



o n e n e s s



Quarterly Newsletter of BRIGHT DAWN CENTER of Oneness Buddhism

June 2026

LM 17 Inducted In Coarsegold

by: Morris Sekiyo Sullivan

I was inducted into the Bright Dawn Lay Ministry in May 2010. After the induction ceremony, we inductees and those loved ones who had come to Coarsegold with us had lunch on the patio with Rev. Koyo and Adrienne. Afterward, we started drifting away toward our daily lives, our day jobs, our other commitments.

As I started loading my stuff into the rental car, Rev. Koyo followed me out. I opened the car door to get in, and stood there a moment as we chatted our goodbyes. Suddenly he bent over and picked up something from the ground.

He said, "This looks like a good dharma rock for you," and handed me a small flat stone. I thanked him, then looked down at the rock—which Koyo had at some point inscribed with a permanent marker, "Coarsegold, 5-29-10." Today, that rock is propped up against the base of a brass Jizo statue on my altar as a reminder of that weekend and this special relationship.

On the weekend before Memorial Day 2026, we inducted the 17th cohort of Bright Dawn LMs! Despite rising fuel costs and transportation hassles, seven of this year's 11 inductees were able to join us in Coarsegold; the rest were with us thanks to Zoom. This brings the total number of lay minister/senseis to more than 160.

It was a busy weekend, with a morning zazen service on Saturday and Sunday, tours of the Coarsegold property and the Dharma Path laid out by Rev. Kubose, and other activities.

As always, Saturday's schedule included training in conducting weddings, memorials and other services, discussions about the responsibilities of lay ministry and a Ti Sarana ceremony. We also had a service

at the Jizo Garden to dedicate recently donated statues and dedicate the remains of a veteran LM who passed away this year, Virginia Parkum. Neko Fujii led a calligraphy workshop, which was a lot of fun, and Tyler Mortensen-Hayes led a poetry workshop.

The induction ceremony was on Sunday, co-officiated with me by Kanon Kubose and Elena Hanyo Sensei. Elena Hanyo Sensei, with help from her son Miles, also helped organize the weekend, get everyone fed, and managed the tech necessary for those who couldn't be with us person to still be a part of the training and ceremonies.

This was my fourth time inducting LMs, since the first time in 2022, after Rev. Kubose passed away, and the third time we were able to do it in person in Coarsegold.

I always feel Rev. Koyo's presence when I go to Coarsegold to officiate an induction. There is something special about spending time in the sanctuary—and on the patio—with a new group of inductees. Of course, we watch his video tour of the property together, and we walk the trails and visit Altar Rock. But I can't look in any direction without seeing something that reminds me of Koyo, whether from my time there with him or from hearing his talks and reading his entries in the Oneness Newsletter.

Even now, when most inductees never met him, they still sense his presence there. I happened to notice a social media post from one of this year's LMs, Tyler Inyo Mortensen-Hayes, who wrote about that to his online friends:

"I've often felt sad about the fact that I never got to meet him, that my involvement with Bright Dawn didn't

begin until after his passing. Yet, all weekend long, there he was: in his bookshelves full of treasures; in the Jizo garden; in the meditative gong of the huge windchimes near the Sanctuary door; and—particularly resonant to my poet's heart—in his poem, "The Dharma is My Rock," inscribed on a bronze plaque and affixed to a boulder overlooking the property...

After reading the plaque a few times and pressing my hand to its words, I bent down and plucked a stone from the earth just below. It now sits on my altar at home, though I often pick it up and carry it with me—my own "Dharma rock," fitting perfectly in my palm. A solid reminder that the Dharma is everywhere, that it can be realized in every moment of life. Not just the easeful and beautiful, but the difficult and painful, too. This little rock that seemed to have fallen out of Koyo's poem brings me back again and again to this truth...

I am consistently amazed and impressed by the dedication, insight, and commitment of those who complete the Bright Dawn LM program. It's an honor to be a part of their journey, and it is an honor to present them to you.



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Inductees Lay Minister Program LM-17

Chris Keiyo Anthony

I've been a "casual" student of Buddhism for more years than I can really remember, and one day several years ago, I came across Noah Rashetta's podcast Secular Buddhism. I really liked the content, and I remember him subtly dropping "Bright Dawn" in one or two of the many episodes. I've also struggled with chronic health issues for many years now, and a couple of years ago, I started considering Buddhism as a more serious path of engagement. I connected with Elena Hanyo Sensei mid-winter; I also became a formal Zen student around that time.

I feel like I'm taking a lot of things away from the program, but I think it would be hard to try and name them all. Great humility for one—there's a line I remember from one of my favorite TV shows, Kung Fu: "Be as humble as dust; it makes no objections". Let every day be fresh and new, that's another. Perhaps it's more the spirit of interconnectedness and support than any one thing. The sum is greater than all the parts.

There's this quote by Josh Bartok that Christopher Leibow Sensei shared in a post I recently came across, regarding "not knowing" and "Great Doubt":

"Defeated by our lives, defeated by our minds, defeated by our spiritual practice. This then unfolds into a really profound – and profoundly uncomfortable – not knowing. This not-knowing then gives way to a kind of receiving, a receiving of just this, of this moment as it is, a receiving of compassion. And a receiving of ourselves."

I will do my best to embody great compassion and integrity, to be the change in the world I wish to see. How will that manifest in the world? Perhaps that's still a mystery, a not known, but I think it will at least be through the little things that are right in front of me. Like Dogen says in "Instructions to the Cook", treat with reverence every little thing, for that is the Buddha's true body.

I'm really grateful for everyone at Bright Dawn! A special thanks to Elena and Josh for all their support and encouragement. Thanks to all the Senseis who have given their time, support, and encouragement. Thanks to my cohort, it's been a real pleasure to share this experience with everyone! _/|_

Gary Kon'yo Clemons

I'm humbly thankful to Rev. Gyomay M. Kubose, Rev. Koyo S. Kubose, their teachers, Sensei Morris, and all sensei who have read reflections, facilitated discussions, or contributed to Bright Dawn LM program in ways I felt but do not yet know. I've learned to embrace my ignorance to change, realizing impermanence is the only constant.

Koan readings decolonized my mind, leading me to a non-attachment to the right and wrong paradox. Naikan helped me understand my dependence on others; our interconnectedness is a humbling gift. Through Everyday Suchness and The Center Within, I found the discipline to practice through the ordinary, realizing I only need to meet

the moment with compassion.

What is being brought forward is a practice rooted in five connected sources: Bright Dawn, Mahayana Zen, Engaged Buddhism, Bushido, and Hip Hop. Together, these roots create a living practice of self-realization, community devotion, and disciplined action. The guiding teaching is the Way of Oneness: there is no separation between spiritual life, daily life, culture, and service.

Once inducted, the lay ministry I will practice is focused on three core principles:

The Mirror (Realize the True Self): This is the work of seeing clearly to realize "as-is-ness." It strips away trauma, ego, and survival tactics to reveal original nature. One cannot serve the community while still wearing a mask.

For the Hood (the Oath): This is the vow of selfless service rooted in the discipline and disarming courage of Bushido. The community is the North Star. The hood is not a place to turn away from; it is the primary field of practice. Personal liberation is tied to the block's liberation.

The Flow (Living Culture): This is the state where there is no separation between true nature and daily life. Culture is the self in motion. Guided by change and wisdom—voice, movement, energy, style, and Knowledge of Self become the oneness that moves the world. IDEAS FOR

Richard Dōyo Davis-Lowell

"No one else can measure this for me."

I've been in transition around my faith journey for years, asking myself whether there is a living faith I can carry into every corner of my life.

That search brought me to Unitarianism, where I was introduced to the Bright Dawn LM program.

My biggest takeaway has been learning that Buddhism is a personal journey. The progress of my path can only be measured by me—internally and truthfully. Only I can know where I am on that path; accepting this has been both grounding and freeing.

As an LM, I hope to help others encounter the Way of Oneness by sharing my story. I do so knowing that it will not resonate with everyone, and that it continues to evolve

I am deeply grateful for the time, energy, and commitment shown to our sangha by the Bright Dawn leadership team. Their effort is, in its own powerful way, a testament to advancing the Way of Oneness.

I am grateful that the "fire of commitment" still burns at Bright Dawn. May it illuminate all who encounter it—be a lamp unto their feet and a refuge from the storms of life. It has been that for me.

Kevin Heiyo Judge

My spiritual path has been a series of starts, stops and turns. I was always intrigued with Buddhism, although I resisted what I believed to be just another religion with the Buddha as its god. I saw statues of the big-bellied man, whose followers bowed and chanted. It seemed a bit too much like Catholicism. I happened across Noah Rashetta's "Secular Buddhism" podcast and thought it would be the perfect introduction to Buddhism, without the religious aspect. But I learned that Buddha was a man, not a deity,

and that living Buddhism today is simply a way of life, the way I longed to live it.

It was the desire to further explore my spiritual path that led me to two Introduction to Buddhism courses, both offered by Bright Dawn lay ministers, Wendy Shinyo Haylett's (Everyday Buddhism) and Josh Ichiyo Lovejoy (Daybreak Oneness). Wendy's book, *Everyday Buddhism*, provided the course material for her class. It offered such a clear and understandable explanation of the eight-fold path. Taking part in each of their Sanghas, experiencing their approach to Buddhism and the Dharma ultimately led me to the lay ministry program.

The Prajnaparamita Hridaya Sutra, or the Heart Sutra, has resonated deeply for me, offering insight into life, suffering, and liberation. I continue to be guided by the concepts of Shunyata (emptiness), impermanence, and interconnectedness. With emptiness comes the understanding that all phenomena lack intrinsic independent existence, or a fixed "self". "Form is emptiness, and emptiness is form". There is no beginning, no end, no birth, no death.

I have always been and thus will always be, connected to all before and all yet to come. The Heart Sutra was counterintuitive to the reality I had previously known. It slices through, deconstructs, and demolishes my conceptual frameworks, all my rigid ideas, belief systems, and reference points. And so I embrace "Gate, Gate, Paragate, Parasamgate, Bodhi Svaha"—Gone, Gone, gone to the other shore beyond. Oh, what an awakening, all hail!

But more than anything else, the most incredible gift received has been the personal changes I've witnessed. The "pause" has become almost second nature now. I observe the world through a broader lens now, slowing down, and being attentive to each moment. I strive to bring loving kindness, empathy, joy and equanimity to my life and moments I share with others.

In order to share the gifts received through the lay ministry program, I understand the ultimate truth lies within, and like the Bodhisattvas, I will strive to use compassion to lead others toward enlightenment, embracing them all with generosity, kind words, and empathy. I have found alignment and peace in the Zen Peacemakers three tenets; not knowing, bearing witness and taking action. It is through these I will share the Dharma in its simplest form. Next steps in this path are yet to be determined, though I hope to be active in future LM cohorts.

I would especially like to gassho to Wendy Sensei and Josh Sensei for shining a light on this path. This path would have never been so meaningful and sacred if not for my LM Sangha members. Each has shared their hearts and lives openly and unselfishly. I will forever carry a piece of each of you in my heart. The words of my teachers throughout this program, given so unselfishly, lay steppingstones along my spiritual path. I gassho to each and every one of you, and thank you for opening my heart and mind.

Ichi-go, Ichi-e

James Gakuyo Kukula

Life is what is happens while I'm busy making other plans!

But I do seem to have a lot of good luck!

-I saw a poster advertising meditation classes at the Philadelphia Dharmadhatu: a very dedicated group of Buddhists, my doorway into Buddhism.

-I got a job in the mid-Hudson valley, just down the road from Karma Triyana Dharmachakra in Woodstock. Khenpo Karthar Rinpoche became my main Dharma teacher.

-Moving to Utah and exploring the Buddhist groups, I found the Salt Lake Buddhist Fellowship, led by Christopher Kakuyo Sensei. Their down-to-earth, everyday approach felt to me like coming home. Which led me to Bright Dawn!

-What sorts of seeds this Lay Ministry Program has planted in me, and how they will blossom... I suspect it will turn out as unanticipated and unplanned as such things have in the past. Right now the idea of Everyday Suchness has inspired for me a parallel idea of Everyday Science. I want to shift the whole foundation of our culture to one that values what is right here, instead of chasing after what is out of reach. We don't need a rocket to reach the moon; it's right here!

Shakyamuni Buddha teaches: spiritual friendship is the whole of the way! Our work together here has been measurelessly fulfilling! May our circle continue to flourish, and to grow!

Todd Jitsuyo Lamondie

I discovered Bright Dawn through the Everyday Buddhism podcast. In my 20 or so years of casual Buddhism, I struggled to find a practice that really resonated with me and felt like it fit my life. I was looking for something to grab me and wake me up, and the way Wendy Shinyo Haylett talked about Buddhism did just that. Eventually I would take her intro to Buddhism course and join her sangha. Later I would help facilitate that intro course, and from there I never looked back. When I knew I was ready to take my practice further, I applied to Bright Dawn. I wanted to dig deeper into the Kubose Legacy and see just where this style of Buddhism had originated.

When I think about my biggest takeaways from this course, I'm reminded of all the nuggets I've accumulated throughout my time in Bright Dawn. Whether it was the power of the pause or knowing when to take a wider view. Seeing oneness where I had only previously seen separation, or simply being able to live life as it truly is and not how I'd like it to be. We were opened up to the fact that the dharma is woven into every aspect of our daily lives, and we were given tools that helped us express our gratitude for all the gifts we have received. And maybe, most importantly, we were taught to KEEP GOING!

In the last two years we have all grown so much in our own practices. I am forever grateful to have been accepted into this program because without it, I may never have crossed paths with many of you. Thank you for all your time and passion and for all that you have taught me about the dharma. Gassho!

Amedeo Zokuyo Landi

In April 2024, I was searching online for a course that would give me the knowledge to help others approach

Buddhism, and I happened to come across Bright Dawn. The path seemed interesting, and in the end I would become a Buddhist lay minister. I read some excellent experiences from lay ministers and decided I wanted to embark on this journey.

The journey has been transformative, and I found more than I was looking for. I began with the idea of obtaining “a title,” and I finish with the awareness that the title I will receive is that of a lifelong student. I experienced a united sangha and began to understand and apply Buddhism in daily life, off the cushion. I am taking away so much that it is difficult to summarize everything in a few lines; I would say I take with me Gassho, as a constant daily practice and as a metaphor for an attitude toward life.

As a Lay Minister, I will do my best to help others develop their own spirituality, beyond any sect. I would like to bring the teachings of Rev. Kubose and Akegarasu to Italy by translating some of their writings and to create an Italian virtual sangha where we can continue studying the Dharma and help others discover the way of oneness through online Dharma meetings.

I would like to say thank you to our Sensei, who guided and encouraged us every week, and a huge thank you to our sangha—each of them has given me a part of themselves that is now part of me. I also thank everyone who made this wonderful transformative journey possible; it is truly beautiful.

William Honyo Lowell

It is difficult to adequately express how profoundly grateful I am to Bright Dawn and the Lay Ministry Program. I offer special thanks to Josh-sensei and Elena-sensei for pointing me toward the program, to Rev. Koyo Kubose for paving the path, to the wider Kubose family and Bright Dawn lineage, and to all the program planners and facilitators. Each of you feels, to me, like a manifestation of Buddha nature.

I came to the Lay Ministry Program looking for grounding in two ways. First, I have a deep thirst for Right Understanding—a desire to learn more about the dharma. Second, I was seeking ways to deepen my practice, especially in the company of sincere fellow seekers. A quote from an unknown teacher resonates with me and reflects what brought me here: “Buddhist practice is a matter of change from ignorance of Buddha-nature to its realization.”

The program has been laden with treasures. My understanding has grown—but perhaps more importantly, I have changed. It feels like seeds are sprouting within me. I am learning to look more honestly at myself—to explore all the corners (with a nod to Naikan), to slow down and pause more often, and to cultivate humility, mindfulness, and gratitude.

As a Lay Minister, I hope to help others as they encounter their own paths. I don’t yet know exactly where this will lead, but I am open to it. I would like to be of service to other sanghas and organizations.

I have come to see Bright Dawn as a small but mighty force, and I am looking forward to be an ongoing part of it.

Ursula Choyo Marin

I came to the Bright Dawn Lay Ministry program with a deep inner pull toward spiritual grounding. In a world that feels increasingly chaotic, I longed for something steady—an anchor in a truth larger than myself. The program offered the depth, structure, and devotional space my heart had been seeking, and it became a meaningful path toward cultivating a more intentional and rooted spiritual life.

Through my time in the program, I have developed a profound sense of interconnectedness with others, with life itself, and within my own inner experience. This awareness has fostered a deep curiosity about how I move through the world each day. By pausing to reflect and respond more consciously, I’ve learned to meet each moment with greater presence and compassion, especially in the face of suffering.

As a Lay Minister, I hope to help others encounter the Way of Oneness not through instruction alone, but through embodied practice. By listening deeply, slowing down, and approaching each moment with openness and humility, I aim to model a way of being that gently invites others out of autopilot and into awareness. My personal and professional lives are deeply intertwined with ADHD, which has shaped my interest in exploring the intersection of Buddhist teachings, lived experience, and evidence-based supports. I am especially passionate about helping individuals and families impacted by ADHD cultivate more peaceful, compassionate, and fulfilling lives.

I hold deep gratitude for my teachers and the lineage that makes this path possible—Reverends Gyomay and Koyo Kubose, their teachers, and the generations of wisdom across traditions, time and space that trace back to Shakyamuni Buddha. I am equally grateful for my Senseis, my fellow Sans, and the leadership council whose dedication sustains this program. Finally, I offer heartfelt thanks to my family—my mother, husband, and children—whose love, flexibility, and support have made this journey possible.

Tyler Inyo Mortensen-Hayes

I was raised in a religious tradition that wasn’t right for me. When I was 13 or 14, my older brother gave me his copy of the Tao Te Ching, and every word of it felt right, like I was recognizing something I had forgotten but knew to be true. From there, I began to read about Buddhism and, as a young adult, attended my first meditation retreat at a local Zen center. Soon after, I discovered the Salt Lake Buddhist Fellowship and began to attend regularly. I took some of the after hours classes taught by the sensei, Christopher Kakuyo, with whom I bonded and became friends. His down to earth, inclusive, compassionate approach inspired me. I loved his emphasis on “Come as you are,” that everyone is welcomed and accepted exactly as they are. After grad school, I decided to explore the LM program not because I wanted to be a teacher or Sangha leader, but because I wanted to learn more, wanted to deepen my practice and move more deeply into the Dharma.

The practice of ongoing studentship. I’ve learned that a Buddhist path is not about reaching some distant end and then “coasting” through life thereafter. Rather, it’s about making a commitment to continual learning and practice, which both ask for and result in a continual unraveling

of ego attachment. The teachings of the Kuboses and other senseis, as well as my fellow cohort members, have helped me to see the importance of humility. I think I have developed a real love of beginner's mind, which I can return to again and again even amidst my human ignorance. Gyomay Sensei teaches that a true Buddhist life is inherently fresh and creative. No matter how far I stray from the path, nor how far I go into an arrogance of knowledge, I can always come back to this freshness, always to a place of not-knowing and beginning again.

I will do my best to provide a welcoming place for others to come to the Way exactly as they already are. No need to "fix" or change themselves--the Way is already fully within them. I will strive to always offer compassion and understanding, however "broken" or "bad" a person believes themselves to be. I will practice deep listening in order to hear, as well as I can, where a person is coming from and where they may need guidance, as well as where their latent wisdom is waiting to be recognized. I think meditation and Nembutsu are practices of deep listening, breaching the perceived borders of the small self and recognizing a oneness in the world, oneself, and others. I will try to bring this to every interaction I have, whether in a formal Buddhist context or not. I think oneness can be reduced to a mere concept, but deep listening is the practice or way of being that reveals its truth in the heart.

A deep Gassho to everyone in the program--my wonderful cohort members, our senseis and leaders, and particularly the Kuboses, who not only founded Bright Dawn but left their beautiful essays and books, light-filled treasures I will return to again and again.

Patricia Haiyo Welch

The Bright Dawn Center of Oneness was introduced to me when I first started attending the Volusia Buddhist Fellowship Sangha meetings. After being away from anything religious in nature for many years, I was very curious as to what the Bright Dawn program offered. A member in the Sangha had just started the LM16 program and she and I would have lengthy discussions on what she was learning. As I was new to Buddhism, I was eager to learn as much as I could about Buddhism and this program seemed to be the challenge that I was looking for. Little did I realize then, what I really was looking for was the "how" to live as a Buddhist not just having the knowledge of Buddhism.

My journey over the past two years with Bright Dawn has been one of wonder, amazement, dedicated practice and



Photo: Newly Inducted LM17 in the Sierra Sanctuary at Bright Dawn, Coarsegold.

Left to Right: James Kukula; Gary Clemons; William Lowell; Ursula Marin; Tyler Mortensen-Hayes; Patricia Kathleen Welch; Richard Davis-Lowell. Not pictured: Amedeo Landi; Kevin Judge; Chris Anthony; Todd Nichijoyo LaMondie.

gratitude. Books such as *The Center Within*, *Everyday Suchness* and *Bright Dawn* gave me understanding and a sense of direction in developing my daily practice, while Tan Butso Ge and Maha Prajna Paramita Hridaya Sutra spoke to my Buddha Nature. Without Naikan I would be oblivious to how dependent I am on all beings. Becoming aware of this Oneness has greatly humbled me. Then there are terms such as "impermanence" which gives me freedom from my worries and doing "Gassho" along with the bow to honor those I encounter each day.

Most of all I deeply bow in gratitude and thankfulness to the many facilitators I have encountered in the program. Their diligence in providing a supportive compassionate setting while sharing the Dharma was what encouraged me to keep going. As for my fellow cohorts who struggled, supported, showed enormous compassion, never ceasing in encouragement and laughter with me as I with them, thank you and a deep bow. I would also like to thank Sensei Morris for giving me his vote of confidence.

Finally looking at the future for me is somewhat foreign. I really try to live as fully as I can each day. Even more now as a practicing Buddhist. I think it has always been like that with me. I do plan to be an active member of my Sangha and share in some of the responsibilities of sharing the dharma. May my daily life be compassionate filled with gratitude, reflecting the way of the Buddha.



Requesting Submissions for Bright Dawn Dharma Glimpses Volume II

Dear Bright Dawn Lay Ministers,

Many of you may remember that during my term as Trailblazer President in 2016, Adrienne Kuboses Sensei, myself, and a dedicated team of Lay Minister volunteers worked together to compile, edit and publish our first



Dharma Glimpses volume. It became a beautiful collection of reflections, insights, and wisdom from our Bright Dawn community.

Before Rev. Koyo Kubose Sensei passed away, I asked his permission to create a second volume of Dharma Glimpses, and he graciously gave his blessing. Since then, I have carried this project in my heart, knowing that it was one of the last missions he entrusted me to complete.

I am now inviting all Bright Dawn Lay Ministers to submit 2–3 Dharma Glimpses for consideration in this new volume. Whether your reflections are drawn from personal practice, ministry, daily life, Buddhist teachings, or moments of awakening, I encourage you to share them.

In addition, I am seeking 6–8 Lay Minister volunteers who would be willing to assist with the editing process once submissions are received. As before, this will be a collaborative effort to help prepare the material for publication.

After the editing process is complete, Thomas Manyo Sensei and I will work together to prepare the manuscript for publication.

It is my intention to dedicate this volume to the memory of Rev. Koyo Kubose and to Adrienne Kubose Sensei, whose guidance, wisdom, and service have touched so many lives within our Bright Dawn family.

I hope many of you will choose to participate. This is an

opportunity not only to share your own Dharma insights, but also to help preserve and pass forward the wisdom of our community for future generations.

Please send all Lay Minister Dharma Glimpse submissions and or offer to volunteer to Tamu Hoyo Ngina at SCWSangha@gmail.com no later than July 31st.

Once Dharma Glimpses are received editing will begin in August/September. Our goal is to have a document ready for print by end of October so the book is available by November.

This second volume will truly be an anniversary publication to cherish.

With gratitude and gassho,
Tamu Hoyo Ngina, LM5



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The purpose of the Bright Dawn Center is to offer "Way of Oneness" a non-sectarian, non-dualistic approach to the Dharma teachings that can deepen individual spirituality in everyday life."

Acknowledgements with Gratitude

Supporters from Sales and Donations

Thank you to everyone who has provided support to Bright Dawn with donations, purchases, and kind thoughts. The donations continue to support the Lay Ministry program, and have also allowed for some cleanup and improvements to the Bright Dawn grounds in Coarsegold. We were also surprised again by another very generous contribution from long-time donor Jae Johnson – THANK YOU very much.

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BOOK LIST

Book by Rev. Koyo Kubose

BRIGHT DAWN: Discovering Your Everyday Spirituality. Describes the author's daily morning ritual and how ordinary things and activities can deepen one's spirituality. 152 pages.

Books and Translations by Rev. Gyomay Kubose

EVERYDAY SUCHNESS. NEW! 14th Edition 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. 150 pages.

THE CENTER WITHIN. Continues the approach of "Everyday Suchness." Collection of 58 essays of down-to-earth teachings for a richer, more meaningful life. 134 pages.

AMERICAN BUDDHISM. Covers a brief history of Buddhism in America, problems in terminology and misunderstandings common to Westerners. 29 pages.

ZEN KOANS. Commentary on over 200 classical and modern koans. Insights and life teachings applicable to all Buddhists. 274 pages.

THE FUNDAMENTAL SPIRIT OF BUDDHISM by Haya Akegarasu (Rev. Gyomay Kubose's teacher). Translated by Rev. Kubose. 99 pages.

TAN BUTSU GE. (Translation and commentary). This sutra tells the story of Dharmakara who became Amitabha, the Buddha of Infinite Life and Light. 56 pages.

HEART OF THE GREAT WISDOM SUTRA. (Translation and commentary). This sutra deals with the teachings of non-self and Emptiness. 35 pages.

Other 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, a bamboo grove, etc. 20 pages.

BRIGHT DAWN DHARMA GLIMPSES: A collection of Teachings from everyday life. Written by Bright Dawn Lay Ministers. 220 pages.

5-MINUTE MINDFULNESS JOURNAL by Noah Rasheta. A few minutes is all it takes to transform your day. The 5-Minute Mindfulness Journal helps you live mindfully with quick, thought-provoking practices and writing prompts to bring peace and calm to your day. 136 pages.

EVERYDAY BUDDHISM By Wendy Shinyo Haylett. Written like a conversation with a friend, using real-life examples and teaching stories that take the mystery out while focusing on the challenges of everyday life. 296 pages

NO-NONSENSE BUDDHISM FOR BEGINNERS. by Noah Rasheta. Presented in a straightforward conversational style, this book provides the groundwork you need to begin - or continue - your exploration of Buddhist ideas. 132 pages.

PERFECTLY ORDINARY. by Alex kakuyo. Practical, easy to understand book explaining how the Four Noble Truths and Eightfold Path of Buddhism can help us in daily life. Drawing from personal experiences on farms, in temples, and in the U.S. Marines. 240 pages

WISDOM-COMPASSION-SERENITY. by M. Sekiyo Sullivan. Common sense guidance on how to put basic Buddhist teachings into practice in everyday life. 53. pages.

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YES YES Your Everyday Spirituality YES YES

YES: Your Everyday Spirituality

This July, the country celebrates 250 years of freedom—the 250th anniversary of the Declaration of Independence. Have you ever thought about this gift of freedom and what it means? Here are a few contemplative practices you might work with over the summer:

- What does it mean, to you, to be free? Set aside a few minutes to contemplate this question. To what extent are you free? Are there ways you could free yourself more?
- How does “freedom” exist? Make a list of other people, organizations, and systems that enable your freedom.
- How is your freedom connected to others’ freedom? Are there things you do or have that may be yours only at the cost of someone else’s freedom?
- How does your life contribute to other people’s freedom? Are there ways you could help others be free?
- How would your point of view change if, instead of celebrating independence, you celebrated interdependence?

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 email us at brightdawn@kubose.com or indicate below and send to: Bright Dawn Center, 28372 Margaret Road, Coarsegold, CA 93614

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