



# Dharma Soup

Notes from Karida

## El Morro Buddhist Sangha

New Mexico, March, 2010

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### Spring Equinox Celebration

**Our March Sangha meeting will be at the Old School Gallery. We will start with a vegetarian potluck at 6:00pm Saturday, the 20<sup>th</sup>. Join us for an evening of Chanoyu (tea ritual) to celebrate the Birthday of the Bodhisattva Kuan Yin. (public is invited)**

**Fran & Reed Anderson are coordinating the evening & potluck – please call 783-4067 and let them know you're coming.**

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### Amaterra, Logos, & other Musings

Roger Irwin

For the last thirty years I have been the president of Amaterra Foundation, an environmental non-profit. (<http://www.amaterra.org>) This month I retired, along with six other board members, turning the reins over to the next generation and Shawn Hardeman, of Albuquerque, the new president.

This is relevant to Karida Sangha in two ways. First, I will have more time and energy to devote to Karida. Second, Karida has a new logo (at the top of this page) and its roots go back to Amaterra. I shall explain.

Our new logo has an outer circle of eight stylized lotus petals that represent the Eightfold Path. The central heart element comes from the original Amaterra logo.

Our logo looks somewhat like the traditional Chinese Yin-Yang symbol, which expresses a balance between opposing forces. However, unlike the Yin-Yang symbol, an asymmetry results from introducing the heart. The heart symbol is asymmetrical because our hearts have their own logic and seek their own paths through the universe. In addition to the human heart, the heart symbol represents the heart of the earth and the heart of the Dharma, all dynamically engaged in the great work of moving together toward ultimate wholeness.

Our new logo is intended to speak of harmony, respect, purity, and inner peace, all of which promotes the Dharma and love for the whole Earth.

Credit for the logo belongs to the artist Joseph Van West (1922-1987) who designed the original heart for Amaterra, and Cynthia Elsner Hayward who created the modern version for the Karida logo.

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### Chanoyu

#### The Tea Ceremony

From its inception in the late 12<sup>th</sup> Cent. to the present,

*Chanoyu*, or tea ritual, has been intimately tied to Zen Buddhism. Those who developed *Chanoyu*, were sometimes referred to as “teaists” and the practice as “teatism.”

Special structures designed for the purpose of serving tea defined the basic architectural elements which we in the West have come to identify as Japanese: dominant roofs with understatement in other structural elements and clean natural lines fitting in with the natural environment. Most of these tea houses were single



small rooms with no furniture. In one wall would be a recess for a picture or a flower arrangement, or a scroll with calligraphy.

Small gardens were constructed next to the tea houses. These gardens came to define most of the elements of landscape design that we usually identify as “Japanese.” Within these landscapes many interesting features developed. Usually these were related to the purification of the self. Next to the tea house was a small water basin of rock for the ritual rinsing of hands and mouth. One of the most interesting features was a small hole in the ground. Before entering the tea house one could ritually dispose of one’s negative thoughts and troubles into this hole.

The tea house and its landscape provided the matrix from which emerged the dominant cultural arts of Japan—tea ceremony, calligraphy, architecture, flower arranging, and landscape gardening. All of these arts are intimately linked to the history of tea.

To begin to understand how such a simple act as serving as cup of tea came to assume such significance we must look to both the tea utensils and the mini-drama that unfolds between the host and guest. The utensils are infused with the archetypal elements of earth, air, fire, and water. The drama acted out on this small stage is one of seeking absolute sincerity and a deep identification with nature. Through centuries of practice four major principles came to be identified with *Chanoyu*—harmony, respect, purity, and inner peace.

- Harmony finds its expression through the practice of absolute sincerity in the relationships of host and guest in the context of the natural world.

- Respect is found in the practice of humility. In this practice we learn to see the world as it really is. By allowing others to tell their story, without first imposing our own, our vision of reality becomes clearer.

- Purity, the third principle, can perhaps be best realized in the interplay between consciousness and the environment. The teaists believed that the environment was a projection of our state of consciousness and that, conversely, the environment had a profound effect on us. Hence, to purify the environment was to purify the character of the individual and vice versa.

- Inner peace, derived from the practice of the first three principles, is a harmony with nature, an absence of conflictive thoughts and actions. Inner peace is indeed, a very efficient way of dancing on the earth.

*Chanoyu*, in the final analysis, is not really symbolic. It is deeper than that. It refreshes our spirits as the participants—guest, host, and nature—pause for a cup of tea. This is the heart of Buddhism.

(Reprinted from June, 2009 *Dharma Soup* for the upcoming March 20 Chanoyu Celebration)

With good will for the entire  
cosmos,  
cultivate a limitless heart:  
Above, below, & all around,  
unobstructed, without hostility  
or hate.  
~Sutta Nipāta 1.150

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**TAI CHI**  
**(At Old School Gallery)**  
**Sundays, 9:30am join Reed**  
**and Fran Anderson for**  
**abbreviated Wu style**  
**movement and basic Wah**  
**Mountain breathing**  
**discipline. Easy for**  
**beginners. Call Reed or Fran for info at**  
**783-4067.**

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If you haven’t done it yet, check out:  
[www.karidasangha.net](http://www.karidasangha.net)

If it pleases you, light a candle.  
It will burn for 48 hours.



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## 2010 Schedule for Karida El Morro Buddhist Sangha

Mar. 20 (Sat)	7-8:30pm Birthday of Bodhisattva Kuan Yin, First meeting of the year, vegetarian potluck, Japanese tea ceremony.....	Old School Gallery
Apr. 20 (Tues.)	7-8:30pm Regular meeting, Evocation of Kuan Yin, Dharma study.....	Trading Post
May 15 (Sat.)	2-5pm "Calm Abiding Meditation" workshop films, sitting, kinhin.....	Timberlake Ranch Rock Room
May 18 (Tues.)	7-8:30pm Regular meeting, Evocation of Kuan Yin, Dharma study (outside).....	Trading Post
June 19 (Sat.)	7-8:30pm Summer Solstice Seder vegetarian potluck, music, A celebration of the Buddhist concept of "interconnectness" as seen through a "Telling" the story of our local foods (outside).....	Trading Post
July 20 (Tues.)	7-8:30pm Regular meeting, Evocation of Kuan Yin, Dharma study.....	Timberlake Ranch Rock Room
Aug. 21 (Sat.)	2-5pm Flower arranging workshop Two styles: Ikebana and Chabana Arrangements to be posted on the web. ....	Old School Gallery
Aug. 24 (Tues.)	7-8:30pm Regular meeting, Evocation of Kuan Yin, Dharma study.....	Trading Post
Sept. 21 (Tues.)	7-8:30pm Regular meeting, Fall Equinox Evocation of Kuan Yin, Dharma study.....	Timberlake Ranch Rock Room
Oct. 16 (Sat.)	2-3pm. "Journey of the Heart" workshop Guided imagery meditations with Kuan Yin and the four elements. ....	Old School Gallery
Oct. 19 (Tues.)	7-8:30pm Regular meeting, Evocation of Kuan Yin, Dharma study.....	Timberlake Ranch Rock Room
Nov.23 (Tues.)	7-8:30pm Regular meeting, Evocation of Kuan Yin, Dharma study (last meeting of the year).....	Trading Post

4 regular Tuesday meetings in the Rock Room  
4 regular Tuesday and 1 Saturday meeting in the Trading Post  
3 meetings in the Gallery