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Dharma Drum Mountain USA Dharmapala

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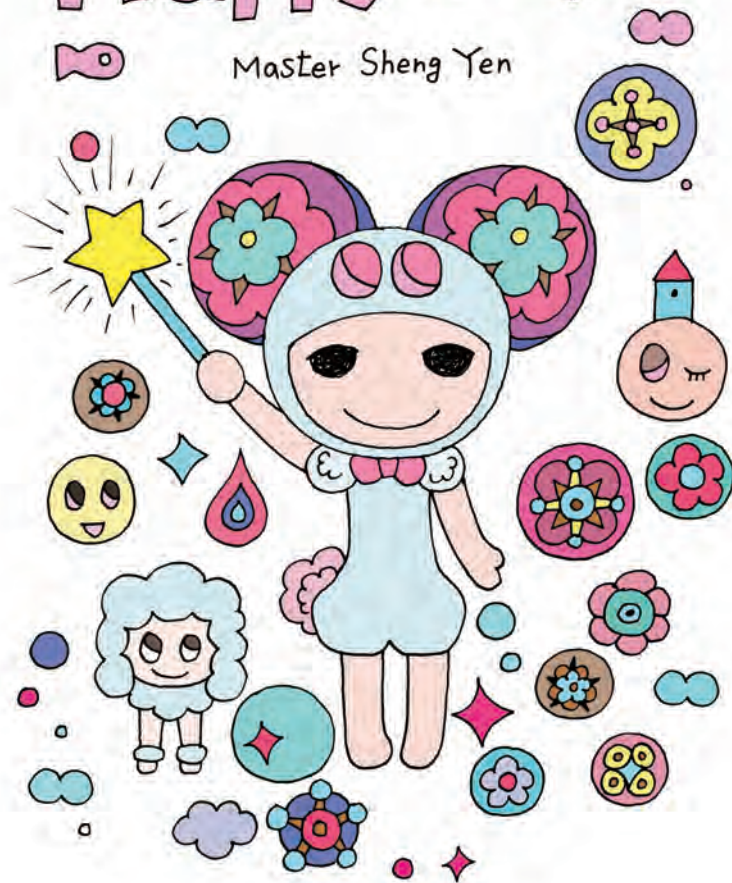
Happy Days



Master Sheng Yen

Happy Days (Part I)

Master Sheng Yen



Happy Days



Master Sheng Yen





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THIS MONTH



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Compassion brings blessings
like a spring breeze; wisdom
shines like the warm summer sun.



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THIS MONTH



*Those who understand life
will meet life's rewards and
challenges with openness.*



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*The ancient pine tree may be
hundreds of years old, yet
what is hundreds of years
compared to the age of the
stars in the sky?*



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THIS MONTH



*To refrain from hurtful words is
to extend care toward others and
ourselves.*

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*Relax when you are sick,
carry on and do what you
must do. This is a healthy way to handle sickness.*

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THIS MONTH



When vexations arise, do not contend with them, but extinguish them with a mind of humility, repentance, and gratitude.

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Plant your seeds, weed and fertilize your field, be grateful when you have a full harvest and pray for more auspicious years to come.



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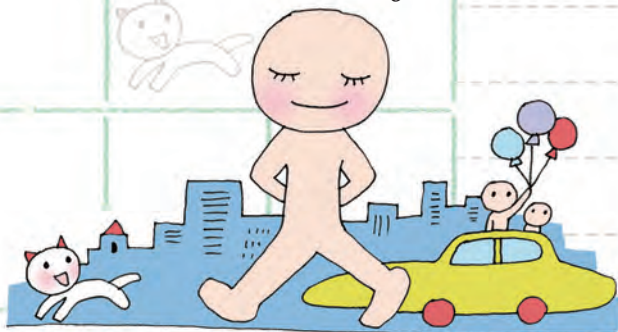


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*Seek abundance in calm
and stability; See dignity in
adversity.*



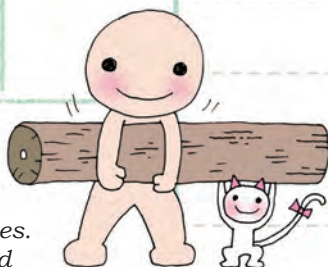
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THIS MONTH



There is usefulness in the talents we were born with. When each of us is born, we bring to this world our life purpose and capacities. Our "usefulness" is measured by our ability to contribute to humanity in the history of our times and to the whole of society.



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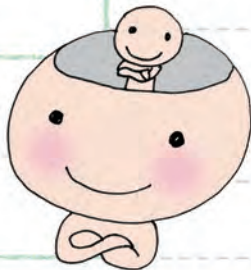
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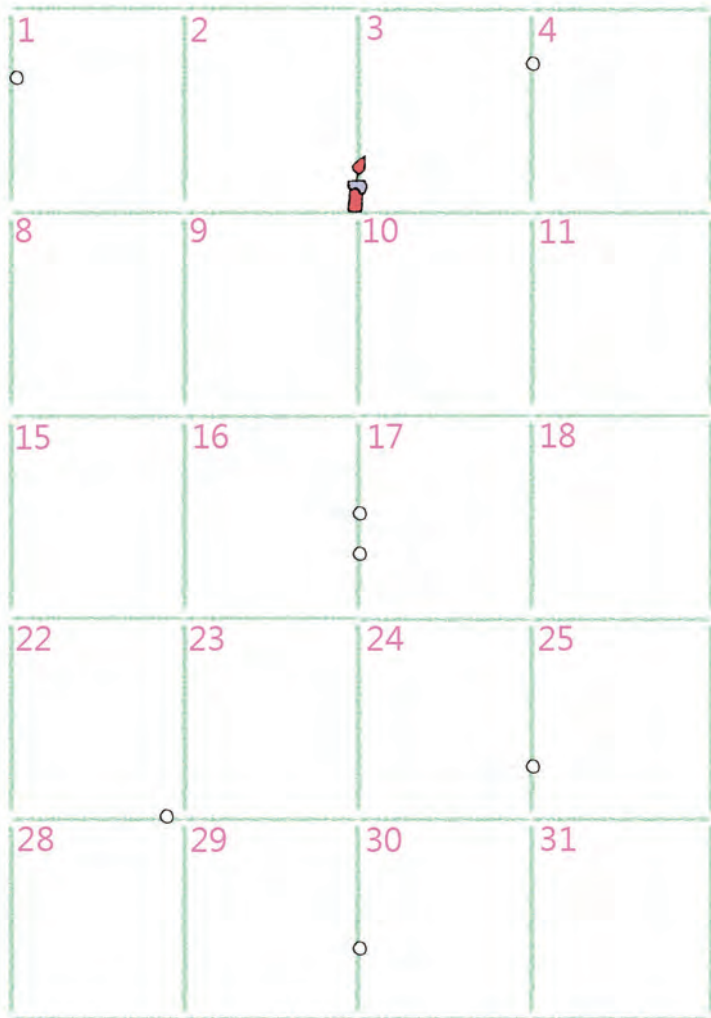
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*Live in this moment; don't regret
the past; don't fear the future.*

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THIS MONTH



*The study of Ch'an is
the study of mind.
All phenomena are
manifestations of one's mind.*

*Recognize your wrongs and
never repeat them. Even the
butcher becomes a Buddha
the instant he puts away
his knife.*



Relax and experience body and mind, then you
will be in harmony with yourself.





Grow in harmony; strive in hope.





*To truly love your
children, give
them your blessings rather than burden
them with your worry!*

Interpret everything positively, consider everything from a different angle, and do not falter in pursuing one's goals.



*Take on your responsibility by
delivering all sentient beings, let go
of your attachment by not abiding
in any form.*

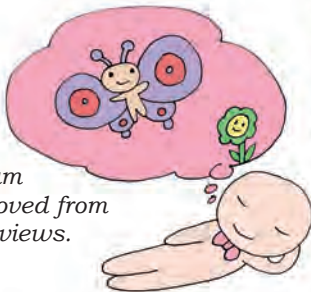




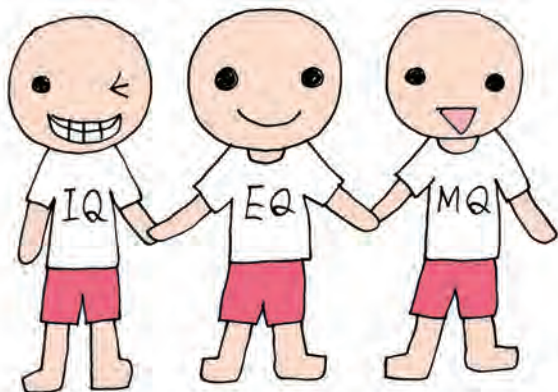
Live life this way: the best plan anticipates the worst scenario.



Whoever wakes from
this never-ending dream
of ours will be far removed from
illusions and inverted views.



EQ



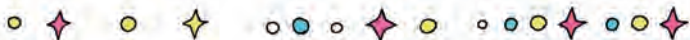
To have a happy life, develop these three Qs: IQ to learn, EQ to manage oneself and others, and the MQ, moral intelligence, to cultivate, benefit, and care for others.

The four contentments: mind at peace, body at rest, family in harmony, all enterprise at ease.

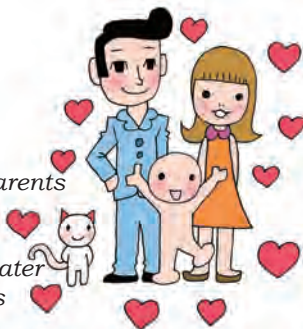




*An ordinary mind bends to circumstances; a sage
mind transforms circumstances.*



*The kindness of one's parents
is greater than heaven
and earth; the virtues of
the Three Jewels are greater
than the countless grains
of sand in the Ganges.*





If you uphold clear principles of life's values and abide by them without being swayed, then as you pass through each stage of life, all experiences will add to the feast of your life.



Pursuing happiness without taking responsibilities produces a happiness that is short-lived and burdensome.





*The mind should be like a wall,
unmoving but functioning.*

One shall find lifelong happiness by being of service to others. Sow favorable conditions whenever one is able or regrets will follow.





*With gratitude we grow;
repayment of kindness leads
to success.*



*An encumbered mind
sees a world out of balance.
An undisturbed mind sees a world
of beauty.*



*Being anxious and worrisome
is useless. Being mindful and
focused is a must.*





Even though our individual lives are miniscule, as long as we can fully utilize our strengths and develop our capabilities with utmost effort, then we will fulfill our roles of inheriting the past and inspiring the future of civilization.





Purify your mind by curbing desire; refine your community with loving kindness for all.





Your mind and my mind are exactly the same as the Buddha's mind; recognize, cherish, and nurture our blessings.





*Nothing around you is either
good or bad, but seems so
according to how you look at it.*



The arising and perishing of phenomena is the way of the world. The wise thoroughly penetrate this arising and perishing..



*Freedom is not life without obstacles;
rather it is the ability to be calm and stable in
body and mind when confronting obstacles.*







Recite often the name of Guan Yin, Bodhisattva Avalokitesavara, and you will find your way to a peaceful mind, a peaceful life.



*When you are off balance,
always right yourself with
wisdom, everywhere you
go, use compassion to
make life easy for others.*



Heaven and hell are both in one's mind, there is no attaining Buddhahood outside of one's mind.





Doing good is without condition.

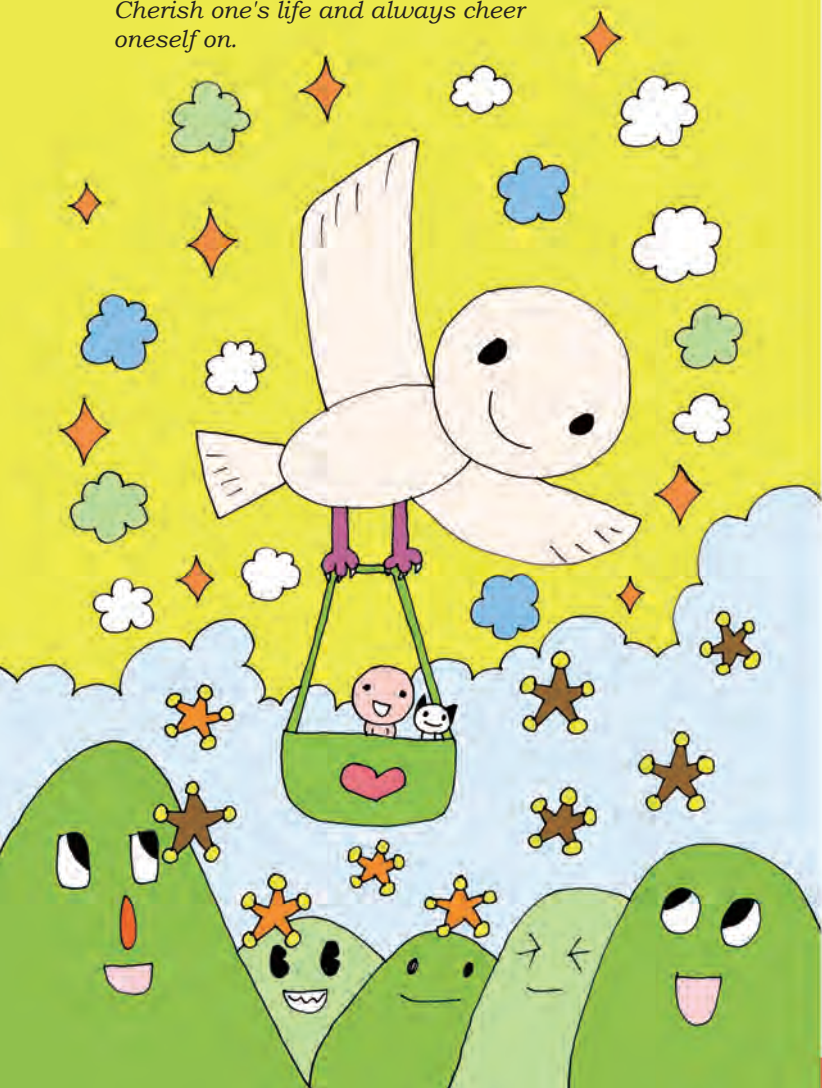


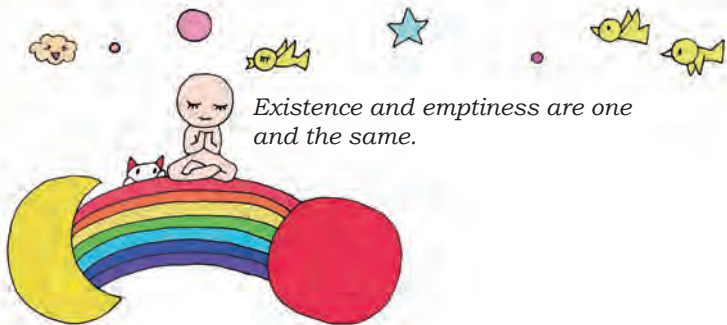


In Buddhism there are also such concepts as to "enter the world" and to "transcend the world." To enter the world means to participate in and help the world. It is an attitude that gives primacy to benefitting others. To transcend the world refers to those who prefer to dwell in the mountains and forests and not get involved with worldly affairs so as to focus on spiritual practice.



*Cherish one's life and always cheer
oneself on.*





*Existence and emptiness are one
and the same.*



Earn money without selfishness and allow everyone to earn money. When everyone has the opportunity to earn wealth, this is the most reliable kind of wealth.



Be the heaven-sent rain when there is a draught, be the person who brings warmth and care in the dead of winter.





*When you meet others, connect
with kindness, not resentment,
and you will enjoy relationships
of harmony and a life of joy.*



*Those watching a play
often forget it is only a
play, those dreaming
often forget they are in a
dream.*



*Education is an
undertaking that will
have impact for a
thousand years,
morality is a
lodestar that will
shine for a hundred generations.*







*Don't control emotions by
suppressing them; calm them
with contemplation, reciting
Buddha's name, or prayer.*



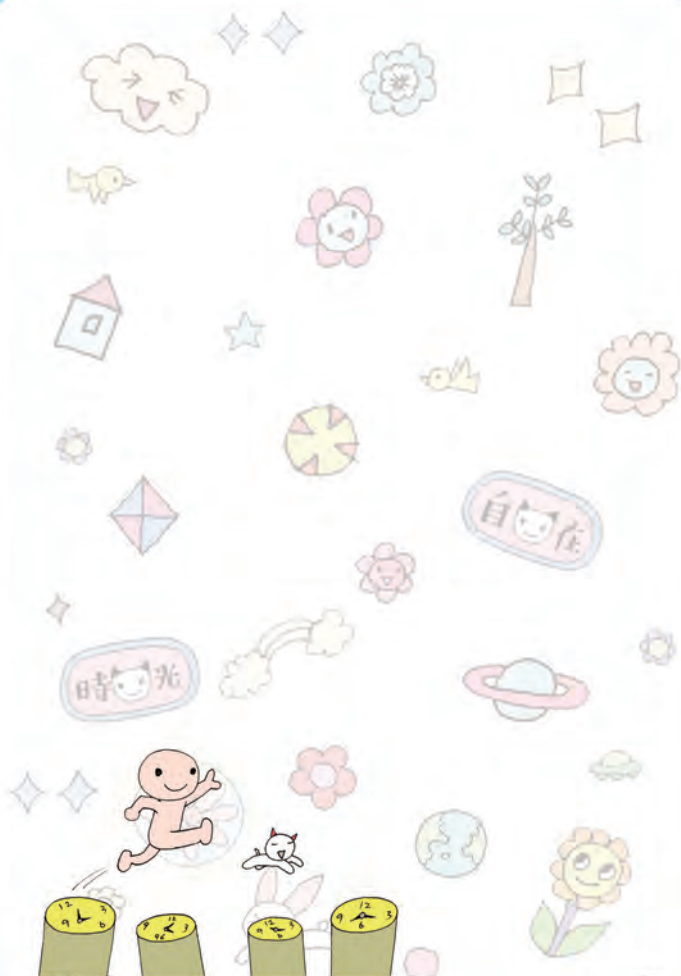




*A closed and clouded
mind is suffering.*

An open and clear

mind can transform suffering into happiness.



*The busiest have the most time;
the diligent, the best health.*



With a peaceful mind and physical harmony you will live in happiness.





*Untie the knot of love and
hate, of passions and
enmity; instead, learn
the generosity of
kindness and
compassion, of
sympathetic joy and equanimity.*



*Keep your mind free from
thoughts of gain and loss, and
you will be free and at ease at
all times.*

*If you want to harmonize with the environment,
first harmonize yourself.*



If you truly let go of everything, then you can encompass everything and everything becomes yours.



*The difference between
"pure" and "impure"
only exists in a discriminating mind.*





Exert yourself in all your efforts and accord with the flow of causes and conditions. When conditions become ripe, our work will bear fruit.

*Live life this way: the best plan anticipates
the worst scenario.*



Make friends with those who are honest, sincere, and knowledgeable; have faith in the Buddhas without getting caught up by the occult; learn the Dharma without dabbling around; revere the Sangha without blindly following any individual.



Doing good or doing bad is determined in one thought, blessings and wisdom are cultivated through one's mind.

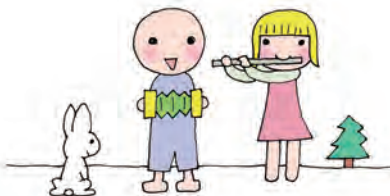
We have to know that life is full of challenges. If we are mentally prepared for them, then we will not feel obstructed when they arise.



Walking is a great way to train one's body and mind. Walking fast helps dispel illusions, walking slowly helps nurture concentration and wisdom.



The suffering and joy you feel comes from the mind's perception. If you take all of life's favorable and adverse experiences as a process to develop wisdom and compassion, then you are free.





As time goes by, one sees that nothing escapes the law of impermanence.

*Reduce pointless emotions
and avoid unnecessary
trouble.*



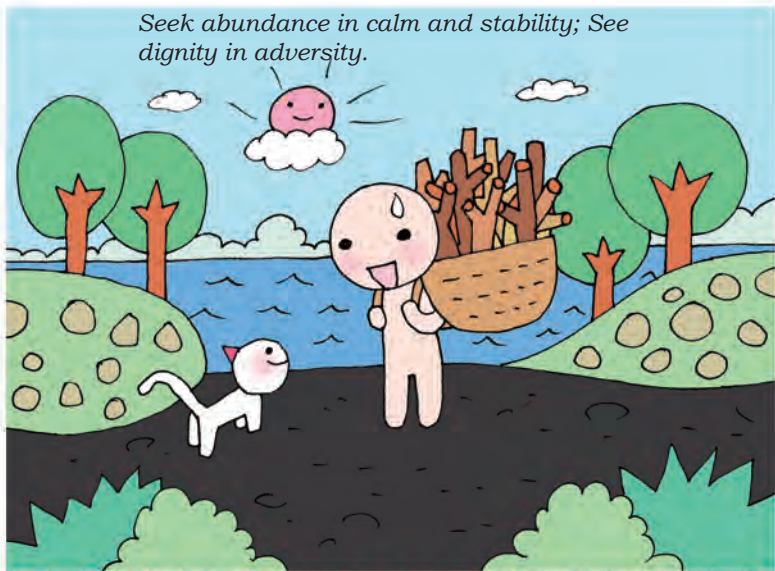
*Be the heaven-sent rain when there is a draught,
be the person who brings warmth and care in the
dead of winter.*



*Compassionate love does not
distinguish between friend and foe.
The manifestation of wisdom is to
appropriately resolve all problems.*



*Seek abundance in calm and stability; See
dignity in adversity.*



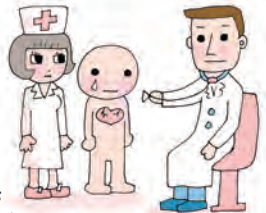
In Buddhism, to "live in the world" does not mean to merely "be in the world" or to "attach to the world." To merely be in the world can mean to live without any purpose or to live in confusion, creating more problems for the world. To attach to the world can mean to depend on or be concerned with those things that are only relevant to you.



*Harboring gratitude will nurture blessings
that you can use all your life, harboring
hatred will create obstructions that follow
you forever.*



*True suffering is a mind
without peace or calm.
Physical pain and illness
are not necessarily suffering.*



*Harmony within and without,
harmony in causes and conditions,
and thus freedom, peace and
tranquility will follow.*





*To wholly experience life is
to practice Chan.*



*Our needs are few; our
wants many.*

*Even the deepest ocean is not bottomless, even
the tallest mountain has a base, everything great
starts small.*



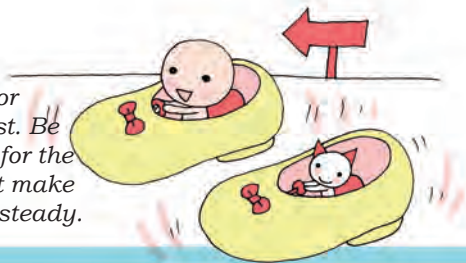


Two great tasks lie before Buddhists: to bring grace and beauty to the land in which they live and to help sentient beings grow spiritually.

*Be sincere, and your prayer will be answered;
be diligent, and anything can be accomplished.*



Have no complaints or regrets about the past. Be ready and prepared for the future. In the present make every step sure and steady.





*Boat passes, wake disappears;
bird flies, shadow departs.
Gain or lose, succeed or fail -
emotions do not stir: this is the
great wisdom of freedom and
liberation.*

Both favorable and unfavorable causes and conditions help us grow; treat them with equanimity and gratitude.





*Persistence will get you
through everything, resilience
will help you achieve anything.*

*Nothing around you is either
good or bad, but seems so
according to how you look at it.*



Education does not determine identity; competence does not determine integrity; fame does not determine virtue. No occupation is in itself great or lowly. Everything is decided by what you think and how you act.



If you can cherish causes and conditions as they transpire from moment to moment, then each moment is unique.



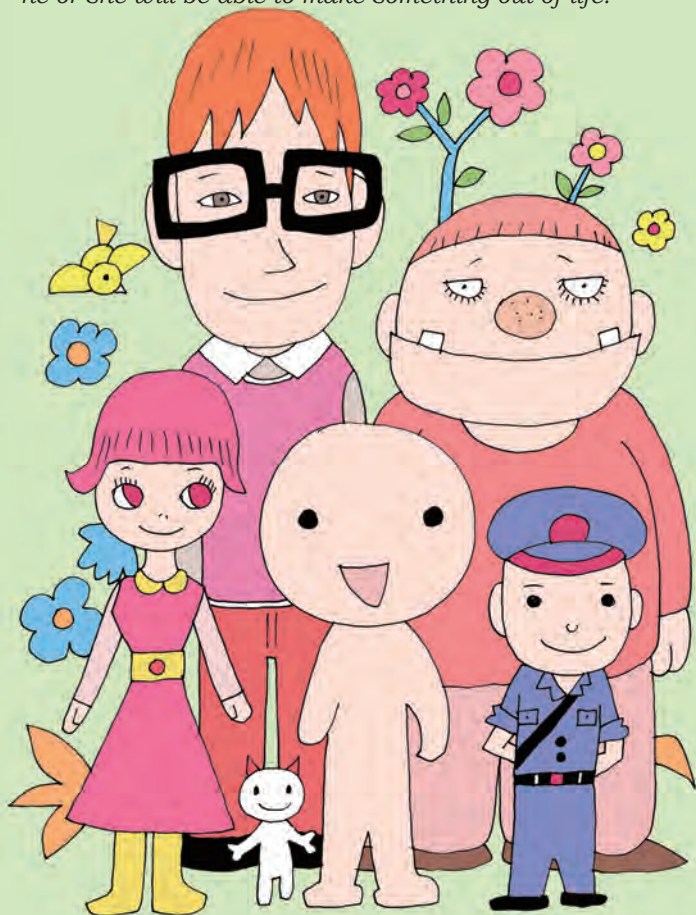
One day in a monk's life is one day of work. No matter who we are or what status and role we play, as long as we are diligent and responsible, taking hold of the precious present moment, then we protect our spiritual environment.





*Making life easier for others
is making your life easier for
yourself.*

Each individual has his or her own disposition, wisdom, environment, physical makeup, and background. There is no need to compare. As long as the individual is solid, taking each step in life with certitude and stability, then he or she will be able to make something out of life.





*The charitable are blessed;
the virtuous, happy.*



*Love yourself, love others, love all sentient
beings; liberate yourself, liberate others,
liberate all sentient beings.*

*Devote all your heart and strength to your family;
commit your whole life to the enterprise at hand.*





Do not be corrupted by worldly vexations that surround one like dust, do not be deterred by a path beset with difficulties.

The aim of life is to receive karmic retribution, fulfill vows, and make new ones.





*Avoid the attachment to
one's ego and be open
minded, always behave
in a way that is helpful
to others.*

Gossip less and you will have fewer disputes; be more truthful and sincere and you will have more peace and calm.



KING



We have to maintain an enthusiastic and positive attitude in whatever we do. When we are happy, those around us will also be happy.



*When you can let it go, then
you can pick it up. At ease
letting it go or picking it up -
then you are truly free.*

A vertical stack of four stylized orange figures. The bottom figure is the largest, with its arms spread wide, holding a small white cat with a red collar and a small grey house. Above it are three smaller figures of the same shape, each with its arms raised in a 'V' shape. The background is a light blue sky with a white cloud and a small pink bird flying in the distance.



To live happily ever after, be grateful and respectful to one another, learn from one another, forgive one another, and love and support one another.





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The Founder of Dharma Drum Mountain Master Sheng Yen (1930-2009)

Master Sheng Yen was one of the twentieth century's foremost Buddhist teachers, scholars and meditation masters, and was instrumental in the revival of Chinese Buddhism in modern times.

Master Sheng Yen became a novice Buddhist monk at the age of 13. After 15 years of rigorous scriptural study and meditation he entered into a solitary six-year meditation retreat to deepen his realization. He later received formal lineage transmission in both the Linji (Rinzai) and Caodong (Soto) lines of Chan (Zen) Buddhism.

Master Sheng Yen understood that advanced formal education would be required to revive Chinese monasticism and in 1969 he went to Japan to pursue graduate studies.

In six years he obtained master's and doctor's degrees in Buddhist Literature from Rissho University, becoming the first monk to earn a doctorate in the history of Chinese Buddhism.

For the last thirty years of his life, he tirelessly devoted all of his energy to advancing Buddhist education, reviving the tradition of rigorous education for monks and nuns, leading intensive Chan meditation retreats worldwide, engaging in interfaith outreach, and working on behalf of world peace, youth development and the environment.

Dharma Drum Mountain World Center for Buddhist Education

Tel: 886-2-2498-7171 Fax: 886-2-2498-9029

Address: No. 14-5, Lin 7, Sanjie Village, Jinshan,
Taipei County 20842, Taiwan

Website: www.ddm.org.tw

Chan Meditation Center (CMC)

The Chan Meditation Center was founded by late Chan Master Sheng Yen in 1979 with the purpose of bringing Chinese Chan [Zen] Buddhism to the Western world. It is a place of serenity and self-cultivation, located in Elmhurst, Queens, a multicultural neighborhood in New York City.

We welcome all those interested in meditation and the study and practice of Buddhism, regardless of background, age, or ethnic origin. We offer access to Buddhism through a variety of approaches, including classes, lectures on Buddhist scriptures and philosophy, meditation, retreats, chanting services and ceremonies.

Address: 90-56 Corona Avenue Elmhurst, NY 11373

Tel: 1-718-592-6593

Fax: 1-718-592-0717

E-mail: chancenter@gmail.com

Website: www.chancenter.org (English)

www.ddmusa.org (Chinese)

Donation: Please send check payable to "Chan Meditation Center" to our current address (as above).

Dharma Drum Retreat Center (DDRC)

Dharma Drum Retreat Center(DDRC) is a community learning and living the Buddha's teachings through the tradition of the Dharma Drum Lineage of Chan Buddhism, as established by Chan Master Sheng Yen. We welcome you to practice Chan meditation together with us amidst all activities of daily life; cultivating mindfulness, wisdom, and compassion.

DDRC holds a variety of Chan practice activities, including weekly group meditation, Sunday Service, Beginner's Meditation Classes, as well as Beginner's, Weekend, Intermediate, and Intensive Retreats. Novices and experienced practitioners are all welcomed at DDRC, whether to begin practicing or to deepen their cultivation. Volunteer opportunities are also available.

Address: 184 Quannacut Road, Pine Bush, NY 12566

Tel: 1-845-744-8114

Fax: 1-845-744-8483

E-mail: ddrc@dharmadrumretreat.org

Website: www.dharmadrumretreat.org

Donation: Please send check payable to "Dharma Drum Retreat Center" to our current address (as above).

Dharma Drum Mountain Los Angeles Center

Dharma Drum Mountain Buddhist Association (DDMBA) was founded by the renowned scholar and teacher of Chan Buddhism, Chan Master Sheng Yen.

DDMBA Los Angeles chapter, now Dharma Drum Mountain Los Angeles Center, was founded in 1992. Our goal is to share with our friends and neighbors in Southern California the wider mission of DDMBA - which is to educate the greater community about Chan. We offer free programs for beginners as well as long time practitioners. The organization is made entirely of volunteers who share the same goal. Recently our L.A. Center has expanded by purchasing and renovating a new building complex where we can have additional lectures and meditation classes given by resident Sangha. This has given our volunteer efforts a new focus and direction. Our new complex is located at:

Address: 4530 N. Peck Rd El Monte, CA 91732

Tel: 1-626-350-4388

E-mail: ddmbala@gmail.com

Website: www.ddmbala.org

Thank you for your interest in the Dharma Drum Buddhist Association. If you would like to make a donation, here is the information for our L.A. Center:

Please send a check payable to "DDMBA-LA" to our address (as above).

DDMBA NJ Chapter

Dharma Drum Mountain Buddhist Association NJ Chapter (DDMBA NJ) was founded in 1992 in a borrowed warehouse at Kenilworth, NJ. In 2001, we rented the current location at New Brunswick to continue the mission to “uplift the character of humanity and build a pure land on earth”. To achieve our mission, we are committed in promoting humanity and peace through meditation and education.

In the past 20 years, we have conducted several programs range from meditation workshops, dialogues on peace, Buddhist ceremonies and vegetarian buzzards. To outreach to the communities, we regularly organize mediation workshops at various public libraries, visit senior centers and condolence families in needs. In the past few years, we had rented conference rooms to overcome the space limitation.

To accommodate our long term growth, starting last year, we lauched a fund raising program to purchase a permanent “home” for DDMBA NJ. Your kind contribution will be the seed to the formation of our future home.

Address: 789 Jersey Avenue, New Brunswick, NJ 08901

Tel: 1-732-249-1898

E-mail: meditation@ddmba-nj.org

Website: www.ddmba-nj.org

Donation: Please send check payable to “DDMBA-NJ” to our current address (as above).

DDMBA San Francisco Chapter

DDMBA San Francisco Chapter is a Chan Buddhism Dharma land where participants can apply Chan teachings, assimilate Buddhist Compassion and Wisdom, and achieve harmony and equanimity of body and minds.

It is our hope that through continuous promotion of Chan workshops and Dharma activities, the general public can recognize Dharma Drum Mountain's ideals and join Dharma Drum Mountain's effort in actualizing the protection of the Spiritual Environment and building a pure land on earth.

Address: 1153 Bordeaux Drive #106, Sunnyvale, CA 94089

Tel: 1-408-900-7125 or 1-408-469-0321

E-mail: ddmbasf@gmail.com

Website: www.ddmbasf.org

Donation: Please send check payable to "DDMBA-SF" to our current address (as above).

DDMBA Seattle Chapter

Our community, the Washington State Washington Chapter, is a division of Dharma Drum Mountain Buddhist Association (DDMBA). It is a place to provide residents of the greater Seattle area with a forum for discussing topics related to Chan (Zen) Buddhism. Our goal is to spread and promote the authentic Buddhist Teachings. It was founded in November, 2001.

We have regular monthly activities held on Sundays including book study, meditation, the Great-Compassion Repentance Service and Amitabha Buddha Chanting Service. In addition, we have short-term weekly book-study and meditation during weekday nights. Irregular activities throughout the year include Chan retreats, Dharma talks, picnic and children's summer camp. Most activities are conducted through Mandarin; however an English translator may be available.

Address: 14028 Bel-Red Road #205, Bellevue WA 98007

Tel: 1-425-957-4597

E-mail: ddmba.seattle@gmail.com

Website: seattle.ddmusa.org

Donation: Please send check payable to "DDMBA-WA" to our current address (as above).

DDMBA Chicago Chapter

The Chicago chapter is committed to being a vibrant and sustainable community, by encouraging spiritual growth and promoting happiness. We provide Dharma education in both English and Mandarin Chinese. Through the generous leadership by the national DDMBA, we provide Dharma talks, meditation retreats, repentance and other chanting ceremonies, and book study groups in both English and Chinese. We maintain community through Chinese and English newsletters, via our Fundraising Dinners, and other fun events.

Address: 1234 N. River Road, Mount Prospect IL 60056

Tel: 1-847-824-6882 or 1-773-428-3680

Fax: 1-847-824-6466

E-mail: DDMBACHicago@gmail.com

Website: ddmbachicago.org

Donation: Please send check payable to "DDMBA Chicago" to our current address (as above).

Dharma Drum Mountain Vancouver Center

Since 1994, the center offer meditation group practice every Sunday morning, one full-day retreat every other month, beginners' meditation classes, meditation retreats and book readings & study groups. We also offer many Dharma Services including chanting of Buddha's name, Great Compassion Dharani Repentance Ceremony, Compassion Samadhi Water Repentance Ceremony, and more.

Address: 8240 No.5 Richmond, BC, V6Y 2V4, Canada

Tel: 1-604-277-1357

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DDMBA Ontario Chapter

Dharma Drum Mountain (Ontario) Buddhist Association, or DDMBA Ontario, is a charitable learning foundation in Toronto. We strive for offering the Buddha's teachings through the Buddhist lineage of Chan (Chinese Zen), which is based on the teachings of Venerable Master Sheng Yen (1930 – 2009) and continued by his monastic and layharma heirs. In the spirit of sincerity and openness, we invite you to practice and learn together with us, finding peace of mind and living the Chan way of life. We offer meditation classes, meditation retreats, Dharma lectures, chanting practice, study groups (respectively in English, Mandarin Chinese and Cantonese), library collection, mindful calligraphy, mindful drumming practice, choirs, and more.

DDMBA Ontario was established in 1998. Our regular activities and events are free to the public, run by volunteers and our members. We are looking to purchase a suitable property to serve the public and our community. Your financial support of our work is deeply appreciated.

Address: 1027 McNicoll Avenue Toronto ON M1W 3W6

Tel: 1-416-855-0531

E-mail: ddmba.toronto@gmail.com

Website: www.ddmba-ontario.ca

Two methods of donation are currently available:

By Mail: Please send check payable to "DDMBA Ontario" to our current address (as above).

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