

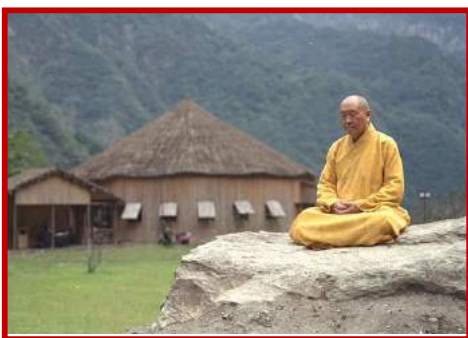
A Great Bodhisattva's Footprints

With great respect and gratitude, we commemorate the Grand Master Wei-Chueh (10/8/1928 ~ 4/8/2016), the Founding Abbot of Chung Tai Chan Monastery and Buddha Mind Monastery.

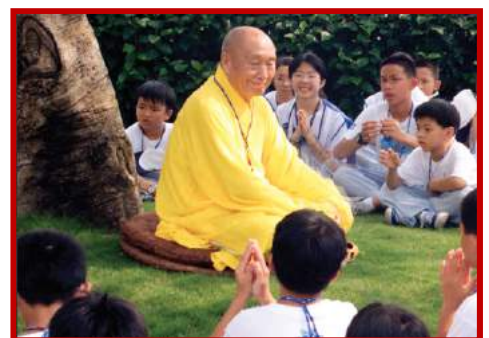
The Grand Master was born in China and was ordained in Taiwan. He went into solitary seclusion for over ten years in northern Taiwan to further his practice. Upon the request of his disciples, he came out from the mountain retreat to spread the teachings of Zen. Later, he built Chung Tai Chan Monastery in central Taiwan, the head monastery of all its affiliated Zen centers.

He founded Buddhist Institutes to train Buddhist monks and nuns as qualified monastics to propagate Buddha's teaching. To make Buddhist practice accessible to the public, he established over 100 Zen centers all over Taiwan and internationally to offer free meditation classes. He established Pu Tai Elementary, Junior and Senior High Schools to nurture future generations with sound knowledge and upright moral values. To promote traditional culture and preserve the Buddhist heritage, he founded Chung Tai World Museum and Wood Sculpture Gallery.

He devoted his life to bringing serenity, harmony, and the benefits of Buddhism to the world. His great compassion and profound wisdom has inspired and guided all his monastic and lay followers on the path to enlightenment.



Deep meditation



Infinite Compassion



Profound Wisdom



Great Vows

Looking Backward with Gratitude and Forward with Aspirations



The laity and monastic community at Buddha Mind Monastery celebrated the Chinese New Year on February 7th. We celebrated the Year of the Monkey with chanting, prayers and a Dharma talk. After the services, a cheerful atmosphere was created with an impressive lion dance and other live performances, inspiring everyone with new aspirations for the future.



The annual Buddha Bathing Ceremony on May 15th reminded all participants to follow the steps of the Buddha, the Awakened One, to cleanse the mind of impurities and cultivate compassion and true wisdom. This way, every step will take our lives toward a brighter future and ultimately to the realization of our inherent pure nature.



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Go Veggie, Go Green and Be Compassionate



2016 Buddha Mind Veggie Festival on July 10 was designed with abundant information and great fun to advocate a healthier lifestyle, eco-friendliness and compassion for animals. There were inspiring presentations, informational displays and videos covering issues from these three perspectives and offering useful tips for a plant-based diet.

Cooking demonstrations provided wonderful ideas for starting this new diet. Adults viewed literature on vegetarianism and picked up coupons for local veggie-friendly restaurants, while the kids made crafts and practiced yoga. Many visitors pledged to go veggie for one meal a day, or one day a week.



The impressive display of international cuisine in the meditation hall included 35 stunning dishes from 20 countries, and was like taking a trip around the world. The aromas wafted around the whole Monastery and beckoned everyone to the dining hall to enjoy the mouth-watering buffet, including more than 50 international dishes. The message of how the beauty and deliciousness of vegetarian food could be merged in any culinary style was clear.

What a pleasure to share a meal that was not only delicious and healthful, but also compassionate to the Earth and all sentient beings!



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September ~ December 2016 Schedule

Meditation & Buddhism Level I

* (Morning Class) Fridays, 10 AM ~ 12 PM

Starting September 9th

* (Evening Class) Thursdays, 7 ~ 9 PM

Starting September 8th

Chinese Meditation Class Level I

中文初級禪修班

(9月3日開始上課)

每週六 1:30 ~ 3:30 PM

Kids' Meditation Class

Saturday 10:30 AM ~ 12 PM

9/10, 10/1, 10/22, 11/5, 11/26, 12/10

Vegetarian Cooking Class

Saturday 1:30 ~ 2:30 PM

9/24, 10/8, 11/26, 12/17



9/4 ~ 12/4 (Sundays) 11:15 AM ~ 12:30 PM

Diamond Sutra Service

* Chanting the "Diamond of Perfect Wisdom Sutra"/Meditation 恭誦《金剛經》/靜坐
(Except/暫停日: 9/18, 10/16, 10/30, 11/20)

9/18 (Sunday) 10 AM ~ 12:30 PM

Diamond Sutra Blessing Ceremony

10/16 (Sunday) 10 AM ~ 12:30 PM

Great Compassion Guan Yin Ceremony

11/20 (Sunday) 10 AM ~ 4:30 PM

Compassionate Samadhi Water Repentance
Blessing Ceremony

12/11 (Sunday) 10:00 ~ 11:30 AM

Great Compassion Guan Yin Service

12/18 (Sunday) 10:00 ~ 11:30 AM

Eighty-Eight Buddhas Repentance Service

The Power of Meditation

Buddha Mind Monastery has been offering free meditation and Buddhism classes to the public for over a decade. Meditation is going mainstream and the number of Americans who practice meditation has doubled in the past ten years.

Scientifically proven benefits of meditation cover both physical and mental well-being. These include improvement of concentration and immune response, lower blood pressure and stress reduction, better emotional regulation and a more positive outlook on life. The Buddhist practice of calmness and mindfulness, together with the study of Buddhist principles, further enhances the influence of meditation and helps people to develop inner joy and profound insight into life.

You are welcome to join us for the new Level I Meditation and Buddhism Classes this September. Start your life-changing journey toward peace and wisdom!



Free of Charge. Register Now:

www.ctbuddhamind.org/contact_us.php

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