

## Buddha Mind News

We are pleased to inform you that our new schedule is available on-line. The new classes will start in September. You are welcome to join us for classes and events. Also please invite your friends and relatives to visit the new Buddha Mind. The monastery is open from 9:30 am until 6:00 pm daily.

Advance registration is requested for cooking classes and retreats. This ensures we will have the necessary provisions for those events.



## Hot News!

### Ven. Master Jian Deng to Visit Chung Tai Zen Center of Houston

Sep 25th, Ven. Master Jian Deng, Abbot of Chung Tai Chan Monastery, will travel to the Zen Center of Houston to offer a Dharma Talk and to preside over the Transmission of Three Refuges and Five Precepts. All are encouraged to travel to Houston and participate in this ceremony.



***Please contact the Monastery to register!***

## Buddha Mind Monastery to Celebrate 10th Anniversary!

On October 19<sup>th</sup>, we hope all will join us to celebrate the Monastery's 10<sup>th</sup> Anniversary with the Eighty-Eight Buddhas Repentance Ceremony. As we continue to grow and attract more people, now is a good time to reflect on where we came from and on the vision that inspired this monastery.

### Humble Beginnings

In 2002, a University of Oklahoma professor and a group of overseas students invited the Abbott of Chung Tai Zen Center of Sunnyvale to come give a Dharma talk. From that initial talk, he was invited back for several other Dharma talks. The audiences showed great interest in Zen and started to thirst for a monastery. In 2004, Buddha Mind started with a small church and embarked on the mission to realize our Ven. Grand Master's vision: sharing Buddha's wisdom and practice and helping to bring peace and harmony to this troubled world.

At that time we were the fourth Chung Tai Zen Center in the United States. There are now a total of eight Chung Tai Zen Centers in the U.S.

As our number of lay disciples grew it was apparent that we would need to expand our monastery. The new Buddha Mind Monastery was completed in 2013. We now have beautiful facilities and surroundings, helping to provide spiritual nourishment and to benefit local people by bringing the Buddha's compassion and wisdom to Oklahoma.

## August - December 2014

### Classes

- **Zen Meditation Class Level I**  
(A) Thursdays 7 pm ~ 9 pm (starting 9/4)  
(B) Fridays 10 am ~ 12 pm (starting 9/5)
- **Zen Meditation Class Level II**  
(A) Tuesdays 10 am ~ 12 pm  
(B) Tuesdays 7 ~ 9 pm (starting 9/2)
- **Sutra Study Class**  
Wednesdays 7 ~ 9 pm (starting 9/3)
- **Chinese Level I Meditation Class**  
(starting 8/31)  
Non-ceremonial Sundays (1:30 ~ 3:30 pm)
- **Chinese Sutra Study Class**  
Non-ceremonial Sundays (10 am ~ 12 pm)
- **Kid's Meditation Class** (10:30 am ~ 12 pm)  
9/20, 10/4, 11/1, 11/22, 12/6, & 12/20
- **Vegetarian Cooking Class**  
8/30, 10/11, 11/15, 12/13 (10:30 ~ 11:30 am)
- **Yoga Class**  
9/7, 9/21, 10/5, 10/12, 10/26, 11/2, 11/16,  
11/23 (9 ~ 10 am)
- **Martial Arts Class**  
9/27, 10/25, 11/22 (1:30 pm ~ 2:30 pm)

### Retreats

- **Half-Day Retreats - 9/27, 10/25**  
Saturday, 9:30 am ~ 12:10 pm
- **One-Day Retreat - 11/29**  
Saturday, 9:30 am ~ 5:40 pm

### Dharma Events

- **Medicine Buddha & Ullambana Ceremony**  
8/24 Sunday, 10 am ~ 12:30 pm
- **Samadhi Water Repentance Ceremony**  
9/14 Sunday, 10 am ~ 4:30 pm
- **Eighty-Eight Buddhas Repentance Ceremony & 10<sup>th</sup> Anniv. Celebration**  
10/19 Sunday, 10 am ~ 2:00 pm
- **Diamond Sutra Ceremony**  
11/19 Sunday, 10 am ~ 12:30 pm
- **Eighty-Eight Buddhas Repentance Service**  
12/7, 12/14, 12/21 Sunday, 10 am ~ 12:30 pm



## Medicine Buddha & Ullambana Ceremony

It is the tradition of Chung Tai Chan Monastery to hold Medicine Buddha Ceremonies during the Intensive Summer Retreat for three months every year.

Buddha Mind Monastery, together with all worldwide branches, will chant the "Medicine Buddha Sutra" every day and dedicate the blessings and merits not only to our families, all sentient beings, and world peace, but also to our Grand Master Wei-Chueh for establishing all the Zen centers for us to practice the Way.

When Medicine Buddha was a Bodhisattva, he took twelve great vows to help countless sentient beings who were sick, poor, and deprived to find the path to enlightenment once he attained Buddhahood. For those who are seeking relief from afflictions of the body and mind, the Medicine Buddha Sutra is a guide for us to purify our bodies and minds and be free from distress and pains.

The Ullambana Sutra reminds us to think of our parents with filial piety and compassion. By dedicating the merits of chanting this sutra and making offerings to the Buddha and the Sangha, we can repay the love and kindness of our parents in this life and past lives, and wish them countless blessings and joy.

You are welcome to join the the Medicine Buddha & Ullambana Ceremony on August 24th.

## **Q: Why should one take the three refuges and the five precepts?**

A: Taking the Three Refuges explicitly affirms our inner commitment to the Buddhist teaching and principles. Even though one can study the scriptures and practice on one's own, one is still not committed to the Bodhi path.

Accepting the Three Refuges signifies that one has taken refuge in the Buddha, Dharma and Sangha; or, to become awakened, to live a life of purity and to interact harmoniously with others. This can bring us wisdom, peace, and happiness.

When one is more serious about practice, one can take the Five Precepts: No Killing, No Stealing, No Sexual Misconduct, No Lying, and No Intoxicants. These are the foundations of all virtues that provide practical guidelines of life; they enable us to avoid harming other beings and to prevent future suffering. By purifying our actions, we purify our mind. Thus one can obtain the true liberation.

## **Reflections**

**Alan Taylor** (Member of Sutra Study Class)

Upholding precepts gives an element of simplicity that helps me to make the correct choice in my life. The Precepts are not rules of what you can't do, but a map of what is possible. It has given me a framework that helps me become smarter and happier.

**Jeanna Salinas** (Member of Sutra Study Class)

Being a formal Buddhist started me on a path that I continue to follow and has dramatically changed my perspective of myself and others around me. I understand now what it means that happiness comes from within and I am able to openly approach others with compassion and equanimity.

**Mitchell White** (Member of Level II Class)

My wife and I explained to our two sets of twins the meaning of taking Three Refuges and Five Precepts. It was their decision. After further discussion, we would all, as a family, participate in the ceremony. The ceremony was very impressive, I was honored to be in the presence of the Venerable Abbot. Anticipation and excitement filled the air. It will always be very special to me that our family started our Buddhism journey together.



## Children's Meditation Class

Classes are conducted in a child-friendly and fun atmosphere. The children in this class learn to meditate, prolong their attention span and calm their minds. The class is designed to develop their potential and give them a positive and moral outlook on life through meditation and Chan stories. We encourage all who have children, grandchildren, nieces, and nephews to bring them to children's class.



## Martial Arts Class

These classes are all about teaching moving meditation and using martial arts instruction to promote a spiritual journey of discovery within each practitioner. Like meditation, martial arts can be used to develop focus and mental clarity, and utilizes a form of meditation as a component of the training. This is helpful in clearing the mind of negative thoughts and creates a greater ability to practice mindfulness.

## Yoga Class

This is a short, slow Hatha morning practice suitable for beginners as well as more advanced practitioners. The focus is on breath, balance, and alignment to improve clarity and circulation. Breath and posture are two of eight primary elements of Yoga practice, facilitating concentration, meditation, right thought, and right action. Registration for this class is for the entire semester.

## Vegetarian Cooking Class

Buddhists are expected to observe the five precepts. Out of these, when we observe the first precept - no killing - we promise not to take the life of any living being and not to harm any such being. In order to reduce the karma of killing, cultivate compassion, and advocate healthy eating, vegetarian cooking classes are provided to help foster a suitable diet.

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