that uncle had called them to get our phone number as he was planning on calling us to say "hi", but he apparently had no idea how truly close we lived to the town of Port Townsend, Washington where his presentation was.

As luck would have it, Rev. Kubose would have time to stay with us for a few days. I had seen the joy his visits had created in the past when he and his wife, Minnie, would visit with my husband's family when they came to the farm in Fowler, Ca. from Chicago. This usually meant lots of great feasting on Japanese food, a small service, and lots of talking in Japanese. I don't believe I even had an occasion to really get to meet him. Now he was going to spend time with my baby and me in our small camping trailer while my husband, Glenn, was off to work. I tried not to panic and tried to plan what food to make and things to do. He arrived with shiny leather dress shoes at a rainy time in Washington. The reason we were in a camping trailer was we were soon to embark on building our own home back in the woods, and I wanted to show him the building site. He gladly put on Glenn's hiking boots and with Brandon in a backpack we set off to show him what we were dreaming of doing. He paused at an old outbuilding that I didn't like as it looked so decrepit. Over the years, former owners had used creative pieces of wood to create a shed that we were now using to store our firewood. The roof was covered with inches of moss as it was located under a huge maple tree that had been shedding its leaves on it for years. Uncle noticed the beautiful moss, and, for the first time, so did I. We had a great time together. Unfortunately, he never came back to see what we had accomplished, but his son, Don, and family have been here as well as his daughter, Joyce. I'll always think of uncle when I see moss and think of him fondly.

Synchronicity shows us how interdependent we are. Coincidences of meeting someone at a particular time show us that even a moment of time is significant. I don't know where or when we might meet again, but I am looking forward to it.



Moss beautiful enough to frame

AVAILABLE TO ORDER

FAMILY COOKBOOK

Our family cookbook contains favorite recipes from the Fleuridor, Iwamoto, Kubose, Ojalvo, Perry, Prosis, Taniguchi, and Wilbur Families. Since the source of the original recipes is unknown in many cases, we do not feel comfortable in selling the cookbook. Yet, we enjoyed the recipes so much that we want to share them with our newsletter readers. Currently, we do not have any extra cookbooks since we had them printed up only for the relatives upon the occasion of the Dunsmuir family retreat. We will print up extra copies based on the number of requests we receive (**deadline is end of October**). We are making the cookbook available via this one-time only request for copies on a donation basis (use Order Form). The original cookbook was 8 1/2 X 11, 92 pages, and cost \$15 each, printed and spiral bound at Kinko's.

ONENESS T-SHIRTS!

Very simple in design: just the word "Oneness" in script across the left chest area. Our www.brightdawn.org web address is in a small half circle on the right sleeve. Since the T-shirts are also available via the website, just point to your right sleeve to any other interested persons. When visiting the website, they'll also learn about the many other resources we offer for individual spirituality. This is spreading the Dharma through fashion! See Order Form in this newsletter: four colors and sizes available. (T-Shirts can be viewed at our on-line Sangha Store, www.brightdawn.org; although on some computers the T-shirt colors do not show up well.)

VEN. GYOMAY M. KUBOSE CALLIGRAPHY

The calligraphies of Chinese written characters are exact color reproductions of the Venerable Gyomay M. Kubose's original art. Each calligraphy is mounted in a beautiful brocade-covered *tanzaku* holder (4 X 19 inches) for wall display. The two calligraphies offered were favorite sayings of the Ven. Gyomay M. Kubose.

One *tanzaku* reads "Nichi Nichi Kore Ko Jitsu" which means "Every Day is a Good Day." This "Good" is an absolute good not a relative good. Thus, it is not something inherent in whatever the day brings us that makes the day good or bad; instead, it is one's own attitude that makes a day good or bad.

The other *tanzaku* reads "Ichi Go Ichi E" which means "One Lifetime, One Meeting." That is, treat each time we meet as the one and only time we meet; there is no guarantee we'll be able to meet tomorrow. Do not take for granted each meeting with loved ones.

The Ven. Gyomay M. Kubose (1905-2000) himself is valued as a "Buddhist Treasure" and his life as a work of art. In Buddhism, a teacher's calligraphy is considered an embodiment of the teacher himself. To have a teacher's writing on the wall is considered to be in his presence.

Each of the two calligraphies offered is not only a beautiful work of art but contains a meaningful teaching. This teaching, from the Ven. Gyomay M. Kubose's book, "The Center Within," accompanies each calligraphy. Each calligraphy also comes with an explanatory sheet that shows how the Chinese characters are read in Japanese and their meanings.

One of the *tanzaku* calligraphy can be seen on the altar table used at the Dunsmuir Retreat Centennial Celebration Service (see picture elsewhere in this newsletter). Other pictures of *tanzaku* calligraphy and their holders can be viewed at our on-line Sangha Store at www.brightdawn.org.

To order these items, fill in Order Form below and send with payment to: Kubose Dharma Legacy, 8334 Harding Avenue, Skokie, IL 60076. (Early responders: please be patient as orders will not be sent out until the end of October.)

ORDER FORM

Family Cookbook (donation basis) \$ _____

Oneness T-Shirt (100% cotton; Hanes; 6.1 oz.) \$15
 Four colors: Black, Dark Blue, Forest Green, Charcoal Grey.
 Four Sizes: S, M, L, XL
 Black also available in 2XL and 3XL

Color	Size	#shirts	@ \$15	Sub-total
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Calligraphy

Each calligraphy includes 4 x 19 inch brocade holder, translation, explanatory sheet, and teaching commentary. \$30.

Qty	@ \$30	Sub-total
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Nichi Nichi Kore Ko Jitsu
 (Every Day is a Good Day)

Ichi Go, Ichi E
 (One Lifetime, One Meeting)

Total All Items =

(Shipping \$4.95, Hawaii \$7.95)

Shipping =

Grand Total =

Check box to receive a complimentary copy of "Remembering Sensei," a biography of Rev. Gyomay M. Kubose and memorial remembrances. Kubose Dharma Legacy; 2001; 229 pages; 70 photographs and 12 illustrations.

Send order to:

NAME:

ADDRESS:

Service of the Centennial Birthday Celebration of the late Gyomay M. Kubose

10:00 A.M. Saturday, July 16, 2005; Dunsmuir, California

CALLING BELL

Calling us to empty our busy minds so that we may receive the service and fully, Be Here Now.

WORDS OF WELCOME

Never underestimate the power of an idea. Several years ago, Don Kubose had an idea, to celebrate in 2005, the Centennial Birthday of Gyomay M. Kubose, who is Dad, Grandpa, Great Grandfather, Uncle, Grand Uncle, and Great Grand Uncle to us. Now, here we are! We come from all parts of the country. We cross several generations, young and old. There is diversity of all kinds among us. In diversity, there is beauty. In diversity, there is strength. In diversity, we come together to this celebration. Welcome!

REMEMBERING THE PAST, CELEBRATING THE PRESENT

Remarks by: Don Kubose and Joyce Prorise

LOOKING TOWARD THE FUTURE

Children's Dharma Talk by Rev. Koyo Kubose

"We're a small group. Let all the children come up here in front, even the older grandchildren of Rev. Gyomay Kubose.

Maybe some of you don't remember what Rev. Gyomay Kubose looks like. Although his picture is here, you cannot see him in person anymore but... we can still feel his spirit alive in us. The spirit is like your breath; it is invisible and you can't see it (although sometimes you can in the winter time). The spirit is like the air, which we can't see, but it's all around us... and it's necessary, for us to live.

Can you actually see Rev. Kubose's spirit? Well, no, you can't. Just like you can't see your breath or the air around you; yet, the air and your breath enable you to live. The power of the spirit, of the living breath in us, can do many things; it is powerful. For example, it can make beautiful music. Take this recorder; it can't make music on its own; not even if I shake it or swing it around, but if I blow into it...

You cannot see the wind directly but you can see its effects. You cannot hear the wind itself blowing, but you can hear it whistling through the trees. Every time you hear the wind blowing through the trees and see the moving branches, be reminded of your past family members who are no longer with you in body but who are always with you in spirit... calling you, to live in wisdom and compassion. Yes, they are always with you, letting you know that everything is okay. Let's make a circle... and hold hands.

You are the future. As the branches of a tree are connected to the roots, may you, the grandchildren and great grandchildren, and grandnieces and nephews of Rev. Gyomay Kubose, always remember your connection to his legacy, which is your legacy too. You are the branches; the legacy is the roots. Stay connected... because just as a tree's branches need to be connected to the roots, you can do nothing if you are cut off from your roots. So, stay connected.

In Oneness; May it be so."

LITANY OF APPRECIATION

Leader: There was a calling...

East Side: In autumn of 1995, the Kubose family began talk of establishing an organization that would lay the foundation for continuing Rev. Kubose's lifework of developing American Buddhism.

West Side: On March 1, 1996, Revs. Gyomay and Koyo Kubose rode the elevated train downtown and submitted Articles of Incorporation papers at the Illinois Secretary of State office.

All: WE ARE CALLED TO LIVE A LIFE OF ONENESS.

East: A Founding Rationale Statement was drafted that sets forth why the family and relatives wish to establish the Rev. Gyomay M. Kubose Dharma Legacy; also known as the Kubose Dharma Legacy.

West: For historical purposes, the Kubose family and relatives signed and endorsed the Founding Rationale Statement in May of 1997.

All: WE ARE CALLED TO LIVE A LIFE OF ONENESS.

East: On April 4, 1998, an Inaugural Kubose Dharma Legacy Dedication Ceremony was held and the following statement was read:

West: Rev. Gyomay Kubose's life mission was to promote the Americanization of Buddhism through a non-dualistic, non-sectarian approach to the Dharma teachings.

All: WE ARE CALLED TO LIVE A LIFE OF ONENESS.

East: Rev. Kubose was quoted, "I have always dreamed of establishing an American Buddhism— different from Indian, Chinese, or Japanese Buddhism— a uniquely American Buddhism that easily could be understood and practiced by Americans, and that would contribute to American life and culture..."

West: "This Buddhism can be explained in simple, everyday language and practiced in every aspect of our daily life. Yet, it is a unique Buddhist life-way, non-dichotomized and non-dualistic. It can bring about a peaceful, meaningful, creative life, both individually and collectively."

All: WE ARE CALLED TO LIVE A LIFE OF ONENESS.

East: We hope the Kubose Dharma Legacy can be a resource to all people regardless of their religious affiliation or spiritual background. Our purpose is to provide universal teachings for everyday living.

West: Through the teachings, a person can become a better Shin or Zen Buddhist, a better Christian or Jew, and yes, even a better atheist. In short, a better person, a true human being. One who lives with inner peace and in harmony with others.

All: YES, BEING CALLED, WE ANSWER, AND WE WILL LIVE A LIFE OF ONENESS.

CLOSING WORDS

"WOW!" (three times)

Editor's Note: Recently I sent my relatives an article I wrote on how we can use short phrases or haiku poetry to enhance the insight and value we can find during our upcoming family retreat and/or in our ordinary activities. "Name it and Claim it" is a way of using language to give oneself an expressive "handle" to maximize the accessibility of one's experiences. I went on to give examples of how short phrases or various haiku poems can express insightful experiences.

My older brother, retired and living on his ranch in Fowler, California, said my article released in him a barrage of poems that just came gushing out. Here they are:

SOME HAIKU

By Don Kubose

Planning, working, doing
So many details
Dad would be happy

(Dunsmuir KDL Retreat)

Tall majestic maple tree
Buzz buzz, chop chop – oh agony!
Firewood – ahh, warmth!

(cutting down our Maryland maple)

Cleaning koi pond
Smelly wastes
How beautiful they are!!

(weekly/daily maintenance of koi pond)

Frosty mornings, warm bed
Walking/jogging in the cold
Pounds coming off.

(healthful living)

Fresno's heat – 100 +
Fresno's cold – chilling fog
Family comfort – in your heart

(why would anyone live in Fresno?)

Shredded furniture, poop on the rug,
Smelly house, vacation worries.
We love them.

(our pets)

Motorcycles: costly, unnecessary, dangerous.
Live to ride, ride to live

(why I ride)

Sunrise Lakefront Walk

Join Rev. Koyo Kubose for a guided tour along a two-mile lakefront path described in his book *Bright Dawn*. After viewing the sunrise at Inspiration Point, we'll continue on to see the Holy Rock, and then around the Northwestern University lagoon to feed some ducks and large carp.

WHEN: Sunday, September 25, 2005

TIME: Please arrive by 6:00 AM

PLACE: Lake Michigan and Lee Street in Evanston is the starting point. Best route is to get to Chicago Avenue and go to Lee St (which is one block north of Main St), and then take Lee St east six blocks to the lake.

NOTE: If raining, bring an umbrella; walk will take place rain or shine. Depending on weather, after the walk we will either go to breakfast at a nearby restaurant or we'll have a potluck meal at the park. If interested in this option, call us at 847-677-8211 a few days before Sept. 25th to find out what's going on.

American Buddhist Services

The Heartland Sangha holds 11 A.M. Saturday services at Lake Street Church, 607 Lake Street, Evanston (use courtyard entrance on Chicago Avenue). For more information, please call Heartland Sangha at 773-545-9972. Rev. Koyo Kubose's upcoming Dharma Talk titles are:

- Sep 17 Dharma of Dialogue**
Going beyond dualistic dialogue towards sharing the oneness of life..
- Oct 1 Wabi-Sabi Dharma**
Making the case for simplicity, imperfection, the old and the worn.
- Oct 15 Where is the Land of Enlightenment?**
Is the trip short or long? Best mode of transportation? Need a map?
- Nov 5 Egotism vs. Altruism**
Pitfalls in the dilemma of self vs. others
- Nov 19 Sage**
Thanksgiving herb and also Autumn's wisdom.
- Dec 3 Buddhist Faith & Religious Awakening**
What is "faith" in a Buddhist context?.
- Dec 17 Are you a Student or Disciple?**
There is an important difference!

From November thru April, there is sitting meditation led by R. Zenyo Brandon from 9:30 to 10:30 before the 11 A.M. service. May thru October is the season for individual and group retreats at the *Bright Dawn Home Spread* in Plymouth, Wisconsin. Founder and caretaker is R. Zenyo Brandon, disciple of the Venerable Gyomay M. Kubose. For brochure and more information: 773-583-5794; www.awakenedone.org.

Acknowledgements with Gratitude

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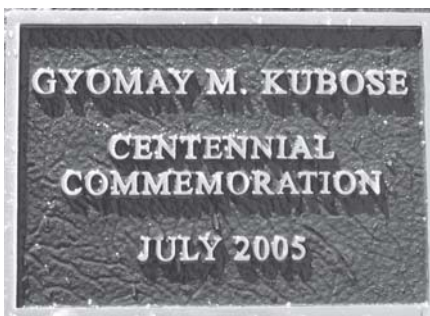
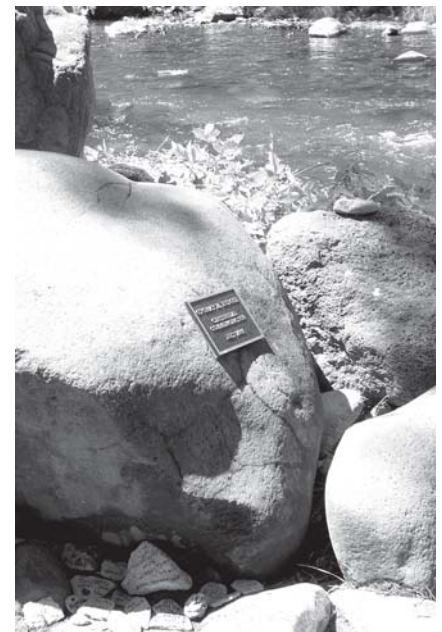
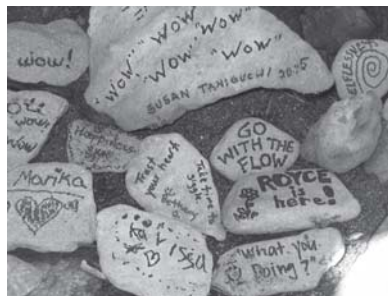
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 Rev. Gyomay M. Kubose
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 Rev. Gyomay Kubose's 100th Birthday
 Sumi Horibe



Plaque on Memorial Boulder

Personalized rocks

Memorial Boulder

Book List

New Book by Rev. Koyo Kubose

BRIGHT DAWN: Discovering Your Everyday Spirituality. The author's early morning run and sunrise viewing over Lake Michigan are related to simple teachings like "wide view" and "keep going" which deepen one's daily spirituality no matter where one lives. Includes map of actual lakeshore path and over a dozen photographs. 152 pages.

Books by Rev. Gyomay Kubose

EVERYDAY SUCHNESS. A classic collection of short articles first published in 1967, hailed as one of the most significant books in Buddhism because of its simple explanations and reference to everyday life. 142 pages.

THE CENTER WITHIN. Continues the approach of "Everyday Suchness" and speaks directly to the ordinary layperson. Collection of 58 essays reflects Rev. Kubose's down-to-earth presentation of the Dharma teachings which offers 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. (Temporarily out of print)

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.

Other Recommended Books

BUDDHIST SYMBOLS. Handy brochure explaining common Buddhist symbols. quad-fold.

BUDDHISM: Path of Enlightenment. Simple, concise introduction to basic Buddhism. Teachings are superimposed on beautiful full-color photographs of nature scenes such as water ponds, rock gardens, bamboo grove, etc. 20 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.

COFFINMAN by Shinmon Aoki. This diary of a mortician invites the reader into the fascinating world of Buddhist spirituality which sees the extraordinary in things ordinary, mundane, and even repugnant. 142 pages.

Donation/Book Orders

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Address: _____

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In Memory of: _____

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The Center Within		\$12.00	
The Center Within AudioTapes		\$18.00	
American Buddhism		\$ 5.00	
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	
Coffinman		\$14.95	
Shin Buddhism		\$12.95	

Shipping - \$2.95 first book
and \$0.50 for each additional book

Subtotal	\$ _____
Shipping	\$ _____
TOTAL	\$ _____

Payable to: Kubose Dharma Legacy
8334 Harding Ave., Skokie, IL 60076

For questions regarding quantity discounts and shipping, contact the Legacy at 847-677-8211 or brightdawn@kubose.com.

Books may also be purchased on-line at

www.brightdawn.org

SHIN BUDDHISM: Bits of Rubble Turn into Gold. by Taitetsu Unno. Brings to mainstream audiences the first comprehensive overview of one of the world's most popular forms of Buddhism. 270 pages.

THE FEELING BUDDHA. by David Brazier. A lucid account of how the Buddha's path of wisdom and loving kindness grew out of the challenges he encountered in life. 207 pages.



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Y E S YES Your Everyday Spirituality YES Y E S	
SEP	<p>Theme: Everyday Spirituality</p> <p>Purpose: To relate teachings to an everyday activity, like drinking liquids</p> <p>Method: "Triple-Gem Drinking:" Ever notice when drinking a mouthful of something that it usually takes three swallows to down it completely? Relate your three swallows to "ingesting" the Three Treasures whenever you want to quench your spiritual thirst. That is, think "Buddha" with the first swallow; "Dharma" with the second swallow; and "Sangha" with the third swallow.</p>
OCT	<p>Theme: Nature</p> <p>Purpose: To renew awareness of nature's seasons</p> <p>Method: "Ripe-Fruit Gassho:" Before eating a piece of fruit, raise it up and bow to it in respect of the entire growing season that it represents.</p>
NOV	<p>Theme: Not taking a routine activity for granted</p> <p>Purpose: To do a routine activity, like eating, in a different way</p> <p>Method: "Change-Eating Hands:" Eat a meal using your non-dominant hand. Notice how you have to slow down and pay attention to the act of eating. (Losing weight is a possible side benefit?)</p>

Mailing List Update

If you are already on our mailing list and wish to remain on the list, no action is necessary. We are happy to continue sending our newsletter to all interested persons. 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.

___ Please add to your mailing list Name: _____

___ Please remove from your mailing list Address: _____