



Time Gate

Newsletter of the Pine Gate Sangha

Vol. 8 Issue 3: Fall 2009

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Pine Gate is the voice of Ottawa's Pine Gate Sangha, who practice engaged Buddhism in the tradition of Thich Nhat Hanh. Friends of the sangha also contribute to the newsletter. Submissions are invited, articles of 500-700 words, poems and insights that reflect engaged practice and personal experience are appreciated. The Pine Gate Sangha has many leaders and the newsletter is an organic outcome of sangha insight. Effortlessly it appears.

Ian Prattis provides dharma talks and teachings that encourage practice through deep non-action, so that engaged practice (action) emerges from understanding and compassion. His wife, Carolyn, teaches a regular Qi-Gong class at Pine Gate Meditation Hall as an introduction to mindfulness

practice. The Pine Gate Sangha welcomes old and new members to its regular and special activities.

Are We Stupid?

Ian Prattis

Oscar nominee Pete Postlethwaite plays the best role of his acting career in the new film "The Age of Stupid." The movie fast forwards us to the year 2055. Pete plays the only fictional character in this riveting film. He stars as an old man living in a world totally decimated by global warming. His location is the High Arctic. How prophetic this makes James Lovelock's conclusion from his 2006 book *Revenge of Gaia*. In an interview about this book, Lovelock provides a dire prediction for humanity: "Before this century is over, billions of us will die, and the few breeding pairs of people that survive will be in the Arctic where the climate remains tolerable."

The process that brought this about is one where we allowed the environment to become an extension of human egocentric needs and values - an ego-sphere rather than an eco-sphere. In this ego-sphere we consumed mindlessly in the global economy without regard for ecosystem balance or concern about creating inequality, poverty and ecosystem imbalance. Planetary care is not on this agenda, as the film graphically shows. We see the old man in the High Arctic watching archival video footage,

carefully preserved from 2008. His stark question to the viewer is: “Why didn’t we stop climate change in 2008 when there was a chance?”

The character played by Postlethwaite is the curator of The Global Archive - a digital storage laboratory located in the Arctic - the last habitable place for humans on planet Earth. The footage he views shows how global warming reached tipping points and runaway effects while at the same time humanity’s achievements are also saved for posterity. How could the human mind capable of such monumental achievements neglect to take care of the destruction happening to their lived in ecosystem? The old man shakes his head in disbelief looking for an answer. The film gives us an answer - OIL! Our dependence and addiction to it; our refusal to move away from a carbon fueled lifestyle - this is what propelled the downward spiral of devastation.

The director of the film - Fanny Armstrong - creates a montage from live news and documentaries saved from 1950 to 2008. The video record charts the steps taken by humanity into global devastation - devastating that is for human habitation and for all other species. In an artfully created mosaic, six real life characters play out the dramas of their personal stories. Their humanity and their stupidity are extant in this brilliant tapestry of human folly. What is so gripping is that we who view it are made to feel distinctly uncomfortable. Because their shadows and myopia reflect our shadows and myopia. After watching this film we can no longer hide from these shadows. We are forcibly held to account. If we do not act now - this film becomes our story,

In Part Two of *Failsafe* I write about A Failed Genetic Experiment, though I do put a question mark after Experiment. Yet if we continue to turn our beautiful rivers into sewers because of our endless greed and neglectful ignorance, there is no place on Mother Earth to sustain our present civilization. It will join the trash heap collectively created by mindless generations of humanity. If consciousness is too slow to change and make the

quantum leap to a culture of sustainability then there are drastic consequences to contemplate, which are starkly portrayed in the film. The ancient ecologist on Mars studying a million years of earth history would surely note a parasitic infestation of Planet Earth that was not very intelligent. An intelligent parasite would ensure the good health of the host that supports it. And so the Martian ecologist would factor in an inevitable elimination date for our species in her star date log and may well view our civilization as a failed genetic experiment.

“The Age of Stupid” is a watershed film. You will not be the same after you have seen it. It is impossible not to be moved, and in a constructive direction of immediate action. For the latter, I refer the reader to Appendix I of *Failsafe: Simple Steps To Empowerment*, which provides guidelines and an action plan for the global ecological emergency. If only we can get it right - and get it right now! It requires that we get on with the task of reining in our ego and greed driven mind. This permits a Failsafe in Consciousness to kick in because the conditions and opening have been created by our choice to cultivate different patterns within our minds. Thus consciousness expansion can no longer be held back as the radical internal Climate Change has taken place. Our innate knowledge is manifest. We interconnect with a vast counter culture that is no longer a minority, no longer asleep or disempowered. We become another light shining in the quiet revolution that in 2009 has over two million organizations world-wide pursuing constructive change.

Our diligent mindfulness has changed our brain structures in the direction that permits new paradigms of behavior to come into form. As cells in the ecosystem of Gaia it is as though humanity has aligned their neuronal networks with principles of ecosystem balance, ethics and responsibility. The critical mass has arrived and it amounts to a collective tipping point for our species. Once the wild, ego driven, greed driven mind is reined in then clarity and compassion are suddenly there to

provide the basis for how we can be with the planet and with one another in a totally new way. This is what happens if we “Begin It Now” - the concluding words to *Failsafe: Saving The Earth From Ourselves*.



I finish with Dave Hampton’s passionate thoughts about this film (Resurgence May/June 2009: 66). “The Age of Stupid” is not just a film that could change the course of humanity. I hope it will be the catalyst that gives us a second chance to create a sustainable future. I hope it will promote a mass collective awakening globally such that we are not stupid and that we choose life and reclaim our children’s birthright - the right to expect a future”

I have twelve grandchildren. In the same vein as this film, I wrote *Failsafe: Saving The Earth from Ourselves*. Consider it as archival footage from 2008 that provides hope and an action plan so my grandchildren can enjoy a habitable planet.

Can Youths Avert Climate Change? Avaaz.org

World leaders have just months left to sign a treaty to stop catastrophic climate change at the major international summit in Copenhagen - **but progress is stalling**. Avaaz is responding with an urgent call to the world's youth to mobilize by joining action factories (live-in warehouses full of **highly skilled and dedicated youth activists**) to kick-starting bold leadership from politicians around the world. **And it's working**. Already, they've met with Gordon Brown, contributed to shifting Japan’s climate targets, staged stunts which helped influence US energy policy, and been on the front page of the world's media with superhero versions of Merkel and Obama. **It's stunning!**

But without further funding, the factories can only last one more month. It would be a terrible shame to cut them short just when they are revving up to their **ultimate goal**: stopping catastrophic climate change by securing a **fair, ambitious and binding global deal** at Copenhagen. Check out their innovative actions and **donate now to keep their doors open** -- a decision on their future needs to be made this week:

https://secure.avaaz.org/en/support_climate_action

Seasoned climate campaigners are astounded at what these Action Factories have been able to achieve. Their value is that they are nimble, bold and always on target -- implementing impressive actions at a moment's notice. For example, their climate 'striptease' on Rome's Spanish Steps for the G8 this month secured literally hundreds of media hits, **attracting the attention of the world's most powerful climate delegations**.

Their plans for the coming months are game-changing -- politically sharp, media-friendly, time-sensitive actions targeted directly at key world leaders as they develop their policies for the global summit in Copenhagen. **And the costs to keep them going are modest:**

- For just **US\$25**, each of us can **support a real live climate action** on the ground - targeted at Obama, Putin or even Hu Jintao;
- For **US\$50**, we can '**Adopt an Youth Advocate**' for a day (\$5 per hour) by helping to cover their food, expenses and high impact actions;
- A **US\$250** donation adopts a **youth advocate for an entire week**; and
- **US\$1000** would support an Action Factory **all the way to December**.

Donate below -- even the smallest amounts go a long way:

https://secure.avaaz.org/en/support_climate_action

Youth movements have played a key role in progressive change throughout history -- defining the agenda, pouncing at key negotiating points, seizing media opportunities, and jumping in where there is a deficit of attention or capacity. **This moment is no different. The global climate movement needs this crack action team all the way to Copenhagen** -- and by donating even just a small amount, together we can ensure they keep delivering for these crucial next six months.

https://secure.avaaz.org/en/support_climate_action

With hope,

Brett, Iain, Taren, Ricken, Anna, Ben, David, Sarah, Leon, Kalen and the rest of the Avaaz and Climate Action factory teams

Clay Pots

Carl Jerome

Xianyang Carl Jerome is resident teacher, North Shore Meditation Center, Illinois

What kind of clay pot are you? Listeners can be compared to four different kinds of pots. The first clay pot is one that has holes at the bottom. If you pour water into it, it runs right out. In other words, whatever you teach that person is useless. The second clay pot is compared to one that has cracks in it. If you pour water into it, the water seeps out. These people cannot remember, cannot put two and two together. There are cracks in their understanding. The third listener is like a pot that is completely full. Water cannot be poured in for it is full to the brim. Such a person is so full of views they cannot learn anything new. The fourth type of listener is like an empty pot, without any holes or cracks. Hopefully we can aspire to be the fourth kind. Completely empty. Listening to each moment.

What is distinctively Buddhist about how we face the challenges of today's world? Emphasis on personal spiritual practice, commitment to non-violence, the flexibility implied by impermanence and non-substantiality, along with the realization that ending our own dukkha (*suffering*) requires us to address the dukkha of everyone else as well. This is the way of the bodhisattva -- the fourth clay pot!

Inspiration (sangha member) Yunhua Shen.

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away,

making the move necessary.
After
many hours of waiting
patiently in the lobby of the
nursing home, he
smiled sweetly when told his
room was ready.

As he manoufred his walker
to the elevator, I provided a
visual description of his tiny
room, including the eyelet
sheets that had been hung on
his window. I love it,' he
stated with the enthusiasm of
an eight-year-old having
just been presented with a
new puppy.

Mr. Jones, you haven't seen
the room; just wait.'

'That doesn't have anything
to do with it,' he replied.

Happiness is something you
decide on ahead of time.
Whether I like my room or
not doesn't depend on how
the furniture is
arranged .. it's how I arrange
my mind. I already decided
to love it. 'It's a decision I
make every morning when I
wake up. I have a choice; I
can spend the day in bed
recounting the difficulty I
have with the parts of my
body that no longer work, or
get out of bed and be
thankful for the ones that do.

Each day is a gift, and as
long as my eyes open, I'll
focus on the new day and all
the happy memories I've

stored away. Just for this
time in my life. Old age is
like a bank account. You
withdraw from what you've
put in. So, my advice to you
would be to deposit a lot of
happiness in the bank
account of
memories! Thank you for
your part in filling my
Memory Bank. I am still
depositing.

'Remember the five simple
rules to be happy:

1. Free your heart from
hatred.
2. Free your mind from
worries.
3. Live simply.
4. Give more.
5. Expect less.

Lazy Days

Ian Prattis

The 2009 Lazy Days of Summer program got a wonderful start with Devinder Kaur's Gong Meditation in June. She brought a wonderful practice from the Sikh tradition to Pine Gate and many new people to the meditation hall. In July and August, senior members of the sangha provided leadership and expertise in bringing other modalities of mindfulness to the sangha's attention. The depth and dedication from within the sangha was on display to a packed meditation hall week after week during the summer months. The program also brought many new people to Pine Gate where they also learned the basics of sitting and walking meditation, and that Zen practice is about being fully present in each moment. This does, however, beg a question – "Present with What?" Do we bring our best attributes to life or the worst within our minds and hearts? To cultivate the first outcome rather than the latter one, we meditate

and furthermore, focus our minds with mindfulness trainings, ceremonies and practices. These practices strengthen our concentration, mindfulness and insight so there is the “energy-boost” to transform harmful habits and damaging conduct. Why? To bring the finest attributes in our consciousness to the fore, to provide the vehicle for being fully present with life in each moment. Such a re-training of the mind requires good teachers who have successfully navigated this journey, and a solid community of practice – a sangha – so that support is there for everyday circumstances. Zen practice is about taking care of internal matters of consciousness refinement. We become rooted in our own sovereignty, through training the mind to be still, taking refuge, solitude, empowerments and being engaged with what is around us in society and the environment. Then we are right there, present with everyday life in each moment. Our diligent, daily practice brings us to the point of being steady and clear.

From this point – different traditions of mindfulness and healing could be respectfully received. A deep bow of gratitude to new sangha leaders and to new dharma friends to Pine Gate. To refresh your memories of the Lazy Days – see below.

Thursday July 2 Music From Around The World with Trish Johnson

Come see the documentary and hear the tunes! This evening will feature a DVD and CD from the special project “Playing for Change, Peace through Music.” This captured street musicians from around the world. See the story behind the recording of the YouTube rendition of “Stand By Me.” Come to sing, share your favorite single, come with new & old friends - the evening will start off with a special Tibetan chant that will ‘Knock’ your sox off - trusting Ian can find the CD !!

Thursday July 9 Open Focus with Marvin Schwartz

Open Focus™ is an effective method for reducing stress-related symptoms and enhancing well-being. Using principles

from biofeedback, Open Focus attention training aids awareness of how you attend to sensory experiences and the space between those experiences. Learning to attend non-exclusively and non-judgmentally supports integrating your experiences with openness and flexibility. (see www.openfocus.com) OPEN FOCUS™ is a registered trademark of Biofeedback Computers Inc.

Thursday July 16 Quantum Touch: Energy and Vibration with Aileen McKenna

Explores the affects of the inner and outer environment on our energy body and the simple ways in which we can learn to create a profound impact on our bodies and on the world around us. Aileen will demonstrate ways of being aware of energy, our own and that of the others, and will also speak of the world of plants, animals and water and how we can create change in all things with our energy field, i.e. witness the garden at Pine Gate and the puppy’s response to us.

Thursday July 23 Yoga Nidra with Jo-Anne Stasiuk

Yoga Nidra is an ancient transformative meditation practice derived from the Tantric Nondual Teachings of Yoga. It works deeply to help us release our obstacles to joy and to experience profound healing in our body, mind and soul. Through the practice you journey through the subtle layers of the self and discover beneath your current mood, beneath the body’s aches and pain, and beneath your mind’s self limiting beliefs, the vastness of who you really are

Thursday July 30 Shamanic Healing Journey with Dharmacharya Ian

From Ian’s 20 year training with White Eagle Woman, medicine woman of the Ojibway Nation, comes a healing journey.

Thursday August 6 Laulima Healing Massage with Vivian Dickie

Laulima is a healing practise in the Hawaiian tradition. Literally meaning “many hands”. The family or community come together to offer healing energy to someone in need by the laying on of hands. As a sangha activity, each person as part of a group will get a chance to give and receive . This is a very beneficial and beautiful practise. Vivian will provide guidance so that you can relax and fully enjoy the group energy.

Thursday August 13 The Sufi Way with Rabiah and Hasan

Rabia and Hasan will be offering insights into the Sufi way of life. The Sufi Path is the path of the heart, the path of service. It is the mystical side of Islam. There will be poetry from this tradition, breathing meditation techniques as well as stories of how Hasan and Rabia have whole-heartedly embraced the practices in their life. If it is a glorious evening outside, we may even dance a couple of "Sufi-flavoured" *Dances of Universal Peace* led by Bob and Marlene Neufeld.

Thursday August 20 Poetry and Meditation with Jo-Anne Stasiuk

Mystical waters finding the spiritually thirsty:

An evening with Rumi. Rumi speaks eloquently of love, loss, longing wholeness, ecstasy and union, laying out an exquisite map of the metaphysical journey home to the Beloved. In the spirit of Rumi - come and share your rare poetic finds to feed our souls. As part of our evening's journey, we will be sampling the DVD Rumi: Turning Ecstatic.

Sunday August 23 SWEAT LODGE CEREMONY with ROY BARNES

The annual sweat lodge ceremony is a magnificent occasion for a day of mindfulness, prayer and transformation in the Native American tradition. Roy Barnes is a Sun Dancer and a lodge keeper in the Lakota Sioux tradition. Rides available, be at Pine Gate by 9.30am for a 9.45am departure. Directions provided for drivers. Swim and pot luck feast afterwards. Cost is \$20. Give this to Carolyn so she can present it on behalf of those attending. Directions and Guidelines will be sent to everyone beforehand.

Thursday August 27 New Qi-Gong Set with Carolyn Hill

Carolyn will introduce a new qi-gong set she learned from Qi-Gong Master Ken Cohen. This form is one that had been kept secret for many centuries and is now being made available. Carolyn will also offer an 8 week qi-gong course in the Fall

Reflections on Mirrors Tricia Diduch

Mirror, mirror on the wall, who's the fairest of them all?

Do you ever stop to wonder why the wicked Queen only asked about how she looked? Well, okay maybe not everyone does – but I do. It's not unusual for most women in our society to own several mirrors. In fact, some of us probably spend at least half an hour each morning in front of one as we prepare for work, or a special outing. Where does this preoccupation with beauty come from?

Well, the media certainly provides an image of what a woman should look like. It's interesting that they rarely, however, define a woman by her integrity, her inner strength, her honesty, her generosity or other traits, which are more useful and more valuable to our society. If we choose to use the media as our mirror, it's unlikely that we'll ever be able to measure up to today's current ideal of beauty. All airbrushed to perfection, most of the images aren't what they seem. So what should serve as our mirror? In my experience, often our friends are the mirrors that provide the clearest reflections of who we truly are. And sometimes, we may not like what we see, but that is what eventually makes us take a closer look. And, if we're able to see our not-so-beautiful parts, then we can change what we see. I'm not talking, of course, strictly about physical beauty, but also about inner beauty.

I have a very close friend, who I will call G. She is a beautiful, talented, creative woman with a zest for life. Anyone has met her would be impressed by her strong assuredness, passion, her glowing smile and her sense of adventure. And as a friend, I hope that I remind her of all the wonderful things she is and reflect back her own beauty to her.

Several months ago now, G told me she was going to undergo an expensive aesthetic procedure to correct what she perceived to be facial flaws. The cost in dollars was pretty hefty, and, I thought, so is the cost to the spirit too. I didn't know how to respond at first and I wasn't totally up-front about how I felt. What I did tell G was that I really didn't think she needed it, which was the honest truth.

What I didn't admit was that her asking me what I thought about it all made me just plain angry. If my beautiful friend thinks this about herself, then what does this mean about my appearance, I thought? Surely if she is having that done – I must need a whole overhaul? Part of me was also secretly envious. How come you get to do this?

The whole incident really got under my skin. I had a lot of judgments about G doing this and about my own reaction to it. While she tried to justify her choice and say she was different from the rest of the women who went to the clinic, I wasn't buying it. I told her, "You can't have it both ways." If she was there, I thought, then she was one of them. And somehow, with that judgment, I became one of them too. I realized that were I ever to engage in such a procedure, I would likely be consumed with guilt. While my reaction was opposite to G's, the strength of my judgment made me no more enlightened. I too found myself overemphasizing the whole physical importance of beauty, which made me sit down and take a much deeper look.

What brings us to the point that beauty becomes so focused outside of ourselves? I realized how much I've come to accept the typical attitude towards beauty in our society. In fact, I often struggle with it and have in the past. I admit, I like to look beautiful. I enjoy dressing up, putting on my makeup and being complimented on my appearance. Yet, there's part of me that feels I need permission to do so. Why do I feel it means something bad if I revel in my beauty? When it comes down to it, on a rational level, I don't believe there's anything wrong with acknowledging outward beauty, it's a wonderful thing – in whatever form it may take. And there are myriad forms of it on our planet to appreciate. In fact, beauty can even be a noble pursuit when its beauty in art, dance or music. It's an expression of an ideal that we all strive for.

My sentiments were caused in part by a disconnect from my inner beauty. I realized that I had displaced it entirely and focused instead on the

external, from where the view is often distorted. I often wonder why it is that despite our friends telling us how terrific or beautiful we are, we never quite believe it. We're always quick to find the blemish on our skin, or see in ourselves all the flaws that we so often consider downright repulsive. Clearly, we don't love ourselves and it usually goes far deeper than just our appearance. My hunch is that we have forgotten that it truly is the inner beauty that shines through. I know it may sound clichéd, but I also know from experience that I feel most beautiful when I'm most in touch with that inner part of myself.

Over the years, I find myself giving myself more permission to be beautiful, from the inside out. The only mirror that has helped in cultivating that image is the mirror of mindfulness. When you quiet your mind, you do see things exactly as they are -- the wholeness and beauty that are in all things. And in that calmness, you realize that no outer beauty can compare to inner peace. You see who you truly are – what really counts. That's not to say I don't from time-to-time get hung up on certain aspects of my appearance, but that it does happen less and less. When we finally see ourselves clearly, we'll stop fighting ourselves and the outward circumstances in which we find ourselves, and in fact, I believe we'll be infinitely more accepting of our outward beauty, however it manifests.

So, G, if no mirror in your place will help you see your beauty, sit quietly and seek it within. And remember, as your friend, I'm also here to tell you, you are a beautiful human being!!

Five Mindfulness Trainings(2009) Thay

Sisters and brothers in the community, this is the moment when we enjoy reciting the Five Mindfulness Trainings together. The Five Mindfulness Trainings represent the Buddhist vision for a global spirituality and ethic. They are a concrete expression of the Buddha's teachings on the Four Noble Truths and the Noble Eightfold Path, the path of right understanding and true love,

leading to healing, transformation, and happiness for ourselves and for the world. To practice the Five Mindfulness Trainings is to cultivate the insight of interbeing, or Right View, which can remove all discrimination, intolerance, anger, fear, and despair. If we live according to the Five Mindfulness Trainings, we are already on the path of a bodhisattva. Knowing we are on that path, we are not lost in confusion about our life in the present or in fears about the future.

FIRST MINDFULNESS TRAINING – Reverence For Life

Aware of the suffering caused by the destruction of life, I am committed to cultivating the insight of interbeing and compassion and learning ways to protect the lives of people, animals, plants and minerals. I am determined not to kill, not to let others kill, and not to support any act of killing in the world, in my thinking, and in my way of life. Seeing that harmful actions arise from anger, fear, greed, and intolerance, which in turn come from dualistic and discriminative thinking, I will cultivate openness, non-discrimination, and non-attachment to views in order to transform violence, fanaticism, and dogmatism in myself and in the world.

SECOND MINDFULNESS TRAINING - True Happiness

Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to practicing generosity in my thinking, speaking, and acting. I am determined not to steal and not to possess anything that should belong to others: and I will share my time, energy, and material resources with those who are in

need. I will practice looking deeply to see that the happiness and suffering of others are not separate from my own happiness and suffering; that true happiness is not possible without understanding and compassion; and that running after wealth, fame, power and sensual pleasures can bring much suffering and despair. I am aware that happiness depends on my mental attitude and not on external conditions, and that I can live happily in the present moment simply by remembering that I already have more than enough conditions to be happy. I am committed to practicing Right Livelihood so that I can help others reduce the suffering of living beings on Earth and reverse the process of global warming.

THIRD MINDFULNESS TRAINING - True Love

Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families, and society. Knowing that sexual desire is not love, and that sexual activity motivated by craving always harms myself as well as others, I am determined not to engage in sexual relations without true love and a deep, long-term commitment made known to my family and friends. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct. Seeing that the body and mind are one, I am committed to learning appropriate ways to take care of my sexual energy and cultivating loving kindness, compassion, joy and inclusiveness – which are the four basic elements of true love – for

my greater happiness and the greater happiness of others. Practicing true love, we know that we will continue beautifully into the future.

FOURTH MINDFULNESS TRAINING – Loving Speech and Deep Listening

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and compassionate listening in order to relieve suffering and to promote reconciliation and peace in myself and among other people, ethnic and religious groups, and nations. Knowing that words can create happiness or suffering, I am committed to speaking truthfully using words that inspire confidence, joy, and hope. When anger is manifesting in me, I am determined not to speak. I will practice mindful breathing and walking in order to recognize and to look deeply into my anger. I know that the roots of anger can be found in my wrong perceptions and lack of understanding of the suffering within myself and in the other person. I will speak and listen in a way that can help myself and the other person to transform suffering and see the way out of difficult situations. I am determined not to spread news that I do not know to be certain and not to utter words that can cause division or discord, I will practice Right Diligence to nourish my capacity for understanding, love, joy, and inclusiveness, and gradually transform anger, violence, and fear that lie deep in my consciousness.

FIFTH MINDFULNESS TRAINING - Nourishment and Healing

Aware of the suffering caused by unmindful consumption, I am committed to cultivating good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking, and consuming. I will practice looking deeply into how I consume the Four Kinds of Nutriment, namely edible foods, sense impressions, volition, and consciousness. I am determined not to gamble, or to use alcohol, drugs, or any other products which contain toxins, such as certain websites, electronic games, TV programs, films, magazines, books and conversations. I will practice coming back to the present moment to be in touch with the refreshing, healing and nourishing elements in me and around me, not letting regrets and sorrow drag me back into the past nor letting anxieties, fear, or craving pull me out of the present moment. I am determined not to try to cover up loneliness, anxiety, or any other suffering by losing myself in consumption. I will contemplate interbeing and consume in such a way that preserves peace, joy, and well-being in my body and consciousness, and in the collective body and consciousness of my family, my society and the Earth.

Inspiration Corner

Joseph Emet

Joseph is a dharmacharya in Montreal. Pine Gate members are encouraged to visit when in that fair city. Website below.

Physical supplies such as cushions will not make you awaken. Buddha did not have a cushion as he sat in enlightenment, but he had a banyan tree and the morning star — he was surrounded by nature, an endless source of inspiration.

There are many reports of Indian sages sitting up to meditate right where they sleep, and of Japanese monks lying down to sleep right where they sit to meditate. The best aid to meditation is openness to inspiration. This inspiration can come from the nature outside, the nature inside, chanting or singing Dharma Songs, listening to a Dharma talk, or reading sacred texts (What makes a text sacred is its inspirational content and truth).

At Plum Village, there is 20 minutes of chanting and bells before the meditation time early in the morning. This is truly a wonderful part of the day, and a great prelude for sitting. In addition, there is 15 minutes of singing before every period of walking meditation. Plum Village is not unique in that. Songs and readings are a part of most kinds of spiritual practice everywhere, from your local church to an Ashram in faraway India, and they are the really essential meditation supplies.

Most of us need inspiration daily, not to say hourly. A talk we heard, or a text we read last week might not be enough to keep us going this morning. The juice slowly drains out of it with time. Divide the time you have for meditation in two: listen to or sing a Dharma song, or read a sacred text for a few minutes, and then sit while you are still in the glow of inspiration. As the memory of what you read or heard slowly fades away, new doors open. Then your meditation is more direct, and the time you spend at it more focused and beneficial. You are following in the footsteps of the sages. Even when you wander, you will be wandering in the same forest as they. (From a new text by J. E. on our website: www.mindfulnessmeditationcentre.org)

Rainbow Meditation

Metaphor is a means for awareness to connect to symbol, so that the spiritual guidance inherent in all that symbolizes the transcendental can initially be grasped. The metaphor – be it a concept of the Almighty, or a symbol for Truth – is an external mental form that corresponds to an internal symbolic structure that is not usually known as personal experience. Meditation places you in a

particular energy, or consciousness, that brings forth from the metaphor a personal experience that you integrate with physically. Knowledge is then owned by the body – it does not remain a mere intellectual artifice. In meditation, the focus on a particular metaphor is to bring to the surface specific qualities that are felt as a physical circulation throughout and around your body. Be in this energy in a detached manner so that the qualities of the metaphor become physically encompassed as experience, without any accompanying projections. In this manner the qualities inherent in particular metaphors can eventually be brought into form. These changes create shifts in cognitive/perceptual mind states and permit you to see a larger picture of interconnectedness that was formerly not possible. The Rainbow meditation may illustrate the experience of metaphor as vibration through its changing focus on the major energy centres of the body.

Remember that you breathe with your entire body. Focus in meditation leads to an emphasis, from the mind, on particular locations and energy centers. Accompanying the location, in this meditation, is attention to particular colors that are precisely connected to each major energy center. Each color represents a tonal chord, or sound current that activate the tonal frequencies of corresponding energy centers. The color **Red** is associated with the root chakra at the bottom of the spine; **Orange** with the chakra located in the genital region; **Yellow** with the solar plexus or navel chakra; **Green** with the heart chakra; **Blue** with the throat chakra; **Indigo** with the brow chakra; and **Purple** and **White** with the crown chakra. These are all experienced in the Rainbow meditation.

Sit comfortably with the spine erect, with your feet firmly connected to the floor. Place your hands either in your lap or upon your knees. Breathe softly into the heart center, up to the crown on the in-breath, and on the out-breath take it down to the toes and relax into the quiet calm of meditative silence. Take at least five breaths, and when you

feel ready to do so, breathe in through the soles of your feet and bring the color **Red** up through your legs and fill your entire body. Breathe gently in and out as you note the physical sensation of vibrant and alive **Red**, where it circulates through the body and, most important, where it is blocked and does not flow. Settle in to the experience of **Red** for five breaths. Then visualize this color being pushed out of your body, starting from the head and going downwards, so that the color **Red** goes out through the soles of the feet into the earth. Once this is done take time to register with the emptiness in the body. Take five breaths

Then breathe the color **Orange** in through the soles of your feet and fill the entire body. Breathe gently in and out. As before, note the changes in energy circulation throughout the body. Breathe regularly within the experience of the vibrational frequency of **Orange** for five breaths. After a time, visualize this color being pushed out of the body - like a coffee plunger - from the head down through the soles of the feet and into the Earth. Once more register with emptiness in the body for five breaths.

Then breathe the color **Yellow** in through the soles of your feet and fill the body with this fresh spring color. Note the physical changes in bodily sensations associated with **Yellow** and the navel chakra as you take five breaths. Then, as before, visualize the color being pushed out of the body through the feet, and once again register with emptiness for five breaths.

On the next in-breath bring the color **Green** directly into the heart chakra, behind the sternum, and from this location flood the body with a lush verdant **Green** color. Breathe into this changed frequency for five breaths and take note of your bodily feedback. After a while, visualize **Green** being pushed out of the body from the head downwards and out through the soles of the feet into the earth. Register with emptiness in the body for five breaths.

Then breathe the color **Blue** into the throat center, and flood the entire body with this tonal chord of energy frequencies and stay with it for five breaths. Circulation may be blocked as expression is frequently denied, so focus **Blue** through a clear crystal, which you visualize in the center of your throat. This may enhance circulation. Note where the color moves throughout the body, and the corresponding bodily sensations. Breathe regularly into this energy state, and learn about the properties of **Blue** and of expression. Then push the color out through the feet and breathe in to the emptiness within the body for another five breaths.

Then bring the colour **Indigo** directly through the brow centre and fill the body with this frequency. Spiritual Insight is frequently subject to blockage, therefore circulation through this chakra may be facilitated by visualizing an **Indigo** octagon in the middle of the forehead through which the frequency of this color is drawn in to the body. Register with changing body sensations, and become familiar with the tonal properties of **Indigo** for five breaths, then push it out of the body through the feet and take note of emptiness within the body for a further five breaths.

Bring the color **Purple** into the body through the crown chakra on the next breath. This circulation can be enhanced by visualizing the crown chakra as a fully opened lotus flower with a thousand petals, through which you draw in the color **Purple**. Feel the special quality of **Purple** extending within the body and wear it lightly as an internal cloak. Breathe regularly five times into this changed energy state and note everything in the body as before. Then push the color **Purple** out of the body through the feet into the earth. Feel an intense emptiness within the body.

Then breathing with the entire body fill yourself with brilliant, crystalline **White** light and breathe regularly in to this new frequency. Do not direct your breath, simply be aware of in-breath and out-breath and the circulation of energy in the body. Remain in this breathing state for twenty minutes.

When thoughts arise, observe them, but do not participate in them or fuel them with energy. In this way your energy will remain with the experience of meditation. At the end of the meditation reflect on the differences felt during the distinct phases of meditation, and contrast the present feeling within the body to your physical state prior to meditation. Reflect on, and discern the discrete effects and circulation of each color, and its association with particular chakras and document your experience. With continued emphasis on this delightful meditation you will feel new and changing connections between energy centers, and a sense of unification and harmony within all aspects of your being.

Failsafe Audiobook and 2nd Printing

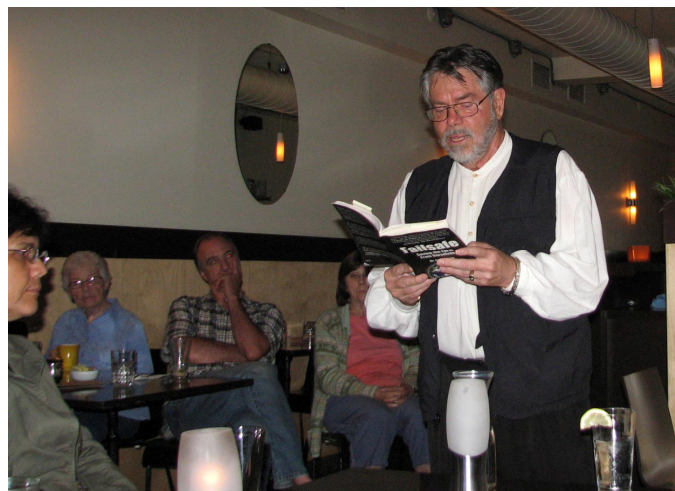


Photo by Barbara A. White

The audiobook, read by Ian Prattis, is now available at www.failsafebook.com - there is a sample of “The Voice” that you can listen to. It is five hours and thirty minutes long - the book not the sample! It is a 160 MB download. The website – www.failsafebook.com - gives easy instructions to download to ipod, flashdrive, computer or CD. A HELP link is also provided.

The other big news is that “Failsafe: Saving the Earth From Ourselves” is now in a big 2nd printing. Global Warming, Economic Meltdown, Spirituality,

Modern Science, Wisdom of the Elders, Taming the Wild Mind and Empowerment. The publisher describes it as a breakthrough bestseller. This only means that the first print run is sold out! So take it with a pinch of salt and let’s see what happens in the US market, where it is being released this summer. The cover is nicely jazzed up. The 2nd print run has a new layout and lower price – USD \$16.95 and CDN \$19.95. This makes it more available to folks during the present economic climate.

Do please let your friends and networks know about this. If they love the earth, want peace and seek social justice – they would appreciate being included.

The Precipice

Lee Ann Achterberg

On the literal edge
Of the earth
Or life

To see only
behind one’s shoulder or
behind your strife
such is the precipice we see
and cherish all that’s life

Some see the world ahead
others, what’s behind

But to traverse beyond the precipice
is to fulfill your life

I live on the edge of my world
on the very verge of ending
some poetic justice seems
to show it is just beginning

Perceived as an ending
It’s everything but that
it shows how never-ending
this precipice of life

Share the beauty of the moment

the honor of your love
 the magic of your music
 Most of all
 Look above

The precipice deceives you
 The cliff's edge is not the end
 It only shows the vantage
 Of your beauty
 Held within

Poetry

Trish Johnson

A poem from within is a gift
 Inexplicable,
 Like apples from a tree
 Or honey from a bee
 A rainbow of beauty in words,
 A shadow you can not see.
 Eternity is forever
 Eternity doesn't exist
 Some tales are meant to be told
 With details that go on forever
 And lift themselves up
 like smoke on the morning water
 Lingering before dissipating;
 While others are reduced to poetry,
 Sometimes haiku, 5 syllables or less
 To tell the story of a lifetime
 And let it come to rest neatly
 On the altar of your mind
 like a vase of flowers set in sunshine.

Haiku

Rabia Wilcoz

In peace, chaos, peace
 The great ocean waves of love
 A safe shore lies still.

Wake Intuition
 Rooted in body feelings
 Find a blissful peace

Space Notes

Ian Prattis

The fifth great element – Space - is the repository of our consciousness, the unlimited scope of our vision and action.

We need to make essential changes in our understanding of ecology and in our actions to conserve the ecosystem that sustains us, and live everyday life with our ecological radar switched on. Wherever we are located we aspire to think and act as though we are one cell of the Earth's ecosystem and that everything interconnects. Voluntary Simplicity is a good starting place. It means being more aware of our consumerism, making deliberate choices about how we spend time and money rather than living on the automatic pilot of busyness. Shift our perceptions just a bit. For more on Voluntary Simplicity check out:
www.simpleliving.net/main/
www.gallagherpress.com/pierce/
www.google.com/Top/Society/Lifestyle_Choices/Voluntary_Simplicity/

Where do we start? Of course we must think globally and be aware of the bigger ecological picture and step beyond the smaller pictures of ourselves created from fear, laziness or disempowerment. Yet we can also act locally with great vigour in our families and communities. Our intentions then spread as ripples from a pebble dropped in still water. In addition to holding officials, politicians and corporate culture to account let us begin with the small things that all of us can do. While at the same time alerting the political and corporate decision makers that we do mean business as voters and consumers deeply concerned about the planet and our location on it. Here are a few action recipes, already created by concerned citizens and groups who have taken the time to create websites so that information, strategies and plans of action are available. This is simply a starting gate.

TAKE ACTION

A good place to start is the website for the film "An Inconvenient Truth" about Al Gore's Global Warming campaign. Browse:

www.climatecrisis.net - see what registers with your concerns and capabilities. Click on the TAKE ACTION button and explore what you can do at home. Whatever level you begin with is fine, but ensure that you commit to “begin it now!”

The David Suzuki Foundation has a Nature Challenge – the 10 most effective ways to conserve natural ecosystems. Click the TAKE ACTION button and also check out the Carbon Neutral Program for guidelines to reduce your contribution to polluting emissions: www.davidsuzuki.org

The “Story of Stuff” link has a very smart, pointed video and a menu of 10 ways to deal with our stuff www.storyofstuff.com

If you are serious about reducing the impact of climate change please check out:

Climate Outreach www.coinet.org.uk

Energy Conservation www.ukace.org

People and Planet www.peopleandplanet.org

A radical proposal to save the planet by reducing meat products by 50%:

Livestock’s Long Shadow

www.fao.org/docrep/010/a0701e/a0701e00.htm

Also check out: www.goveg.com

UP CLOSE AND PERSONAL

Global awakening to the emergency facing all of life on planet earth is necessary. Anti-Apathy encourages us all to engage positively with the issues and crises facing the planet, with a particular focus on our patterns of consumption and dubious ethics: www.antiapathy.org

The Web Of Hope offers readily achievable solutions and provides connecting links with individuals and groups – locally and internationally: www.thewebofhope.com

Common Ground focuses on the local world of care for everyday life and surroundings with an emphasis on celebration and social exploration: www.commonground.org.uk

We Are What We Do continues this theme of action in every-day living while at the same time building bridges across the chasms that divide. It directly addresses the very important question “How Can I Make A Difference”: www.wearewhatwedo.org

REDUCE YOUR ECOLOGICAL FOOTPRINT

This is a no-brainer. Vehicle emissions are a potent pollutant and it is within our power to change this. Check out any of the websites below, though the Carbon Trust is a good place to start – established by the UK’s Climate Change Program:

www.thecarbontrust.co.uk

Further guidelines are provided by:

www.ethicalconsumer.org

www.carbonsense.org

www.oildepletionprotocol.org

www.zerocarbonbritain.com

Calculate your daily ecological footprint at:

www.carbondiet.org

Furthermore, consider the option of reducing your air travel to only what may appear to be essential, then try to reduce it further, as airplane emissions create a grossly dangerous ecological footprint.

Draconian measures are required – can we get out of our comfort zones and limited consciousness in order to get it done? If we do not get it done, then we are done. It is as simple as that.

www.transport2000.org.uk

www.airportwatch.org.uk

www.roadblock.org.uk

GUIDELINES FOR BUSINESS AND THE WORKPLACE

To establish team-based, environmentally aware co-operation in the corporate sector check out:

www.svn.org and

www.fwbo.org/fwbo/rightlivelihood.html

For ethics in business practice and new commercial strategies in sync with planetary rhythms go to:

www.caux.ch/en/

www.johnelkington.com

www.paulhawken.com

www.monbiot.com

The Carbon Disclosure Project advises financial investors about the emissions of the world's 500 largest businesses so that investors can create environmentally sound portfolios:

www.cdproject.net

Business enterprises that focus on values driven banking and reducing global warming:

www.triodos.co.uk

www.climatecare.org

www.solarcentury.com

THE "BIG" PICTURE FOR THE FUTURE

For world governance, corporate responsibility and environmental balance, go to:

www.globalmarshallplan.org

www.forumforthefuture.org.uk

www.neweconomics.org

www.wdm.org.uk

www.princeton.edu/~cml/

For a global climate policy framework and the impact of globalization on local communities – with recipes for action - check out:

www.gci.org.uk

www.isec.org.uk

Other useful websites to visit concerning sustainability are:

www.sd-commission.org.uk

www.livingeconomies.org

www.transitionculture.org

www.interfacesustainability.com/cont.html

www.naturalmatters.net

ENVIRONMENTAL GROUPS

Support a local ecology project in your community and one in the developing world by contacting regional environmental organizations or join a national or international environmental campaign.

Consult:

Sierra Club

www.sierraclub.org/globalwarming

Friends Of The Earth www.foe.co.uk

Greenpeace www.greenpeace.org

WARNING TO GOVERNMENTS

The 2007 - 2008 reports of the Intergovernmental Panel on Climate Change (IPCC) now leave no room for doubt, as the time scale for effective governmental intervention is narrowed to ten years. Governments must wake up, particularly as citizens worldwide have clearly designated Global Warming as their No 1 priority. Citizens and governments have to enact a willingness to embrace austerity and co-operation, as was the case during World War II. Drastic action is needed now. George Monbiot has carefully researched an effective, immediate plan that every political and corporate leader must study and implement:

- Reduce greenhouse gas emissions by 90%.
- Institute a global emissions cap on a per capita basis.
- Impose strict energy efficiency standards on all buildings.
- Ban all wasteful and non-essential technologies.
- Invest massively in alternative energy, particularly wind, solar and tidal natural resources, and connect them to the grid as well as encouraging local micro grids in communities.
- Redesign public transport systems to take private vehicles off the road.
- Eliminate all road building projects.
- Reduce flying capacity and outlaw all airport expansion.
- Redesign retail access with an emphasis on home delivery, eliminating car trips.

There is not room in this Global Ecological Emergency for separating into "US" and "THEM" categories. We are totally interconnected whether we like it or not. We will all live together or we will all die together. An intelligent and all encompassing green ideology embedded in everything we produce and market is a means to bridge competing agendas. The transition to a carbon neutral global energy system over the next few decades will be costly and require a massive response from government and corporate leaders to initiate the second industrial revolution. This is

necessary to blunt the impact of climate change. It is a huge global industrial project that governments and corporations can bring about due to citizen pressure to "Make It So!" As global citizens we must find the ways and means to support the shift in consciousness at all levels of global society to make this so.

10. CHANGE OUR MINDS

It is becoming clearer with every passing day that our current non-sustainable energy and economic systems are subsystems of a global ecology that is disintegrating before our very eyes. Our attention is riveted on the external Climate Change with a frenetic search for technological fixes. The ecological disaster, however, is not the problem. Global warming is merely the symptom of a human mindset that has created the conditions for global warming to happen. The mindset is the problem. For instance, a conservation ethic that would reduce energy needs and restore natural ecosystems is nowhere to be found. The underlying causes of rampant consumerism – the culture of greed and entitlement - have not been changed. We have a totally unsustainable way of living on Planet Earth. The causes lie in our minds. If we are serious about countering the impact of global warming we have to address the underlying mindset and find ways to change it. We must be willing to create a radical Internal Climate Change.

Letter to Colorado Retreat

Thay

(Page 2 of 3)

08/21/2009 13:45 FAX 617 724 3281

WHITE - 110

@002/003

Boston August 21, 2009

①

Dear Friends and Co-practitioners
at the Retreat One Buddha is not enough
Estes Park, Co.

My dear friends,

I am writing to you from the Massachusetts General Hospital in Boston. I know the Sangha has manifested today in Estes Park. I miss the Retreat. I miss the beautiful setting of the Retreat. Especially I miss the Sangha, I miss you. I always enjoy sitting with the Sangha, walking with the Sangha, breathing with the Sangha. The joy of being together, sharing the Dharma and the Practice together is always very nourishing and healing.

But I do not suffer, because I know I am taking care of myself. And taking care of myself is to take care of you. The doctors here decided that I should stay 14 days here for the treatment of a lung infection by Pseudomonas aeruginosa. Please do not worry. It is only an infection. But it has to be treated right away. My kidneys, my liver, my heart, my digestive tract all function well. I am given two strong anti-biotics, four I.V. injections per day. And the clinicians here are monitoring closely the process of treatment. I am allowed to go out of the hospital to the park nearby one hour per day to do walking meditation.

There are almost 1000 of us now practicing together at the Estes Park Retreat. It must be joyful. I am confident that our many Dharma teachers, lay and monastic, are conducting the Retreat the best way we can. Dear friends,

②

If you look deeply enough, you will see me in the Retreat, walking with you, sitting with you, breathing with you. I feel clearly that I am in you and you are in me. In this Retreat, you will witness to the talent of the Sangha: you will see that Thay is already well continued by the Sangha, and the presence of the Sangha carries Thay's presence. Please let me walk with your strong feet, breathe with your healthy lungs and smile with your beautiful smiles.

We had finished a wonderful and joyful Retreat at Stone Hill College in the State of Massachusetts before Thay went to the Hospital for a check-up. The doctor said that we should not delay the treatment. So Thay is doing his best here for you and you are doing your best up there for Thay. In that way we can still enjoy our true Togetherness. Please enjoy the retreat for me, and bring home a set of the Dharma talks given at the Stone Hill Retreat, especially the last one. I hope to write to you again in a few days, before the end of the Retreat. Yours faithfully,

Thathauy

**7TH ANNUAL FRIENDS FOR PEACE DAY
BOOSTS BRILLIANT LOCAL TALENT, SAT.
OCTOBER 3RD 2009, OTTAWA CITY HALL**

Free concert at Ottawa City Hall with incredible local talent. Don't miss the opening at 10.00am with Sound Shaman Jeremy Sills on Crystal Bowls, followed by The Bhakti Connection's kirtan then a peace meditation from Bhuaneswari Devi. The lively Coffee House Ensemble takes the stage followed by the up and coming PEACEWORK band – folk, rock and blues at its best.

In the afternoon enjoy the Celtic Harp opening with Hoda Nassim and performances from songstress Christina Marchant, Laughter Yoga and the finale - Bollywood Bam with Mukande Kaur – everyone laughs and dances! Also listen to Master story teller Jo Maple and hear the Visions for Peace from Peace Award recipients Hans Sinn and Moe Atallah. Donations collected on the day go to the Nelson Mandela Children's Foundation.

People can expect great entertainment, inter-faith action, activist speeches, interaction with dancers and musicians, good food, Silent Auction bargains and fellowship, while inspecting a showcase of concerned groups. Come and be part of the celebration of the 7th Friends for Peace Day. It closes the two week Peace Festival in our fair city. Admission is free.

Zen teacher at Pine Gate, Ian Prattis, co-ordinator, explains why he and his friends present the event: "To provide the opportunity for the diversity of Ottawa to stand together for peace, social justice and planetary care – and to have a good time doing it."

**When: Saturday, Oct 3, 2009
from 10AM to 4PM,
Where: Jean Pigott Place, in
Ottawa City Hall,
Why: Build bridges for peace,
planetary care & social justice
How: Through song, dance,
food, social activism and Fun!
Who: Organized by *Friends
for Peace* and their friends.**

www.friendsforpeace.ca

CONTACT: Ian Prattis 613 726-0881;
iprattis@cyberus.ca

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Come Celebrate Venez célébrer

Friends for
Peace Day



Journée des
amis de la
paix

Building bridges for peace, planetary care, and social justice
Créer des liens pour la paix, les soins planétaires et la justice sociale

Saturday, October 3, 2009
Le samedi 3 octobre 2009

10:00 - 4:00, Jean Pigott Place, Ottawa City Hall
10h à 16h, Place Jean-Pigott, Mairie d'Ottawa

**Peace Awards to Hans Sinn & Moe Atallah
Prix de la paix décernés à Hans Sinn et Moe Atallah**

by donation / par don

Morning Program/Programme de l'avant-midi Afternoon Program/Programme de l'après-midi

- | | |
|-------------------------------|--------------------------------|
| * Jeremy Sills - Sound Shaman | * Celtic Harp - Hoda Nassim |
| * Bhakti Connection | * Awards Ceremony |
| * Peace Meditation | * Christina Marchant & Friends |
| * Coffee House Ensemble | * Jo Maple - storyteller |
| * PEACEWORK Band | * Bollywood Bam! |

Lunch available - Silent Auction & Community Group Exhibits
Info: www.friendsforpeace.ca

Supporting the Ottawa Peace Festival, the UN and Other Peace Processes

are all one community we are all one community we are all one community we are all one community we are all one community we are

Fall 2009 Study Session at Pine Gate Sangha	
Thursday Sept 3 6.30pm - 9.00pm	Social Gathering Pot Luck Supper – bring new friends
Thursday Sept 10 7.00pm – 9.00pm	Dharma Talk: Zen Training with Dharmacharya Ian
Thursday Sept 17 7.00pm – 9.00pm	Five Mindfulness Trainings Recitation Ceremony
Thursday Sept 24 7.00pm – 9.00pm	Opening the Heart of Compassion with Dharmacharya Ahn Huong Nguyen on CD
Thursday October 1 7.00pm – 9.00pm	Dharma Talk: Engaged Buddhism with Dharmacharya Ian
SATURDAY OCT 3 10.00am – 4.00pm	Celebrate Friends for Peace Day www.friendsforpeace.ca Ottawa City Hall
Thursday October 8 7.00pm – 9.00pm	Dharma Talk: The Buddha's Teaching on Love I with Dharmacharya Ian
Thursday October 16 7.00pm – 9.00pm	Dharma Talk: The Buddha's Teachings on Love II With Dharmacharya Ian
Thursday October 22 7.00pm – 9.00pm	Heart of the Prajna Paramita I with Thich Nhat Hanh on CD
Thursday October 29 7.00pm – 9.00pm	Heart of the Prajna Paramita II with Thich Nhat Hanh on CD
Thursday Nov 5 7.00pm – 9.00pm	Film Night – bring a friend to Pine Gate night
SATURDAY NOV 7 5.00pm – 7.30pm	Dharma Talk with Dharmacharya Ian Pot Luck supper
Thursday Nov 12 7.00pm – 9.00pm	Punk Palace in the Moonlight Dharma Talk with Dharmacharya Ian
Thursday Nov 19 7.00pm – 9.00pm	Deep Relaxation and Touchings of the Earth
Thursday Nov 26 7.00pm – 9.00pm	Weather Report – How Are You Really?
Thursday Dec 3 7.00pm – 9.00pm	Taking Refuge in Jesus, Taking Refuge in the Buddha Dharma Talk with Dharmacharya Ian
SATURDAY DEC 5 5.00pm – 8.00pm	Christmas Party
Thursday Dec 10 7.00pm – 9.00pm	Quo Vadis – Where Are We going? Dharma Talk with Dharmacharya Ian
Thursday Dec 17 7.00pm – 9.00pm	Chanting with Carolyn
Thursday Dec 31 9.00pm - midnight	N.Y.'s Eve Recitation of the 14 Mindfulness Trainings Pot luck snacks and “whooshing” into the fire!

Zen: Engaged Buddhism in the Tradition of Thich Nhat Hanh

Directions: Take Queensway to Woodroffe S. exit; Go to Baseline Rd; RT on Baseline; RT on Highgate (next lights); RT on Westbury; LT on Rideout Crescent and follow it round to 1252 Rideout Cr. – home of Pine Gate Sangha.

Contacts: 613 726 0881; iprattis@cyberus.ca Chill.Carolyn@gmail.com Attendance is by donation according to means. Ball park: \$5 - \$10. Teacher: Dharmacharya Ian Prattis, True Body of Wisdom