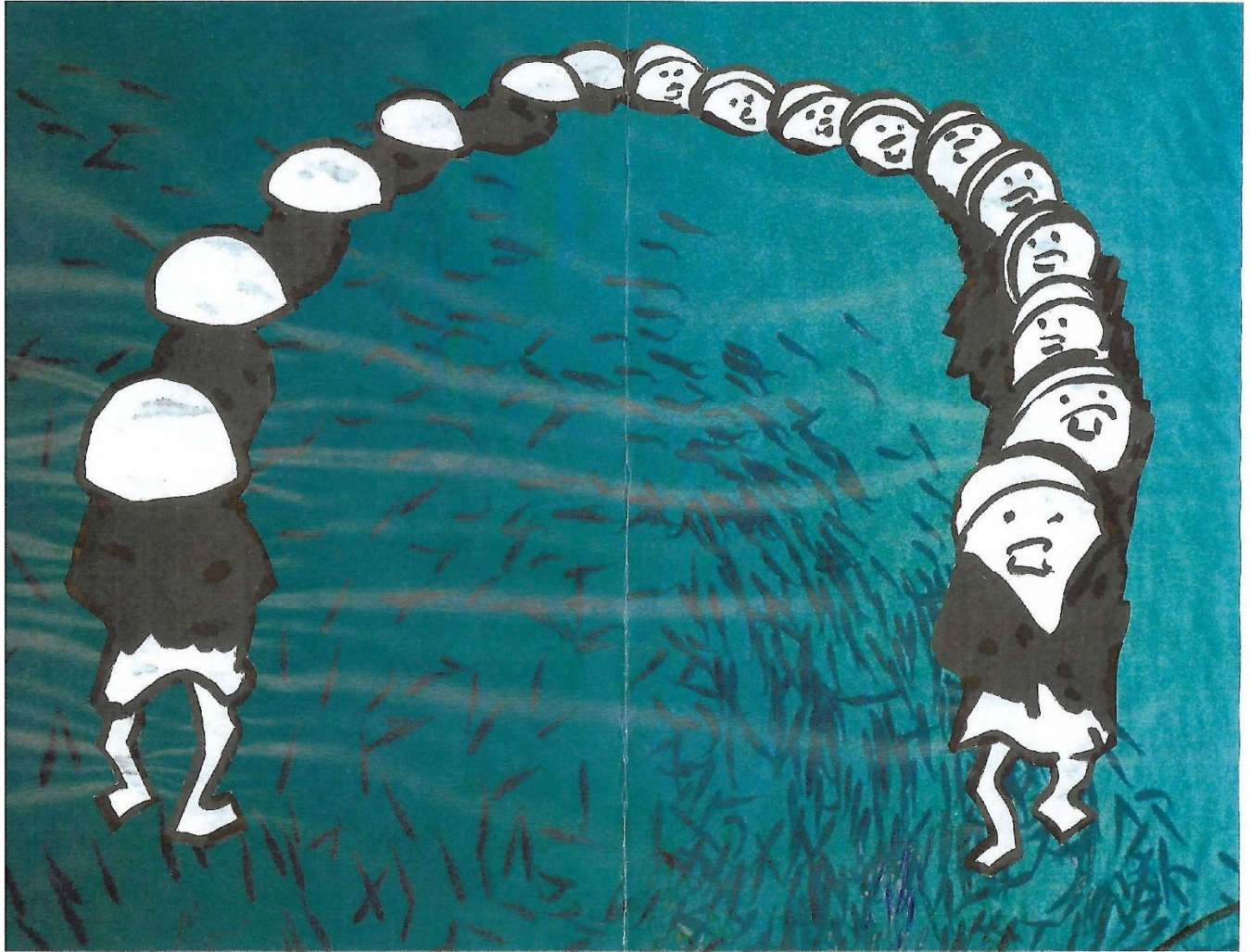




*Springs Mountain Sangha*

*2021 Practice Period*

*March 8 to May 3*



### **Sixteen Bodhisattvas Enter the Bath**

In the old days there were sixteen bodhisattvas.

When it was time to bathe, they got into the bath together. They suddenly realized the cause of water and said,

“This subtle touch releases the brightness.

We have become the sons and daughters of the Buddha.”

## **SMS During Practice Period 2021**

### **Sixteen Bodhisattvas Enter the Bath**

Practice Period is an opportunity for us to join together with the intent of rededication to our practice. It's a time to enliven, renew, get playful, and rediscover our togetherness and support of our sangha and its teachings. Practice Period is a wonderful time for expanded opportunities with Work In The Room and koan study with your teacher.

The period opens on Monday, March 8th with a dedication ceremony led by Sarah Bender, Roshi during our regular scheduled evening meditation. One day later, we are invited to be a part of the Open Source Meditation Retreat. (Part-time participation available depending on your schedule availability). This may not work for you and that is ok- the level of participation during the entire practice period is up to you. Your Practice Period Team desires this to be a time you enter opportunities based on what feels right for you. There are many offerings that will be available. The period ends May 3rd with an Integrative Retreat that week and a Monday night summary/reflection of the practice period during the regularly scheduled evening meditation.

Examples of creative offerings to help us join together during this continuing pandemic include weekly Roshi insights, earth walks with Zoom capability, daily silent virtual meditation sessions, Hakuin Happy Hour, an interactive art gallery that inspires individual expression, koan practice sessions led by Sarah Bender, Roshi (Mar 20, 27, April 3, 10, 17, and 24), and even a weekly cartoon to make you smile or groan.

\*Being a part of this time does not require formal registration. However if you'd like to receive a weekly mailing that includes details around offerings, Roshi insights, and more, please email Debbie Stavish: [gardenmail@msn.com](mailto:gardenmail@msn.com)

\*For any questions about the Practice Period, please email Regan Arntzen: [rrarntzen@gmail.com](mailto:rrarntzen@gmail.com)

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Visit the Practice Period Tab on our website for more details: [www.smszen.org](http://www.smszen.org)

## Old Creek

Muso Soseki

English version by Nelson Foster and Josh Shoemaker

Original Language Japanese

Since before anyone remembers

it has been clear

shining like silver

though the moonlight penetrates it

and the wind ruffles it

no trace of either remains

Today I would not dare

to expound the secret

of the stream bed

But I can tell you

that the blue dragon

is coiled there.

“ If you gotta talk about influence, man, then you gotta realize that influence is not influence.  
It’s simply someone’s idea going through *my new mind.*”

Jean-Michel Basquiat



“The cherry-blossoms of Yoshino, which will bloom with the spring---if we cut the tree open to find them, where would they be?”

attributed to Ikkyū



### **I Am Filled with Love**

Anna Swir

I am filled with love  
as a great tree with the wind,  
as a sponge with the ocean,  
as a great life with suffering,  
as time with death.

## Untitled

traditional Inuit Song

And I thought over again  
my small adventures  
as with a shore wind I drifted out  
in my kayak  
and thought I was in danger.

My fears  
these small ones  
that I thought so big  
for all the vital things  
I had to get and reach

And yet there is only  
one great thing  
the only thing  
to live to see in huts and in journeys  
the great day that dawns  
and the light that fills the world.

## Oceans

Juan Ramon Jimenez

I have a feeling that my boat  
has struck, down there in the depths,  
against a great thing.

And nothing  
happens!  
Nothing...Silence...Waves...

--Nothing happens?  
Or has everything happened,  
and are we standing now, quietly, in the new life?

## Layman P'ang and Master Ma

Layman P'ang asked Master Ma, "What about someone who has no connection with the ten thousand things?"

"Ma-tsu said, "I will tell you after you have drunk down the waters of the West River in one gulp."

The layman understood. He composed this verse:

Coming to this place from all directions,  
they all study nondoing (wu-wei).  
But right here where Buddhas are selected,  
The examination is passed with an empty mind.



Even without a mirror to reflect things,

Every time one looks

There is a mirror reflecting them

in the heart.

Ninbō, the sixth teacher at Tokeiji



## Resources

SMS members are happy to serve as peer support during practice period, so please don't hesitate to contact them.

Frank Actis: [Frank.Actis@netscout.com](mailto:Frank.Actis@netscout.com)

Regan Arntzen: [rrarntzen@gmail.com](mailto:rrarntzen@gmail.com)

Rick Champion: [rchampion@smhscs.org](mailto:rchampion@smhscs.org)

William Holtz: [willholtz2001@gmail.com](mailto:willholtz2001@gmail.com)

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Mary Montoya: [mmon12000@yahoo.com](mailto:mmon12000@yahoo.com)

Debbie Stavish: [gardenmail@msn.com](mailto:gardenmail@msn.com)

This can also be a good time to renew or make contact with one of our teachers for individual conversation:

Contact Sarah Bender at [sembender@gmail.com](mailto:sembender@gmail.com)

Contact Andrew Palmer at [alpalmer128@gmail.com](mailto:alpalmer128@gmail.com)

At our website, [www.smszen.org](http://www.smszen.org), you can also find links to suggested readings, talks by our teachers, other Open Source teachers and our founding teacher, Joan Sutherland, and other resources.

Another excellent resource is Cloud Dragon, Joan Sutherland, Roshi Dharma Works website which can be found at [www.joansutherlanddharmaworks.org](http://www.joansutherlanddharmaworks.org)

Everything we offer is supported by your generous donations. Thank you.

*\*Special thanks to our 2021 Practice Period Planning Committee:*

*Sarah Bender, Roshi, Regan Arntzen, Liz Cramer, and Debbie Stavish*

*\* Images for this booklet were graciously created by*

*Mary Kay Carlson and are used with her permission.*

*\* Graphics design by Kelly McFarland*

**A space for you to capture your field notes during this practice period**



**Excerpt of a poem by Antonio Machado**

Todo pasa y todo queda  
pero lo nuestro es pasar  
pasar haciendo caminos  
caminos sobre la mar

Everything goes and everything stays  
but ours is to pass  
to pass making paths  
paths on the sea