

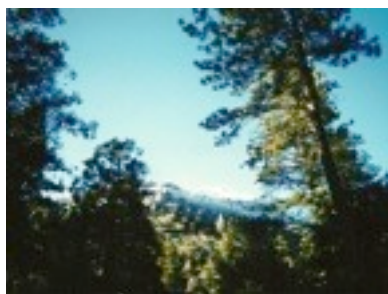
# Mt Equity Zendo Zephyr



April 2010

## Here Today Gone Tomorrow

Abess Dai-En returned from 3 months helping to head the first Soto Zen Shu North American International Ango at Yokoji Zen Mountain Center. She headed out to California on March 23rd for meetings. She'll be returning again April 12th.



The Ango (practice period) began December 11th and ended March 11th. NiOsho (Abess Dai-en), while at Yokoji, was appointed to the Bishop's Board and

has been called to San Francisco on the 23rd of March for meetings. Afterwards she goes to longtime friend, Patricia Deridder, in Arizona. She'll be visiting one of the Japanese-American "Relocation" camps. Part of the training at Yokoji included Human Rights Awareness and a trip to the Japanese-American Museum in L.A.. It is not well known in the U.S. that during the 2nd World War over 120,000 Japanese-Americans, men, women, children, young and old, were, according to Irene Hirano, "forcibly removed" and "unconstitutionally incarcerated" in "Relocation" centers in desolate parts of the United States by the US government. This took place over 3-4 years during the War. NiOsho will be visiting one of those sites in Arizona and offering prayers for those who died there.

After this she goes to Daifukuji in Hawaii to visit with Rev. Jiko Nakade Sensei and her disciple Rev. Teiho Jill Wagner. Here she'll be learning from Jiko Sensei about their children's programs. She'll be staying with Rev. Teiho in what's known as a "Cloud Forest." The cloud forest is similar to a rain forest only it's a little less moist.

Finally, NiOsho goes to Japan to firm up details with Rev. Takamine Doyu Roshi with regards to the Sesshin he'll be leading at Mount Equity from June 21st-27th. More on Rev. Doyu Roshi below.



## Typical Day at Yokoji

This card was sent by Michel Lefevre with a kind donation to NiOsho while she was training 14 novices from 8 countries at Yokoji. Ironically it

accurately depicts a usual day during the 3 month Ango. There were only 3 days where no snow was falling. NiOsho is in good form thanks to being in the elements and walking daily the sloping trails to and from the various buildings at Yokoji.

## One Week Sesshin with Rev. Takamine Doyu and Rev. Tom Daitzu Wright

June 21st-27th, 2010 [Sign Up Here](#)



### May the Flowers of the Dharma Bloom

Rev. Takamine Doyu Roshi and his American translator, Rev. Tom Daitzu Wright will be lecturing on his teacher's book, Opening the Hand of Thought. In particular, he'll be talking about Chapter 9, "The Wayseeker." Rev. Doyu and Rev. Daitzu are disciples of the late Uchiyama Kosho Roshi. Please consider these 7 points of practice from Opening the Hand of Thought:

1. Study and practice the Buddha Dharma only for the sake of the Buddha Dharma, not for the sake of human emotions or worldly ideas.
2. Zazen is the most venerable and only true teacher.
3. Zazen must work concretely in our daily lives as the two practices of vow and repentance, the three minds (magnanimous mind, parental mind, joyful mind) and as the realization of the saying, "Gaining is delusion, losing is enlightenment."
4. Live by vow and root it deeply.
5. Realizing that development and backsliding are your responsibility alone, endeavor to practice and develop.
6. Sit silently for 10 years, then for 10 more years, and then for another 10 years.
7. Cooperate with one another and aim to create a place where sincere practitioners can practice without trouble.

# Dharma School

## Buddha's Golden Chain of Love



Dan Washington, Sarah Pysher, Mark Pysher, Grace Pysher (left to right)

Thanks to Rev. Jiko Nakade Sensei of Daifukuji in Hawaii we taught the children about “Buddha’s Golden Chain of Love.”

“I am a link in the Buddha’s golden chain of love that stretches around the world. I will keep my link bright and strong. I will be kind and gentle to every living thing and protect all who are weaker than myself. I will be unselfish and helpful to others, knowing that my own happiness and that of others depends on my present actions. May every link in the Buddhas’s golden chain of love become bright an strong and may we all attain perfect peace.”



Grace, Gabe, Misho, and Danae hold Buddha’s Golden Chain of Love.

The children had an opportunity to learn about Buddha’s golden chain, and to make a “real” golden chain. Many children learn to memorize this even before they are school age. We thank all of the parents, Audrey “Misho” Indelicarto, Mark Pysher, and Kimberly Wentzler as well as Dan Washington for help in setting up for the arts and crafts and gently encouraging the children.

Our Dharma school is generally 1:30-3:30 once a month. We use the first 20 minutes to do physical activity such as running, jumping, and playing various games. We’ve learned over time that children need physical activity in order to properly settle into meditation. Physical activity in whatever form helps the children’s mind’s to be calm enough where meditation is then welcome.



Sarah, Grace, Danae, Mark Pysher all help with dishes after having tea and cookies.

We then introduce songs and very simple and short meditation sessions. Some of our songs are borrowed from Plum Village where the Ven. Thich Nhat Hanh, lives and teaches and others are from “Dharma Moon”, a tape of children’s songs put out by Nathaniel Needle .

We close the last part of the day with mindfully serving and eating cookies with tea, and, of course, washing the dishes. The children learn how to make and pour tea for the other children, as well as the adults in a warm and respectful way. If you have ideas for Dharma school and teaching children meditation, or would like to learn from what we do, please consider joining us and helping make this event happen.

# Thank You's



We are very grateful to you for the generous donations offered to Mt. Equity Zendo. In March we received gifts from: Diane Hollis- tomato sauce walnuts, black beans, canned tomatoes, organic mushrooms, hummus, cucumbers, pasta. Nanshin Nancy White & Tomei Tom Knapp- mixed fruit, kiwi, flowers, bread. Dan Washington- carrots. Donen Sean McGraw- lettuce, sunflower seed butter, bread, Tricycle Magazine, Zen and Brain Reflections. Susan Faeder- oranges. I'en Missy Reilly- tofu, pears, apples, cheese, canned tomatoes, organic apricot sauce, bread, oats,

wheat germ, flaxseed, dates, tea, cookies, soup base, almonds, walnuts, red peppers, mushrooms, chinese cabbage, onions, snow peas, carrots, celery, apricots. Young Plotts- strawberry roll. Rev. Jisen Coghlan- chips, eggs, cheese, bread, onions, cookies, canolies, pierogies, soy sauce. Daijun Marcy Brenner- coffee, tea. Jido Jerry Lindauer- bread, cookies. Susan Gresens- sweet potatoes, oranges. David Thompson- bananas, blueberries, strawberries, cheese, cantaloup. Daijun & Alan Brenner-Yuki's newspaper. Dendo Debbie Brocht-bread. Mark Pysker- Homemade Zen malas.

## New Doors

A special thank you to Hoyu Horst DeLorenzi for making a new door for our exterior cellar entrance. We also thank Hoyu for bringing new storm doors for our West-end porch all the way from State College and Tokuen Barbara Gray for ordering the doors. These doors are badly needed for both insulation and safety. We'd also like to show our appreciation for all the work Hoyu has done on our website over the past several months.

## Special Meals

Meals have been made and brought to MEZ by several people this past month. This is of tremendous benefit to those in residence. Diane Hollis made a Barley-Risoto Soup. Rev. Jisen Coghlan offered Pea Soup and Misho Audrey Indelicarto offered homemade stuffed shells with salad and garlic bread during our Sesshin preparation period. Daijun Marcy Brenner offered Tuscan Bean Soup on the eve of our March Sesshin.



## Cleaned Carpets in the Zendo

We'd like to thank Bill Lundy for bringing out Ron Read, a professional carpet cleaner from Williamsport Building Maintenance to clean all the zendo carpets. Ron finished the job in less than one hour and used a non-toxic environmentally friendly soap to clean the carpets. Our heartfelt gratitude!



## Actively Non-Doing

Rev. Jisen Coghlan from [Zen Center of Pittsburgh](#) returned on March 18th to offer the 2nd Round of the Alexander Technique to our Thursday evening group. Pictured here she is working with Misho Audrey Indelicarto with "Lying Down Work."

Rev. Jisen instructed us to allow gravity to pull us down into the earth. It's thanks to gravity that we can relax.

Here are some thoughts about the effects of the Alexander Technique from Sangha members:

"Rev. Jisen explained to us that the Alexander Technique is a way of learning

how to rid our body of harmful tension and that the technique of "Lying Down Work" is a "lively way to rest: it is the way of non-doing". -Koen Pam Hunter

"Jisen showed us how an AT practitioner develops physical cognizance and balance in the supine position. The posture exercises involved hands-on adjustments as Jisen called each of us forward to tilt our heads and arms until we were standing in a posture which put minimal stress on our spines. It wasn't until Jisen worked me into this more natural position that I realized how badly my psychology contorts my posture." - Kevin Gaughen

Thank you Rev. Jisen for sharing your gifts with our Sangha!



## Buddha's Heart Glows over newest member

Congratulations to Bill and Val Lundy for the birth of Margaret Kyuji Lundy on February 15th. Bill attended our March Sesshin. A photo of Margaret was pasted just outside the zendo and Bill would pass it each time he entered the room. He said to me in passing, "I just love that photo. Every time I see her it just warm's my heart."

Who is the Buddha's heart that is glowing? Is it the one in the picture? Is it Bill Lundy? Is it Margaret? Is it Val? Can it be a heart other than your own?

# GARDEN DAY SATURDAY MARCH 27TH (KIDS TOO) 10AM-3PM SIGN UP HERE



## **Up-Coming Events**

[1/2 Day of Mindfulness, April 3rd , 1:30-4:30](#)

[Full Day of Mindfulness, April 4th, 10AM-4PM](#)

[Dharma School, Saturday April 10th, 1:30-3:30](#)

[Sesshin, April 16th-18th](#)

## **Official Recognition**

NiOsho received word on March 22nd that Daishin's 3 month Ango in Japan from March 26th-June 21st 2004 was officially recognized by the Soto Shu headquarters in Japan. He is now one Ango short of being certified as a teacher within the Soto School. There is the possibility of a 3 month Ango this Fall from September 15th-December 15th that Daishin is eligible to attend. We hope the Sangha can pull together to make this happen.