

# News From The Dharma Realm

## *GOLD WHEEL TEMPLE: OPPORTUNITIES TO STUDY AND PRACTICE INCREASE DAILY*

The Dharma Realm Avatamsaka Assembly continues nightly at the new Gold Wheel Bodhimanda, 1728 West Sixth Street, Los Angeles, California. Bi-lingual explanations, given by Dharma Masters Heng Sure and Heng Ch'au, are full of the rare and nourishing flavor of Proper Dharma. Relating tales of their daily experiences while bowing once every three steps to the City of Ten Thousand Buddhas, the monks bring the ancient teachings into the immediate present and show their efficacy as medicines to cure our modern illnesses. In addition, regular instruction in Ch'an meditation is now being offered on Saturday and Sunday of the fourth weekend of every month. Participants then join in a sitting period, training their bodies in the full lotus posture and their minds in the tranquility of Ch'an. In late July a 7-day intensive Kuan Yin Recitation Session was held. Transference was made each evening of the day's meritorious practice to the well-being of the world, the protection of the new Bodhimanda, and the peaceful co-existence of all beings.

Gold Wheel Temple offers a promise of continuing Dharma Assemblies, classes, Sutra lectures, and is a place to find peace of mind.

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## *CH'AN MEDITATION INSTRUCTION*

*given by Venerable Abbot Hua at Gold Wheel Temple. 6/27-28/82*

Of those of you who have come here today, some have already heard the principles of sitting in Ch'an meditation discussed and have practiced meditation and some of you are just beginners. Therefore, I will begin by explaining the prerequisites for investigating Ch'an for those who have never heard them before.

### THREE REQUISITES FOR SITTING IN CH'AN

1. *PATIENCE*: What must you be patient with? You must learn to bear the pain in your back and the pain in your legs. When you first begin to sit in Ch'an meditation, you will experience pain in your back and legs because you are unaccustomed to sitting that way. In the beginning this pain may be hard to bear, so you have to be patient.
2. *NO GREED*: Those who cultivate investigating Ch'an should not hope for enlightenment. If you have the thought of hoping for enlightenment then even if you were meant to get enlightened that single thought would cover your enlightenment over and prevent it from happening.

Further, you should not, because of greed, seek speed in your practice. It's not that you can sit today and get enlightened tomorrow. So many of today's young people are turned upside-down and although

they want to investigate Ch'an and study the Buddhadharma, they take speed and other dope which they say is a means to bring them to enlightenment fast. This is a grave mistake. Not only will such people not get enlightened, the more they study in this way, the more crazy, depraved, and insane they become. Their heads become totally unclear because they are poisoned by the dope they take. All this happens because of greed. Those who resort to hard drugs like opium end up totally wasting their lives. That kind of conduct is deplorable. Yet it is sad to note that today's University professors are so lacking in good sense and moral guidelines that they actually encourage young people to take dope and indulge in wanton emotional love. They profess this to be freedom. They advocate sexual freedom for the young. This is another grave mistake. Such ignorant counsel is harming young people and even killing them, and yet they still don't realize it and go on thinking, "Oh, this professor is really right." The young become infected with this "cancer" and cannot see clearly any longer. So they take dope to "get enlightened". If that were really the means to enlightenment, then what about Shakyamuni Buddha? He never took any dope. He stayed in the ice mountains for six years cultivating asceticism and then sat beneath the Bodhi tree until one night he saw a star and awakened to the Way. If taking dope is the requisite for enlightenment, then it follows that Shakyamuni Buddha shouldn't have gotten enlightened. Smart people should take care to distinguish right from wrong and not just follow along with the crowd. Don't listen to professors who tell you that you can take dope and become enlightened. There has never been a Patriarch who took dope to get enlightened. *-continued next issue*