

MONTHLY GUIDE



International Buddhist Meditation Center

January 1981

928 S. New Hampshire Ave., LA, Ca. 90006

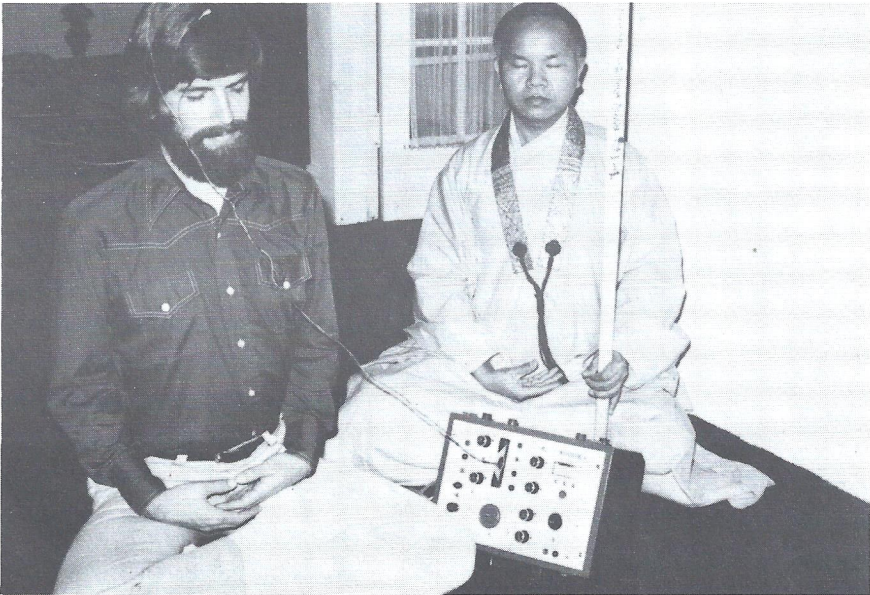
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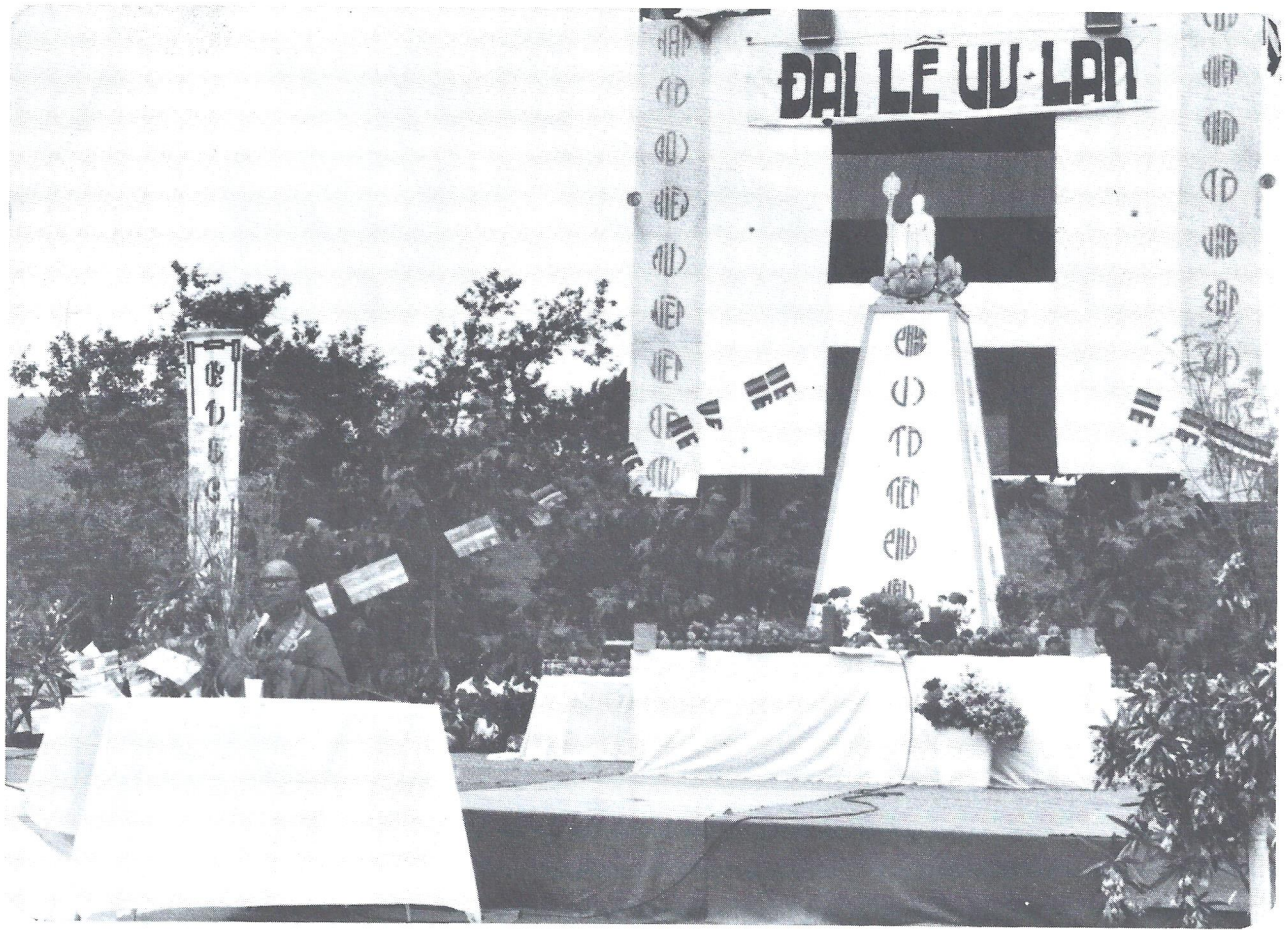


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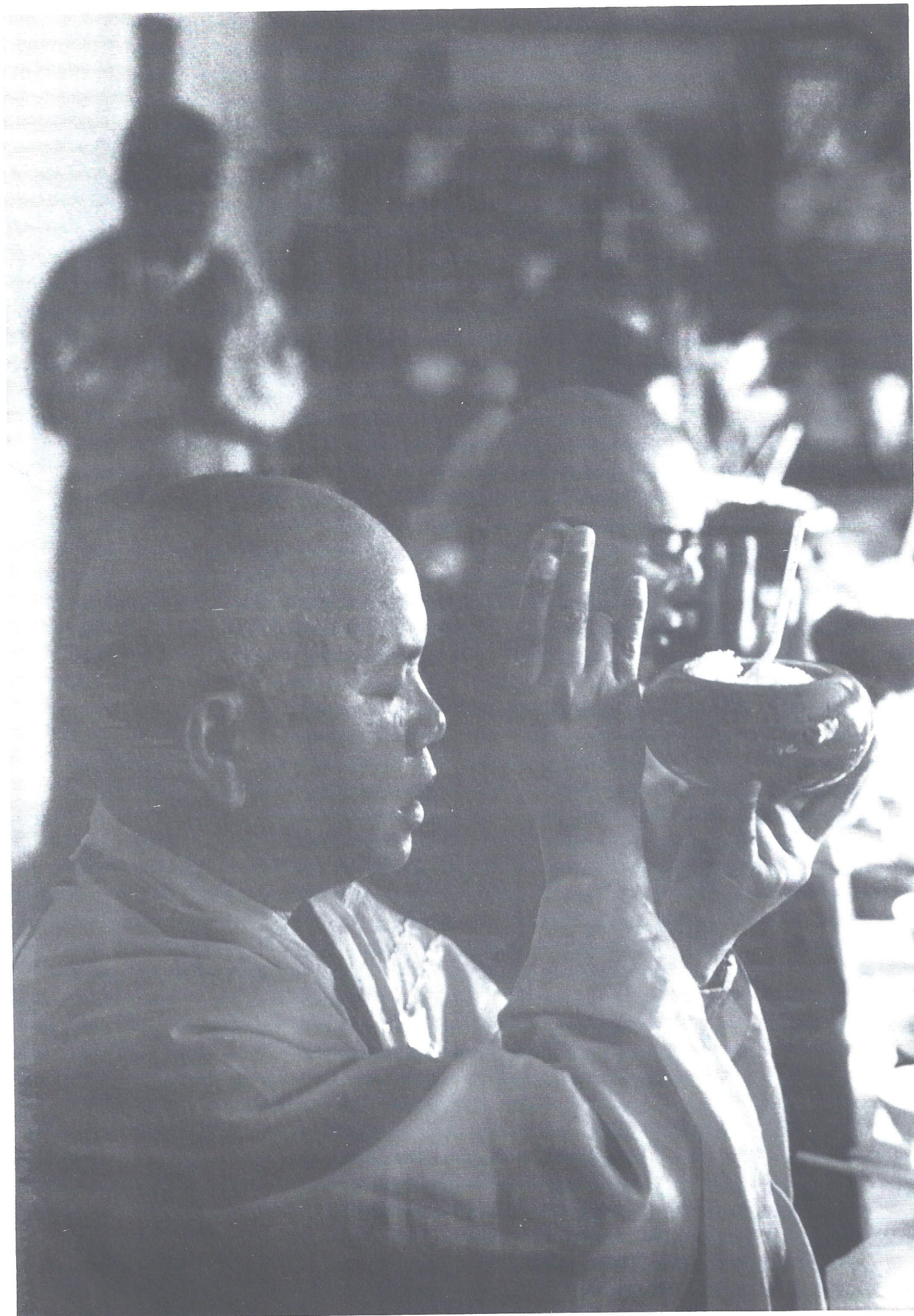


photo by Aya

ON THE PASSING OF VEN. DR. THICH THIEN-AN 1926-1980

Our life is a simple gleam which comes and is gone,
As springtime offers blossoms to fade in the fall.
Earthly flourish and decline, O Friends, do not fear at all.
They are but a drop of dew on the grass of morn!

Ven. Dr. Thich Thien-An loved this simple verse of the 13th century Vietnamese Zen Master Van-Hanh, and, in his teaching, he always pointed to the profound beauty of its meaning.

By his very life, Ven. Thien-An taught that value is in the quality of a life, not in its length, that death is as natural as life, that each moment should be lived to its fullest.

We knew these things; we had learned to follow the finger as it pointed. We understood that we must find our own true nature within, that while our teacher gently pushed and prodded, sometimes against our obstinate deluded wills, that we had to realize the Truth. But we were so used to our teacher's presence, to his shining example of wisdom, compassion and serenity in the face of adversities and crises, that we refused to realize that he too was vulnerable to the body's ills. And now that he is gone, we stand, as did the beloved disciple Ananda at the Buddha's death, weeping for the loss of his teacher and fearful that, with his passing, enlightenment could not be found.

The Blessed One, after inquiring why Ananda wept, replied, "What I have taught you is but a handful of leaves. The entire forest is out there." And he admonished the disciples to work out their own salvation with diligence.

Ven. Dr. Thich Thien-An did not wish to leave this life. He fought hard against the ravages of disease; he remained active and serene up to his death. He died as he lived, nobly and without fear or hesitation. As he walked serenely about the Center and University compound, few knew the terrible fight that was being waged. When the end came, it was swift and with little suffering. When it became obvious that he could not win his battle, his body finally surrendered all at once with great dignity.

The hospital was very kind and gave him a private room in the intensive care unit, where, in the last few hours, disciples and devotees could pay their final respects. At his death, fifty devotees surrounded him, chanting, "Nammo A-Di-Da Phat," the great mantra to Amitabha Buddha. He was then clothed in his robes, as befitted a Buddhist monk, and we quietly paid our respects.

Our only way to repay our beloved teacher is to continue his work, to ensure that his dream never dies. Now we must prove that he taught us well and work hard to develop a strong American Buddhism, using his example as our guide.

The work of the organization is continuing under the leadership of Rev. Dr. Leo M. Pruden, President, University of Oriental Studies, Ven. Dr. Thich Man-Giac, Supreme Abbot, Vietnamese Buddhist Temple and Rev. Dr. Karuna Dharma, Abbess, International Buddhist Meditation Center. They, along with the staff of these organizations and the close disciples and devotees of Ven. Thien-An, have vowed to carry on his work of Buddhadharma, to become worthy successors to him and to never let die his dream of a strong, ecumenical Buddhist practice and education. The work which lies ahead of us is difficult, but, with your assistance, kindness and laboring with us, his dream will be realized.

The Venerable Thich Thien-An Memorial Fund has been established to help develop Enlightenment Mountain Retreat, the new desert property that Dr. Thien-An loved and where he requested that his body eventually be buried. All contributions to this memorial fund or to the University of Oriental Studies will be deeply appreciated.

In the moments of our human frailties, fear and despair, let another favorite verse of our teacher give us solace and strength.

Swallows fly in the sky;
Water reflects their shadows.
The swallows leave no traces;
The water keeps no shadows.

Huong-Hai

May all of us realize the profound nonattachment and dedication to Bodhisattva duties that Ven. Dr. Thich Thien-An so clearly exemplified.

The Reverend Karuna Dharma, Abbess

HATHA YOGA

Ven. Dr. Thich Thien-Thanh
Mondays 6-8 pm

Hatha yoga deals with physical exercise. It strengthens and clarifies muscles and nerves of the body.

Ven. Dr. Thich Thien-Thanh is Assistant Abbot of the Vietnamese Buddhist Temple

MONDAY NIGHT DISCUSSION GROUP

Ven. Shinzen Young
Mondays 8-9:30 pm

The Monday Night Discussion Group covers topics involved with meditation techniques and theories.

Ven. Shinzen Young is Associate Abbot, IBMC.

T'ai Chi Ch'uan

Br. Mitram Dharma [Dr. Ware]
Tuesdays 6-8 pm

We learn to remain flexible in doing T'ai Chi, flexible in our ability to change thought, thrust of energy and direction.

Zen Philosophy Zen Practice

Rev. Anila Dharma
Tuesdays 8-10 pm

Zen Philosophy, Zen Practice presents the two dynamic aspects of Zen: its philosophy and its way of life -- to help the student towards a more comprehensive understanding and practice.

INSIGHT MEDITATION The Path of Awareness

Rev. Akasa Maitreya
Wednesdays
6-7 pm *Beginners Instruction*
8-10 pm *The Path of Awareness*

To "experience," we must be present. We must be *here* and *now*.

GESTALT & BUDDHIST THERAPY

Dr. Edward Wortz
Thursdays 8-10 pm

Exploration of daily problems utilizing both Gestalt and Buddhist techniques to eliminate stress.

KUNG FU

Br. Soma Dharma
Fridays 6-8 pm

The movements of Lyou Ho Ba Fa resemble the undulation of waves with the limbs stretching, contracting, rising up and sinking down in postures of solid and abstract forms alternately employed.

Br. Soma Dharma is a certified T'ai Chi Ch'uan instructor.

PLEASE NOTE NEW MEDITATION TIMES: Mon.-Fri. 5:30-7:30 am, 12 noon-1 pm & 7-8 pm. Saturday 5:30-7:30 am

STOP AND SEE

Ven. Shinzen Young
Friday, Jan. 23, 7:30 pm to
Sunday, Jan. 25, noon

An opportunity to develop two powerful and useful skills. The first is SAMATHA, a deep relaxing of body, breath and mind. The second is VIPASSANA, heightening sensitivity, clarity and the richness of moment to moment awareness. Kindly wear loose clothing, bring blankets or sleeping bag. \$35 donation includes vegetarian meals. **RESERVATIONS PLEASE.**

THE MONTHLY GUIDE CALENDAR JANUARY 1981

DAILY MEDITATION PRACTICE: Monday-Friday 5:30-7:30 am, 12 noon-1 pm & 7-8 pm. Saturday: 5:30-7:30 am. You may enter at the breaks, which come at 25 minute intervals. Please note change of times.

SUNDAY DHARMA TALKS & MEDITATION

- 4 Jan Zen Practice in Daily Life**
11 am Rev. Thich An-Giao
Abbot, Monju-Ji Monastery
- 11 Jan 49th Day Memorial Service**
11 am for Ven. Dr. Thich Thien-An
Rev. Dr. Karuna Dharma
Abbess, IBMC
- 18 Jan The Buddha Self and Taoism**
11 am Br. Mitram Dharma
Chairman, Psychology Dept., UOS
- 25 Jan Stop and See**
11 am Ven. Shinzen Young
Associate Abbot, IBMC

EVENING DROP-IN CLASSES

NOTE: Evening Meditation 7-8 pm

- Mondays**
6:00-8:00 **Hatha Yoga**
Ven. Dr. Thich Thien-Thanh
- 8:00-9:30 **Monday Night Discussion Group**
Ven. Shinzen Young
- 8:00-10:00 **Buddhist Study Group**
Rev. Akasa Maitreya
- Tuesdays**
6:00-8:00 **T'ai Chi Ch'uan** \$5 donation
Br. Mitram Dharma (Dr. Ware)
- 8:00-10:00 **Zen Philosophy, Zen Practice**
Rev. Anila Dharma
- Wednesdays**
6:00-7:00 **Beginner's Insight Meditation**
Rev. Akasa Maitreya
- 8:00-10:00 **Meditation: The Path of Awareness**
Rev. Akasa Maitreya
- Thursdays**
6:00-8:00 **Karate** \$5 donation
Jerry Kiser
- 8:00-10:00 **Gestalt, Awareness & Zen**
Dr. Edward Wortz
- Fridays**
6:00-8:00 **Kung Fu** \$4 donation
Br. Soma Dharma

WORKSHOPS & RETREATS 384-0850

- 17 Jan One Day Refresher**
Sat **Vipassana Insight Meditation**
8 am-6 pm Rev. Akasa Maitreya
\$15 donation. Reservations please.
- 23-25 Jan Stop and See**
Fri Ven. Shinzen Young
7:30 pm- \$35 donation. Reservations please.
Sun noon
- 31 Jan Rebirth & Death: Understanding**
Sat **Transition**
8:30 am- Rev. Akasa Maitreya
6 pm \$20 donation.
Preregistration necessary.

NOTES: Please offer a \$3 contribution per drop-in class or single event unless otherwise specified.

Our teachers and speakers are available for groups/schools. Please inquire.

Rooms available for quiet, calm & contemplative single individuals.

We Respectfully Announce a One-Day Workshop on January 31st

REBIRTH & DEATH: UNDERSTANDING TRANSITION ●

Guided Meditations, Talks & Discussions with Rev. Akasa Maitreya
8:30 am to 6:00 pm ● **January 31, Saturday** ● **Donation \$20**

The *only* thing certain about life is the inevitability of death. But ours is a death-denying society -- Death: fearful, frightening, agonizing -- Rebirth: too esoteric or just plain ridiculous. Taboo. But other cultures and religions have more successfully integrated the reality of death and the possibility of rebirth into their understanding of constructive living than we seem to have done. The death/rebirth transition can be usefully and wholesomely transformed into a highly creative force. The highest spiritual values of life can originate from the contemplation and study of "Death" and "Rebirth" -- so go beyond these words intellectually and become involved in the *feelings* these words evoke for you. A challenge to face death squarely and skillfully with newly discovered understanding.

Early Registration is Advised - Phone or send form below - Bring bag lunch & Blanket

- **ONE-DAY "REFRESHER" Mini-Retreat: January 17, 8:00 am to 6:00 pm** for all Vipassana students who've formerly done weekend retreats or weekly "Path of Awareness" classes. Bring bag lunch & blanket, Donation \$15
- **VIPASSANA INSIGHT MEDITATION RETREAT** - Early Notice: *Holiday Weekend February 13 thru 16*, please plan ahead now.

International Buddhist Meditation Center

928 South New Hampshire Avenue
Los Angeles, California 90006
Telephone (213) 384-0850

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Dated Material January 1981

ADDRESS CORRECTION REQUESTED

SUPPORT ENLIGHTENMENT MOUNTAIN

To benefit the spiritual growth of myself and others, I wish to pledge the following for the maintenance and development of IBMC's Enlightenment Mountain Retreat:

Monthly _____
Quarterly _____
Yearly _____

My name _____

Address _____

Telephone _____

Pre-Registration Form ● Please Print

Name and date of Workshop(s) _____

Your name _____

Address _____ Telephone _____

City/Zip _____

Donation amount enclosed _____ Make checks payable to IBMC

IBMC ● 939 So. New Hampshire Ave. ● LA 90006 ● 487-1235 or 384-0850

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