



Bamboo Leaves 2016

Fall

2017 Calendar: *Zen Koans*

Our 2017 calendar, *Zen Koans*, is nearly ready! Copies will be available in mid-December. Look for an announcement and more information soon.

For updates, or to place an order, email us at info@bamboointhewind.org.



Sangha Events

Special Guest Rev. Ben Connelly - Thursday evening, March 30, and Tuesday evening, April 4. Check our [calendar](#) for details.

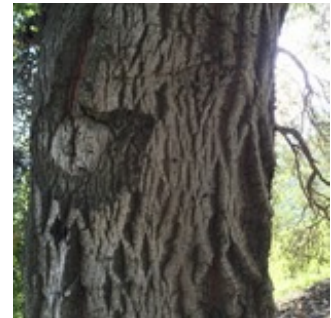
Morning Sittings - Monday-Friday, 6:30am-7:20am

Weekly Evening Program - Tuesdays, 7:30pm-9pm (with Zen Meditation Instruction for newcomers from 7pm-7:30pm)

Buddha's Robe Sewing - Periodic Saturday mornings at Bamboo in the Wind Zen Center. Join sangha members for Rakusu and Robe sewing under the guidance of sewing teacher, Rev. Cornelia Shonkwiler. Check the [calendar](#) for dates.

Access our [calendar](#) and find additional event information on our [website](#).

Photo by Rev. Val

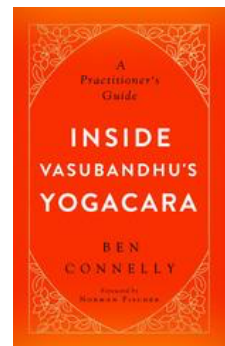


Upcoming Guest: Author and Soto Zen Teacher, Ben Connelly

Author and Zen teacher, Ben Connelly, will visit our Sangha the evening of Thursday, March 30, and during our Tuesday evening service on April 4, 2017. We are happy to welcome Ben back to Bamboo in the Wind, as he shares thoughts and insights from his newly published book, *Inside Vasubandhu's Yogacara: A Practitioner's Guide* (December 2016, Wisdom Publications).

Book Overview:

Ben Connelly's *Inside Vasubandhu's Yogacara* is a practical, down-to-earth guide to Vasubandhu's classic work "Thirty Verses of Consciousness Only" that can transform modern life and change how you see the world. Connelly's warm and wise voice unpacks and contextualizes its wisdom, showing us how we can apply its ancient insights to our own modern lives, to create a life of engaged peace, harmony, compassion, and joy. This is a great introduction to a philosophy, a master, and a work whose influence reverberates throughout modern Buddhism.





Author Bio:

Ben Connelly is a Soto Zen teacher and Dharma heir in the Katagiri lineage. He teaches at Minnesota Zen Meditation Center. Ben is also a professional musician and teaches mindfulness in a wide variety of secular contexts. He lives in Minneapolis, Minnesota.

Find more information on *Inside Vasubandhu's Yogacara* [here](#).

Sangha Members Take on New Roles

by Rev. Val

This year there was a concerted effort to increase the level of Sangha members' participation during our weekly Tuesday evening program and in filling other Temple Roles. To that end, looking back on the past months, I have observed a greater willingness of students to express dharma.

It began with a change to our Tuesday evening service that included the opportunity for Sangha attendees to offer incense (now, rice) prior to chanting. In this way, each person can directly state a personal offering. For me this represents going beyond and extending the doshi's, or program leader's, offering to a larger audience of giver, receiver and gift.

Another noticeable change has been in dividing the duties of the Tuesday evening Doan among attendees. In addition to rotating the role of Doan, different individuals are keeping rhythm on the mokugyo, ringing the cymbals before and after discussion, and ringing the inkin for exiting the zendo. The effect of these changes is immeasurable! With more camaraderie within the Sangha, there comes more support for each person's gifts. This was most noticeable in August when Sangha members volunteered to lead the Tuesday evening program and there was supporting member attendance during my vacation. Seeing the shift in our Sangha is most heartwarming and I am very grateful. Please continue.

Inside Job

Getting inside
From outside
Turns outside in



Poem and photo by Priscilla

When You Can't Practice Traditional Zazen



For the last couple decades, I've had an inner ear condition that "acts up", resulting in bouts of dizziness and vertigo. The past year or so, this has hit me where it hurts—my sitting practice. I hope to return to practice at the sangha but, until then, I came up with a couple alternatives.

One is star gazing and meteor watching. Someone mentioned to me about watching meteor showers. I didn't realize you could do this from home. Sure, you're somewhat hampered by the lights of the 'burbs but you see the brighter ones. Even when there aren't meteors, being out watching the stars is an experience. I use a lounge chair with a sleeping bag and a neck

pillow for support. If there's a meteor shower on, I aim the chair at the area of sky it's in and sit there. The best time for meteor watching is early morning, also a great way to start off the day. The quiet of the early morning hours and the connection with the vast night sky provides a great meditation experience.

Another I do is a modified form of Shinrin-yoku or the Japanese practice of experiencing the forest. The city park I live near has a creek that runs through it. The creek is usually dry, only having water during rain storms, but it's flanked by a wilder area of redwood trees. I sometimes bring a picnic blanket and sit there, or I bought an inexpensive camping chair I can carry there.

Combining nature with sitting has provided a way for me to continue practicing and setting aside time to just sit.

Article and image by Laura

A Walk Along a Stream

Can't, Can't, Can't

Zazen is beyond me.

It's too hard!

Truly? Weaves the spider, adding a section to dew-filled lace.

Truly? Curls the wave polishing smooth, stones.

Truly? Laughs the leaves, spinning shimmering green panels

Truly? Whispers the wind, bending the grass and ruffling hair.

Truly?

IS

Poem by Linda

Kurmasana, The Tortoise: A Hidden Language Hatha Yoga Reflection

In the tortoise pose, I sit on the floor and bring the soles of my feet together. I then slide my forearms under my calves and bend my upper body forward. With a little imagination, I see the arch of my back forming the shell of the tortoise, my arms and legs being the tortoise limbs poking out from under the shell.



It is uncomfortable. It feels like not just my muscles and tendons are stretching but that my bones are trying to lengthen. I lift my knees, which takes weight off my forearms, but then the stretch in my hips is uncomfortable. If I press my elbows into my thighs I notice my shoulders roll back and my spine lengthens. This feels better and I have to maintain my awareness on it or I soon notice my shoulder blades creeping up again.

I think about the tortoise's shell. I retreat from people and events that trigger my emotions, resulting in my feeling vulnerable. Sometimes the retreat is very quick. I get very quiet and do not interact with what is going on in front of me. Usually my feelings have been hurt and I want to protect myself from further hurt. Sometimes that is a good response. Other times, I am avoiding my responsibility in the situation – probably my pride is wounded. If I have the presence to reflect on my emotional response, I can see that I have some choice in my next action. I can stay in my shell and justify my hurt feelings and perhaps plan some retaliation. As I lengthen my back and relax my shoulders, I see that when I change how I act, my feelings change. I have a little more space, room to breathe. I don't have to respond from my emotions, but taking time to listen to them gives me a better understanding of the situation and myself. Perhaps I do need to protect myself or perhaps there is way to lift out of my emotions and respond in a way that respects all.

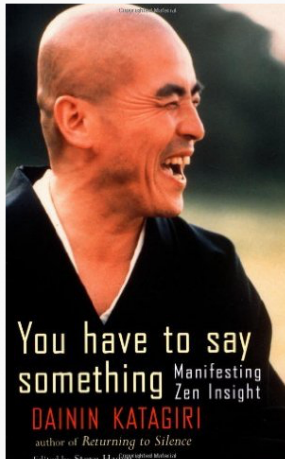
During the heat of the day in southern California, the tortoise of my childhood friend would retreat to a hole it had dug in the ground. I think there is some innate wisdom in all creatures. I, too, need to take time to be quiet and meditate and reflect so that I might appreciate these gentle reminders that I share this world with all life.

Annual Potluck - August 2016



A Simple Discussion Concerning the Book, *You Have to Say Something: Manifesting Zen Insight*, by Dainin Katagiri

This book is a compilation of Katagiri's Dharma talks, recorded then transcribed. The Editor's Preface states that during his talks, he 'expressed the inexpressible' each time. I agree.



This book is simple to read and terribly expressive. Please take the time to read it. It is worth your time and you won't be disappointed. In one example, Katagiri discusses the concept of 'right' as expressed in the Eightfold Path. We all have heard about the Path, and the 'right' this, the 'right' that - yes? But have you thought about what it means to be 'right'? Here's what Katagiri has to say:

In Sanskrit the word for "right" is 'samma.' It means "to go along with," "to go together," "to turn together." It originally comes from a term that means "to unite." So "right" is a state of being in which everything can live together, or turn together, united. Right is a state of human life in which we live in peace and harmony with all other beings.

(Katagiri, Dainin. *You Have to Say Something: Manifesting Zen Insight*. Ed. Steve Hagen, Boston: Shambhala Publications, Inc., 1998, p20)

Hagan, Boston: Shambhala Publications, Inc., 1998, p20)

An elegant, simple Dharma Hall lecture about the fundamental part of Buddhism.

There are many other Dharma talk transcriptions in the book. Read it and you will find something new each time you do.

Submitted by Linda

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