
O N E N E S S

Quarterly Newsletter of the Rev. Gyomay M. Kubose Dharma Legacy Vol. 2 No. 3 Autumn 1998

Be Yourself

by Rev. Gyomay M. Kubose

Religions usually center around the idea of salvation, which means to be saved. When one speaks of being saved there must be two factors, one who saves and one who is saved. This is the general concept in most religions. In such religions there is a dualistic approach in which one says petitionary prayers to some external power in order to be saved. The way you are saved is that God saves you. It is believing in a prayer of "Please save me" or "Please help me."

Buddhism has a totally different approach. In Buddhism there is no dichotomy of saver and saved. The term salvation or being saved does not apply in the way of Buddhism. Instead, Buddhism talks of Enlightenment. Enlightenment means to enlighten oneself, to find out that you are you. To become yourself is true "salvation." When you really become yourself, there is fulfillment, realization, and satisfaction. Buddhist teachings all deal with how to become you, yourself. This "you" is a great problem. Who are you? You will not find the answer outside of yourself. You must look into yourself. You can come to the center of yourself and here find and realize your true self.

Some people may interpret this as a selfish, self-centered approach.

It does sound egotistical to say the Buddhist way is to realize that "I am I." However, this "I" is not the ego self; it is the true self. Actually, a better way to express this is to say that this "I" is beyond the dualism of ego self and true self. There are no two "I's." The I that is realized is where the ego self and the true self really become one. It is when all things come from within. There is no regret in such an absolute, subjective way of life. If you are moved by external things, then surely there will be regret. Buddha taught that you must become you. All his teachings center around this finding yourself. By being yourself you truly actualize what you are. You have to look into yourself and be yourself.

When one realized his true self he will be able to see how others are truly themselves too. This holds not only for other people but for all other things in nature. When I see a pine tree on a cliff, summit, or whatever location, its true self shines forth. The pine tree stands stately as a pine tree against all kinds of wind and weather. I say to the pine tree, "Oh, you stand there

under the scorching sun, against the freezing north wind. You are always there, never escaping. You are a courageous pine tree and you give me inspiration and courage." The pine tree becomes my teacher.

In feeling we hug each other and become good friends. So it is with everything else. We all have to be ourselves. By becoming ourselves we realize the oneness of all things. By realizing this state of understanding, there results communication on a higher level of life with other people, pine trees, bamboo, stones, or whatever it is. There is a very sweet and harmonious sharing of life, a oneness, a real hugging of life. Whether it is between people or other things in nature, we become one in a state of true life.

Inside:

- ❖ Autumn Haiku
- ❖ Invisible Eyelashes book review and discussion class
- ❖ **New!** Open to all! TiSarana Ceremony: a Buddhist confirmation rite
- ❖ Recent Legacy Activities

President's Message

by Rev. Koyo Sunnan Kubose

Things change because we change. We usually take the familiar for granted. However, when we ourselves are changed, the familiar suddenly can also become fresh and new for us.

An article "Beyond the Relative World" by Rev. G.M. Kubose was on the cover of our summer issue of the Oneness newsletter. Shortly after this issue had been mailed out, I received a fax in which a lady requested to be put on our mailing list. I faxed her back and told her we had done so. I also asked, "Just curious, but how did you hear of us?" She telephoned and said that she was a secretary (for the past 20 years) for Mr. K.Y. of "X" Company. Mr. K.Y., a Nisei, was a busy, successful executive. She explained that a lot of paper went across his desk and he received mail of all kinds (as we all do in this time of mass communication). He was about to put aside our Oneness Newsletter but the cover article by Rev. G.M. Kubose caught his eye and he read it. He was impressed and told his secretary about it. She asked to see it so he gave it to her to read. The article struck home for her and she wanted to learn more about such teachings and approach to life ... thus, prompting her fax to us to add her to our mailing list.

I never have met either of these two people—yet our newsletter article made an impact on them. This is rewarding in itself and it's nice to get such feedback. It was because of this feedback that I took another look at the cover article, "Beyond the Relative World." I was familiar with this article; after all, I myself had chosen it to be the lead article for that Summer issue. Yet, after finding out how the article had impacted others, I looked at it in a different light. The

article impacted me on a much deeper level than before. The teaching came "alive" and was relevant to real people's lives—and now, to my own life too. How beautifully ironic that in giving teachings to others through our newsletter, I myself am able to receive a teaching. Yes, the teachings are all around us and like our own eyelashes we hardly notice them. Through the mirror of other's lives, a Dharma gift can be seen right before one's own eyes.

COMING EVENTS

Coming in Spring, 1999: A TiSarana (Three Treasures) Confirmation Ceremony.

This ceremony is open to all persons who want to confirm their religious identity as Buddhists and formally express their sincere wish to live the Dharma teachings. Upon this occasion, a Buddhist Name is given.

A TiSarana Ceremony Brochure is available that gives information on what is involved in this Buddhist confirmation rite. You can request this brochure by using the Book Information Form in this issue.

AUTUMN DISCUSSION CLASS: A two-session discussion class on the book "Invisible Eyelashes" will be offered from 1:30 - 3:00 P.M. on Sunday, November 15, 1998 and on Sunday, November 29th. The discussion classes will be led by Rev. Koyo S. Kubose and will meet at his residence: 8334 Harding, Skokie, Illinois; (847) 677-8211. Rev. Koyo says, "I like Rev. Niwano's 'common sense' approach and I am sure whoever reads his book can easily relate it to his everyday life." Rev. Koyo encourages you to join the discussion classes, "I look forward to relaxing in my living room— informally discussing the book and sharing our experiences." And as his wife, Adrienne, says, "Having the class is good because I always wanted to read the book but never could get around to it but now because of the class, I'll read it."

The first three chapters (pp. 9-101) will be discussed at the Nov. 15th class; and the last three chapters (pp. 105-175) will be covered on Nov. 29th. Please register for the classes using the form on page 6. A copy of the book will be mailed to you. Read the first three chapters (pp. 9-101) and see you on Nov. 15th!

NOTE: If you cannot attend the discussion classes but wish to purchase a copy of "Invisible Eyelashes," you can use the Book Order Form also found on page 6. A review of the book can be found on page 5.

✻ Editor of this issue
✻ Kanon Kubose
✻ Editor-In-Chief
✻ Rev. Koyo S. Kubose
✻ Managing Editor
✻ Adrienne Kubose

Oneness Newsletter Autumn 1998

Please send:
Cartoons ❖ Poems ❖ Seasonings ❖ Dear Sensei
Winter issue deadline: October 10

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Komical Karma - Live Life... and Don't Forget to Laugh



Reader Replies



"Gleaming Thoughts on a Clear Day"

Boisterous colors bedazzle the senses
luminous setting-so ripe for the season

Summer sings out in harmonious reason
paint the minds eye with positive feelings

Entangled in colors of orange-
splashed with red-
splattered in yellow-
relaxed on a backdrop of blue
All blended together to form a perfect hue

The glow-hallowed glow
concentrate into the void
where eternity meets the sky
-Blinking & Winking-
never fully seeing creation pure joy
Ominous-Luminous reflections
thoughts that carry-
Swilling—racing into the center of the sun-
link your mind-entangle the two
Twisting—Turning-
formation of anew

Clouds meander
through it all
Vivid images to form
another breath of Life

M.R. (IL)

Dear Sensei:

Thank you for sending the Legacy Information Brochures that I requested. I will make them available at a local place that offers Yoga, Tai-chi, and other classes. There are no Buddhist groups here in my small town in Pennsylvania. I want to meet with others who have similar interests. I spoke to another Buddhist in the area who said he misses the feeling of a Sangha. It was good to hear because others I mentioned it to thought I wanted decaffeinated coffee!

K.L. (PA)

Dear K.L.:

Keep your sense of humor! And thanks for the cartoon of the two guys looking at an announcement of a talk on Eastern Religion. One says, "Didn't you study that in school?" The other replies, "That was Zen, this is Tao."

Dear Sensei:

I wish the Kubose Dharma Legacy great success. The concept of Dharma transmission is especially important here in the U.S. where there are few established Buddhist organizations training religious

leaders. Leadership is extremely important to the development and growth of Buddhism in America. I hope your efforts and foresight will impact upon the present scene in such a way that we will see the growth of an American Buddhist leadership.

I very much appreciate your newsletter and the quotes from my favorite poet, Issa. (Basho wasn't bad either!) So, here's one which came to mind early this AM:

*Thru the early morning mist
the call of a mourning dove.
Wake up!*

J.P. (NY)



The Rev. Gyomay Kubose Dharma Legacy is a non-sectarian American Buddhist organization established to perpetuate and develop Rev. Kubose's non-dualistic approach to Buddhism.



Views of Autumn

Haiku poems and commentary are from “Haiku, Volume 3, Autumn” by R.H. Blyth; Hokuseido Press, 1950.

*In a short life,
An hour of leisure,
This autumn evening,* Buson

The Japanese feel the impermanence of things persistently even if not deeply, and this autumn evening Buson feels the value of the tranquil time, in contrast to the limited life bestowed upon him. His life is time, and this evening eternity.

*An autumn evening;
Without a cry,
A crow passes.* Kishu

How well this illustrates that which is neither silence nor speaking! In the relative world, a bird must either sing or be silent, but in the world of poetry, either may be something which is neither. Its song or its soundlessness may have a meaning beyond these opposites. That is to say, the world of poetry is not the absolute, whatever that may be; it comes into being when the absolute and the relative are one. As the poet stands there in the autumn evening, a raven flies by without haste. It utters no sound, and this very fact seems to draw the soul out of him, to take away her breath. Somehow or other, at that moment, a depth is opened up within and without her, and as Blake said, “No man can see truth without believing it.”

*At meal-time, in autumn:
Through the open door,
The evening sun.* Chora

Meal-time in the evening, autumn; the long shadow, the open door, and the sights and sounds and smells of harvest—at such a moment we are nearest to the life of man. The pulse of the season beats slowly and surely in us. Eating, after harvesting the rice, brings us as close as we can be to material things. The long,

level rays of the evening sun give us a feeling of the passing of time, uniting us to all those who have gone before us, and to those who will come after us.

*This autumn,
How old I am getting:
Ah, the clouds, the birds!* Basho

This was written toward the end of September, while on a journey, his mind full of thoughts of old age and death. But Basho does not remain in this state of the first two lines. In the third line he reminds himself of his own true nature, that of the clouds and birds, the clouds which form without joy and dissolve without pain, the fowls of the air that God cares for. But the clouds and the birds are not extraneous things. They are part of his own true self; and this is the meaning of Basho’s return to nature, a return to his own nature. What a difference there is between Basho’s aspiration and the feelings of Burns in,

How can ye chant, ye little birds,
And I sae weary, fu’ o’ care!

Burns recoils back from things upon his own false individual self. Basho’s stream of despondency flows out into the boundless ocean of life.



Seasonings

sayings to add a little flavor to life



Patience is power

**There’s more to life than
increasing its speed**

**The secret of patience is
doing something else in the
meanwhile**

Life of Oneness California Summer '98 Tour

Report by Rev. Koyo S. Kubose

With rock music blaring and smoke billowing on-stage, a robed holy man came sliding out on one knee with one arm raised high and an index finger pointing upwards. Thus began the Life of Oneness Tour... in your dreams. Despite the above suggested entrance advocated by the younger Legacy board members, each Life of Oneness showing began with a local host introducing me, and I in turn, introducing the Life of Oneness video on Rev. Gyomay Kubose's life. After the 15-minute video showing, I shared memories of my father that illustrated various aspects of oneness; e.g. what happened when I cut classes in high school; when I woke him at 3:00 a.m. to ask a life/death question; and how he reacted when a drunk sprayed water on him. I talked about how oneness can become one mess and how life's messiness is fundamentally "okay." Acceptance of this reality is to go beyond the relative world and opens up the way to live freely and with gratitude. The Dharma talk was followed by informal discussion and socializing.

The "tour" opened Saturday evening, July 11, 1998 at the Palo Alto Buddhist Temple, hosted by Eimi and Yuji Okano. A nice contingent from San Mateo attended, plus an old friend from Chicago joined us. The Okano's also hosted a home gathering in their backyard patio. It was relaxing to talk about the Dharma under the open sky as evening came on and candles were lit.

The next morning we went on the road to Sacramento. My wife Adrienne and I drove our son's 1981 Chevy Impala that came complete with rusted-out body and noisy muffler. We arrived in Sacramento and joined Rev. Bob and Patty Oshita and

"INVISIBLE EYELASHES" BOOK REVIEW

"Invisible Eyelashes: Seeing What Is Closest to Us" by Nikkyo Niwano combines time-honored Buddhist teachings and stories with examples from modern life. Rev. Niwano is the founder of a lay Buddhist organization, the Rissho Kosei-kai. His direct yet warm personality shows in this practical book that is written for the everyday lay person. He shows why attitude affects happiness, and how flexibility of mind helps us grow spiritually, making us more productive at work and better able to relate to others. He discusses how even desires and self-love can be used to make the world more harmonious.

The book has six chapters, each containing several essays. To give an idea of the book's contents, here is a listing of the chapters and their essays: ATTITUDE MAKES ALL THE DIFFERENCE (Joy and Discontent; Rose or Thorns?; The Contents of Hotei's Sack; Gratitude; Looking into the Depths; Self-Awareness); EVEN THOUGH YOU BELIEVE YOU ARE RIGHT (Attitudes Can Easily Change; Flexibility

of Mind; Desires in the Service of Virtue; If You Think You Are the Most Important; Ask Yourself, "Is This All Right?"; THE ELEPHANT STEPS FIRMLY (What Kind of Flower Is Yours?; What Will Light Up Our Hearts?; The Right Length of a Meal; "All Work is the Buddha's Work"; One Million Recitations; The Ordinary Way; Cold Birds and Barrels of Oil); BE TRUE TO YOURSELF (A Buddha's Countenance Shines Through; The Key to a Radiant Smile; Knowing Your Role; Self-Esteem; Yielding Will Teach You Magnanimity; There Is Freedom in Staying on the Path); THE TWO FUNCTIONS OF A CELL (The Pleasure of Doing a Good Deed; The Seven Offerings That Cost Nothing; And or Of?); THE WIND BLOWING FROM THE FUTURE (The Strong Winds of Early Spring; Courage That Opens Doors; "Even Insects Work and Eat"; Home Is More Than a Haven; Where Affection and Gratitude Begin; Forever Young at Heart).

Rev. Kosho Yukawa for breakfast of Portuguese sausage fried-rice at Eddie's— his garlic sauce is something special (pass the breath mints please!). After I spoke at the Buddhist Church of Sacramento O-Bon Service, I did a noon presentation of Life of Oneness. Then we slurped up delicious cold somen noodles and it was on the road again. This time we drove south towards Fresno. The San Joaquin Valley heat was over 100 degrees and the car's A/C was broken— no problem, crank the windows wide open and let the wind blow on wet hachi-maki's tied around our foreheads. It was great heading south on Highway 99 with red and white oleander blossoms on the median strip whizzing by. We listened to oldies tapes and cruised through the "M-Zone" of towns called Manteca, Modesto, Merced, and Madera.

We arrived to do a showing that evening at the Buddhist Church of

Fowler. This showing was organized by Don and Joyce Kubose. Rev. Sensho Inouye made available the hondo of the Fowler Church and a big screen showing of the Life of Oneness was done with video projection equipment from the Fresno Betsuin Buddhist Temple. Fowler is the hometown of Minnie (Taniguchi) Kubose and it is where Rev. Gyomay Kubose first met his "lily of the valley" back in the early 1930's. It was gratifying that relatives and friends were able to attend and see the Life of Oneness video. We left Fowler loaded with goodies— Babcock peaches, jars of umeboshi and nasubi karazuke.

The success of the Life of Oneness Tour was simply in the great joy of sharing the Dharma. Is anyone else interested in hosting a Life of Oneness showing?

Have video, will travel!

BOOK INFORMATION / ORDER FORM

Name: _____

Address: _____

City / State / Zip: _____

I would like to make a contribution (tax deductible) \$ _____

Send me the TiSarana Confirmation Ceremony Brochure
(No shipping charge)

I would like to order the books marked below

Title	QTY	Price	Total
<i>Everyday Suchness</i>		\$ 12.00	
<i>The Center Within</i>		\$ 12.00	
<i>The Center Within Audio Tape</i>		\$ 18.00	
<i>American Buddhism</i>		\$ 5.00	
<i>Tan Butsu Ge</i>		\$ 7.00	
<i>Heart of the Great Wisdom Sutra</i>		\$ 6.00	
<i>The Fundamental Spirit of Buddhism</i>		\$ 8.00	
<i>Invisible Eyelashes</i>		\$ 12.00	
<i>Ocean</i>		\$ 15.00	

Shipping - \$3.00 first two books and 50c per item thereafter. SHIPPING \$ _____

TOTAL \$ _____

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Books by Rev. Gyomay M. Kubose

EVERYDAY SUCHNESS. A classic collection of short articles first published in 1967, hailed as one of the most significant books in Buddhism because of its simple explanations and reference to everyday life. 142 pages.

THE CENTER WITHIN. Continues the approach of "Everyday Suchness" and speaks directly to the ordinary layperson. Collection of 58 essays reflects Rev. Kubose's unique, down-to-earth presentation of the Dharma teachings which offer to all people a richer, more meaningful life. 134 pages.

THE CENTER WITHIN audio cassette; 3 hours.

AMERICAN BUDDHISM. Covers a brief history of Buddhism in America, the Four Noble Truths, Eightfold Path, problems in terminology and misunderstandings common to Westerners. 29 pages.

TAN BUTSU GE. (Translation and commentary). This sutra tells the story of Dharmakara who became Amitabha, the Buddha of Infinite Light. 56 pages.

HEART OF THE GREAT WISDOM SUTRA. (Translation and commentary). This sutra deals with the teachings of non-self and nothingness. 35 pages.

THE FUNDAMENTAL SPIRIT OF BUDDHISM by Haya Akegarasu (Rev. G.M. Kubose's teacher). Translated from Japanese by Rev. Kubose; gives an idea of Rev. Akegarasu's life (1877-1954) and teachings. 87 pages.

Highly Recommended Books

INVISIBLE EYELASHES by Rev. Nikkyo Niwano. Combines time-honored Buddhist teachings and stories with examples from modern life to show how attitude affects happiness and how flexibility of mind helps us grow spiritually, making us more productive at work and better able to relate to others. 175 pages.

OCEAN: AN INTRODUCTION TO JODO-SHINSHU BUDDHISM IN AMERICA by Rev. Kenneth K. Tanaka. Uses a question and answer format to present Jodo-Shinshu Buddhism and to answer questions frequently asked by non-Buddhists. 270 pages.

"INVISIBLE EYELASHES" CLASS REGISTRATION FORM

Name _____ Tel () _____

Address _____
City Zip

One-time registration fee ___ person(s) @ \$10 = _____

Copy of the book, "Invisible Eyelashes" ___ copy @ \$12 = _____

shipping & handling = \$3.00 ___

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TOTAL = _____

Legacy Services

Spread the Dharma



The following is a sampling of presentations provided by the Legacy:

- Basic Buddhism
- Short History of Buddhism
- Buddhism in America
- Buddhism and Christianity
- Buddhism & Psychology
- Buddhist Symbols & Rituals
- Introduction to Meditation Workshop
- Daily Dharma Workshop
- Buddhist Standup Comedy Video
- Life of Oneness Video

For further information, please contact the Legacy.

Dial - the - Dharma

(847) 677- 8053

This telephone service began in 1982 with a collection of over 150 recorded talks by Rev. Gyomay Kubose. His wife, Minnie faithfully changed the cassettes in their home until 1995, when due to her health problems, it was moved to Rev. Sunnan's home. Subsequently, over 200 talks by Rev. Sunnan were added to the cassette library and the tapes are currently changed daily as a Legacy service.



Call Dial-the-Dharma everyday to hear a recorded 2-3 minute teaching.



Daily Dharma

The Daily Dharma is a personalized program to facilitate starting an everyday spiritual practise. It focuses on developing a natural way of expressing Oneness in everyday living.

The program facilitates creating a personal SPOT (Special Place of Tranquility) in your home. Additional enhancement/enrichment activities are provided which build upon the foundation of daily MAGs (Moments of Gratitude). YES (Your Everyday Spirituality) is included in every Oneness newsletter. See next page.

For further information, please contact the Legacy.

Acknowledgements with Gratitude *Supporters from Books and General Donattons*

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Oneness Newsletter

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YES YES YES YES YES

Your Everyday Spirituality

SEPT	Theme: Right Speech Purpose: To reduce the use of negative speech Method: When brushing teeth, imagine hurtful words being cleaned out.
OCT	Theme: Centering Purpose: Make use of time at stop lights Method: Whenever waiting at a stoplight, place your hands together in your lap -- right fingers under left with thumbs together forming an "O" for Oneness. Relax and count your breaths until the light turns green.
NOV	Theme: Food & Interdependency Purpose: Deepen awareness that lives are taken so that we may exist Method: Before eating, take a long slow breath with feelings of humility and empathy for lives taken in the food chain.