

## *The Sayings of Zen Master Kyong Ho*



“Seventy-five years ago, when Seung Sahn Soen-sa’s great-grandteacher, Zen Master Kyong Ho, was a young man, Korean Buddhism was very weak. Then, Kyong Ho attained enlightenment and became the teacher of many great Zen monks. He is now known as the Patriarch of Korean Zen.” —from *Dropping Ashes on the Buddha*

Here are eleven sayings of Zen Master Kyong Ho:

1. Don’t wish for perfect health. In perfect health, there is greed and wanting. So an ancient said, “Make good medicine from the suffering of sickness.”
2. Don’t hope for a life without
3. Don’t expect your practice to be always clear of obstacles. Without hindrances, the mind that seeks enlightenment may be burnt out. So an ancient once said, “Attain deliverance in disturbances.”
4. Don’t expect to practice hard and not experience the weird. Hard practice that evades the unknown makes for a weak commitment. So an ancient once said, “Help hard practice by befriending every demon.”
5. Don’t expect to finish doing something easily. If you happen to acquire something easily, the will is made weaker. So an ancient once said, “Try again and again to complete what you are doing.”
6. Make friends but don’t expect any benefit for yourself. Friendship only for oneself harms trust. So an ancient once said, “Have an enduring friendship with purity in heart.”
7. Don’t expect others to follow
8. Expect no reward for an act of charity. Expecting something in return leads to a scheming mind. So an ancient once said, “Throw false spirituality away like a pair of old shoes.”
9. Don’t seek profit over and above what your work is worth. Acquiring false profit makes a fool (of oneself). So an ancient once said, “Be rich in honesty.”
10. Don’t try to make clarity of mind with severe practice. Every mind comes to hate severity, and where is clarity in mortification? So an ancient once said, “Clear a passage-way through severe practice.”
11. Be equal to every hindrance. Buddha attained Supreme Enlightenment without hindrance. Seekers after truth are schooled in adversity. When they are confronted by a hindrance, they can’t be overcome. Then, cutting free, their treasure is great.

These eleven sayings are from *THOUSAND PEAKS: Korean Zen — Tradition and Teachers* by Mu Soeng (Primary Point Press).

# SANGHA NEWS & NOTICES

On October 25, we will host our third annual Dharma Zen Center (DZC) Art Auction organized by Board Member and Dharma Teacher David McDonald. The last two were tremendous successes and raised enough funds to make much-needed improvements such as installing a new kitchen floor. We sincerely hope you'll join us at DZC as Steve Roden will perform and approximately 30 pieces of art from artists around the country will be put up in a silent auction. If you are interested in helping, please call (323) 934-0330 or email us at dharmazencenter@gmail.com.

DZC held a precepts ceremony on September 13. David McDonald and Nattan Hollander became Dharma Teachers and they look fantastic in their new long robes!

In addition, Steve Valerio and Patrick Park became Dharma Teachers in Training. Congratulations to David, Nattan, Steve, and Patrick!

Bridget Duff is leading a class about Zen on Tuesdays at 7 p.m. Each week, we read a section from a book by Zen Master Seung Sahn, then Bridget speaks about the passage and students have an opportunity to ask questions and share. We encourage you to come and join us.

The garden in front of DZC has a new look! Director and Housemaster Steve Valerio placed a beautiful sand and rock garden where the fishpond used to be and helped to install a beautiful fountain which can be seen and heard

from the Dharma Room.

Sunday morning services continue to be fruitful and new faces continue to appear. If you haven't been to DZC in a while, Sunday mornings are a wonderful time to come and practice with us.

Happy Birthday to DZC resident Ron Allen! He celebrated by performing poetry with his band Code Zero, and several Sangha members were on hand to see his spirited performance.

Congratulations to Nattan and Erin Hollander, who were married on August 3 in Malibu. Nattan and Erin met while living in DZC, and it was with great joy that we saw them get married and celebrate their life together!

## OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting	<b>2</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>3</b> 5 am – Morning Practice	<b>4</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting
<b>5</b> 10 am – Sunday Practice & Circle Talk 6:30 pm – Evening Practice	<b>6</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>7</b> 5 am – Morning Practice 7 pm – Meditation Instruction	<b>8</b> 5 am – Morning Practice 6:30 pm – Long Sitting/Kong-an Interviews	<b>9</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>10</b> 5 am – Morning Practice	<b>11</b> <b>YMJJ with Darek Gorzweski, JDPSN</b>
<b>12</b> <b>YMJJ with Darek Gorzweski, JDPSN</b>	<b>13</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>14</b> 5 am – Morning Practice 7 pm – Meditation Instruction	<b>15</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting	<b>16</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>17</b> 5 am – Morning Practice	<b>18</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting
<b>19</b> 10 am – Sunday Practice/Dharma Talk 6:30 pm – Evening Practice	<b>20</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>21</b> 5 am – Morning Practice 7 pm – Meditation Instruction	<b>22</b> 5 am – Morning Practice 6:30 pm – Long Sitting/Kong-an Interviews	<b>23</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>24</b> 5 am – Morning Practice	<b>25</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting
<b>26</b> 10 am – Sunday Practice & Circle Talk 6:30 pm – Evening Practice	<b>27</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>28</b> 5 am – Morning Practice 7 pm – Meditation Instruction	<b>29</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting	<b>30</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>31</b> 5 am – Morning Practice	

# NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b> 10 am – Sunday Practice/Dharma Talk 6:30 pm – Evening Practice						<b>1</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting
<b>2</b> 10 am – Sunday Practice/Dharma Talk 6:30 pm – Evening Practice	<b>3</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>4</b> 5 am – Morning Practice 7 pm – Meditation Instruction	<b>5</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting	<b>6</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>7</b> 5 am – Morning Practice	<b>8</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting
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# DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>2</b> 5 am – Morning Practice 7 pm – Meditation Instruction	<b>3</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting	<b>4</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>5</b> 5 am – Morning Practice	<b>6</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting
<b>7</b> <b>10 am – Buddha's Enlightenment Day</b> 6:30 pm – Evening Practice	<b>8</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>9</b> 5 am – Morning Practice 7 pm – Meditation Instruction	<b>10</b> 5 am – Morning Practice 6:30 pm – Long Sitting/ Kong-an Interviews	<b>11</b> 5 am – Morning Practice 6:30 pm – Evening Practice	<b>12</b> 5 am – Morning Practice	<b>13</b> 5 am – Morning Practice 6:30 pm – Evening Practice/Long Sitting
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## THANK YOU . . .

Thank you to Steve Valerio for all of his effort in the garden and his continued hard work as Director and Housemaster.

Thank you to Board Member and Dharma Teacher David McDonald for all his hard work on organizing our upcoming Art Auction.

Thank you to Senior Dharma Teacher Bridget Duff for leading our new Zen class on Tuesdays.

Thank you to Edith Thomas for all her efforts in caring for Mu Sang Sunim.

And thank you to Sonya Shelton for her work as Vice Abbot and Paul Park, JDPSN, for his guidance.

Dharma Zen Center is only able to exist because of people like this.

## WELCOME . . .

We have two new residents! Welcome Jin Kim and Jessica Enman. Dharma Zen Center (DZC) is almost full, but we do have a room available. If you are interested in living at DZC, please call or email DZC.

## UPCOMING EVENTS

- On October 25, we will host our Third Annual Dharma Zen Center Art Auction. If you would like to volunteer to help, please email DZC.
- On the first Sunday of every month, we go to the Midnight Mission in downtown Los Angeles to help serve food to the homeless. We leave from Dharma Zen Center at 3:30 p.m. If you have any questions about our Outreach Program, please call Ron "Bodhidharma" Allen at (323) 936-9169.
- On Sunday, December 7, at 10 a.m., we will celebrate Buddha's Enlightenment Day. Please join us for the celebration ceremony.
- Every Tuesday at 7 p.m., Senior Dharma Teacher Bridget Duff leads a Zen study group. All are welcome. We also have a Meditation Instruction class on Tuesdays at 7 p.m. If you would like to attend, please call (323) 934-0330 to reserve your space at least 24 hours in advance.

## DHARMA ZEN CENTER

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