



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

December, 2021

(808) 322-3524 [www.daifukuji.org](http://www.daifukuji.org)

See "archives" on our website for previous newsletters.



## Bodhi Day Service 成道会 (Jodo-e)

"Commemorating the Buddha's Enlightenment"

Offered in person and by Facebook Livestream

*Reservations Required Due to Limited Seating*

**Sunday, December 12 at 9:30 a.m.**

Proof of vaccination, masks, sign-in, & social distancing are required. Reservations will be taken on a first-come-first-served basis. Please call (808) 322-3524 or send an email to [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org). Members of the same household may sit together.

The Bodhi Day message will be given by Rev. Jikō. The Daifukuji Gift Shop will be open. No lunch will be served.

To view the livestream service, please go to <https://www.facebook.com/konadaifukujitemple/>. This service will later be available for viewing on the temple's YouTube channel <https://www.youtube.com/c/DaifukujiSotoZenHawaii>.

*We thank you for your understanding and look forward to brighter days ahead when we will be able to once again fill our temple and share meals together. Have a happy Bodhi Day!*

## Season's Greetings from Rev. Jikō



Dear Members and Friends of Daifukuji,

Happy holidays! Warm greetings of the season to all.

First, I wish to extend my deepest thanks to all who supported Daifukuji's online auction and contributed to its success. A special mahalo goes to Barb Shoshin Bosz, who coordinated this entire event with great energy, enthusiasm, and love. Watching Shoshin and her team of volunteers mindfully attend to all of the auction details with kindness and aloha was truly heartwarming.

As this second year of the Covid-19 pandemic slowly draws to an end, I wish to express my mahalo to the members of the Daifukuji Board of Directors who have met monthly on Zoom and skillfully guided our temple through another challenging year.

Of course, I am deeply grateful to all of you, the members and friends of Daifukuji, for sharing your good wishes, resources, skills, and energies, all of which have helped sustain our temple and its programs throughout the year. Thank you for your warm encouragement and support.

We have good news to share in this newsletter. While some programs will continue via Zoom, there will be more in-person activities held next year.

I cordially invite you to come to Daifukuji on New Year's Day to receive your drive-through blessing. It's always a joy to see sangha friends on New Year's Day and to begin a new year with good wishes for all beings.

Finally, may we remember that December 8th is Bodhi Day, the day when many Buddhists commemorate Shakyamuni Buddha's enlightenment. In the days leading up to Bodhi Day, let us take time to reflect upon the Buddha's life and teachings, sit quietly in zazen, and vow to serve all beings with love and compassion. Have a joyous and peaceful holiday season.

With warm aloha in gassho,

*Rev. Jiko*



We are sorry to announce that there will be no mochitsuki (mochi making) again this year. If you'd like to try making your own mochi, Rev. Jiko's video "An Easy Way to Make Mochi for the New Year" is available on Daifukuji's YouTube channel: <https://www.youtube.com/c/DaifukujiSotoZenHawaii>. Recently, in honor of our Kona coffee pioneers and farmers, Rev. Jiko shared her recipe for a vegan no-bake Kona coffee "cheesecake" with a macadamia nut crust. This video is also available on our temple's YouTube channel.

## Online Auction Mahalo



To our dear community,

You have made the Daifukuji sangha here in Kona, Hawaii very happy, even gleeful, and so very moved. We send oceans of love to you, wherever you are. We embrace you as extended sangha and feel our hearts and community stretch, fill up and grow. It is such a loving feeling!

I am so blessed to have found Daifukuji and been so welcomed at our temple. I began coming to the temple by trying taiko — drumming on large Japanese drums — in 1992. It was my first time inside a Buddhist temple. I'm from Wisconsin and always admired (what little I knew of) Japanese art, culture, Buddhists & Zen. So here I am in this beautiful temple, pounding drums with others as loud and hard as I could. (I was going through a divorce at the time so it was excellent therapy. A perfectly timed match up.)

I've learned much since that first step inside. Tamiya Sensei and his family, I love to pieces! Jiko Sensei and her family, I also love to pieces! I am so touched reflecting on the time I spend with Rev. Jiko. I am happy at Daifukuji. The temple is beautiful, people are so varied, kind, willing and able — good, good people. I also love the quiet zazen sittings and teachings. I hope you are all able to feel this way wherever you are. The Three Treasures are expressed in each of us.

In regard to Daifukuji's online auction which was recently held, I can say that, to me, money is an energy. All donors, bidders, word of mouth spreaders, flyer readers have affected us. Lots of good energy coming in! This energy will be put into the temple, social hall, cultural hall, cemetery, and grounds, including the orchard that's in the making. We have completed the social hall remodel. It has quite a facelift! The temple roof is the next big project. Somehow that got to looking really bad quickly. Fumigation of the buildings is also needed. The earnings from the auction will be well spent. There's always something that needs maintenance. We are so very grateful to have the funds to keep up the temple, offer programs and be able to help others, too.

Thank you all so much. We exceeded our goal of \$15,000. Our accounting is still in the works so next month we'll have the details.

In closing, I would like to thank the following auction crew volunteers: Joyce Yuko St. Arnault, Phillip Kakuho Hema, Judie Myoko Fekete, Eliana Jisho Sattler, Merle Horen Uyeda, Sharlene Gee, Susie Weaver, Cherokee Shaner, Cheryl Pennell, Christopher Schmidt, Jeri Hall, Nancy Seido Osako, Emilia Parrish, Reiko Sekine, Midori Satoh, Elaine Keiko Fernandez, Jean Ikeda, Stephen Tanaka, Tony Gyokuho Takai, Amy Jikai Nakade, and Rev. Jikō.



Deep bows,

*Barb Shoshin*

Auction Co-chair

## **December Programs**

**TO ATTEND IN-PERSON ACTIVITIES, THE FOLLOWING IS REQUIRED: PROOF OF VACCINATION, WEARING A FACE MASK, SIGN IN, HAND SANITIZING, AND PRACTICING SOCIAL DISTANCING.**

**Zazen** - Zazen and chanting will be offered both in person and via Zoom every morning from 6:00 a.m. - 7:20 a.m. during the Rohatsu Sesshin from December 1 - 8. Practitioners are asked to arrive at 5:45 a.m. for sign in. By donation.

Zazen will be offered **by Zoom only** from 6:00 p.m. - 7:00 p.m. on the following evenings: December 1 - 7 during the Rohatsu Sesshin, and on December 16. Contact Rev. Jiko at [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org) to receive the Zoom link for morning and evening zazen sessions.

**Sangha Sister's Women's Spirituality Circle** - Via Zoom, meetings are held on the second Friday of the month at 7:00 p.m. Call Susie at (808) 936-5817 for information.

**Bare Bones Writers Group** - Via Zoom, meetings are held on the second Tuesday of the month at 9:00 a.m. Call Kathryn at (808) 345-2976 for information.

**T'ai Chi for Beginners** - Starting December 7, a 10-week series of classes to be held on Tuesdays from 9:00 a.m. - 10:00 a.m. in the Hisashi Kimura Cultural Hall. Maximum 6 persons. \$5 per class. Call or text instructor Philip Hema to register, (808) 345-1492.

### **Zoom Yoga with Ambika (December 2, 9, 16, 23 and January 6, 13)**

“MEDITATION IN MOTION” (Part #4) We will explore Improvisation and how to take “yoga off the mat” into “skillful action” in our everyday life and relationships, basically Living the Eight-Fold Path!

Six Thursdays from 8:00 - 9:00 a.m. HST

Welcome and Warmup from 7:45 - 8 a.m. HST. ZOOM Yoga from 8:00 - 9:00 a.m. HST. Optional Chat from 9:00- 9:20 a.m. Drop in or whole series.

What's needed: Yoga mat, loose clothing, water, towel, empty stomach “Dana”=Temple Offering by mail or at: <http://www.daifukuji.org/donation/index.html>.

Instructor: Ambika “Jō-An” Rose

For inquiry about this series and future yoga classes: (808) 430-2620. Email for Registration & Zoom Link: [ambikarose@hawaiiantel.net](mailto:ambikarose@hawaiiantel.net).

## Programs to Begin in the New Year

### In-Person Yoga with Liz

Liz Aschenbrenner will be offering in-person yoga starting January 3, 2022. Mondays from 8:30 - 9:30 a.m. in the Daifukuji Social Hall. No fee, but donations accepted. Bring a mat or towel. Call instructor Liz Aschenbrenner: (808) 345-1270 or [liz217a@hotmail.com](mailto:liz217a@hotmail.com). All Covid protocols will be followed.



### Soleful Strutters Walking Moai to Resume January 4

With sincere gratitude, we are announcing that we have been given permission to resume our Walking Moai. We will begin our T'ai Chi warm-up and walking on Tuesday, January 4, 2022 at 8:30 a.m. You might say, we are putting our best foot forward into the New Year. Moving forward, this is an excellent opportunity to satisfy a New Year's resolution to improve our health and wellbeing. We are thankful to mingle with friends once again, talk story, and enjoy the fresh Kona air.



As for safety procedures, each participant must sign a waiver stating that you have been vaccinated. We will have sanitizer handy for your use. Since we are outside, masks are optional, but if we go inside, we are required to

wear a mask.

If you would like to join the Soleful Strutters in our weekly exercise, you are welcome and we encourage you to do so. For additional information or questions, contact Hannah Israel at (408) 421-8845 or Reverend Jiko at (808) 322-3524.

We are excited to see each of you and are eager to exercise with dear friends.



### Please forgive us....

and let us know if you recently have not received your newsletter in the mail. The temple's computer has been having issues. The good news is that sangha member Keith Olson has given much of his time after work (he was here until 9 p.m. one night) & helped us resolve these issues. Thank you, Keith. If there's ever a time that you don't receive the mail that you normally expect to receive from Daifukuji, please let us know. Also, our newsletter is always available on our website: <http://www.daifukuji.org/newsletter/newsletter.pdf>.

## Kannon-ko Service and Ofudayaki Ceremony

*Wednesday, December 15*

*10:00 a.m.*



Ofudayaki, the ceremonial burning of sacred objects, will be held together with the last Kannon-ko service of the year at 10:00 a.m. on December 15. Please bring your old omamori (Buddhist charms), ofuda (house blessing cards), and other old burnable altar objects to the temple before December 15 or on the morning of the service.

Please let Rev. Jiko know if you are planning on attending this service. Proof of vaccination, sign in, face masks, hand sanitizing, and social distancing are required. [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org), (808) 322-3524

## Online Study of the Precepts (January 8 - April 2, 2022)

*“How can I live a life based on wisdom and compassion?”*



**12 weekly classes via ZOOM**

**Saturdays from 8:00 a.m. to 9:00 a.m.**

**First class: Saturday, January 8, 2022**

Receiving the precepts & one’s Buddhist name and formally becoming a disciple of the Buddha is an important event in the life of a Soto Zen Buddhist. One will go through a process of study and reflection together with Rev. Jikō and a group of Sangha friends. The sharing of one’s life is done in an atmosphere that is gentle, accepting, and compassionate. Many have found their lives illuminated and enriched by this inner journey.

Rev. Jikō will be starting a new series of precepts study sessions using ZOOM. This 3-month course is comprised of 12 weekly one-hour sessions. It is an opportunity to learn about the 16 Bodhisattva precepts, which form the moral and ethical foundation of the Soto Zen tradition. Once it is safe to travel and gather, Bishop Shugen Komagata will be going from temple to temple to offer Soto Zen Buddhist Lay Confirmation ceremonies. These sessions are open to all who are interested in studying the precepts and do not require participation in the precepts ceremony.

There is no class fee. Donations to Daifukuji Soto Mission are appreciated.

For more information or to sign up, please contact Rev. Jikō at (808) 322-3524, [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org).

## Daifukuji Fujinkai Women's Association News

Fujinkai members, please mark your calendars. You are invited to the Fujinkai's first service of the New Year (Hatsumairi), which will be held on Sunday, January 9 at 10 a.m. Annual dues of \$10 will be collected from Fujinkai members. Checks should be made payable to: Daifukuji Fujinkai. Those 85 and up are exempt from paying dues. Interested in joining the temple's women's organization? Please call Joyce at (808) ) 329-3833 or Merle at (808) 323-3553. Women age 18 and up are welcome.

## New Year's Day Drive-Through Blessing

*Omamori & Ofuda Pick Up*

*Pets are welcome!*

**Saturday, January 1, 2022**

**10:00 a.m. - Noon**

**Daifukuji Soto Mission Parking Lot**



OFUDA

Please stay inside your vehicle. You may bring your pets and have them included in your family's New Year's blessing which will be performed by Rev. Jiko with the assistance of Deacon Jikai.

An *omamori* and *ofuda* order form is included in this newsletter. Pre-payment would expedite pick up of items.

OMAMORI are Buddhist charms that may be hung in your vehicle or carried in your bag to invite the blessings of safety, mindfulness, peace, and happiness.

OFUDA are blessing cards that are hung on the wall in one's house, shop, or office to invite peace, prosperity, wisdom, and compassion into the space.



KANNON OMAMORI WITH A BRANCH OF KONA COFFEE

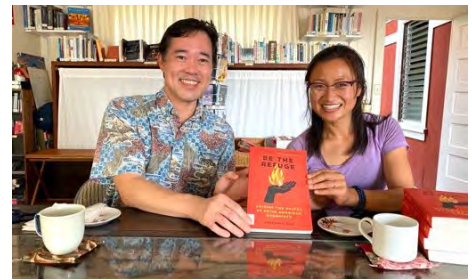
## Library News

by Clear Hōun Englebert

We only have a few new arrivals this time, but the first one is very special:



*Be the Refuge: Raising the Voices of Asian American Buddhists* is by Chenxing Han and it spotlights the fact that more than two-thirds of U.S. Buddhists are Asian American, yet that's not the way mainstream media shows it. Eighty-nine young adults were interviewed for this book (which began as a master's thesis), showing an amazing diversity. Rev. Jiko's grandfather is mentioned. She recommends the book and so do I. (The gift shop has signed copies for sale.)



Author Chenxing Han recently visited Daifukuji with her friend Rev. Blayne Higa.

*The Way of Taiko* by Heidi Varian is a book that's been in the library for a good many years but it's been kept in the Cultural Hall, so most people probably weren't aware of it.

Now there are two copies and one is kept in the Japan section of the library. It's a truly excellent book—check it out—your appreciation for taiko will greatly increase and the many full-page, color photographs are a feast for the eyes.

*Happy Teachers Change the World* by Thich Nhat Hanh and Katherine Weare is a manual for educators explaining how mindfulness can be cultivated in the classroom.

*Buddhism in China* is a DVD from China in Chinese with English subtitles. The film is in “tour” form, so the main Buddhist tourist attractions are covered—and you can see them from the convenience of your own home. They are, of course, quite stunning.

## The Gift Shop is Open for Your Holiday Shopping

In order to accommodate gift shopping for members of the temple, the Daifukuji Gift Shop will be open three days a week for most of November and December.

**Friday mornings from 8:30 a.m. to noon (Closed on December 31)**

**Saturdays from 11:00 a.m. until 3:00 p.m. (Closed on December 25)**

**Mondays from 9:00 a.m. until noon.**

Vaccination, masks and sign in are required. For further information, call or text Barb Shoshin, (808) 987-2673 or email her at [barbarainkona@gmail.com](mailto:barbarainkona@gmail.com).





## A Report from the Daifukuji Board

by Steve Hōshin Mann, Corresponding Secretary

The Daifukuji Board met November 4 via Zoom.

Rev. Jikō showed us an oryoki dish set assembled from various kitchen items, and suggested we make a practice of bringing our own sets of dishes to meals at the temple, to cut down on paper and plastic waste.

We've paid the last of the bills for the social hall work; all that remains is for volunteers to remount the speakers and curtains.

We discussed our COVID protocols, and loosened a few things. Unvaccinated people are now welcome to visit the cemetery and to volunteer outside on the temple grounds. We'll allow individually packed bento-style meals to be shared among up to 20 vaccinated people, either outdoors or in the social hall with restaurant-style distancing.

We adopted the work of the long-range planning committee, committing to the maintenance of the temple and the continuity of its programs, with attention to wellness, service, and Dharma programs, deferring consideration of building and property transactions due to pandemic uncertainty.

We decided to drop solicitation for the building/maintenance fund from the Daifukuji website, feeling that donors wanting to dedicate funds specifically to the building can instead now donate to the legacy endowment fund, which serves that purpose.

A general membership meeting will be held both in person and via Zoom on Sunday, February 6, 2022 after the Nirvana Day (Nehan-e) Service.



## Baika Workshops on Zoom

On October 24th a two-hour Zoom workshop taught by Rev. Okuma of Hokkaido, Japan was well attended. Some members of the Daifukuji Baikako choir joined the workshop from their devices at home, while others gathered at the temple to watch Rev. Okuma on a television screen. These online workshops will be held once a month for six months. Baikako members are grateful for this opportunity.

# December 2021

November 2021							December 2021							January 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6					1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31	23	24	25	26	27	28	29	
													30	31						

- Sangha Sisters
- Youth Taiko
- Adult Taiko
- Family Service
- Major Service
- Temple Board
- Fujinkai
- Kannon-ko Service
- Project Dana
- Zazen
- Samu
- Special Events
- Baikako Practice
- Dharma Study
- Happy Strummers
- Work
- Offsite Backup
- Bon Dance Group
- Teen Sangha
- Orchid Club
- Family Service
- Major Service
- Home and 16 more...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 3:00 PM Zoom Baika Workshop	29 Gift Shop 9 am-12 noon	30	1 6:00 AM Rohatsu Sesshin 6:00 PM Zoom Zazen	2 ... Rohatsu Sesshin 8:00 AM Zoom Yoga with Ambika ... Zoom Zazen	3 Gift Shop 8:30-noon ... Rohatsu Sesshin 8:00 AM Samu ... Zoom Zazen	4 Gift Shop 11am-3pm ... Rohatsu Sesshin ... Zoom Zazen
5 ... Rohatsu Sesshin ... Zoom Zazen	6 Gift Shop 9 am-12 noon ... Rohatsu Sesshin ... Zoom Zazen 5:00 PM Youth Taiko	7 ... Rohatsu Sesshin 9:00 AM Library Staff Meeting 9:00 AM Tai Chi ... Zoom Zazen	8 ... Rohatsu Sesshin 5:00 PM Youth Taiko	9 8:00 AM Zoom Yoga with Ambika 7:00 PM Zoom Temple Board Meeting	10 Gift Shop 8:30-noon 8:00 AM Samu 7:00 PM Zoom Sangha Sisters	11 Gift Shop 11am-3pm 9:00 AM Youth Taiko
12 By Reservation Call (808)322-3524 BodhiDayService9:30am	13 Gift Shop 9 am-12 noon	14 9:00 AM Zoom Bare Bones Writers 9:00 AM Tai Chi	15 Kannon-ko 10 am Ofudayaki 6:00 AM Zazen	16 8:00 AM Zoom Yoga with Ambika 6:00 PM Zazen	17 Gift Shop 8:30-noon 8:00 AM Samu	18 Gift Shop 11am-3pm
19	20 Gift Shop 9 am-12 noon	21 9:00 AM Tai Chi	22 6:00 AM Zazen	23 8:00 AM Zoom Yoga with Ambika	24 Gift Shop 8:30-noon 8:00 AM Samu	25
26 3:00 PM Baika Workshop	27 Gift Shop 9 am-12 noon	28 9:00 AM Tai Chi	29 6:00 AM Zazen	30	31 8:00 AM Samu	1 Drive-thru New Year's Blessing 10 a.m. - Noon Omamori Pick Up



79-7241 Mamalahoa Hwy, Kealahou, HI 96750 (808) 322-3524

🌸 2021-2022 🌸

## KONA DAIFUKUJI "ZOOM" YOGA 11.6.21

**6 Thurs. 8-9 am HST Dec. 2, 9, 16, 23 Jan. 6, 13**

- 7:45 – 8 am HST Welcome Warmup
- 8:00 – 9 am "ZOOM" YOGA!
- 9:00 – 9:20am Chat (optional)
- 12:45 – 1 pm EST
- 1:00 – 2 pm
- 2:00 – 2:20 pm

**Open to: Members, Kona Community and ALL  
Beginners & Experienced WELCOME!**

@Drop in or Whole Series@

**ENERGY is our focus,** so move to your body!

*Consciously Crossing over to the Inner Source of Self!*

**Bring:** Yoga mat, loose clothing, H2O, & towel, empty stomach

"Dana" = Temple Offering by mail or at: <http://www.daifukuji.org/donation/index.html>

**Email for REGISTRATION & Link:** [ambikarose@hawaiiantel.net](mailto:ambikarose@hawaiiantel.net)



### **Instructor: Ambika "Jō-An" Rose**

I have taught yoga for 44 years. The "Style" is Amrit Yoga an authentic, meditative exploration of Shakti [Chi] Energy through intention, breath, alignment, extension & movement. Following postures, we pause: relax, breathe, and "let go!" We EXPLORE ENERGY! For inquiry: 808-430-2620 11.6.21

# Omamori & Ofuda Order Form

Pick up on January 1, 2022 at New Year's Day  
 Drive-Through Blessing  
 Daifukuji Soto Mission Parking Lot 10 a.m. - Noon

PRE-PAYMENT EXPEDITES  
 YOUR OMAMORI PICK UP.  
 THANK YOU.



Hawaii Kannon  
 Ofuda: a blessing to  
 hang above or beside  
 the doorways in your  
 house or workplace.

\$5.00 each



Hawaii Kannon omamori  
 with coffee branch &  
 temple's name on back.  
 \$6.00 each



The pet omamori are for  
 dogs and cats and may be  
 attached to your pet's collar.  
 \$7.00 each



Assorted Omamori  
 (with attached Kannon picture)  
 \$5.00 each

You may send us your  
 preferred colors, but we  
 cannot guarantee their  
 availability and will select the  
 colors that are available.  
 (Green, red, purple, purple &  
 red stripes)



Wallet Omamori with Hawaii Kannon  
 on front and blessing on back.  
 \$1.00 each

Name \_\_\_\_\_  
 Phone number \_\_\_\_\_  
 Email \_\_\_\_\_

Ofuda # \_\_\_\_\_ X \$5.00 = \_\_\_\_\_

Assorted Omamori # \_\_\_\_\_ X \$5.00 = \_\_\_\_\_

Hawaii Kannon Omamori # \_\_\_\_\_ X \$6.00 = \_\_\_\_\_

Wallet Omamori # \_\_\_\_\_ X \$1.00 = \_\_\_\_\_

Pet Omamori # \_\_\_\_\_ X \$7.00 = \_\_\_\_\_

New Year's Blessing Donation to Daifukuji (optional) \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Please mail your order  
 & check to:

Daifukuji Soto Mission  
 P.O. Box 55  
 Kealakekua, HI 96750

Should you choose not  
 to preorder, you may  
 purchase omamori &  
 ofuda from 10 a.m.-  
 noon on New Year's  
 Day.

Questions? Call (808)  
 322-3524 or email  
 info@daifukuji.org.



# Dharma Lei



## Bishop's Office Newsletter

Soto Zen Buddhism Hawaii Office

c/o Soto Mission of Hawaii 1708 Nuuanu Avenue, Honolulu HI 96817 U.S.A.

Tel & Fax: 808-538-6429

E-Mail: [info@sotozenhi.org](mailto:info@sotozenhi.org)

WEB: <http://global.sotozen-net.or.jp/eng/>

Fourth Quarter, 2021

Issue No. 38

### Bishop's Message:

Aloha!

I hope this message finds you in good health and spirit! In what now feels like a very long time, the COVID-19 pandemic continues to loom over the world. I extend my thoughts and prayers to you and your family.

Personally, I had high hopes to be able to travel again to visit relatives in Japan and enjoy the summer season of Bon Dance in Hawaii. However, Japan still requires everyone entering the country to quarantine, and large public events in Hawaii are still not allowed. Additionally, I recently suffered a compression fracture in my already injury plagued spine. I would say that 2021 isn't going the way I had expected.

Although I couldn't travel to Japan, I am so happy that I instead chose to visit my older son Daishu and his family this summer in New Mexico. It was so much fun to play with my four-year-old and six-year-old granddaughters, albeit exhausting! I miss the large crowds at the Bon Dances, but I'm grateful that I can still enjoy chatting with occasional visitors over a cup of tea. The pain in my back is at times excruciating, especially in the morning. Still, I get out of bed each morning and go about my day. I told my son, Rev. Shuji, that as I heal little by little each day, "pain and I have become friends." So, as I enter the final months of 2021, I try to reflect positively upon this year, knowing that there are many things I am grateful for even during a global pandemic.

I encourage you to also try to reflect positively upon your experiences so far in 2021. By continuing to live each day to the fullest, let us be hopeful for a safe and enjoyable Thanksgiving and holiday season. With palms together in gassho and prayer, may the blessing and protection of Kannon-sama be extended to you, your family, and friends. Namu Kie Butsu, Namu Kie Ho, Namu Kie So.



In Gassho.

Bishop Shugen Komagata



# *Adjusting how you breathe*

“呼吸を合わせる (*Kokyu wo Awaseru*)”

Story by Rev. Daito Noda

Adjusting how you breathe

The Niihama region of Ehime Prefecture, where I did some monastic training, has a unique greeting in the morning. It goes like this: “O-hayō, kōkyū shiyon-na? (Good morning! Are you breathing okay?)” Folks respond: “O-hayō, kōkyū shiyoruzo” (Good morning. I’m breathing fine).”

We human beings die when we stop breathing. With a loud cry, we begin to breathe immediately after being born. Our lives end with a sigh at our last breath. We breathe in and out without thinking about it, according to the laws of nature. It would be the height of arrogance to not be awed and grateful at being able to breathe this way. There are people who are sick, who can no longer breathe on their own, and who must receive oxygen at a hospital. People in the Niihama care about each other by greeting others by asking if they are breathing.

This year, how about focusing on the source of our life, the very act of breathing? We must get to know ourselves well, in order to breathe in just the right amount of air suitable for our bodies. In addition, we must not neglect how we breathe, no matter when or where we are.

I think that how one breathes is the same as one’s personal rhythm. At its essence, the universe moves according a particular rhythm. If we can align our own rhythm with that of the universe, I believe great energy will be unleashed. This universe is also called the Buddha’s world. If you wish to improve exponentially or wish to accomplish more than what you think you can, how about starting by working out your own appropriate breathing pattern?

Alright. Here is the Niihama Style response: “Yes. I’m breathing fine.”

