



# Sangha In Motion

## Bimonthly eNewsletter for RK Members in the US

VOLUME 1, ISSUE 1-5

SEPTEMBER 2012

Buddhism for Today:  
Cultivating the fields of  
the heart and mind

### HIGHLIGHTS

Nisei Parade

Obon Festival

Lots of news from the  
Sanghas!

### INSIDE THIS ISSUE:

Current Events	1
Guidance	2
News	3-8
Living Naturally	9
Family	10
Senior Corner	11
Book Review	12
Art From the Sanghas	13-16
Hot Links	16
Bulletin Board	17
How to Submit	17
RK Locations	18

## This Month—JOY IN THE DHARMA

### US Leaders Seminar



U.S. Leaders Seminar (in Japanese) held in Seattle, WA, August 24<sup>th</sup> to 26<sup>th</sup>.

More than 80 leaders and members from all over the U.S. got together in Seattle to study and share the US Leaders Seminar experience which was held in Japanese. Rev. Nagamoto led the seminar and he shared his precious experiences with Founder Nikkyo Niwano. All participants shared the core teachings of Rishso Kosei-kai. Hoza was very fruitful and the lectures inspired everyone's heart, filling them with joy and contentment. A skit by members as an after dinner show was delightful. This was Rev. Nagamoto's final seminar as he will be retiring in November. Everyone is grateful to him for what he has done in his effort to nurture and grow RK and its members in the US.



THANK YOU  
REVEREND  
NAGAMOTO  
FOR YOUR  
INSPIRING  
LECTURE!





**Nikkyo Niwano**  
 Founder of  
 Risho Kosei-kai

Excerpt from

**A Guide to the  
 Threefold Lotus  
 Sutra**  
 pp 115-116

## Guidance from Founder Niwano

At the moment of Buddha's enlightenment it was said that he became awakened." This awakening meant that Buddha always knew from that moment on that he was a part of the eternal life-force of the universe. What Founder Niwano is saying to us in his commentary on chapter 16 of the Lotus Sutra is that we need to become awakened, like the Buddha, to this fact. The Buddha and the Dharma, are always with us, always a part of us. Like the good physician's silly children, we lose sight of this. We have to be shaken up a bit, again like those children, in order to remember and heed our father Buddha's words to us. This is also one of the reasons why the Buddha knew he needed to physically leave this world. His continued presence on earth would only restrain his disciples in a stage of childishness. They needed to grow and develop without him, yet still letting them know he is always with them.

This eternal life-force is also a bit like gravity. It is always here, always a truth, even when not noticed. Gravity was a truth before Newton discovered it. The Dharma was true before Buddha became awakened

to it. But once one is awakened to these truths, one's life is never the same. And yet, we are still often unaware of these truths on a daily basis. It is in moments of crisis that we remember Buddha and the Dharma. It is when we necessity rears its head that we recall the force of gravity in our lives.

This is our challenge in daily life. We must stay alert and awakened to the Dharma, the Buddha, the eternal life-force that surrounds us always. And as Founder said, if we do keep alert, we experience that joy in the dharma we talked about in our last issue of Sangha in Motion. If we don't feel the Dharma in our lives it is because we are not awake. It is not that the Dharma does not exist. Buddha embodied the Dharma when he became enlightened, and as such, we can say the Buddha and the Dharma are one. As we share in this eternal life-force, we, too, are one with the Buddha and the Dharma. Let us awaken to this fact. And perhaps one good way to do this is in our third treasure, the Sangha. By sharing our awareness and joy of the Buddha and the Dharma in our Sangha, we help to keep this truth alive.

## Commentary by Mary Sigman

"The ultimate substance of the Buddha is the eternal, imperishable life-force, and never for an instant is this not at our side. No, not at our side, for it is a mistake to think of it as beside us; rather, the Buddha abounds within and about us all. We ourselves are of one substance with the Buddha.

Thus it is that if the Buddha seems not to be present, it is merely because we have forgotten or lost sight of his presence. Man has little abiding interest in infinite existences. How many people are always conscious of air or the sun or water? Only when something happens, particularly when there is want, do we remember how precious these things are.

We commit the same error with the Buddha. The ultimate substance of the Buddha is the basic life-force that calls into being, animates, and moves all things. And so since to live by the law of this life-force is to be free in the mind and ever happy, why should anyone ever forget, act contrarily, and bring suffering on himself.

If we have a deep awareness that we are animated by the Buddha, the life-force of the universe, if we are alive to the truth that as long as we are animated by the life-force of the universe the right way to live is by its laws, and if only we live according to the teachings of the Buddha, which are founded on these laws, then we may always live with the greatest confidence. Whatever pangs of life there may be, it will be as though they actually did not exist. "

## Oklahoma City by Rev. Kris Ladusau

This month starts the beginning of a yoga class at the Oklahoma Dharma Center. John Gleason a new member from California is the instructor. In Buddhism we learn the importance of having a flexible heart and mind. With John's help we will also remember the importance of a flexible body.

While Rev. Kohno is in Japan, teachers from around the country have been visiting the San Antonio facility. Recently Rev. Ladusau visited to give a lecture. Here is a picture of Sun and Rev. Kris.



### TWO NEW DHARMA TEACHERS!

Oklahoma Dharma Center has two new Dharma Teachers. Dave and Jan Rose have both completed their requirements and Dave and Jan Rose have both completed their requirements and received their certificates in Tokyo. We are proud of their accomplishments and very grateful for their ongoing contributions to the Oklahoma sangha.

## Ft. Myers Activities and New Members by Mary Sigman

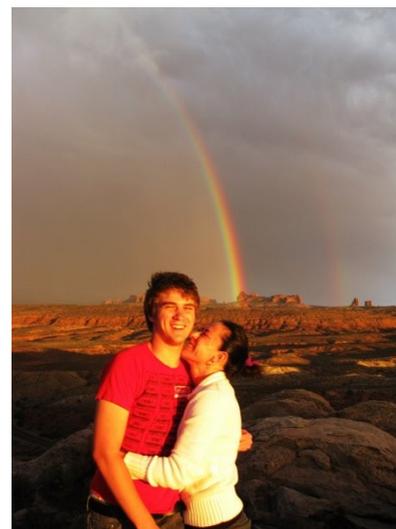
During our Monthly Movie Night, in July we showed "How To Cook Your Life," a Zen look at cooking, living, and spirituality. Our August showing, "Awakening in the Now," was a talk given by Eckhart Tolle. We like to balance the videos between a spiritual theme and a social justice, awareness, healthy living theme. So far that has worked well.

World Humanitarian Day was August 19; in hoza we decided to perform at least one act of kindness for any living being in our community, family, etc. during the week before Aug. 19. When we met again on August 19 we discussed our various acts of kindness and how they made us and the recipient feel. The idea was to do an act of kindness that we have never done before, but will also perhaps be something we may wish to continue to do again. It is our small way of working to make the world a better place.

Our group's interfaith work with other churches in Lee County will restart in September. Planning meetings were held in July and August to consider which community problem we will tackle.

Member Nadine Sarlin looks forward to attending the next Lotus Sutra class in Los Angeles in late September.

The photo is of Jen Yontz-Orlando and her son, Nick, our new members since June.



# Teen Scene      RK Los Angeles & San Francisco in LA Nisei Parade    by Kanta Ito

On Sunday August 12th, RKLA and members from San Francisco joined together for a parade for Nisei Week in Downtown, Los Angeles. The parade was lead by Mando, followed by Matoi and the music staff. We celebrated Dharma around the world.



## quote

President Nichiko Niwano

Cultivating the Buddhist Heart

The festival was over the August 11-12th weekend. Rissho Kosei-Kai members participated in the annual Nisei Week Parade Festival. Members from RKLA, RKSF, RKINA, and Japan joined to practice "Many in body, but one in spirit" (*itai doshin*). RK members and their friends joined this parade

to perform service to Buddha, to show gratitude and appreciation. Many youth members volunteered out of the goodness of their hearts to prepare for Nisei Week Parade.

We had an enjoyable and productive practice on Saturday to prepare for the parade. Following our practice, we performed 'omigaki', where we all polish the matoi and kane, and prepare the mando, drums, and flute in preparation for the parade. Afterwards, we joined in a prayer service. We then had a BBQ party to celebrate for Nisei Week parade and the hard work members put in to make our participation in the parade possible.

During the evening, youth members went bowling together as a sangha. We also celebrated this weekend by hosting a sleepover for all youth members. During Sunday's youth service, Rev. Kodaka taught youth members the meaning of what we play and perform in Nisei Week parade.

Nisei Week Parade was a huge success. Everyone brought happiness and excitement to other performers and audience by having fun. We had another tremendous turnout this year, with all participants performing in harmony. Different

components of our parade helped us achieve spirit and bring us and audience together in happiness and joy.

Mando is our main centerpiece for the festival. It originates from a legend of St. Nichiren, who spread the Lotus Sutra. It is said that upon his death in October, the bare cherry trees burst into bloom. That's where the flowers on the mando originated from. The matoi originates from the Edo period in Japan, in which firemen would notify citizens of a fire. Each firemen group would have their unique matoi to identify themselves. Narimono is also a very intricate part of the festival. The kane, flute, and taiko all played beautiful tunes in harmony to cheer and bring happiness to everyone.

All participants were very energetic and happy throughout the whole Nisei Week festivity. Looking back and reminiscing about Nisei Week, every single person made sacrifices out of their own schedule to make this parade a success. I want to give special thanks to members who worked behind the scenes to make Nisei Week parade possible. These members cooked delicious meals for us, prepared and cleaned the whole church to make sure guests had a nice place to hang out and have a nice sleepover. It makes me very thankful and happy that many kind and unselfish members exists at our church.

This year taught me a lot of in and out's to prepare for the parade and how to help organize everything. Next year, I will have more fun preparing for the parade since I have more confidence to contribute more to make the parade more successful and enjoyable for everyone.

We would love to have everyone who joined us this year, members who joined us previously and even new members to join us again next year. I cannot wait to see everyone again!



# Hawaii Obon Festival by Brad Tom

## Obon!



Rev. Suzuki visiting Wailua Kauai Hawaii

## Oahu Church Celebrates

### RKK Hawaii Dharma Center Obon Festival 7/13/12

The Oahu church had a great turn out at this year's Bon dance. We could not have asked for better weather. Each year for as long as I can remember, it has rained on either the Friday or Saturday that the event was held on. This year, although we had tropical storms expected, we had no rain and just enough of a breeze to keep it cool. The week prior, Rev. Hironaka had showed surprise that we were expecting rain to put a cloud over our celebration. I guess I should have had faith all along.

Because of the record turn out of people who danced and celebrated with us, we ended up selling out of food on both nights for some booths. As usual the BBQ, Andagi and Oden booths had constant lines and the food made many happy. We had a few hiccups with manpower and equipment behind the scenes but as usual our team of faithful members pitched in and we had another successful Obon festival.

A warm mahalo nui loa goes out to all those that helped with set up, tear down and everything in between. From the co-chairs of the Bon Festival Ray Takeshita, Neal Matsushima and myself, we appreciate all the hard work and planning that went into putting the event on. We could not do it without your help. Also, if you were one of the lucky ones to enjoy dancing that night, it was all worth the effort to us. Please view the pictures here and at the online photo album - [click here](#)

# San Diego News by Noriko Lamar

## Enshrinement in San Diego



Noriko Lamar, Leader Mrs. Strong, Ron Capron and Mrs. Capron, Erik and Maritza Mudd.



On August 13th members of Los Angeles held a Ceremony of Enshrinement in the San Diego at the home of Eric and Maritza Mudd. Welcome to the RK Sangha!

Ron will start a Lotus Sutra Study class in San Diego on September 2nd. Please contact him if you are interested in joining.



## Buddhism and Business Lecture NYC



On Aug 6, Rissho Kosei-kai of New York welcomed Rev. Yoshizawa of RKINA. Rev. Yoshizawa gave a lecture to the public on *Buddhism and Business*. The lecture was very well received.

New  
Dharma  
Teachers  
In  
LA

# Dharma Teacher Class Graduates in LA



On June 23rd at the Los Angeles Church, a ceremony was held for the graduation of the Dharma Teacher Class of 2012.

There were two members who attended this ceremony. Rituals and hoza were held for their one year commitment of this weekend class. We celebrated this occasion and shared

## Visiting RK Scholars from Tokyo

On July 31, the Sangha of Rissho Kosei-kai Dharma Center of Orange County in California shared the Dharma with two visitors from RK Headquarters in Tokyo. The Sangha members welcomed them and shared the teaching of Buddha, and received the power from the visitors.

The RK visitors also travelled to the RK Dharma Centers in Chicago, San Antonio, and Los Angeles.

Ms. Kizuka and Ms. Otomo participated in a four week course in Chicago at Meadville Lombard Unitarian Theological this summer.



**Ms. Kizuka**  
**Ms. Otomo**

# Healthy Living by Jane Perri

Each new year, vast numbers of people make New Year's resolutions to live a healthier life style. They vow to lose weight by eating better and exercise more. Typically this resolve lasts three, maybe five weeks (or days) and they are back to their old habits. Then they feel like a failure in addition to feeling unattractive - a double whammy.

The key to living a healthy life lies in not what we put in our mouths but what we put in our hearts. The second key is the exercise we need to do that is to lift karmic weights as a life practice, not metal ones in a gym.

You start by finding a personal trainer that is skilled in spiritual arts. One that understands how to use the proper exercise machines; the best ones are the Four Noble Truths, The Eightfold Path and The Six Perfections. There is another machine called the Ten Commandments that if you use positive movements instead of negative, it works well too. By doing these exercises you will begin to get your heart in good condition, your mindset will change and you will be more disposed to feeding yourself correctly.

So what should your heart healthy diet consist of? Instead of the pyramid shape food groups, we should be following the plate model because it better represents the perfect balance of foods that provide a well rounded diet.

The first food group is acceptance. This is acceptance that everything in your life is just as it should be for you to learn the lessons you need, to lift those karmic weights. Acceptance that you are connected to everyone in the gym and we need to be spotting each other so that if one of those weights begins to fall too heavily on someone, we can assist in stabilizing the load until they rest a moment and regain their strength and confidence to continue working toward their goals.

The second food group is compassion.

Compassion is a vitamin, and has no fat. The best qualities about this food group is that it feels good going down. It also has a cleansing effect on our system and bodily organs. It removes the lodged impurities that get stuck on a cellular level and flushes them clean. The guilt, self-loathing, separateness, and lacking mentations left over from last year's poor diet, get washed away with this great muscle food.

The final food group is love. This is a chameleon like food. It changes to whatever one needs at any one time and changes on the fly in a moment's notice. It is strong enough to penetrate every aspect of being and it also radiates out from us, toward others too. When we really load up on the love foods it truly changes our lives in how we look, how we live, how we respond to others, and how we view the world.

What is really unique about these foods is that when you share them with others, when you give all these foods away, the karmic weights in life, become lighter and lighter and we need less strenuous activity to be successful in changing our life.



Another interesting thing about these three foods groups is that when you put them on a plate, they run and flow into each other. They have a viscosity to them so that they are sticky. They flow and intermix, combining as one. Whenever anyone picks up the food, it attaches to them, helping to ensure success. They are very sweet tasting, so once you experience a full plate of them; it leaves you craving for more.

So vow to get back to following your New Year's resolution of changing your life. Select the correct foods and get back into the gym of life using the correct exercise machines. Over the year you will see a dramatic improvement.

**“The key to healthy living lies in not what we put in our mouths but what we put in our hearts.”**

## Family Matters—The Mouse Merchant

Buddhist Tales for Young & Old  
Prince Goodspeaker [www.buddhanet.net](http://www.buddhanet.net)

Once upon a time, an important adviser to a certain king was on his way to a meeting with the king and other advisers. Out of the corner of his eye, he saw a dead mouse by the roadside. He said to those who were with him, "Even from such small beginnings as this dead mouse, an energetic young fellow could build a fortune. If he worked hard and used his intelligence, he could start a business and support a wife and family."

A passer-by heard the remark. He knew this was a famous adviser to the king, so he decided to follow his words. He picked up the dead mouse by the tail and went off with it. As luck would have it, before he had gone even a block, a shopkeeper stopped him. He said, "my cat as been pestering me all morning. I'll give you two copper coins for that mouse." So it was done.

With the two copper coins, he bought sweet cakes, and waited by the side of the road with them and some water. As he expected, some people who picked flowers for making garlands were returning from work. Since they were all hungry and thirsty, they agreed to buy sweet cakes and water for the price of a bunch of flowers from each of them. In the evening, the man sold the flowers in the city. With some of the money he bought more sweet cakes and returned the next day to sell to the flower pickers.

This went on for a while, until one day there was a terrible storm, with heavy rains and high winds. While walking by the king's pleasure garden, he saw that many branches had been blown off the trees and were lying all around. So he offered to the king's gardener that he would clear it all away for him, if he could keep the branches. The lazy gardener quickly agreed.

The man found some children playing in a park across the street. They were glad to collect all the branches and brush at the entrance to the pleasure garden, for the price of just one sweet cake for each child.

With his profits from selling the flowers and the firewood, the man opened up a refreshment shop. One day all the local grass mowers, who were on their way into town, stopped in his shop. He gave them free sweet cakes and drinks. They were surprised at his generosity and asked, "What can we do for you?" He said there was nothing for them to do now, but he would let them know in the future.

A week later, he heard that a horse dealer was coming to the city with 500 horses to sell. So he got in touch with the grass mowers and told each of them to give him a bundle of grass. He told them not to sell any grass to the horse dealer until he had sold his. In this way he got a very good price.

Time passed until one day, in his refreshment shop, some

customers told him that a new ship from a foreign country had just anchored in the port. He saw this to be the opportunity he had been waiting for. He thought and thought until he came up with a good business plan.

First, he went to a jeweler friend of his and paid a low price for a very valuable gold ring, with a beautiful red ruby in it. He knew that the foreign ship was from a country that had no rubies of its own, where gold too was expensive. So he gave the wonderful ring to the captain of the ship as an advance on his commission. To earn this commission, the captain agreed to send all his passengers to him as a broker. He would then lead them to the best shops in the city. In turn, the man got the merchants to pay him a commission for sending customers to them.

Acting as a middle man in this way, after several ships came into port, the man became very rich. Being pleased with his success, he also remembered that it had all started with the words of the king's wise adviser. So he decided to give him a gift of 100,000 gold coins. This was half his entire wealth. After making the proper arrangements, he met with the king's adviser and gave him the gift, along with his humble thanks.

The adviser was amazed, and he asked, "How did you earn so much wealth to afford such a generous gift?" The man told him it had all started with the adviser's own words not so long ago. They had led him to a dead mouse, a hungry cat, sweet cakes, bunches of flowers, storm damaged tree branches, children in the park, the king's potter, a refreshment shop, grass for 500 horses, a golden ruby ring, good business contacts, and finally a large fortune.

Hearing all this, the royal adviser thought to himself, "It would not be good to lose the talents of such an energetic man. I too have much wealth, as well as my beloved only daughter. As this man is single, he deserves to marry her. Then he can inherit my wealth in addition to his own. And my daughter will be well cared for."

This all came to pass, and after the wise adviser died, the one who had followed his advice became the richest man in the city. The king appointed him to the adviser's position. Throughout his remaining life, he generously gave his money for the happiness and well being of many people.



**THE MORAL IS: With energy and ability, great wealth comes even from small beginnings.**

“Since there is no such thing as a retirement age in private life, as long as we live we should embrace a strong desire to improve ourselves, serve others, and contribute to society.”

*Founder Nikkyo Niwano, Invisible Eyelashes*

## Senior Corner by Ann Rinehard

Living the Dharma – Senior Moments

“Since there is no such thing as a retirement age in private life, as long as we live we should embrace a strong desire to improve ourselves, serve others, and contribute to society.”

*Founder Nikkyo Niwano, Invisible Eyelashes*

Immersion is the state of being deeply engaged or involved. We sometimes participate in immersion programs, living in another country for a period of time to absorb its traditions and become fluent in its language. In our Buddhist practice, we immerse ourselves by going on retreats or taking part in Dharma studies. These are special ‘times out of time’, periods when we can focus without the distractions of daily life. We leave these brief immersions with intentions to continue practicing what we have experienced.

So how do we live the Dharma every day?  
How do we keep the focus of immersion?

In Chapter Ten of the Lotus Sutra we learn the five practices of Dharma teachers. These are receiving, keeping, reading, reciting and expounding the Dharma.

The intent of the five practices was to keep bodhisattvas focused on sharing the Dharma at all times. The Buddha went further, outlining a set of guidelines in Chapter 13 so that bodhi-

sattvas could avoid distractions.

Today we continue the five practices by chanting the Lotus Sutra. We’re encouraged to chant twice a day at home, as well as in our Dharma centers. We have good intentions, but sometimes it’s difficult when we’re tired, or busy, or distracted in other directions. But to live the Dharma we need to keep the Dharma in mind. It’s important to receive, keep, read and recite, in order to maintain and strengthen the core of our practice.

As we become stronger in our faith and knowledge of the Dharma, expounding becomes easier. As we become more immersed, Dharma sharing becomes a natural part of our lives, and we find that we can truly live the Dharma every day, not just during those ‘times away from time.’

As seniors, we have a responsibility to be examples of living the Dharma. Whether we volunteer to lead morning and evening chant services at our Dharma Centers, or watch children in the play room so that their parents can chant, or listen to a teen when everyone else is busy, we can make service to families and younger members a focus of our practice. This is a form of generosity that makes our interconnectedness stronger and brings us all closer to living the Dharma.

## Dear Abhidharma By Rev. Kris Ladusau

Dear Abhidharma –

I know the importance of the Three Treasures – Buddha, Dharma and Sangha, but I don’t live near a Dharma Center so I do not have the opportunity for Sangha. I can revere the Buddha and study the teachings on my own, but I don’t have the sangha to support me and let me know if I have “right view”. If human thought is usually delusional, what can I do?

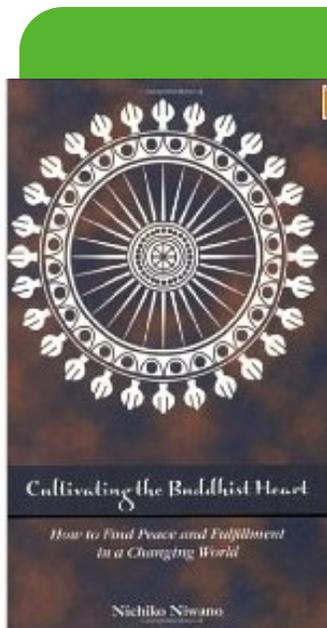
Concerned in Cleveland

Dear Concerned –

I understand your dilemma. Although it is best is to have a local sangha for support and Dharma guidance, the good news is – the universe will always provide you with opportunities (through everyday encounters with others) to see your own spiritual growth. Is your heart at peace in your interactions with others? Are you reactive? If you lose your emotional balance – how quickly do you recover? Reflect on these things and you will have the input that you need to continue on the Path. As a wise person once said,

“Be yourself and the universe will give you feedback.”  
Thanks for sharing. Rev. Ladusau

## Book Reviews by Nancy Anderson



### Cultivating the Buddhist Heart

by  
Nichiko Niwano,  
President, Rissho  
Kosei-kai

**NEWLY  
RELEASED  
IN EBOOK  
FORMAT!**

See page 17  
for details

Here is a nice little gem. Small enough in size to carry in purse or pocket. Large enough to contain essential Buddhist teachings. It's perfect for a short read, such as those times we have a few minutes in the airport between planes. Or a long read, where hours and hours stretch before us.

President Niwano states in the Preface of the book, "I sought to see if it was possible to condense Shakyamuni's teachings into a single statement." Truly, a noble query. Did he find what he was looking for? Yes, he did. "The conclusion I reached from my study was the law of transience, that all things are impermanent and undergoing constant change." This recurring theme emerges again and again throughout the book. Repetition is a good thing, particularly for we who tend to want to forget the hard but most worthy lessons of our lives.

Most of us have stumbled on this fact at sometime in our lives, and in so doing have had to revise our quest to find a world and a life where everything is stable. When we are happy and everything seems to be going well, we forget this law. And when ghastly things happen to us, we want them to be impermanent and to go away.

But where does all this lead? If transience, or impermanence, is the wind in our sails, where are we going? In reality, according to Niwano, transience is a *good thing*. "The knowledge that all things are impermanent and changing helps us to see beyond superficial joys and sorrows deep into the essence of life and gives us the wherewithal to lead our lives positively."

Other themes emerge as we turn the pages of this book. One is the connectedness of all life. "There can be no denying that everything in the universe is related to everything else," says Niwano, "all are brothers and sisters within the infinite." And for those of us who have wondered about *enlightenment*, Niwano again comes to the rescue. "To

recognize the truth is to attain enlightenment." Other themes flow across the pages: preciousness of human life, living in the here and now, mindfulness, the three poisons (greed, anger, and ignorance), tilling the field of the heart, and more.

Niwano's development of the state of "mildness" was an interesting one. "True peace is created only when individuals cultivate mildness within themselves." When we stop and think about our behavior, our reactions to what others say and do, and our overall demeanor in most if not all situations, "mildness" could very well be our polestar.

If there is a downside to the book, it may be the use of the word "salvation." Those of us who were marinated as children in Christian thought and practice have neural connections that, when exposed to certain "trigger words," catapult us back to our earlier learning. "Salvation" is such a trigger word. In such cases it is associated with the idea that Christ died for our sins and thus we are saved and assured a place in heaven. And that, we were taught, is *salvation*. For us so trained, it requires some shifting of mental gears when the word "salvation" is seen in the context of Buddhism. And yet, in the generic sense of the term, the use of the word is valid.

This book is a little gem. It helps us to look at Buddhism with fresh eyes, and reminds us of universal truths no matter what our religion.

Nancy Anderson, a member of Rissho Kosei Kai, received her Lay Buddhist Ordination at Shasta Abbey Buddhist Monastery. She is a Certified Meditation Instructor, trained in Vipassanā meditation instruction and certified by the University of Holistic Theology.



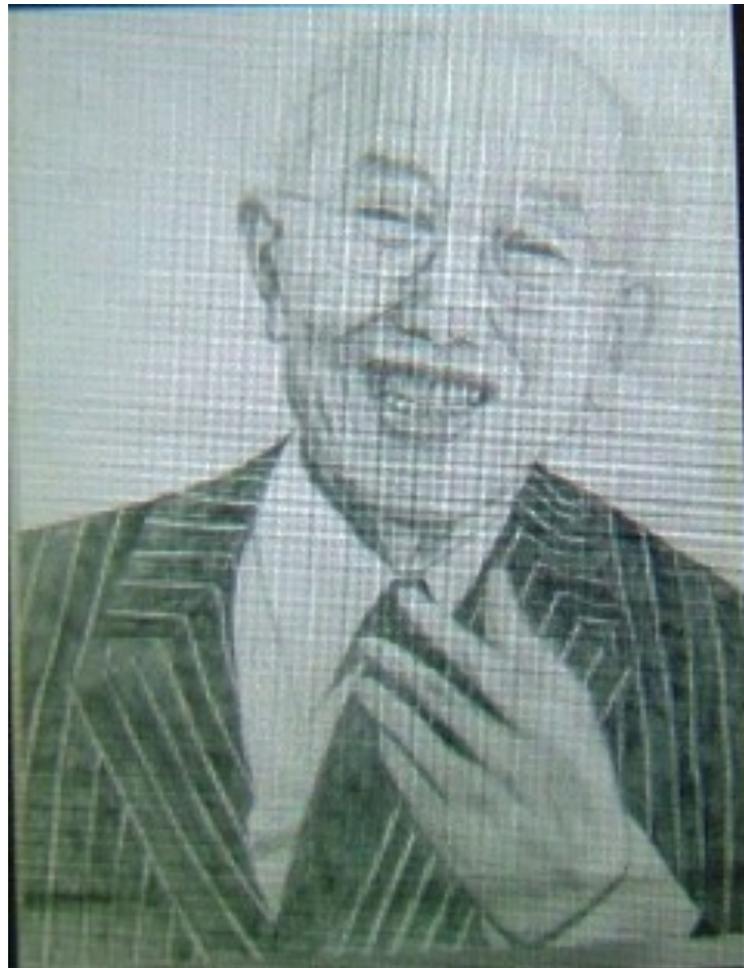
# Art from the Sanghas by Rose Cirigliano

## NYC Artist Hiroe Yoshizawa

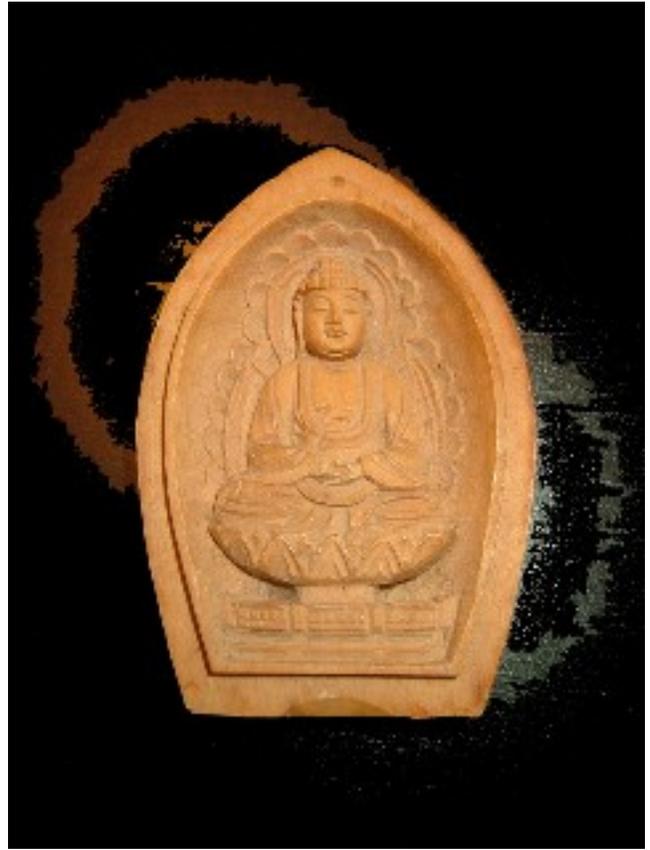
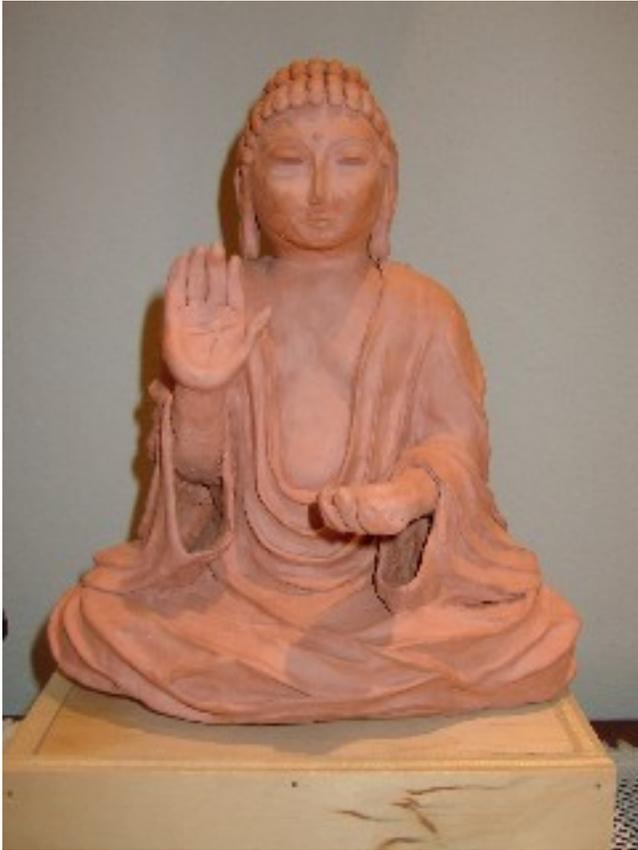
"My mother was already a member while she was pregnant with me. So everyone at the church used tell me "you are a Buddhist from the pore of your skin because your mother was praying every single day while you are inside her sleeping". Funny expression but makes sense in Japanese."

Hiroe has a B.A. in Fine Art, Minor in Anthropology and Religion, and an M.B.A. in International Business from Wagner College. Presently she attends the Fashion Institute of Technology completing an AAS degree in Communication Design, Graphic design. When asked about her goals, she said, "My goal is to apply graphic design and fine art to inspirational advertising art. I hope to contribute to a more peaceful and compassionate world with art as my point of departure. I'd like to create passionate design to touch people's souls with the essence of Buddhism at the core of it. I want to be able to make the world a better place and heal people's hearts with my art." My motto is "Art to heART."

Anyone  
recognize  
the  
subject  
of this  
portrait?



Hiroe Yoshizawa Sculptures and Portraits



*Gianni  
Zhinin  
Another  
NYC Artist*



This is from our New York member Gianni Zhinin. Rose asked him what inspired him and what medium he works in?

Medium: Digital all the way, Photoshop CS5

Gianni: I'm a New Yorker and a proud one at that. So there's inspiration everywhere. Particularly the constant, unremitting flux of the multitudes of New Yorkers going to and fro every morning of every day to work. I think to myself, if time is money, is there really any time for deep thought and meditation? The answer?.....Well of course there is!-- you just have to squeeze it in a tight schedule and what better place and time than when riding the subway! And since Buddhists believe that everyone can achieve the state of enlightenment, then it isn't hard to imagine a regular corporate worker to be a Buddha himself.

**Photos  
By  
Rev. Kris  
Ladusau**



Baby Monk Sharing Buddha-Nature  
Rev. Kris received this piece from Rev. Suzuki upon receiving Dharma Teacher



Sunsets by Rev. Kris

# Poetry by Kathy Austin - Dayton

## Poetry Corner

### SPEEDING

A line of dark geese inch their way  
 against sunset  
 as you see the strident flash of red  
 from a police car behind you  
 spreading in every direction  
 over your car's interior  
 and your face  
 becomes wet with frustrated tears  
 aware that you were moving  
 too quickly through life  
 through the spring puddles on the road  
 that must have contained  
 some kind of reflection  
 perhaps flowers, who knows  
 or perhaps the slow, unfolding, white  
 blossoms of apple trees  
 you assume only this morning  
 must have been small  
 white buds of dreams  
 in the new blue dawn.

### THE PROBLEM WITH HOLDING ON

As I age  
 so much is forgotten--  
 when she was born,  
 what he said to hurt;  
 so many dawns, gray  
 or otherwise; corners  
 of pages unturned;  
 the way to iron a sleeve,  
 so important at the time,  
 or how to ease someone's pain.  
 Pages of a calendar  
 spiral off the desk.  
 Words blink.  
 My eyes become sticky,  
 won't open, don't see.  
 I try to hold my life  
 inside me. Someday  
 I'll forget to breath.

Kathy Austin writes: I have been writing poetry ever since I could put words together, and was later inspired by poets such as Emily Dickinson, Mark Strand, and Margaret Atwood. I especially enjoy writing poems about nature, relationships, journeys, and spirituality. I believe poetry is crucial to our humanity. It gives us a voice, a different perspective on the world, and an appreciation for the beauty and power of words. At this time in history, that is especially important.

I have received awards for poetry from the Iowa Poetry Day Association and the Paul Laurence Dunbar Memorial competition.

## Interesting Hot Links

### Joy in the Dharma

It's [Words of Wisdom](#). The source of the words of wisdom is Daisaku Ikeda.

[Dharma Treasure](#) Podcasts on the role Joy plays in the practice of Buddhism

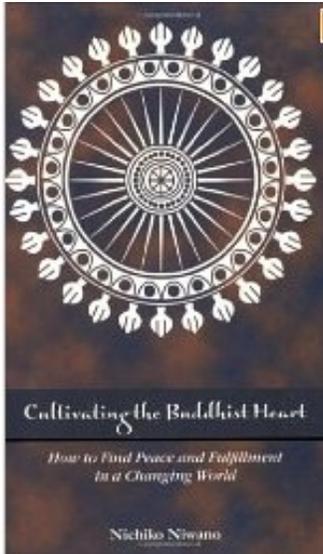
[Whatever Brings You Joy: Dharma and Creativity Workshop](#)  
 Zen Center in San Francisco September 16, 2012

[Joy A Dharma Talk by Ryuei Michael McCormick](#) Nichiren Site

[How to Cultivate Joy and Happiness](#) Youtube Video from Plum Village, hour long lecture



# Bulletin Board



**Cultivating the Buddhist Heart is now available as a Kindle eBook!**

**Purchase your copy on Amazon for \$4.99 and receive your instant download**

RK New York is gearing up for their 30th Anniversary Celebration!

Details will be released in future publications.



## RK in Action

Los Angeles Church will be hosting the Advance Lotus Sutra Seminar Sep. 28-30

Hawaii Oahu Dharma Center will be hosting an Obama meeting at 10 am on September 23, 2012

**POST YOUR CENTER'S UPCOMING EVENTS HERE!**

## How to Subscribe

To subscribe to this newsletter contact the minister at your Dharma Center or visit the RKINA website. [www.rkina.org](http://www.rkina.org)

## How to Submit Articles for Publication

Submit articles, calendar events, questions for "Dear Abhidharma" and creative works through your Dharma Center representative. "Dear Abhidharma" questions can also be sent directly to Rev. Kris Ladusau. [krisladusau@gmail.com](mailto:krisladusau@gmail.com)  
Suggestions and comments are always welcome. Please send them to Jane Perri [jane.perri@rkina-dayton.com](mailto:jane.perri@rkina-dayton.com)

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Traveling ?

Try visiting  
one of your  
sister sanghas!



## Locations and Calendar of Centers

### **Rissho Kosei-kai International of North America (Irvine CA)**

Rissho Kosei-kai Dharma Center of Orange County (CA)

Rissho Kosei-kai Dharma Center of Tampa Bay (FL)

Rissho Kosei-kai of Ft. Myers

### **Rissho Kosei-kai Buddhist Church of Hawaii (Pearl City, Oahu)**

Rissho Kosei-kai Maui Dharma Center (HI)

Rissho Kosei-kai Kona Dharma Center (HI)

### **Rissho Kosei-kai Buddhist Church of Los Angeles (CA)**

Rissho Kosei-kai Dharma Center of San Antonio (TX)

Rissho Kosei-kai of Buddhist Center of Arizona (Tucson)

Rissho Kosei-kai Buddhist Center of Colorado (Denver)

Rissho Kosei-kai Buddhist Center of San Diego (CA)

Rissho Kosei-kai Buddhist Center of Las Vegas (NV)

### **Rissho Kosei-kai of San Francisco (CA)**

Rissho Kosei-kai of Seattle's Buddhist Learning Center (WA)

Rissho Kosei-kai of Sacramento (CA)

Rissho Kosei-kai of San Jose (CA)

Lotus Buddhist Circle of San Mateo (CA)

Rissho Kosei-kai of Vancouver (Canada)

### **Rissho Kosei-kai of New York (NY)**

Rissho Kosei-kai of Chicago (IL)

### **Rissho Kosei-kai Dharma Center of Oklahoma (OKC)**

Rissho Kosei-kai Dharma Center of Dallas

Rissho Kosei-kai Dharma Center of Denver (CO)

Rissho Kosei-kai Dharma Center of Klamath Falls (OR)

Rissho Kosei-kai Dharma Center of Dayton (OH)