

The Buddha Mind Grapevine

Dec. 2012



Buddha Mind News

Master Jian Jian Shifu has returned to Chung Tai Chan Monastery after her short stay with us. We appreciate her help through the transition to the new dormitory and with her help during the Abbot's visit.

During this time of the year between classes, we encourage you to continue to practicing and welcome you to come to the monastery for meditation, volunteering, and walking the meditation trail. We continue Saturday meditation sessions from 3:30 pm to 4:30 pm and encourage your attendance.



DEAR DHARMA FRIENDS,

Happy New Year!

2012 is quickly coming to a close. At the end of the month we will be having our annual 2 Day Retreat on December 29th and 30th. We look forward to everyone joining us for these special days. Also we are looking forward to starting our classes anew in January. Please be sure and check the Buddha Mind schedule for our upcoming classes and events.

The past year has brought many blessings. We welcomed many new lay disciples to our monastery, we had our 1st annual Veggie Festival, we continue working on completion of the new monastery, and we had a wonderful and auspicious visit by the Abbot of Chung Tai Chan Monastery.

Buddhism Calms Our Mind

No matter how external circumstances change, if we can see through and let go of afflictions, delusions, and attachments, and have clarity and true understanding, with the mind always in equanimity and suchness, that is "Zen".

~Grand Master Wei Chueh

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Classes & Events

- Zen Meditation & Buddhism Class
Level 1, Fridays, 7 - 9 pm, starting 1/11/13
- Zen Meditation & Buddhism Class
Level II, Tuesdays, 7 - 9 pm, starting 1/8/13
(Level I Class required)
- Sutra Study Class, Wednesdays 7 - 9 pm
(Level II Class required), starting 1/9/13
- Guan Yin Ceremony starting January,
Non-Ceremonial Sundays, 10:30 - 11:30 am
- Saturday Meditation Session
Saturdays, 3:30 - 4:30 pm
- Meditation Class in Chinese
Sundays, 10:30 am - 12:30 pm
- Mandarin Learning, starting 1/7/13
Level I, Mondays, 7 - 8:00 pm
Level II, Mondays, 8 - 9:00 pm
- Kids Meditation Class,
1/12, 1/26, 2/16, 3/2, 3/16, 3/30, 4/13
Saturday, 11 am - 12:30 pm
(Followed by Kids Mandarin Chinese Class)
- Vegetarian Cooking Class
1/26, 2/23, 3/30, 4/27
Saturday, 1:00 - 2:00pm
- Yoga Class
Non-Ceremonial Sundays, 9 - 10:15 am
- Half-Day Zen Retreat
1/20, 2/17, 3/24, 4/21
Sunday, 2 - 5:30 pm

DHARMA EVENTS

Liang Huang Repentance Ceremony

1/6, 2/10, 3/10 Sundays,

- 9:30 am Offerings to the Buddha
- 10:00 am Ceremony/Dharma Talk
- 11:30 am Grand Meal Offering/Blessing
- 12 noon Vegetarian Lunch
- 1:30 pm Repentance Ceremony
- 2:30~3 pm Mengshan Food Offering Rite



2012 Two-day Silent Meditation Retreat

Saturday, Dec. 29th (9:00am-9:00pm) & Sunday, Dec.30th (9:00am-1:00pm)

In the stillness and silence of meditation, we are able to awaken to the clarity of who we really are. Like the clarity of water when the dirt settles, we glimpse the purity and wisdom that can be attained if we leave the preoccupations of daily life. We look to our meditation practice to tame and work with our mind. Through meditation we are able to dispel the incessant chatter of our monkey mind and begin to discover our true Buddha nature.

The practice of mindfulness allows us to bring the nervousness, anxiety, and fragmented feelings of our fast-paced lives into focus and to become calmer. This tranquility helps us diminish our negativity, anger, and frustration, allowing us to turn our mind inward and relax. Thus released from our grasping desires, we are able to start developing our wisdom mind—and to see the sky behind the clouds.

Prior attendance in BMM meditation classes or attendance in a half-day retreat at BMM is required.

Attending the full schedule is welcome the most, or please attend the entire morning session, afternoon session, or evening session in order to avoid disruption to other retreat attendees. Attending just one or two hours is not allowed.

For more information, please contact us at 869-0501 or email buddhamindokc@gmail.com

12/29(SAT)		12/30(SUN)	
08:45	報到 Sign In	08:45	報到 Sign In
09:00~12:40	第一 ~ 四支香 First ~ Fourth Session	09:00~12:40	第一 ~ 四支香 First ~ Fourth Session
12:40	午齋 Lunch Break	12:40	回向 Dedication
14:00~17:40	第五 ~ 八支香 Fifth ~ Eighth Session	12:50	午齋 Lunch
18:00	藥石 Dinner Break		騎牛歸家 Ride the Ox home
19:00~20:50	第九 ~ 十支香 Ninth ~ Tenth Session		
20:50	回向 Dedication		
21:00	騎牛歸家 Ride the Ox home		

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A Spiritual Beacon Lights up Our Buddha Mind

When Venerable Abbot Jian Deng of Chung Tai Chan Monastery (parent monastery in Taiwan) visited Oklahoma City on Oct. 24, 2012 everyone was excited to see him and listen to his talk.

Members of the Dharma Support Association welcomed him with a warm tea ceremony in the afternoon and offered a chanting of "The Heart Sutra". During the ceremony, they sang the famous folk song "This Land is Your Land" written by native Oklahoman, Woody Guthrie, wishing this land to become a pure land. Later that evening, the Venerable Abbot presided over the Three Refuges and Five Precepts Ceremonies. Lay disciples crowded the Chan Hall to receive the pure transmissions with gratitude and joy. After the disciples' sincere repentance and making great vows, the Venerable Abbot explained the precepts and asked if the recipients could uphold the precepts diligently. All answered assertively in a loud voice "Yes, I can." The Venerable Abbot then gave a Dharma talk, encouraging everyone to cultivate on the cause ground and practice with the right view so that we can benefit ourselves and all sentient beings.

The evening was one of great food, high ceremony, and enlightening talk. Many people worked hard to make this night a special one. It was a beautiful night out, and fortune smiled upon us. We all hope that the Venerable Abbot will return to Oklahoma City when the new monastery is completed and share again his deep Buddhist teachings.



Gravity and Joy

By Robert Scafe

As one of the four Dharma Guards for the Abbot during his visit, I enjoyed a close up view of the ceremonies and the lecture. What struck about the evening was the combination of gravity and joy in the Abbot's demeanor, in the rituals over which he presided, and in the socializing of the many lay Buddhists and visiting Shifus. As the Abbot spoke of cultivating the conditions of a peaceful mind, he was serious and sincere, but he also smiled and peppered his remarks with the occasional joke. This curious mixture of devotion and lightheartedness accorded well with his message about the "Middle Path" of Buddhism; I left the lecture feeling emboldened both in my efforts to calm my mind through meditation, and in my devotion to actively helping other sentient beings.



The Gift of the Precepts

By Jeanna Salinas

Our monastery recently received a gift. Venerable Abbot Jian Deng came to lecture, and preside over the transmission of Three Refuges and Five Precepts. As we normally must travel to receive the Five Precepts, being able to take the precepts in the Chan Hall where we meditate, study, and grow our practice gave an even greater significance to the transmission.

Observance of the Five Precepts strengthens our morality and cultivates loving kindness towards other sentient beings. We realize how precious life is and are remember that whatever we do has a karmic result and impacts ourselves and others.

Each time I look down at the bracelet that I received upon taking the Five Precepts, I am reminded of the path I have chosen to follow and of the other lay disciples that are walking along beside me.



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New Zen meditation & Buddhism Class Level I

This class will introduce you to Zen Buddhism, and some fundamental teachings of Buddha, as well as different methods of meditation. You will gain knowledge of the Truth. Where did all suffering come from? Why did it happen this way and the reason behind them? How to face it and deal with the Truth, have a positive outlook on life and gain the peace of mind? Some of the lessons will be Introduction to Zen Buddhism, Karma and Causality, and the Four Noble Truth. Easy to understand. No experience and prerequisite required.

Mandarin Classes

Check out the new Mandarin Learning Class on Mondays at 7:00 (Starting January 7), and get ready to connect with the ancient yet modern Chinese Mandarin!! Free to everyone, regardless of age or experience, students will learn authentic Mandarin reading, writing and conversation. The class is well-paced and challenging, yet laid-back and full of humor and fun. The only prerequisite is an open and receptive mind. Enroll now!



Kid's Meditation Classes:

"To be calm in quietness is not true stability; to be calm in chaos is true stability."

For the 2013 Kids' Meditation Class, we are going to learn the Six Paramitas: charity, guidelines, tolerance, diligence, meditation and wise old owl. In seven classes, kids will learn how to practice what they learn from the six different themes through inspiring stories and interesting activities. We kindly ask for you to bring your kid(s) to the class on every other Saturday as follows- 1/12, 1/26, 2/16, 3/2, 3/16, 3/30, 4/13. Please arrive no later than 10:30 am.

See you at Buddha Mind !

Yoga Classes

Yoga will continue on non-ceremonial Sundays. Experienced or not, we welcome you to join us. The benefits include increased stamina, flexibility and meditative exercise. We are fortunate to have an experienced and knowledgeable instructor, Aimee Rook.

Note: All classes and events can be found on our website, Including helpful links to articles and additional resources. Information can also be found on Facebook and Twitter, and links can be found on our homepage at <http://www.ctbuddhamind.org/>. Also, check out our Blog at <http://dharma-support-association-buddhamind.blogspot.com/>.



With your generous donations, all Shifus at Buddha Mind Monastery are happy to report that the new dorm was accomplished this October and the construction of the new meditation hall is scheduled to be finished in June, 2013.

We would appreciate your continuous support in order to establish the new Buddha Mind Monastery to propagate Buddhism and benefit more sentient beings.

Thank you and may all donors obtain blessings and merit.