



Dharma currents

N E W S L E T T E R

Book Review by Ace Davis

The Heart Sutra

By Red Pine

Shoemaker and Hoard
Washington DC 2004

My mother used to say that good things come in small packages and in the case of this fine little book it is certainly true. Having chanted the Heart Sutra for many years without much curiosity about the back story involved the five skandhas or the various laundry lists about "sensation, perception, mental reaction," etc, etc, I found this recent book by Red Pine most educational.

But merely to describe it as educational is to do it an injustice. I confess I could not have named the five skandhas. Buddhism seems full of such laundry lists of the three *this-es*, and the six *that-es* and the ten *whatever-es* – perhaps as mnemonic devices – a function that singularly fails for me. However, Red Pine's elucidation of them is very interesting.

Of course, having once learned what the skandhas are, one must not miss their emptiness which is the segue into the most famous part of the sutra "form is no other than emptiness, emptiness is no other than form". For me, Red Pine's riff on form and emptiness are perhaps the strongest part of the book. He's especially clear on the delusory nature of both form and emptiness, e.g:

"From the point of view of Mahayana Buddhism, this is the greatest of all delusions, the belief that something exists. Upon close analysis, nothing exists by itself. Any given entity can only be defined in terms of other entities in time, space, or mind. And these in turn can only be defined in terms of other entities, and so ad infinitum. Thus nothing exists by itself, and nothing exists as itself. There is no such thing as a self."

But: "According to Mahayana Buddhism, this is the second greatest of all delusions, be belief that nothing exists. Emptiness does not mean nothingness. It simply means the absence of the erroneous distinctions that divide none entity from another, one being from another being, one thought from another thought. Emptiness is not nothing, it's everything, everything at once."

Then we get into the serious laundry list in the middle passages of the sutra, which has many intriguing points and some illuminating variations in translation. For instance, instead of using "mental reaction" which had always seemed a rather clinical term to me, he uses the much more evocative "memory." And again he does a rather

splendid job of shining forth the light of emptiness:

"In the light of convention, objects are real. In the light of mediation, objects are not real but dharmas are. In the light of wisdom, objects and dharmas are not real, nor are they not real."

Pine continues: "They are not real, because they are empty of self-existence. But neither are they not real, because they are empty of non-existence. Emptiness is what makes everything real. Self-existence and non-existence are what make everything false."

In wending through such a thicket, it helps to recall that "in the dialectical logic of the Prajnaparamita a double negation does not make an affirmation."

Another way of realizing emptiness is to think of it as indivisibility. I'm especially fond of Red Pine's statement on this in regard to seeing:

"There is no point at which the eyes begin or end, either in time or in space or conceptually. The eye bone is connected to the face bone is connected to the head bone, and the head bone is connected to the neck bone, and so it goes down to the toe bone, the floor bone, the earth bone, the worm bone, the dreaming butterfly bone."

Red Pine has a fine time working his way through various causal linkages of the rest of the middle part but I'll leave them for you to discover your own self.

Another felicitous translation that I found most helpful was the use of "live without walls of the mind" in place of "no hindrance in the mind." Perhaps part of why I liked it so much was that I'd just recently finished Diane Ackerman's *The Alchemy of the Mind* which is quite revelatory about just how those walls are constructed - although Red Pine has a much more global sense of what those walls are.

Just when you think you've had about enough of "rabbit horns and tortoise fur," no matter how entertainingly presented, the sutra turns quite another direction into the presentation of the mantra.

I confess, the mantra was just another sutra I recited on faith without more than a pretty basic understanding of what it meant – but I feel much more grounded about it now. I hope you all will have as good a time reading this book as I did.





"In the inner life, time takes the place of space. With time we are altered and if, as we change, we keep our gaze directed toward the same thing, in the end illusions are scattered and the real becomes visible. This is on condition that the attention should be a looking and not an attachment." Simone Weil in *Gravity and Grace*

Keeping in Touch

Sangha Contact Information

Appreciations to Ursula Popp for handling the list duties so skillfully for our sangha these past years; thanks to Barbara Breckenfeld for assuming these responsibilities.

Dharma Currents Newsletter

The newsletter is published four times throughout the year. With submissions or questions, contact the designer and editor, Cindy at cindy@w-link.net or 933-8100. E-mail submissions to Cindy within the message section (*no attachments*). Dharma and practice-related articles are to be previewed by either Jana at zeedyk@effectnet.com or Rebecca at rossrm@comcast.com prior to sending to Cindy. Instructions and schedule of deadlines are posted on the web (<http://three-treasures-sangha.org>).

Three Treasures Sangha Membership

If you aren't sure of your membership status and dues payment record, please contact Jan Mikus, bookkeeper for Three Treasures, by calling 363-9650 or emailing jam2@drizzle.com. Remember that the reduced rates offered to members for sesshin registration are predicated upon applicant's dues being current. Please confirm if not certain.

Sangha Lists: Mail, E-Mail and Telephone

Mail, e-mail and/or telephone are used to contact sangha participants. To be added or update your information, contact the list coordinator, Barbara at bbreck@nwlink.com or call 425 775-2715. Last minute schedule revisions and/or events reminders are communicated via e-mail or telephone.

Three Treasures Sangha on the Web

Visit us at <http://three-treasures-sangha.org>. General sangha news, updated event information and the orientation literature series are posted on this web site along with current and past issues of the *Dharma Currents* newsletter. Please contact the webmaster and site editor, Jeff at jeffj@oz.net or 783-3980. with any additions and questions.

Contacting the Sangha by Telephone

Call Three Treasures at 206 324-5373. Leave a message on the machine and your call will be returned.

Recurring Throughout the Year

Sangha Activities



Orientation to Three Treasures Sangha

Orientation is offered monthly for those new to zazen and/or new to our sangha. This introductory session includes sitting meditation, overview of dojo etiquette and customs, a concise history of Three Treasures Sangha, and then followed by a period of sitting. Contact one of those listed for *Orientation* under Sangha Contacts and Coordinators or call 324-5373 to leave a message.

Weekly Zazen Opportunities

Sittings throughout the week at the Practice Center: Wednesday evenings 6:30-8:30pm

- Third Wednesdays zazen 6:30-8:30pm joint sitting with MCPS (see description)
- Last Wednesdays zazen 6:30-8:30pm with dokusan when Jack Duffy is present

Friday mornings 6:30-7:30am (followed by coffee plus dharma discussion on first Fridays)

Daily sittings at Mountain Lamp 6:30-8:30am with dokusan at 7am followed by community breakfast on Fridays at 8:45am. (contact 360 592-5248)

Monthly Zazenkaï (zenkai)

Single or multi-day retreats including meditation, teisho and dokusan with teacher Jack Duffy.

Interviews (dokusan) with Teacher Jack Duffy

Private interviews available during zazen in zenkai or sesshin to discuss any practice-related topic.

Semi-annual Sesshins

Week-long intensive retreats including meditation, teisho and dokusan with teacher Jack Duffy.

Quarterly Sangha Meetings

Meetings of the sangha members and the Board are held regularly at the Seattle Practice Center, 1910 24th Avenue South. For schedule, leave a message at 324-5373; your call will be returned.

Leadership Training

Instruction in the various jobs that contribute to the smooth operation of the dojo and retreats. Leave a message at 324-5373 for information.

Monthly Gardening Opportunities

Gardening sessions are regularly scheduled 11am-4pm on the final Saturdays of each month from February through October at the Practice Center.

Monthly Community Joint Zazen with MCPS

Regularly scheduled joint community sitting with members of the Mindfulness Community of Puget Sound—the group with whom TTS shares the Practice Center—consists of sitting and walking meditation, followed by discussion. Occurs third Wednesdays 6:30-8:30pm at the Practice Center. Otherwise, MCPS meets at the Center on Mondays 6:30-9:30pm for sitting and discussion (at 5:30pm for potluck on last Mondays). Led by Eileen Kiera.



"Solitude, though it may be silent as light, is like light, the mightiest of agencies; for solitude is essential to man (sic). All men come into this world alone; all leave it alone." Thomas De Quincey (1785-1859)

Tribute By Kay Peters

Remembering Marie Bernard



Joint Community Meditations

Paramitas for Waging Peace

Activities of Compassionate Living

Marie Bernard, 69, a long time member of TTS died suddenly in her home in April. Marie was a warm, humorous and caring spirit.

Marie (Chapleau) Bernard was born Nov. 24, 1936 in North Bend, Indiana. She was the mother of six children (Her oldest daughter, Sophia, instigated the design work on our garden at SPC), a former actress, Headstart teacher, Catholic Worker, life-long student, activist against the American (aka Vietnam) War, Central America-Witness for Peace companion, Women in Black member, and voice against the death penalty and police brutality.

She was a well-known Northwest peace activist and member of the Ground Zero Center for Nonviolent Action. She epitomized the movement in her statement "when I think about having Trident built at all anywhere it doesn't bother my head, my intellect, as much as it bothers my soul." Marie was last arrested on January 15, 2005, in the sleet and snow, in protest of the Bangor Trident submarine base, and in honor of Dr. Martin Luther King, Jr. Those who knew Marie can clearly hear her voice reminding us to stay kind and respectful of others, and urging us on. Thank you, Marie, for representing us so well for so long.

Join us for community meditations sessions on the third Wednesdays of each month at the Center, 6:30-8:30pm, throughout 2005 to discuss the Paramitas and activities to live compassionately. The Chinese character for paramita means crossing over to the other shore... the shore of peace, non-fear, and liberation. There are six traditional activities that help lead us to the "other shore."

Please sign up for dates without speakers to share how you aspire to carry out one of these activities at our monthly Community Meditation with both sanghas, MCPS and TTS. The words used by Thich

Nhat Hanh and Pema Chodron to describe the paramitas include the descriptions given here:

- May 18 **Kshanti Paramita** *patience, inclusiveness and the capacity to receive, bear and transform the pain inflicted on you by your enemies and also by those who love you* (speakers: Jack and Eileen)
- July 20 **Kshanti Paramita: Round Two** (open)
- August 17 **Virya Paramita** *diligence, energy, perseverance, enthusiasm* (open)
- September 21 **Virya Paramita: Round Two** (open)
- October 19 **Dhyana Paramita** *meditation* (open)
- November 16 **Prajna Paramita** *wisdom, insight, understanding* (speakers: Jack and Eileen)

By Casey O'Connor

Gone Again... But Not Forgotten ...Margot Stiles

I thought I was the only one that was allowed to leave several times, but apparently our Friday morning and sesshin pal, Margot Stiles, decided that leaving for graduate school a couple of years ago was not enough. We can take some small comfort in the fact that when she again moved away from Seattle, she did go kicking and screaming, saying her preference would have been to stay with us – at least in the Pacific Northwest.

But apparently, the marine biology jobs in the PNW were all full up, so she hitched a ride on a jumbo jet in late April to add her considerable skills to saving the planet in an east coast location, that den of iniquity, Washington DC. Margot will be joining a team that will research and find ways to protect deep sea corals. The corals are a recent discovery in oceanography – brought to scientists' attention by fishermen who have snagged them with their catch and were curious enough to bring them into a lab for identification. The agency uses a team approach, with

expertise in media, international environmental law, and science to create awareness, advocate for protective legislation, and enforce current legislation to protect the oceans. When asked at her last Friday morning if she was an expert on deep sea coral, she replied, "No, but I will be soon!"

"All things change – let go of attachments." And it is often the case that we don't realize how attached we are until someone leaves. Friday mornings are a singularly social part of Three Treasures Sangha – I know of no other forum like it. We come, we sit, we talk of the serious, the whimsical, and the banal. It is one of the highlights of my week – almost a weekly course correction that allows me to sit in community in meditation and engagement. Margot has been a strong presence there – a thoughtful response to the political and the spiritual with just a wee bit of devilishness thrown in. She will be missed – our loss is the planet's gain, I imagine – but I am never prepared for the letting go.



"If the world were merely seductive, that would be easy. If it were merely challenging, that would be no problem. But I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day." EB White

Appreciations by Eric Larsen

Reflections upon Attending the Diamond Sangha Teachers' Circle



"I told you we would meet again," Larry said on Saturday afternoon during the teachers meeting as he put his hand on my shoulder.

The unspoken joke was that when he told me we would meet again, it was 22 years ago. The previous meeting was at a Buddhist Peace Fellowship conference at Tassajara Zen Mountain Center, where he was attending with Aitken Roshi and others. I was serving meals and washing dishes.

Our recent reunion in Seattle found me a visitor from my home zendo, Ring of Bone, responding to an invitation for students to visit the Diamond Sangha Teachers' Circle at the Practice Center.

Shortly after arriving on Friday, I was lucky to be asked by Karen Rosentiel to help cook. No awkward hanging out for me; I got to be useful as a cook, although Karen had prepared thoroughly, and I merely had to fall into her plans.

To visit the teachers' circle was part of my plot in traveling north from my home in Winters, California, but other ulterior motives included sniffing out the Three Treasures Sangha and people, like Larry, with whom paths had crossed over the years.

As lay folk aspiring to tread the Path, we share the delights and dilemmas of kids, spouses, jobs and relationships, nourished by formal time on the zafu

to be sure, but quickened with stories that never appear in the texts of Zen, but are the crux of life. I came home rich with talk over the kitchen sink and commuting together (to the potluck) and while walking around Lake Washington, exploring the world behind the teachers meeting.

We talked as students, exposing to each other how we live with our partners, our kids, our desire to change the world, and our needs for supporting it all financially. Particular details from personal meetings, with Three Treasures members and visiting teachers alike, are the legacy of my three-and-a-half days in Seattle. Like those events that have occurred during the intervening 22 years between meetings with Larry, details from the lives of fellow path-treaders become touchstone stories for me in my life at home.

Thank you, Three Treasures all, for the opportunity to visit, the hospitality, the lovely zendo and private "library/hojo" space in which to live for three days. I am grateful for a like-minded group of crazies who think trying to do such a thing is worthwhile and are willing to let it all hang out. We will meet again; thanks for our time together!

(EDITOR'S NOTE: Eric Larsen is a Research Scientist with the Landscape Architecture Program in the Department of Environmental Design at the University of California in Davis, California)

By SPC Committee Rep. Kay Peters

Spring at the Practice Center

Garden News. Our Spring Garden of Light retreat resulted in a great deal of work getting done. We replaced about one-third of the concrete pathway with wood chips in order to reduce time spent on weeding. It looks nice and is easier to walk on than the uneven pieces of concrete.

The garden committee – composed of anyone who wants to work regularly on the garden – has been selecting plants for the area near the bench. The committee is seeking plantings that will provide interest, color and flowers suitable for the altar.

Work Day. Please plan to participate during our next scheduled work day: Saturday May 28 (10am-4pm). We'll prepare the grounds and the garden for our annual yard sale and open house for the neighborhood to be held on June 4. (See page 7)

More Improvements Being Planned. The Center Coordinating Committee will be taking up the issues of pathways, parking and fencing in the next few months. Please contact one of the committee members with any input you have. Proceeds from the yard sale will help fund these improvements.

Library News. Eric Ervin recently assumed librarian responsibilities for the Center and has been doing a wonderful job of getting the library in order.

He plans to send out (via email) a monthly report to announce new additions to the library and other information. Soon, we hope to acquire a comfortable chair and lamp for the library area as well as a space for the tapes and CDs which MCPS has collected. Contact Eric about these developments by email at blackmetalbanjos@yahoo.com.



"Justice will not come till those who are not injured are as indignant as those who are." Thucydides (400 BC)

Open Letter by Jan Mikus

Remembering Bill Caler

For Randall, Bill and Janet's son



Memorial Service to celebrate Bill Caler's life scheduled for Thursday May 12, 2005 at 1pm at the Center for Urban Horticulture on the University of Washington campus, Seattle.

One time when you were two years old Randall (I think you were then two), and lived in the forest (or that's how I perceived your folks' house—like a tree house in the woods), you were playing in a little pool on the deck, while your mom filmed you, splashing your dad with complete glee.

When your dad showed Lee Shields and me the tape, your infectious laugh got us all going, but mostly your dad. He said that every time he saw the film he couldn't help laughing out loud. And I can't help thinking now that the kind of joy he found in being with you is what kept him going for the last years of his life.

I first heard about your dad from our friend Lee back around the time of his surgery in 1996, and we met after he was recovered from that episode. As I understand it, somewhere between surgery and the time we met, Bill became interested in zazen through his discussions with Lee. Zazen is a kind of meditation where we sit quietly, just paying attention to our breath. So my first experiences with your dad were very quiet—we sat zazen together.

Bill began coming to see me in 1997 for cranio-sacral therapy and massage. He said that those ways of touching and listening (and zazen) gave him a break from cranial pressure and seizure activity. Later, when you were little and still wakeful during the night a lot, he joked that coming to my office let him sleep once in awhile.

The years just prior to and just after your birth were a time of big change for your mom and dad. Bill went back to school, looking toward changing work direction; you were born (and I can tell you, they were ecstatically happy about that event), sold the tree house and finally gave Janet a break from the cursed commute by moving to Bellevue.

Through all of this, 'Les' (the name your dad gave to his constant companion tumor) waxed and waned—it was quite a balancing act for them.

One quality I loved about your dad was his wry sensibility about the world and his sharp humor—sharp, but not unkind. In an email he sent me in February 2004, detailing his tumor treatment saga/ups and downs, pros and cons of various modalities/approaches, he ended by saying

"So, it's been much like a daytime soap this past month: you can tune in once a week and nothing's happened. What do you think I should call it? As the Head Turns? Dark Shadows MRI? Catch as CATscan?"

There were always hidden treasures in conversation with your dad – gems & references that (when I caught them) reminded me of the depth and breadth of his awareness of the world, and of his education and experience.

When Bill couldn't get around any longer, I'd come by your house in Bellevue from time to time to offer touch as he lay in bed—he was definitely uncomfortable from enforced inactivity. But toward the end of his life our 'visits' really consisted of just sitting together, and breathing.

This is nothing remarkable, on the surface. I found it comforting—after all, there was nothing more I could 'do' for Bill, but this (as we often said, in our discussions about zen practice) we did for each other—in my case listening to the rise and fall of breath from his bed, and in your dad's case, laboring for one breath and then another—'leaning into the mountain' to paraphrase his hiking buddy Bill Lowrey. But this mountain, this dying process, was no hike to be conquered. 'Les' finally became more, and your dad just couldn't go on any longer.

At my last visit to Bill, a few days before he died, I remember thinking that we'd come full circle, ending our knowing of each other in the way that we began; silently, breath by breath. He was a great guy, Randall. I feel incredibly sad that he is gone, and I'll miss him. If ever you want to talk about my experiences of your father as you grow older, I hope you will look me up.

(NOTE FROM THE AUTHOR: Shortly before his death April 25, Bill Caler's wife Janet sent an email to me (among many others), saying that Bill's disease was progressing, and that in addition to thoughts, prayers and positive vibes, they would love to receive stories and fond memories of Bill over the next weeks, particularly as a way for Randall (their three-year-old) to know about his father in later years. In the weeks that followed, I felt enriched by the outpouring of memory from Bill's far-flung friends. I found that through their words, I encountered aspects of my friend that I had not known. This open letter are words that I myself offered—Jan Mikus)



"Some of my characters now feel more grateful about simple things—breathing, buying groceries, sunlight, because I do. We don't have to live great lives, we just have to understand and survive the ones we've got."
 Andre Dubus, author (born 1936)

Opportunities to Participate
2005 Calendar of Scheduled Events

All listed sangha events and activities are subject to change; prior confirmation is advised



- JAN 14-21** Sesshin at Indianola: Heart of Winter
- FEB 12-** Zenkai Saturday 6:30-8:30pm (with Jack)
- 13** Zenkai Sunday 6:30am-1:30pm (with Jack)
- 23** Zazen and Dokusan 6:30-8:30pm (with Jack)
- 24-28** Diamond Sangha Teachers Conference
- MAR 6** Zenkai Sunday 6:30am-1:30pm (with Jack)
- 16** Community sit/talk w/MCPS 6:30-8:30pm
- 30** Zazen and Dokusan 6:30-8:30pm (with Jack)
- APR 2-3** In-City Retreat: Garden of Light (with Jack)
- 20** Community sit/talk w/MCPS 6:30-8:30pm
- 27** Zazen and Dokusan 6:30-8:30pm (with Jack)
- 30** Gardening Day 11am-4pm (flexible)
- MAY 6** Dharma Currents Newsletter Deadline
- 14-** Zenkai Saturday 6:30-8:30pm (with Jack)
- 15** Zenkai Sunday 6:30am-1:30pm (with Jack)
- 18** Community sit/talk w/MCPS 6:30-8:30pm
- 25** Zazen and Dokusan 6:30-8:30pm (with Jack)
- 28** Gardening Day 11am-4pm (flexible)
- JUN 4** SPC Open House and Yard Sale 10am-4pm
- 10-17** Sesshin at Indianola: Golden Flower
- 15** Community sit/talk w/MCPS 6:30-8:30pm
- 25** Gardening Day 11am-4pm (flexible)
- JUL 10** Zenkai Sunday 6:30am-1:30pm (without Jack)
- 20** Community sit/talk w/MCPS 6:30-8:30pm
- 30** Gardening Day 11am-4pm (flexible)
- 30** Workday at Mountain Lamp 9:30am-5pm
- AUG 5** Dharma Currents Newsletter Deadline
- 14** Zenkai Sunday 6:30am-1:30pm (without Jack)
- 17** Community sit/talk w/MCPS 6:30-8:30pm
- 27** Gardening Day 11am-4pm (flexible)
- SEPT 10-** Zenkai Saturday 6:30-8:30pm (with Jack)
- 11** Zenkai Sunday 6:30am-1pm; sangha mtg
- 21** Community sit/talk w/MCPS 6:30-8:30pm
- 24** Gardening Day 11am-4pm (flexible)
- 28** Zazen and Dokusan 6:30-8:30pm (with Jack)
- OCT 19** Community sit/talk w/MCPS 6:30-8:30pm
- 22-** Zenkai Saturday 6:30-8:30pm (with Jack)
- 23** Zenkai 6:30am-1:30pm; sangha mtg (w/Jack)
- 26** Zazen and Dokusan 6:30-8:30pm (with Jack)
- 29** Gardening Day 11am-4pm (flexible)
- NOV 4-11** Sesshin at Indianola: Heart of Winter
- 14** Dharma Currents Newsletter Deadline
- 16** Community sit/talk w/MCPS 6:30-8:30pm
- 17-20** Retreat in Spokane (Ellen Cote 509 534-2617)
- 30** Zazen and Dokusan 6:30-8:30pm (with Jack)
- DEC 3-** Zenkai Saturday 6:30-8:30pm (with Jack)
- 4** Zenkai Sunday 6:30-11:30am; sangha mtg
- 14** Zazen 6:30-7:30pm Sushi & Sake (with Jack)

REVISED SESSHIN SCHEDULE ANNOUNCED

Please mark your calendars. The November 2005 zazenkai will move to January 2006. If you have questions, please call Jack at 360 592-5248. The schedule for the rest of this year and next year will look like this:

- 10-17 JUNE 2005** sesshin at Indianola
- 4-11 NOVEMBER 2005** sesshin at Indianola
- 14-21 APRIL 2006** sesshin at Indianola
- 11-16 JULY 2006** beginner's sesshin at Mtn Lamp (sponsored by Mountain Lamp)
- 3-10 NOVEMBER 2006** sesshin at Indianola

Key Contacts within the Sangha
Coordinators, Committees and Board Members



Sangha Contacts and Coordinators

- Bookkeeper..... Jan Mikus.....363-9650
- Communications Rebecca Ross.....546-8535
- Dharma Friend Coord . Kay Peters.....322-8759
- Garden Coordinator ... Kay Peters.....322-8759
- Librarian..... Eric Ervin.....903-8240
- List Coord....Barbara Breckenfeld....425.775-2715
- Newsletter Design Cindy Jennings ..933-8100
- Orientation *Wednesdays* ... Ace Davis.....632-8889
- Orientation *Fridays* Kay Peters.....322-8759
- Orientation *Zenkai days* ... Rebecca Ross.....546-8535
- Sesshin Coordinator .. Ace Davis.....632-8889
- Sesshin Set-Up Coord. Emily Warn.....322-8750
- Volunteer Coordinator Ursula Popp783-3921
- Zazen Leader *Wednesdays*. Ace Davis.....632-8889
- Zazen Leader *Fridays* Kay Peters.....322-8759
- Zenkai Coordinator Rebecca Ross.....546-8535

Three Treasures Sangha Practice Committee

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- Jack Duffy Teacher..... 360.592-5248
- Nils Larsen..... 360.293-5866
- Rebecca Ross546-8535
- Jana Zeedyk..... 503.220-0508

Three Treasures Sangha Board

- President..... Madelon Bolling.527-1190
- Vice President..... Steve Crogan.425.483-2399
- Secretary Karen Rosenstiel. 325-4334
- Treasurer Lee Shields325-4630
- At-Large Rebecca Ross.....546-8535
- Teacher Jack Duffy .. 360.592-5248

Practice Center Committee Representatives

- Kay Peters.....322-8759
- Lee Shields325-4630



"The basic human experience of forgiveness is really the experience of nongrasping, the equivalence of love and emptiness. The term love, to be sure, has better public relations than emptiness, but I think those two words at the deepest level refer to the same thing." Joseph Goldstein in Benedict's Dharma

Channeled by Barbara Breckenfeld *From the Greater Canine Mind...*

Or: a dog's ruff guide to sesshin

you tend to hear more about cats at sesshin than dogs, so i decided to attend to get the real scoop on what it's all about.

at first sniff it looked pretty good: three meals a day, plenty of time for naps, and walks every 25 minutes. the beach and woods are right there to explore with plenty of birds and flies to chase too.

then, i saw another side to the goings on. in between all those walks are really long sit stays. like 25 minutes long. and you have to be really quiet and not move. the first and only time i tried to have a scratch i got quite a talking to. i must

admit, that took some of the fun out of it. what is a nap without a good scratch or chew afterwards?

the walks are different there too. everybody goes single file, very slowly, no stopping to sniff. for me it was hard to see the point of a slow walk with no sniffing. maybe better for short dogs like dachshunds and corgis. i also noticed that some of them spend all their time counting their breath. i wasn't sure if they were keeping totals or worried about dying before the next one. i was not getting the point of this at all.

then there are some who are obsessed with returning to mew. i have never seen so many people trying to act like cats but only one cat in the whole place. then there are the ones who are repeating "who hears?" all day. this seemed strange to me too.

with so much good stuff around, why wasn't anybody thinking about "who smells?" they call it practice. i have never needed to practice breathing, mewling or hearing. i guess people are funny sometimes. it seems that they weren't totally anti-dog. they have an ancestor they like to quote called Dog-N. he probably would understand "who smells?" so sesshin isn't for everyone, but if you like the routine, it can be the cat's pajamas.



Announcement from Ellie Graham

Yard Sale and Open House to Benefit the Seattle Practice Center

Join us for our third (nearly annual) Yard Sale and Neighborhood Open House. All proceeds from the sale will go to funding the next round of improvements being planned for the Practice Center. The yard sale will be held on Saturday, June 4 from 10am to 4pm. The Center and Garden will also be open to welcome our neighbors.

Please consider how you might participate to make this year's Sale and Open House a success by helping in any of the following ways.

- Donate usable items to sell, such as childrens clothing, books, toys, household items, small furniture, plants, tools, artwork
- Bring these donated items to the Center and leave in the basement beginning Monday, May 9
- Sign up to help sort and price the yard sale items on Friday evening, June from 7 to 9pm
- Staff the yard sale by working a two-hour shift on the day of the Open House and Sale: scheduled shifts are 8-10am (set up crew), 10am-

12pm, 12-2pm, 2-4pm, 4-6pm (clean up crew)

- Sign up to bring refreshments (cookies, crackers, fruit, juice) for the Open House

If you wish to sign up, have a great idea or want more information, contact either Ellie Graham at 721-0141 or by email at gramgary@blarg.net, or telephone Denise Vaughn at 283-2457 or by email at dmvaughn@msn.com.

News Flash from the Librarian

The SPC Library now offers:
Dozens of New Items
Spacious New Garage Location
Dozens of New Items
Freshly Alphabetized
No Late Fees and Odor Free

Reminder from the Sangha Bookkeeper

Members who elect to pay dues once or twice each year (rather than monthly) are cordially invited to pay in advance, rather than in arrears. This will assist our cash flow tight spots throughout the year. For example, payment of dues for the calendar year of 2005 would be made in January or February of 2005 rather than in December of that year.

*Three
Treasures*
of the Pacific
Northwest *Sangha*

1910 24th Avenue South
Post Office Box 12542
Seattle, Washington 98111

N E W S L E T T E R

Time Value Material: Dharma Currents... Spring Issue
Sesshin Registration enclosed