



# Philadelphia Buddhist Association

# NEWSLETTER

www.PhilaBuddhist.org

November, 2015

## SCHEDULE OF PROGRAMS AND EVENTS

NOVEMBER						DECEMBER							
<b>P</b>	2	3	<b>R</b>	5	6	7		1	<b>R</b>	3	4	5	
<b>L</b>	9	10	<b>R</b>	12	13	<b>A/S</b>	<b>P</b>	7	8	<b>R</b>	10	11	<b>S</b>
<b>P</b>	16	17	<b>R</b>	19	20	21	<b>L</b>	14	15	<b>R</b>	17	18	19
<b>P</b>	23	24	<b>D</b>	26	27	28	<b>P</b>	21	22	<b>D</b>	24	25	26
<b>P</b>	30						<b>P</b>	28	29	<b>R</b>	31		

JANUARY						FEBRUARY							
				1	2		1	2	<b>R</b>	4	5	6	
<b>P</b>	4	5	<b>R</b>	7	8	<b>P/S</b>	<b>P</b>	8	9	<b>R</b>	11	12	<b>S</b>
<b>L</b>	11	12	<b>R</b>	14	15	16	<b>L</b>	15	16	<b>R</b>	18	19	20
<b>P</b>	18	19	<b>R</b>	21	22	23	<b>P</b>	22	23	<b>D</b>	25	26	27
<b>P</b>	25	26	<b>D</b>	28	29	30	<b>P</b>	29					
<b>P</b>													

- L** Buddhism Lecture and Discussion Series at Plymouth Meeting Friends 7:30 to 9:00 pm.
- P** Sitting meditation at Plymouth Meeting Friends 7:30 to 9:00 pm
- R** Sitting meditation at Radnor Friends 7:30 to 9:00 pm
- D** Open Discussion group about meditation and other Buddhist topics at Radnor Friends 7:30pm to 9:00 pm.
- A/S** Sutra Study at Radnor Friends 10am to 12pm. Sitting meditation from 9:30am to 9:50. See p. 4 for details.
- A/S** Afternoon retreat with Sensei AI Fusho Rapaport at Plymouth Meeting Friends, 1pm to 6:00pm
- P/S** Day retreat with Zen teacher Pat George at Plymouth Meeting Friends, 9am to 4pm. See page 3 for details.

## BUDDHISM LECTURE AND DISCUSSION SERIES

Every 2nd Sunday, Plymouth Meeting, 7:30

November 8	<i>The Life of the Buddha</i> - Zachary Brown
December 13	<i>The Eightfold Path</i> - Richard McKinney
January 10	<i>Spiritual Feeling in Our Practice, in Our Lives</i> Gail Zivin
February 14	<i>"Bodhisattva's Way of Life" by Shantideva:</i> <i>Selected Verses</i> - Susan Wagner

**Day Retreat with Zen Teacher Pat George**  
**Clarifying Zen Practice:**  
**When Half Gods Go, the Gods Arrive**  
 Saturday, January 9 9AM to 4PM  
 Snow Date, February 6  
 Plymouth Meeting Friends  
 See page 3 for details

## Annual Dana Drive

PBA runs solely on contributions and by the kindness of those who give their time and skills to assist others. Your Dana not only help PBA's ongoing work to introduce others to the Buddha's Way in its many forms, but it helps to pay our rents and to maintain our facilities so that we can continue to offer weekly meditation practice at the Radnor Friends Meeting and Plymouth Friends Meeting, and monthly Sutra Study, Lecture & Discussion, and meditation discussion group, in addition to the retreats offered throughout the year.

For the past year, our sangha has been well supported by "Good friends" like you. Our participation rate has gone up. We are able to participate in humanitarian support to internationally well known groups like the Doctors Without Borders and the Buddhist Disaster Relief Tzu-Chi Foundation. We have met our financial needs. Nevertheless, without your continuing support we would have not been able to shine nor to reach people in need of a Sangha to practice with. Now more than ever are we in need of your assistance, so as the year comes to an end, please consider making a donation to help us keep our facilities running. All contributions are tax-deductible. Make checks payable to "Philadelphia Buddhist Association" and send to PO Box 11728, Philadelphia, PA 19101.

Support Your Practice, In Any Tradition,  
 With "Zen Dialogue"  
 An Afternoon-Plus Retreat led by  
 Sensei AI Fusho Rapaport  
 Saturday, November 14  
 1PM to 6PM  
 Plymouth Meeting Friends

This year Sensei AI brings us a very different experience to support our spiritual growth. Zen Dialogue is a process of working with aspects of the personality that may block our energy, happiness and spiritual development. It teaches us how to discover and dialogue with aspects of the self (called "voices") for clearer awareness in our practice and daily lives. Sensei has made Zen Dialogue a regular part of student work at his Open Mind Zen Center in Melbourne, Florida, because he has found that this work offers a large advantage to students' progress, no matter their specific practice. For more information, you are welcome to contact Sensei AI at (321) 427-3511 or OpenMindZen@aol.com.

See page 4 for further details

Sensei AI has trained in variations of Hal and Sidra Stone's Voice Dialogue, the basis of Zen Dialogue, and has practiced and taught the technique for almost 20 years. He began Zen practice in 1975 with Kozan Kimura Roshi, and also studied with Sasaki Roshi before moving to Zen Center of Los Angeles in 1977. At ZCLA he studied with Maezumi Roshi, Bernie Roshi and Genpo Roshi, and received Dharma Transmission from Shuzen Sensei in 2008.

**ALL ARE WELCOME TO ATTEND ANY OF OUR PROGRAMS OR EVENTS AT NO CHARGE**

# Local Buddhist Centers and Groups

The following are some of the places in the Philadelphia region where regular Buddhist meditation practice is followed.

## Pennsylvania

- \* Buddhist Sangha of Bucks County  
Yardley 215-431-0882  
email: bsbc19067@yahoo.com
- \* Clear Light Meditation Group  
Devon 610-293-9133
- \* Dungkar Ling (Tibetan)  
Honeybrook 610-942-2512
- \* Media Meditation Group  
(Shambhala)  
Media 610-566-2525
- \* Peaceful City Sangha (Community  
of Mindful Living)  
Center City 215-852-4375
- \* Pebble Hill Mindfulness Sangha  
Doylestown 215-230-9899
- \* Philadelphia Meditation Center  
(Non-Sectarian)  
Havertown 610-853-8200
- \* Philadelphia Soka Gakkai  
International-USA  
Center City Philadelphia  
215-569-2144
- \* Rainbow LGBTQ Buddhist  
Meditation Group  
Center City Philadelphia  
215-732-2220
- \* Shambhala Center (Shambhala)  
Center City Philadelphia  
215-568-6070
- \* Shikan (Stop & Observe) Zendo  
Center City, Philadelphia, PA  
Monthly One-Day Silent Retreat  
Email: juliannalipschutz@gmail.com
- \* Soji Zen Center  
Lansdowne 917-856-5659
- \* The Oubaku Tree Sangha  
(Zen Buddhist)  
West Philadelphia 267-972-5442
- \* Tibetan Buddhist Center  
of Philadelphia  
West Philadelphia 215-701-7018
- \* Willow Branch Sangha  
West Chester 610-388-1257
- \* Won Buddhism Temple  
of Philadelphia  
Glenside 215-884-8443
- \* Zen Center of Philadelphia  
West Philadelphia 215-472-2613
- \* Zen Meditation Group of Greater  
Philadelphia (Center City)  
215-381-0398

## New Jersey

- \* Buddhist Sangha  
of Southern New Jersey  
Cherry Hill 609-953-9215
- \* Pine Wind Zen Center  
Shamong, NJ 609-268-9151
- \* Seabrook Buddhist Temple  
(Jodo Shin Shu Buddhism)  
Seabrook 856-451-3422

## Delaware

- \* Delaware Valley Zen Center  
Newark 302-981-6209

## How to Contact PBA

- \* Send an email to  
[info@PhilaBuddhist.org](mailto:info@PhilaBuddhist.org)
- \* Send USPS mail to  
P.O. Box 11728  
Philadelphia, PA 19101

## Guide to Retreat Centers

The following is a listing of some Buddhist centers in the Eastern United States that offer a program of retreats throughout the year. These centers offer a place where scheduled Buddhist teaching from various traditions is given. In addition, many local centers offer day and weekend retreats.

- \* Bhavana Society Near Washington, DC & PA border  
Rt.1, Box 218-3 High View, WV (304)-856-3241  
<http://www.bhavasociety.org>
- \* Insight Meditation Society  
1230 Pleasant Street, Barre, MA, 01005 (978)-355-4378  
<http://www.Dharma.org>
- \* Mt. Equity Zendo  
280 Mt. Equity Road, Pennsdale, PA, 17756  
(717)-546-2784, <http://www.mtequity.org>
- \* Zen Mountain Monastery  
P.O. Box 197, Mt. Tremper, NY, 12457 (845) 688-2228  
<http://www.mro.org>
- \* Milarepa Center  
P.O. Box 51, Barnet, VT 05821 (802) 633-4136  
<http://www.milarepacenter.org>

PBA does not charge for any of its activities (other than residence fees at residential retreats). We do incur expenses for rent, newsletters, website, and various other items. If you have found

participation in our activities valuable, please consider sending PBA a tax-deductible contribution. Make checks payable to PBA and send to P.O. Box 11728, Philadelphia, PA 19101.

The Philadelphia Buddhist Association (PBA) is a non-profit corporation registered in the Commonwealth of Pennsylvania. It has provided programs since 1986 to the public for making known the principles and practices of the Buddhist way. PBA represents no

one Buddhist tradition and promotes dialogue with all faiths. All programs are without charge and are financed only by freely given donations. Donations are tax-deductible.

# Day Retreat with Zen Teacher Pat George

## Clarifying Zen Practice: When Half Gods Go, the Gods Arrive



Pat George will lead us in an exploration of things that get in the way of Zen practice, especially the wrongheaded notions we may have about what Zen is and what it takes to practice. Central to these mistaken ideas is our understanding of meditation. To practice well we need first to let go of distorted concepts to make room for more fruitful ways of practice. We will focus on an excerpt from the book *Meditation Now or Never* by contemporary Zen teacher Steve Hagen. His profound and down to earth discussion of Zen practice is highly recommended and students might want to prepare for the retreat by reading it. We will discuss not only what ideas get in the way of our practice but also how we might facilitate practice by thinking about it in a fresh way. A unique feature of Pat's visits to us is that she offers each participant the opportunity to have a true dokusan or interview with the teacher.

Pat George has over thirty years training in Zen Buddhism. She was given permission to teach by Barry Magid in 2004, and opened the Zen Center of Philadelphia in January, 2005. Pat studied at Zen Mountain Monastery in Mt. Tremper, New York, with John Daido Looi for many years as a lay practitioner and for six years as a resident and monastic in training. Since then she has studied with Barry Magid in the Ordinary Mind School founded by Charlotte Joko Beck. On November 14th, 2009, Pat received full transmission in the Ordinary Mind School from Barry Magid. Pat was educated at the University of Delaware, Brown University, and New York University. A single mother for many years, Pat has mostly worked as a teacher, writer and editor.

ty of Delaware, Brown University, and New York University. A single mother for many years, Pat has mostly worked as a teacher, writer and editor.

PBA will supply coffee, tea, water, and snacks, but please bring a brown bag lunch. We have mats and cushions, but you may want to bring your own. We suggest a voluntary donation, or dana for the teacher. No one will be turned away

## Yoga Nidra Meditation Practice, Part I by Heidi Sheer

Yoga Nidra is a Tantric Meditation; it is also a Pratyahara practice (Sense-Withdrawal, the Fifth Step in Raja Yoga).

Remember: The Mind Is Luminous! The mind is NOT a dark swamp with monsters in it, like Sigmund Freud might have believed. Nothing against Freud, but the mind the Yogis and the Buddha speak of is bright, pure, and luminous – and this is YOUR mind. Come fully into this room, into your body. Let go of everything. Drop it. Let go. Whatever is good will stay with you; the good can never leave you. It is an intrinsic part of you. Spread a wave of relaxation through your body, from top to bottom, from front to back. Notice your breath flowing in and out of your body. With each inhale: expand; with each exhale: relax.

The initial sections of the practice include the following:

Sankalpa: Stating your intention

Body Scan: Moving your attention quickly from body part to part

Chakra Scan: Focusing on each of the Chakras

Visualization: Visualizing practice

Sankalpa: Re-stating your intention

Coming Back: Returning your attention to your present state

This is one version of Yoga Nidra meditation which I put together. It could also be a different version, e.g., instead of the chakra scan there could be a yogic breath meditation with counting backwards from 54.

**SANKALPA:** Stating your intention: Please, choose only one option as a Sankalpa and repeat three times.

I will not fall asleep.

I am calm and peaceful.

Pure Love is all around me.

I am awakening Kundalini who dwells in Muladhara Chakra, and makes its headway through Sushumna Nadi up to Sahasrara Chakra.

I am awakening my Kundalini.

**BODY SCAN:** Move your attention quickly from body part to body part, following the audible instruction. For the physical postures, I found something which is similar to what I had learned. Not all of it is the same, though. The spelling of the postures in the box under the YouTube video also differs a bit from what I learned. But it is good. <https://www.youtube.com/watch?v=HzQU4IQUnwA>

**Right Side:** Bring your attention to your right hand; right thumb; index finger; middle finger; ring finger; little finger; all five fingers of the right hand; palm of the hand; back of the hand; the entire right hand; wrist; forearm; elbow; upper arm; shoulder; arm pit; waist; right hip; right thigh; knee; (lower leg) shin and calf; ankle; heel; sole of the right foot; top of the right foot; big toe; second toe; third toe; fourth toe; little toe; all five toes of the right foot; the whole right foot; the whole right side of the body.

**Left Side:** Bring your attention to your left hand; left thumb; index finger; middle finger; ring finger; little finger; all five fingers of the left hand; palm of the hand; back of the hand; the entire left hand; wrist; forearm; elbow; upper arm; shoulder; arm pit; waist; left hip; left thigh; knee; (lower leg) shin and calf; ankle; heel; sole of the left foot; top of the left foot; big toe; second toe; third toe; fourth toe; little toe; all five toes of the left foot; the whole left foot; the whole left side of the body.

**Posterior/Back:** Bring your attention to your back side. Right buttock; left buttock; right shoulder blade; left shoulder blade; the whole right side of the back; the whole left side of the back; the entire spine - from tailbone to head - the entire spine; the entire back; neck; back of the head; top of the head; the entire back of the body.

**Anterior/Front:** Bring your attention to your forehead; right temple; left temple; right eyebrow; left eyebrow; center between the eyebrows (Bhruvadhya); right eye; left eye; right ear; left ear; right cheek; left cheek; right nostril; left nostril; back of the nose; the entire nose; the tip of the nose; upper lip; lower lip; teeth; tongue; chin; throat; right collarbone; left collarbone; right chest; left chest; the entire chest; upper abdomen, navel; lower abdomen; the whole abdominal area; the entire front of the body.

**Whole Body:** The whole right leg; the whole left leg; both legs together; the whole right arm; the whole left arm; both arms together; both arms and both legs together; the whole torso; the throat and neck; the whole head; The entire body: from head to toes; from toes to head; and from head to fingertips.

In Part II, Heidi will complete the body scan, guide us through the Chakra Scan, Visualization Practice, and concluding the meditation. To find the full version, please visit [www.philabuddhist.org](http://www.philabuddhist.org).



## Philadelphia Buddhist Association

P.O. Box 11728  
Philadelphia, PA 19101  
www.PhilaBuddhist.org  
email: info@philabuddhist.org

RETURN SERVICE REQUESTED

### Sutra Study with PBA

#### Saturday, November 14, 2015:

Sutra: MN 14 PTS: M i 91  
Cula-dukkhakkhandha Sutta: The Lesser Mass of Stress  
translated from the Pali by Thanissaro Bhikkhu  
<http://www.accesstoinsight.org/tipitaka/mn/mn.014.than.html>

MN 36 PTS: M i 237

Maha-Saccaka Sutta: The Longer Discourse to Saccaka  
translated from the Pali by Thanissaro Bhikkhu  
<http://www.accesstoinsight.org/tipitaka/mn/mn.036.than.html>  
Led by William Stauffer

#### Saturday, December 12, 2015:

Sutra of the Eight Realizations of Great Beings (with Annotations)  
<http://ctzen.org/sunnyvale/enEightRealizationsSutraWithAnnotations.htm>  
Led by Robin Carr

#### Saturday, January 9, 2015:

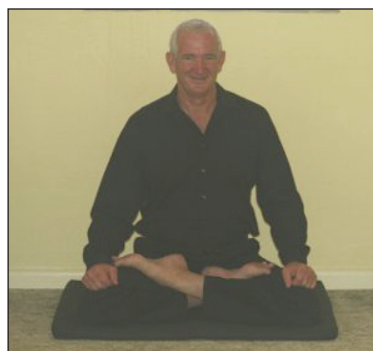
The Essentials of Buddhist Meditation: The essentials for Practicing Calming-and-Insight & Dhyāna Meditation (p. 31-51) – Zhiyi's Preface & Chapter 1: Fulfillment of the Prerequisite Conditions  
Led by David Carpenter

#### Saturday, February 13, 2015:

The Essentials of Buddhist Meditation: The essentials for Practicing Calming-and-Insight & Dhyāna Meditation (p. 53-75) – Chapter 2 & 3: Renunciation of Desires & Elimination of the Hindrances  
Led by David Carpenter and Zachary Brown

Sutra study will be held at Radnor Friends from 10am to 12pm.  
Prior to the Sutra Study, there will be sitting meditation from 9:30AM to 9:50AM. Please visit the calendar at [www.philabuddhist.org](http://www.philabuddhist.org) to download sutras.

### An Afternoon-Plus Retreat with Sensei Al Fusho Rapaport



#### NOTE UNUSUAL TIME:

1PM to 6PM, Saturday, November 14.

Please come by 12:45

Plymouth Meeting Friends, 2150 Butler Pike,  
Plymouth Meeting, PA

No pre-registration is required.

See directions and map at [www.philabuddhist.org](http://www.philabuddhist.org)

We will be sitting in chairs but if you prefer a cushion, please bring your own. PBA will supply tea, coffee and snacks.

As this retreat STARTS AT 1PM, we will not have lunch, but there will be a break: We suggest voluntary dana of \$25 to \$50 (according to your means) for our the teacher. No one will be turned away.

Please send an email with any questions about the retreat to [retreat@philabuddhist.org](mailto:retreat@philabuddhist.org).

## Where We Meet

### Plymouth Meeting Friends

Every Sunday at 7:30 PM  
second Sunday: lecture and discussion series  
2150 Butler Pike, Plymouth Meeting PA 19462  
(SW Corner of Germantown and Butler Pikes,  
just outside Philadelphia)  
*Wheelchair and handicap access*

### Radnor Friends

Every Wednesday at 7:30 PM  
second Saturday: Sutra study 10AM to 12:00 AM  
610 Conestoga Road, Villanova, PA 19087  
(Sproul Rd (route 320) and Conestoga Road)  
*Limited handicap access*