



# RADIANCE

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March/April 2016

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## SACRED WORDS

All darkness is dispelled by the light of his wisdom As spotless and as pure as the light of the sun.  
The light destroys the dangers of wind and fire, And illumines the whole world brightly.

*Lotus Sutra, Chapter XXV—The Universal Gate of World-Voice-Perceiver Bodhisattva (p. 330)*

### Spring Higan Memorial Service Mar. 20<sup>th</sup>, 10:30 a.m. (Sun)

*Higan* means the “other shore” (Buddha Land) while *Shigan* means “this shore” (worldly land of the material). Nichiren Shu teaches the Buddha Land is not in the far west nor up in heaven but here with us. The world we can see is “this shore” while the “other shore” is the spiritual realm that we can see only through our faith. *Higan* Memorial Service is a ceremony to show our appreciation to those in the “other shore”. By offering our chanting to our ancestors, they also will attain Buddhahood.

Please write your name and family names of your ancestors or their individual names on the enclosed prayer form and return to the Kannon Temple of Nevada with your donation. Let us chant the sutra and Odaimoku together for them.

### Buddha’s Birthday Celebration Blessing New Born Babies Apr. 10<sup>th</sup>, 10:30 a.m. (Sun)

Happy Birthday to Sakyamuni Buddha!

According to legend, the baby Buddha, soon after his birth, stood firmly, and walked seven steps and proclaimed, “From heaven to the earth, I alone am the most honored one!” by pointing his right index finger to heaven and his left index finger to the earth. This means the Buddha is the only person who has attained such precepts, meditation and good roots of virtue. Even in the 21st century, there is no one like the Buddha, who attained the *Reality of Existence*.

We welcome everyone to attend this celebration. Sweet tea in honor of his birth will be served.

Newborn babies will receive Rev. Douglas Kanai’s blessing and amulets. Please let him know the name of the new born baby ahead of time.

### Setsubun Soy Beans Donation

*Hoshimatsuri* and *Setsubun* Service were held on February 7<sup>th</sup>. Throwing roasted soy beans are a part of the *Setsubun* Service to chase away evils from our minds. The roasted beans were donated by the Miyako Oriental Foods, Inc. (Mr. Noritoshi Kanai). Since the beans were roasted professionally, everyone enjoys eating them. Thank you very much for the donation!

### Garage Sale Items

We will have a fundraising Garage Sale in May (date T.B.D.). If you have items for donation, please bring them to the temple at any time. We appreciate your support!

### What I Have Noticed

Rev. Shoda Douglas Kanai

Hope everyone is staying warm. According to the American tradition of Groundhog Day, Punxsutawney Phil did not see his shadow, so tradition says springs will be coming sooner. That maybe the case in Las Vegas as the temperatures are already in the 70’s. Flowers and trees are starting to blossom!

A year has passed since I left the cloistered monastery of Hokekyo-ji where I completed my 100 days of *Aragyo*. Soon I left behind the tall building of Tokyo and the tall trees of the mountains surrounding Shinnyo-ji Temple where I was studying for the past 3½ years. Slowly as I now re-acclimatize back home, I have started to notice many things that I have not noticed before.

First of all, how blue the sky is. Since I was either in the mountain forests or inside temples, that I did not get to look upwards much as most of my view was blocked. Since the Las Vegas valley is small in comparison to other areas and dry climate, I can see from one end to the other, from the north mountains to the south mountains, east and to the west. With that, as I drive down central thoroughfare and look around, the first thing I notice is the blue sky. I feel my spirit opening up, like an eagle spreading its wings just before settling down in its nest. Every day I marvel at this wonderful site.

Secondly, how green this city really is. When looking from the sky as the airplane is about to land, all one can see is brown and more brown. There is some red if one looks towards the west. When on the ground, there are many, many trees and various types of flowers and bushes with large green leaves. Even with water restrictions, there are certain large flowers that can survive this climate. In the past, all I noticed was the brown and never any green.

Thirdly, with the open sky, I started to observe the movement of the sun. In early September and into October, I started to notice the sunrise slowly move its way southwards. Then after the winter solstice, the sunrise slowly moved back towards the north. I will keep notice of this movement throughout the year.

I see now that the time of being cloistered in Japan was helping me build the foundation on which to base my propagation work. With a strong foundation, I can now spread out, just like the open sky. This is the place where I need to be. To be sturdy like the hearty plants that can survive the hot, dry climate. And to bring about the True Teaching to everyone, so that they may remove the darkness of ignorance and replace it with the light of wisdom.

Being in tune with nature means being in tune with the True Teaching. The universe and all that surrounds us is the Dharma. We have to be in sync with it in order to truly understand the meaning of our true nature and follow the correct path towards Buddhahood.

My View Point (As I heard and as I see)

## Disc Golf

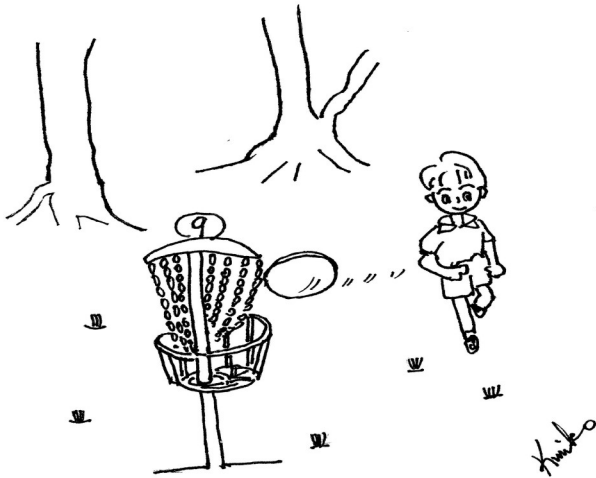
Kumiko Kanai

Sunset Park near the McCarran International Airport in Las Vegas has 325 acres. It is the biggest park in the city. It has many outdoor entertainment fields such as 27 hole disc golf course, 12 baseball grounds, basketball courts, tennis courts, picnic grounds with a lot of tables here and there and many walking trails. It also has a pond with 14 acres equipped with a toy remote control racing boats. Many migratory birds stop by there besides year around birds. Since the park is only 10 minutes' drive from my home, we go there often to take a walk.

One day, we saw two men were playing with Frisbee. They threw discs to a chain basket 5 feet high above the ground. I wondered what they were doing. Later I found that they were playing a sport called 'Disc Golf'. People throw a Frisbee instead of hitting a golf ball to a hole. Like in regular golf, the players compete how many fewer times thrown to the basket on each play.

The origin of the game was that a sweetheart was playing with a pie plate by throwing at a beach. Later a company made plastic discs to throw and became very famous sport. The disc golf courses are usually in public parks, so anyone can enjoy it for free while being in nature.

How about you to play it?



**New Building Fund** commemorating the Nichiren's 800<sup>th</sup> Anniversary of Birth  
\$71,788.42

452 *shakyo* tracing Chapter 25 of the Lotus Sutra offered,  
1,600,000 times of Chanting *Odaimoku* offered,  
As of February 22, 2016

*Thank you very much! Please continue your support.*

## Shodai-gyo (Meditation, Chanting Odaimoku, and Mind Concentration)

Rev. Shokai Kanai

In the last issue, I mentioned that *Shodai-gyo* emphasizes mind concentration because of Nichiren's doctrine of "One Deep Thought Affects the Three Thousand Worlds." One's thought affects phenomena around us.

The following is my suggestion for lay people to practice Shodai-gyo in your own home:

Sit up straight on the floor or a chair in front of the family shrine or facing to the east.

1. **DEEP BOW** (Image you are receiving Buddha's feet on your palms)
2. Completely exhale through your mouth and inhale deeply through your nose.
3. Push the air to your lower abdomen. (The lower abdomen is the spiritual center of one's body.)
4. While deep breathing, put your palms together in *gassho*. (Image your right palm is your father while the left is your mother. Say, "Combining my parents together, I was born. 'Thank you, Father and Mother.'")
5. **Chant, "Know this, this is the place Buddhas attain Enlightenment, this is the place Buddhas expound Dharma, this is the place Buddhas enter Great-Nirvana."**
6. Say, "**Honor be to the Eternal Sakyamuni Buddha, Honor be to the Lotus Sutra, the teaching of equality and great wisdom, Honor be to Nichiren Great Bodhisattva.**"
7. **Meditation** (During meditation, say the following soul words many times in your mind, "Thank you, I am Fine, I am Happy, I am Lucky," etc.)
8. **Chanting Odaimoku** (Take a deep breath in and chant "Namu Myoho Renge Kyo" once, deep breath in and chant it twice, deep breath in and chant it three times, continue 4, 5, 6, 7, 8, 9, and 10 in one breath each time. Then chant back down with deep breath in and chant it 9 times, deep breath in and chant it 8 times, 7, 6, 5, 4, 3, 2, and finally deep breath in and chant it once loudly. It is very important to breathe out complete each time by chanting "...kyooooo" at the end of each series)
9. **Deeper Meditation** (During meditation, say the following soul phrases, "I am a Buddha, You are a Buddha, Everyone is a Buddha." "I respect you, You respect me, Everyone respects everyone." "Peace, security, and prosperity are here!")
10. **Prayer** (make your own sincere prayer)
11. **DEEP BOW** (Image you are receiving Buddha's feet on your palms)

At your home, please try to do this *Shodai-gyo* every day. You will feel warm, good and happy!

In the next issue, I will explain how to get universal energy to keep your good health and spirit.

## EVENTS

<u>March</u>		<u>April</u>	
6 <sup>th</sup> (Sun)10:30 a.m.	Monthly <i>Kito</i> Blessing	3 <sup>rd</sup> (Sun)10:30 a.m.	Monthly <i>Kito</i> Blessing
13 <sup>th</sup> (Sun)10:30 a.m.	English Service (Chapter 13)	10 <sup>th</sup> (Sun)10:30 a.m.	<i>Hanamatsuri</i> (Buddha's B-Day)
20 <sup>th</sup> (Sun)10:30 a.m.	Spring <i>Higan</i> Service	17 <sup>th</sup> (Sun)10:30 a.m.	English Service (Chapter 14)
27 <sup>th</sup> (Sun)10:30 a.m.	<i>Shodai-gyo</i> (Chanting Meditation)	24 <sup>th</sup> (Sun) 10:30 a.m.	<i>Shodai-gyo</i> (Chanting Meditation)

\*\*\* Those interested in Study Class & Counseling, please contact the temple to make arrangements \*\*\*