





RADIANCE

No. 104 (March 1, 2025)

March/April 2025

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SACRED WORDS

One's life is uncertain, as exhaling one's breath one moment does not guarantee drawing it the next

Nichiren Shonin's Words - *Myoho Ama Gozen Gohenji*

Weekly Services

We will continue to hold services with limited in-person attendance and broadcast online via **Zoom**. For those interested in participating online, please contact the temple to obtain meeting ID and password. Donations can be made either by check payable to **Kannon Temple of Nevada** or **Zellepay.com** to kannontemplenv@gmail.com.

Spring *Higan* Memorial Service Mar. 16, **10:30 a.m.** (Sun)

Higan means the "other shore" (Buddha Land) while *Shigan* means "this shore" (worldly land of the material). 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 held to show our appreciation to those in the "other shore" by offering our chanting so that our ancestors can attain Buddhahood.

Please write your name and family names of your ancestors or their individual names on the enclosed prayer form and return to 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. 6, **10:30 a.m.** (Sun)

Happy Birthday 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. It also means there is no person just like you in this world who has the same appearance, character, and karma. Therefore, you are the most honored one as well as any other person.

We will pour the sweet tea, representing heavenly rain to help wash the baby Buddha.

Newborn babies will receive Shoda Kanai Shonin's blessing and special amulets. Please let him know the name of any new born ahead of time.



Electronic Newsletter

If you wish to receive this bi-monthly newsletter electronically, please email temple with your request at kannontemplenv@gmail.com. We are in the process of moving many processes online, which will help reduce temple expense.

Hina Matsuri

March 3rd is *Hina* Matsuri or Girl's Day. This is the time to display special dolls representing the Imperial Court and coming of spring. Let us create a special display to honor this occasion at home and temple.



Deep Breathing

Shoda Kanai

A couple weeks ago I gave a sermon about deep breathing which I would like to share and elaborate for everyone who did not attend that service.

Recently, I have found several videos on different types of breathing deeply. Without breath, there is no life. We need the continual oxygen flow to keep our bodies working properly.

As I am getting older, I do need to think about my health. I need to reconsider my diet and exercise. The first place to start is by adjusting how I breathe. For most of the day, we shallow breath (quick inhale/exhale using lungs only). This is the minimal action needed to keep us going. Throughout the day, we do not think about our breathing, just as we don't think about blinking. It is when we bring our attention to either breathing or blinking that we notice it.

We might notice our breathing when we are anxious or stressed. We also might notice our breathing when we exercise. We cannot think about how we breathe all the time, but we can prepare ourselves when we do think about our breathing, especially when under pressure.

The first style that I have been trying to do is 4-7-8. That is breath in for four seconds, hold for seven seconds, and exhale for eight seconds. It may be difficult to hold onto each section, but keep in mind the ratio is important, so if four seconds is too long, cut it in half. Same goes with holding for seven ⇒

⇐and exhaling for eight. As we practice, we will improve. You will begin to notice a sense of relaxation and calmness.

The second type is breathing from the diaphragm. Some call it “belly breathing.” This is where you place your hand(s) on your belly and breath in deeply through your nose, imagining that the air is filling the belly. The hand(s) will notice the belly being filled. Hold for three seconds, then exhale through pursed lips, like trying to blow out a candle. This technique too will help with reducing anxiety and stress, bringing in calmness.



These breathing styles are a form of meditation and adapted from yoga. Both exercises can be done either laying down or sitting upright with both feet flat on the ground. For starters, laying down might be easier to begin with as most people who sit upright do not keep the proper posture, thus negating some of the benefits of either technique.

The third type is what I was taught to do during *jōshingyo* and *jinshingyō* (silent mediation before and after chanting *Odaimoku* during *Shōdaigyō*—chanting meditation). Without concentrating on the number of seconds, just breath in through the nose, hold for three seconds, and exhale through the mouth, all the while trying not to make an overtly noise breathing in or out. Again, this has a calming effect on the body in preparation of chanting the *Odaimoku* and having the *Odaimoku* reverberate throughout the body.

I recommend one or all of the styles. It can be done anywhere (before sleep, after waking up, driving, walking, taking a break from work) and for any length of time. Try deep breathing exercises several times throughout the day. It will help with stress relief and calm the body, thus the mind. It is when we are calm, that we have the Buddha in our minds. The more times we are calm, the more we are the Buddha.

New Building Fund commemorating the 800th Anniversary of Nichiren Shonin’s Birth

753 *shakyo* tracing Chapter 25 of the Lotus Sutra offered, **24,980,000** times of Chanting *Odaimoku* offered, As of February 22, 2025

Thank you very much! Please continue your support.

From the High Desert, I Bring you Good News!

Lucky Bamboo

Shoda Kanai

Several months ago, a family donated a couple lucky bamboo arrangements as an offering for a funeral. Each day, I make sure that the plants are well watered and add special plant food each month. It does not need direct sunlight, but as the days get longer, I might move the plants closer to the window for a couple of days so that it can get some sun.

In the beginning, I was not sure how to take care of the plants and added regular tap water. Then the leaves started to turn color. Concerned, I consulted the internet and learned the importance of distilled or filtered water as regular tap water contains chemicals. Once switching the water source, the leaves recovered and now are very healthy. It may even be growing!



I was surprised to learn that lucky bamboo is not bamboo at all, but a type of succulent, similar to asparagus. In Chinese tradition, it is said to bring good fortune and used in feng shui quite a bit. The number of stalks represents a different type of luck. With the two arrangements and many stalks, I am sure that this will bring good fortune to Kannon Temple and its followers.



EVENTS

March

2 (Sun) 10:30 a.m. Monthly *Kito* Blessing
 9 (Sun) 10:30 a.m. English Service
 16 (Sun) 10:30 a.m. *Ohigan* Memorial Service
 23 (Sun) 10:30 a.m. *Shodai-gyo* (Chanting Meditation)
 30 (Sun) **No Service** Traveling to another temple

April

6 (Sun) 10:30 a.m. *Hanamatsuri* (Buddha’s Birthday)
 13 (Sun) 10:30 a.m. Monthly *Kito* Blessing
 20 (Sun) 10:00 a.m. English Service
 27 (Sun) 10:30 a.m. *Shodai-gyo* (Chanting Meditation)

*** Join in every Wednesday night at 6 p.m. for **Tea Time with a Priest** to have your questions answered. Email temple for zoom ID and password ***

*** Those interested in Study Class and/or Counseling, please contact the temple to make arrangements ***