

August 2009

SHINGI

Newsletter of the Tendai Buddhist Institute



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Jushoku's Meanderings

Yakushi Nyorai, the Medicine Buddha, graces the front of our hondo as an object of meditation and a representation of healing and medicine. He holds a medicine bowl in his left hand while his right hand is raised in the Abhaya mudra, dispelling fear;

August Events Calendar



Weekly Meditation Services (WMS) are on Wednesday evenings. They begin at 6 PM with a discussion or talk (see below for this month's discussion topics). At about 7 PM there is a meditation service followed at 8 PM by a potluck dinner. All of Wednesday evenings' events are open to the public. There is no fee and reservations are not required.

August Discussions

5th--The Many Meanings of Dharma. We often refer to the Dharma as "the teaching." This is only one of the many meanings of a multifaceted notion essential to the Buddhist Path.

12th--A Balanced Buddhism: The Five Spiritual Faculties. Considered the Path of Wisdom, these five qualities are pragmatic ways of conducting our life in harmony and dignity, toward awakening.

19th--Three-Thousand Realms in One Moment. A philosophical concept developed by Zhiyi into a means of better understanding the phenomenological world and our response to it.

26th--Ahimsa (Skt.non-harm, non-violence). Emphasized in the Indian śramana schools of Jainism and Buddhism, it is the basis of the 1st Precept.

it is the gesture of peace, benevolence.

The historic Shakyamuni Buddha was referred to as a physician, meaning his teachings could cure one's physical, mental and spiritual maladies. So it is not surprising that one of the most often represented and revered buddhas in East Asia is the Healing Buddha.

Healing, medicine, liberation from discontentedness are essential to the Buddhist Path. In the Buddhist view, physical, mental and spiritual wellness are interwoven into a 'formless field of benefaction.' Our corporeality, which may bring us sensual delight, also brings about our suffering, as birth, illness, old age and death. The physical body is affected by and in turn affects the psychological and vice versa. Simultaneously the physical body and psychological contribute to and are affected by our spiritual being. We do not gain merit through dukkha (the quality of dissatisfaction or suffering of everyday life). Liberation from dukkha does not occur through hedonism, or searching for diversions or pleasures. Those diversions and pleasures are not bad, but, they are not liberation. Liberation occurs when we get a

September 18th - 20th O-Higan Retreat--Mindfulness Practices for a Mindful Life. All are welcome! If you are interested in this retreat, sign up now so you won't be disappointed later.

Please Note: *The monthly Saturday morning Sutra Class is on Vacation for August. We will resume the class on September 12th, the First Saturday after Labor Day.*

Giunzan Tendai-ji News



-The 4th of July found the mountains and valleys around Giunzan Tendai-ji in quiet remembrance, glimmering with fireflies and the occasional spurt of fireworks.

-At the end of the month, two days of extraordinary storms brought waves of flooding to the area, washing out bridges, flooding homes, and leaving all wondering just how it could be possible that New York so completely traded its weather with the normally cool and waterlogged Northwest. Thankfully, Giunzan Tendai-ji was largely spared.

glimpse of the nature of reality and work with our heart/ mind to transform dukkha to compassion, for our self, our loved ones, neighbors, and all sentient beings.

The next time you enter the hondo look at our Buddha statue at the front of the sanctuary. See Yakushi Nyorai as an inspiration. Develop the healer within yourself; manifest the qualities you see in the world around you.

Gassho . . .

Monshin



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