

Springs Mountain Sangha

A Zen Buddhist Community

Springs Mountain Sangha

Colorado Springs

voice mail: (719) 684-0210

www.smszen.org

The dharma rag

Volume 9, Issue 7

October 2006

*Extra, Extra,
Read All
About It*

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Springs Mountain Sangha's Monthly Newsletter: *The dharma rag*

Editor: Judith Steed; Published every month, mostly. Submissions of articles related to Buddhism and the Way, events announcements, letters to the editor, reviews and other sharings are encouraged from all readers and may be sent to the editor at: P.O. Box 60904 Colorado Springs, CO 80960. Or send an email to Smsdharma@ispwest.com. Submission deadline is the third Friday of each month mostly. Come visit our website @ www.smszen.org

JOAN SUTHERLAND'S RESIDENCY WITH SPRINGS MOUNTAIN SANGHA SEPTEMBER - OCTOBER 2006

IN THE SHELTER OF THE ANCESTORS ZEN MEDITATION RETREAT

Monday, September 25 – Sunday, October 1 at Benet Pines in the Black Forest. Honoring new teacher Sarah Bender & including a Ceremony of taking Refuge in the Bodhisattva Way

We gather to deepen and refresh ourselves, alone and together, through intensive spiritual practice. The retreat is residential and includes sitting, walking, and moving meditation; private meetings with the teachers; daily talks and a koan seminar; various services; work practice to maintain the retreat; and vegetarian meals. During the retreat, both Joan Sutherland and Sarah Bender will be offering work in the room. All are welcome to attend the talks at 7:00 pm Monday through Friday, and the refuge ceremony on Saturday evening.

Contact person is [Andrew Palmer](#)

Evening Talks Open to All

VERY SPECIAL EVENT

SENSEI CEREMONY FOR SARAH MASLAND BENDER

Saturday, September 23 at 3:00 pm, at the Woman's Club, 20 Mesa Street in Colorado Springs. A ceremony marking the accession of a new Open Source teacher, officiated by Joan Sutherland, Roshi and celebrated by Springs Mountain Sangha and David Weinstein, Sensei. All are welcome.

CEREMONY OF TAKING REFUGE IN THE BODHISATTVA WAY

Saturday, September 30 at 7:00 pm at Benet Pines in the Black Forest. Springs Mountain Sangha welcomes those who are taking refuge vows and the bodhisattva precepts, in a traditional Zen ceremony of commitment to this way.

RETREATS AND WORKSHOPS

THE DREAM BODY: ZEN ARTS OF SLEEPING & DREAMING

Friday, October 6 (7:00-9:00pm) & Saturday, October 7 (10:00 am - 4:00 pm) at the home of Sarah Bender

Buddhism sees sleeping and dreaming as states of consciousness as vivid and particular as ordinary waking life. These states have their own characteristics, customs, and powers, which we will explore in this workshop through the practices of the night, both traditional and new. Please plan to attend both meetings.

Contact person is [William Jeavons](#)

**THE DREAM OF THE WORLD:
KOANS, IMAGINATION & FREEDOM KOAN RETREAT**

Friday, October 13 (7:00-9:00pm), Saturday, October 14 (10:00 am – 5:00 pm), & Sunday, October 15 (10:00 am – 3:00 pm) at the Woman's Club, 20 Mesa Street, Colorado Springs

In the autumn the veils between the worlds grow thin, and we become aware of the deeper voices we often miss—the voices of our ancestors, of the spirits of the land, of our own hearts. Koans can help us explore how to listen for, and how to respond to, these ancient voices of the harvest season.

This is a non-residential retreat that includes meditation, talks, and conversations about koans, which are a combination of concentrated works of art and field notes on transformation. The collaborative form of the koan retreat arises from the belief that awakening is a conspiracy of friends. Some experience with meditation will be helpful, but almost nothing you think about koans.

Contact person is [Andrew Palmer](#)

TALKS

WEDNESDAY, OCTOBER 4 AT 6:00 PM IN PUEBLO, COLORADO

Wet Mountain Sangha hosts a public talk by Joan Sutherland. Contact person is [David Cockrell](#)

MONDAY, OCTOBER 9 AT 6:15 PM AT SHOVE CHAPEL, COLORADO COLLEGE

At the regular SMS meeting there will be one period of meditation, and then Joan Sutherland will give a talk that is **OPEN TO THE PUBLIC**

MONDAY, OCTOBER 16 AT 6:15 PM AT SHOVE CHAPEL, COLORADO COLLEGE

At the regular SMS meeting there will be one period of meditation, and then Joan Sutherland and Sarah Bender will give talks and lead a conversation about Sarah Bender's becoming a Zen teacher.

JOAN SUTHERLAND

IS A SENIOR TEACHER OF ZEN BUDDHISM AND THE FOUNDER OF THE OPEN SOURCE, A COLLABORATIVE NETWORK OF COMMUNITIES AND INDIVIDUALS IN THE WESTERN UNITED STATES. SHE IS THE HOLDING TEACHER FOR SPRINGS MOUNTAIN SANGHA IN COLORADO SPRINGS AND WET MOUNTAIN SANGHA IN PUEBLO. SHE IS DEEPLY INVOLVED IN RE-IMAGINING THE KOAN TRADITION AND EXPLORING ITS RELATIONSHIP TO CREATIVITY, AND SHE ALSO INTEGRATES MYTHOPOETICS AND CONTEMPORARY MIND AND CONSCIOUSNESS DISCOVERIES WITH MEDITATION. SHE HOLDS FREQUENT KOAN AND MEDITATION RETREATS, AND HER WORK WAS RECENTLY CHOSEN FOR THE ANTHOLOGY BEST BUDDHIST WRITING 2006 (SHAMBHALA). HER WEBSITE IS WWW.JOANSUTHERLAND.NET.

VOICES/ REVIEWS

In response to Judith L. and Frank's
"... **At my Bedside**" list ...

Okay, I'll take the bait. My bedside table:

- ❑ You have to say something: *Manifesting Zen Insight* by Dainin Katagiri
- ❑ *Parabola*, last two magazine editions. *Thinking as Prayer & Absence and Longing*
- ❑ *An Obsession with Butterflies, Our Long Love Affair with a Singular Insect* by Sharman Apt Russell
- ❑ *Madonna of the Apes* by Nicholas Kilmer, an art mystery, my latest fiction read.

I always have a piece of fiction to read.

Short and sweet. Tag, who's it?? Kathryn

[Okay, who's next! Nard? Elizabeth? Ed?]

Big Mind: My Journey

I recently attended a "Big Mind" workshop in Santa Fe presented by Genpo Roshi.

I think it's clear to me now that you don't really know where home is until you've taken a journey... even if that journey was only in your mind.

It could be said that the self contains 10,000 voices, a cacophony of Buddha nature giving rise to realization. But what if some of those voices have yet to be awakened? What if we disowned a few of them along the way,

perhaps because we didn't like the message they were bringing? And what does all this have to do with zazen and enlightenment?! That is the journey of the workshop called Big Mind. That is the journey that I decided to take. It's really a journey which all of us are on though we might not be aware of it.

So, what is Big Mind? Basically it's a process. Perhaps it could be described as "gestalt therapy meets Zen Buddhism." Mostly it is self discovery. As Dogen Zenji said, "To study the Buddha way is to study the self. To study the self is to forget the self." The Big Mind process is a set of tools to take and use on your journey of self discovery.

After spending a weekend charting the self, with Genpo Roshi facilitating the journey, I have come to see that much of this journey is about flexibility of perspective. Spend a little time getting into your mind and you realize that perspective is a subtle thing... a fraction of a movement reveals a whole new landscape, but making that tiny shift can also be like moving a mountain. When mountains move without effort it is called "upaya", "skillful means"... Ah, now I see it, now I am home!

For much of my life I have felt that the world lacks real intimacy while feeling helpless to do anything about it. What a strange thing to discover that the process of reaching out begins with reaching in.

More information on Big Mind workshops can be found on the web at www.bigmind.org.

Victor

**“Ants and Sticks and Grizzly Bears”
Legacy for Dawn**

Twenty years ago I wrote this journal entry:
June 11, 1986. I'm writing this by the light of
the clown night lamp I bought so my two-
year-old granddaughter would feel safe.
Dawn has never been away from her parents
overnight before, but I've told her I won't
leave her, and she's learned that she can
trust me.

I'm not sleepy, so I let my thoughts
wander. What kind of legacy is my
generation leaving for its Dawns? Arms
limitation talks go on. What will Dawn's
history books say about them? There is a
killer famine in Ethiopia. Will there be
enough food for Dawn's children and
grandchildren? Dawn's great-great-
grandfather traveled by covered wagon to
homestead in Nebraska. His son, my father,
flew around the world in a jet. Will Dawn's
children colonize other planets?

My mind is filled with unknowns
about Dawn's future and the world's. Like a
child away from home, I sometimes long for
the comfort of familiar ways. But Buddhism
tells me that I am connected with all beings
everywhere, so I can never be lost. I've
learned to trust that. That trust may be the
best legacy I can give my little Dawn.
Perhaps it will be a night light for her in the
twenty-first century . . .

And here we are, twenty years later:
July 27, 2006.

My dear Dawn,

I still remember lying in bed with you
that night, wondering about the world you
would inherit. How quickly that world has
arrived! And now I know: it is a world full of
violence and suffering, with terrorist airplanes
flying into towering buildings killing
thousands; suicide bombers blowing up
schools and hospitals; our own C.I.A.

inflicting torture on detainees; millions of
people dying of Aids. But there are also new
heart surgeries adding years to people's lives;
amazing technologies allowing instant contact
around the globe; a new physics that dares to
step into mystery and brush the skirts of
spirit. Most important, my dear Dawn, is this
changing yet changeless interconnected world
where love is still the glue and where trust
bubbles up from the mud.

So what can I say to you in this new
century, with its exhilarating discoveries and
wide-awake, hideous nightmares? Only this.
Hold to the heart. Trust the hidden moon.
Spread out your thousand arms.

Love always,
Gram

Elizabeth King 7/27/06

Spring in the Foothills

Yellow ochre mats of felled grass,
Under snow, under foot, under sun and cold.
Green shoots breaking through dried thatch,
Here we come, it's our time now!

Curly cued feathered spiraling seeds,
still grasping the stems of withered mahogany.
Poised all winter long, to fly into thatched
compost,
And greet the earthworms and sprout roots.

Furry blue cups with yellow stamens,
Popping up through eons of seasons and soils
and such,
Calling out to greet me, waving and shouting-
-Welcome home, old friend!

Clay

SEEING HELL AND WHAT TO DO ABOUT IT

"Healing is not the absence of suffering. What happens is that through the process of being more present to my own life, I stop rejecting suffering. This is healing and transformation." These gentle words of profound understanding are applicable to all of us. Yet they were written from a level of extreme suffering and violence that very few of us have ever experienced.

Last week, a local Viet Nam veteran loaned me a book (*At Hell's Gate: A Soldier's Journey from War to Peace* by Claude Anshin Thomas). He was genuinely excited. Not only had he had met the author during his college days, both had been in combat, and both are practicing Buddhists. More importantly, here, finally, was someone who shared and deeply understood the life situations he had been dealt. Here, finally, was a clear articulation of the multifaceted nature of suffering that led to the isolation and alienation from society that he and so many of his fellow Viet Nam veterans still experience.

Here, finally, for us who have not been part of the Viet Nam combat experience, is an understanding of who are those guys sleeping under bridges or begging for quarters on our city's lush and blooming downtown planters. Those of us in this practice may have pondered our separation or connection to these people. Here is a book of first-hand insights.

Thomas intimately reveals the mind set of the Viet Nam veteran who, like so many of his compatriots, was nearly unable to reintegrate back into society. His path begins with the traumas he sustained in his childhood. He makes a link from those events to his reason for entering the military. Claude then vividly describes the shock of suddenly being dropped into the hell of intense warfare with its constant fears and coping mechanisms. The circumstances of his duty left him a person for whom killing had become an automatic, non-thinking reflex. The end of his service found him once again being suddenly dropped. This time only a quick flight landed him immediately back into civilian life. He had no support for his immediate return to a community who had no idea of his intensity. Worse, by this time, popular sentiment against the war made him the spat upon enemy.

He came to realize that so much exposure to violence had left him in a nearly constant state of mental disconnect for many years. This closing down had become solidified into his main coping method. He expanded that realization to include many people with situations parallel his: those traumatized by street violence, family violence, sexual violence, verbal violence, etc.

Thomas was fortunate to come across Thich Nhat Hanh. The remainder of the book goes on to describe his healing in the Buddhist metaphor and how Buddhism might apply to others traumatized by all

forms of societal violence. While it is easy for us who don't think we fall into any of these extreme categories to simply discount their impact on us, we can all look at lesser instances that have had an effect on us. Additionally, being part of society, the suffering from all forms of violence has all sorts of indirect impact to change the quality of society. These extreme situations as described by Thomas help us to become aware of their presence in our lives. Hence, we have a chance to recognize them. Similarly, the example of his life gives us a chance to see how change is possible. Here is powerful healing.

Hal

**"The Science of a
Compassionate Mind"**
Sunday, September 17, 2006

In the intimate setting with 10,000 other people, I sat and listened to His Holiness the Dalai Lama speak as if he was in the living room with each of us.

His talk was casual yet full of pithy statements that made it into my journal. Yet he told us he was "just a simple monk" and "if you came for blessings - forget it" <he smiled> and "I am just like you" and "if you are here for a miracle cure, forget that too, if I could do miracle cures, I would cure this itchy skin I have first!" <smile>. He proceeded to talk about his ideas around why it was important and worthy to cultivate a compassionate mind. The message sounded so "Buddhist" to me - very practical words for difficult times with a huge dose of "cultivate warm-heartedness." He spoke of how unskillful

war is ("war is legalized violence") and how silly it is to attack your enemy as this is really just damaging yourself. He encouraged us to take the example of those with compassionate minds and use the broader, deeper view. Don't get caught up in the short, narrow view that anger tends to embrace.

He shared very practical recommendations.

He was speaking about the science of the compassionate mind after the meetings with the Mind and Life Institute: a group interested in the revolutionary idea that if you cultivate a healthy, calm mind, it will support a healthy life and their work is informed by the fields of medicine, neuroscience, psychology, education and human development. www.mindandlife.org

BRIEF NOTE FROM THE EDITOR

Dear Readers,

This is a "little" issue to remind you of all the events that are coming up during Joan's residency. Certainly we are blessed to have so much happening and to have the freedom to celebrate these events without the fear of persecution. I am grateful to offer this to you.

As you know, I bet the drum of this newsletter being YOUR newsletter. It represents another place to play in the dharma together. I don't know what words might be particularly useful to you or to the dialog that the SMS is engaged in. I trust that you will know when you hear what is useful to you.

Please, if you don't see your words, please check with me - I don't leave things out on purpose. Chances are it was a lapse of memory not an editorial decision <smile>

Be well, Judith

OTHER EVENTS/ ACTIVITIES TO CONSIDER

Springs Mountain Sangha service project meeting.

October 30 at 7:30 pm in Shove Chapel (after the monday program)

We intend to discuss beginning a service project and we welcome anyone's interest and suggestions along these lines. Some members will offer concrete suggestions for projects the Sangha can take up in the near future.

Out of State Events: not on the at-a-glance calendar

October 14 – 21: Great Autumn Sesshin with John Tarrant & Rachel Howlett (Sonoma County, CA): For more information go to www.pacificzen.org.

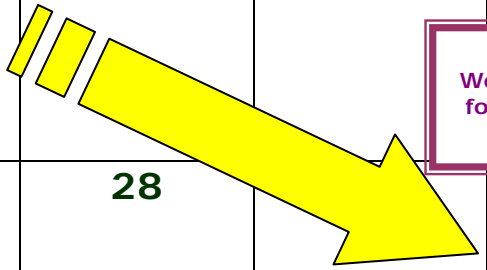
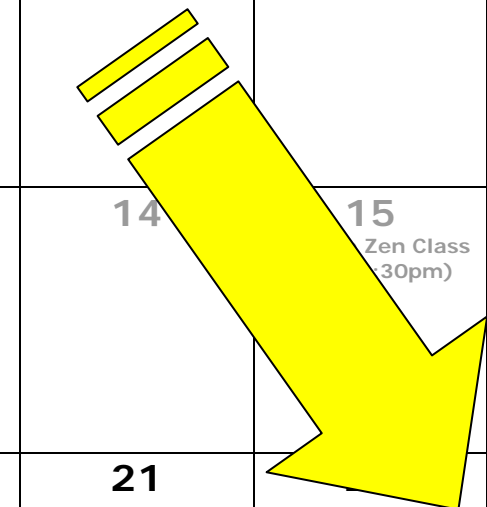
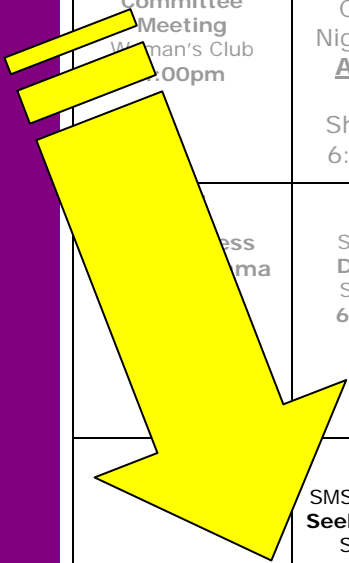
October 26 - 29: The Dream of the World: Koans, Imagination & Freedom: Koan Retreat with Joan Sutherland (Mountain Cloud Zen Center - Santa Fe, NM). For more information go to www.joansutherland.net.

WEEKLY SCHEDULE

- ❖ **Monday** evenings starting at 6:15 p.m. at Shove Chapel: 1010 North Nevada on the campus of Colorado College.
- ✓ *First Monday* of the month: 30-minute sutra Service, brief walking meditation, a 25-minute periods of sitting
- ✓ *Second Monday*: one 25-minute sitting period, followed by a social gathering
- ✓ *Third Monday*: one 25-minute sitting period, followed by a talk or reading
- ✓ *Fourth Monday*: Two 25-minute sitting periods with a brief walking meditation in between.
- ✓ *Fifth Monday*: Two 25-minute sitting periods with walking meditation between or the second period will be replaced by a community member's sharing a personal Zen Practice experience: "Way Speaking Mind." If you'd like/willing to take a turn, please call Sarah Bender.
- ❖ **Wednesday** Mornings from 6:00 a.m. to 7:00 a.m. at Shove Chapel.
- ❖ **Saturday** Mornings from 6:00 a.m. to 8:00 a.m., also at Shove Chapel. After the sitting many of us usually walk to a nearby coffee shop for breakfast.
- ❖ **Sunday** we often have steering committee meetings or discussion groups or workshops
PLEASE REMEMBER TO CHECK THE WEBSITE IN CASE OF CHANGES AND ADDITIONS!!

SMS September 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
3	4 SMS Sutra Service & Zazen Shove Chapel 6:15-7:30pm	5	6 SMS Zazen Shove Chapel 6:00-7:00am	7	8	9 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
10 Steering Committee Meeting Woman's Club 3:00pm	11 SMS Zazen & Community Night - <u>Annual</u> <u>All-Sangha</u> <u>Meeting</u> Shove Chapel 6:15-7:30pm	12	13 SMS Zazen Shove Chapel 6:00-7:00am	14	15 Zen Class (30pm)	16 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast Hiking Retreat 8:00-4:00pm Intro to Zen Class 9am-12pm
17 Business Meeting 7:00pm	18 SMS Zazen & Dharma Talk Shove Chapel 6:15-7:30pm	19	20 SMS Zazen Shove Chapel 6:00-7:00am	21	22	23 SMS Zazen Shove Chapel 6:30-8:30am
24	25 SMS Zazen & Way Seeking Mind Talk Shove Chapel 6:15-7:30pm	27	26 SMS Zazen Shove Chapel 6:00-7:00am	28	29	30 SMS Zazen Shove Chapel 630-830am



Sarah's Ceremony
Women's Club, 3:00pm
followed by a pot-luck
dinner and party!

In the Shelter of the Ancestors Zen Meditation Retreat
September 25 - October 1 @ Benet Pines

Taking
Refuge
Ceremony
Benet Pines
7:00pm

SMS October 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Zen Meditation Retreat cont'd	2 SMS Sutra Service & Zazen Shove Chapel 6:15-7:30pm	3	4 SMS Zazen Shove Chapel 6:00-7:00am Joan's Public Talk Pueblo, 6:00pm	5	6 The Dream Body: Zen Arts of Sleeping & Dreaming Workshop Sarah's House	7 SMS Zazen Shove Chapel
8	9 SMS Zazen & Dharma Talk with Joan Shove Chapel 6:15-7:30pm	10	11 SMS Zazen Shove Chapel 6:00-7:00am	12	13 The Dream of the World: Koans, Imagination & Freedom Retreat Woman's Club	14 SMS Zazen Shove Chapel 6:30-8:30am
15 Koan Retreat	16 SMS Zazen, Dharma Talk & Conversation with Joan & Sarah Shove Chapel	17	18 SMS Zazen Shove Chapel 6:00-7:00am	19	20	21 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
22	23 SMS Zazen & Way Seeking Mind Talk Shove Chapel 6:15-7:30pm	24	25 SMS Zazen Shove Chapel 6:00-7:00am	26	27	28 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
29	30 SMS Zazen Shove Chapel 6:15-7:30pm SMS Service Project Meeting	31				

SMS November 2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 SMS Zazen Shove Chapel 6:00-7:00am	2	3	4 SMS Zazen Shove Chapel 6:30-8:30am
5	6 SMS Zazen & Sutra Service Shove Chapel 6:15-7:30pm	7	8 SMS Zazen Shove Chapel 6:00-7:00am	9	10	11 SMS Zazen Shove Chapel 6:30-8:30am
12	13 SMS Zazen, & Community Night Shove Chapel 6:15-7:30pm	14	15 SMS Zazen Shove Chapel 6:00-7:00am	16	17	18 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
19	20 SMS Zazen & Talk. Shove Chapel 6:15-7:30pm	21	22 SMS Zazen Shove Chapel 6:00-7:00am	23 US Thanksgiving Holiday	24	25 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
26	27 SMS Zazen Shove Chapel 6:15-7:30pm	28	29 SMS Zazen Shove Chapel 6:00-7:00am	29	30	

Dana for Springs Mountain Sangha

Springs Mountain Sangha (now with tax exempt status) engages in three weekly sittings, study groups, retreats, residencies for our holding teachers, the *dharma rag*, website, and other communication media. Contributions from members and friends are the Sangha's sole financial resource. Let's share the dharma assets!

Name: _____

Address: _____

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Phone: (h) _____ (other) _____

Email: _____ (required for e-distribution)

Contribution Amount Enclosed: \$ _____

Checks should be made out to Springs Mountain Sangha c/o Robert King, Treasurer.

Springs Mountain Sangha is a member of the Open Source Project, in both the Soto & Rinzai traditions.

To learn more, visit our website, <http://www.smszen.org/> or contact us at SMSdharma@ispwest.com

(editor). Please check if you prefer to receive the newsletter by email, saving resources & expenses.