



ZEN TRIVIA

Answer me
these questions
three!



**Who (or What)
is the Buddha?**





**What is
Enlightenment?**

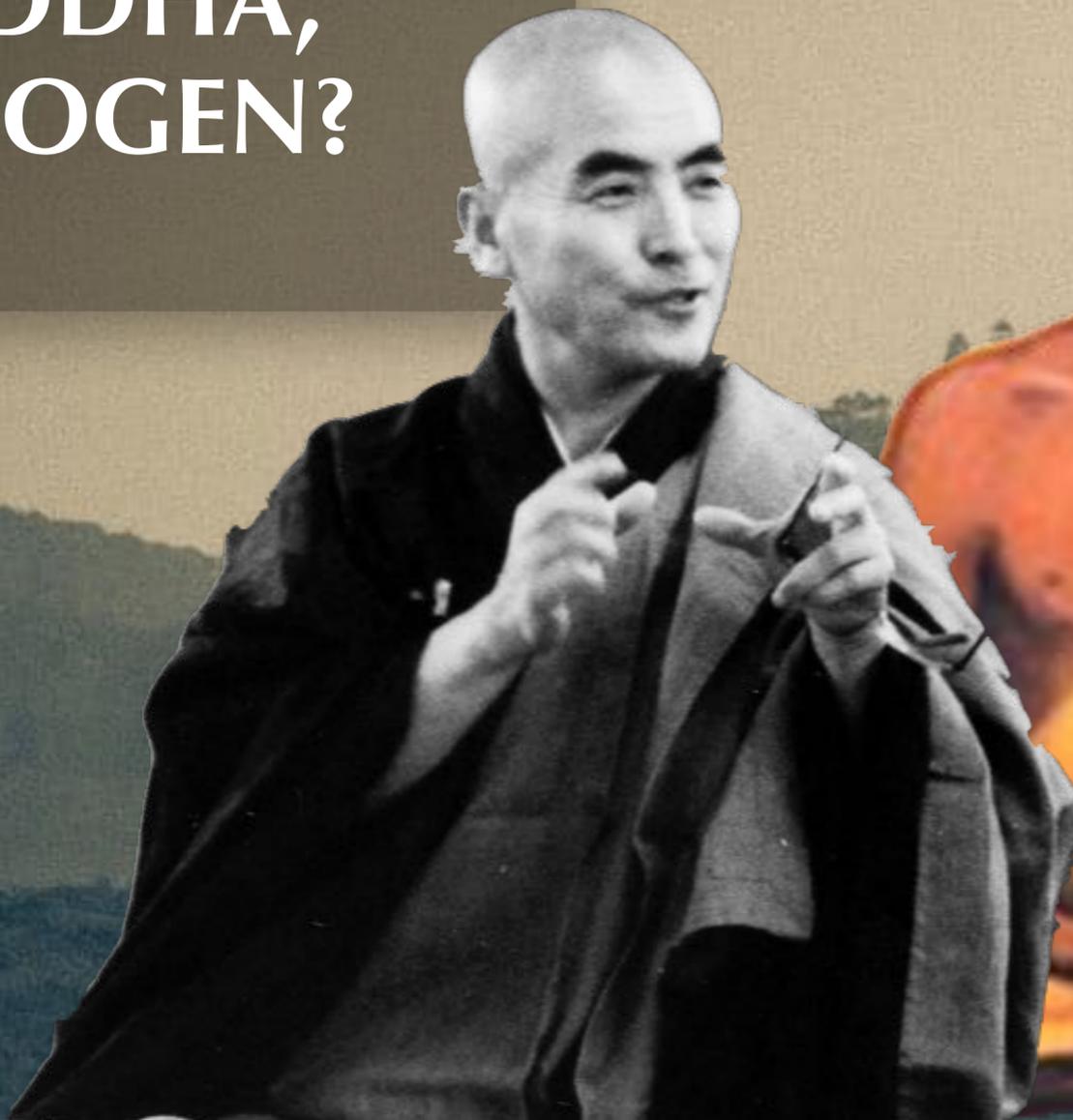


**Who Can Become
Enlightened?**

**How can a person
become Enlightened?**



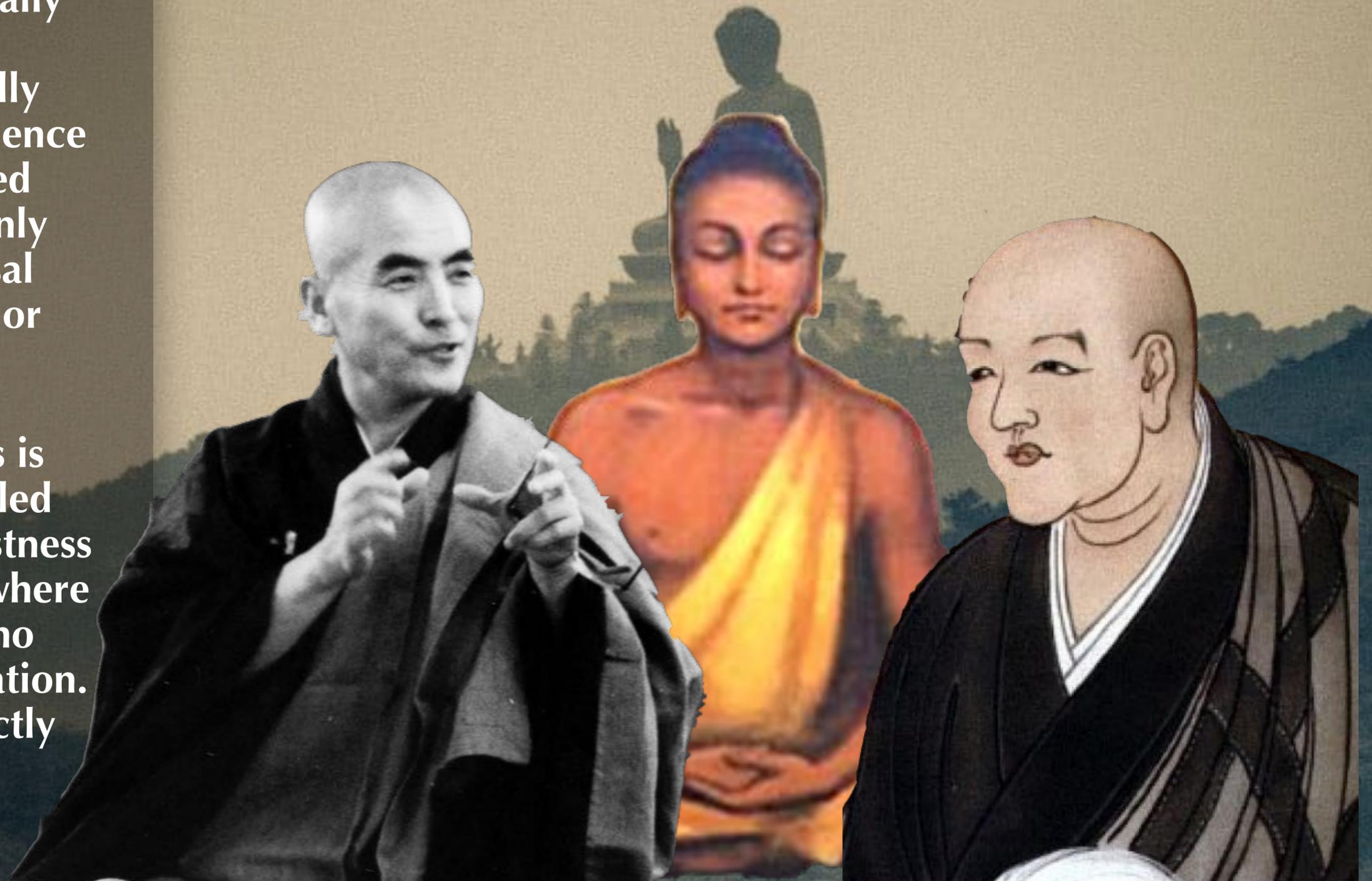
Game:
**KATAGIRI,
BUDDHA,
or DOGEN?**



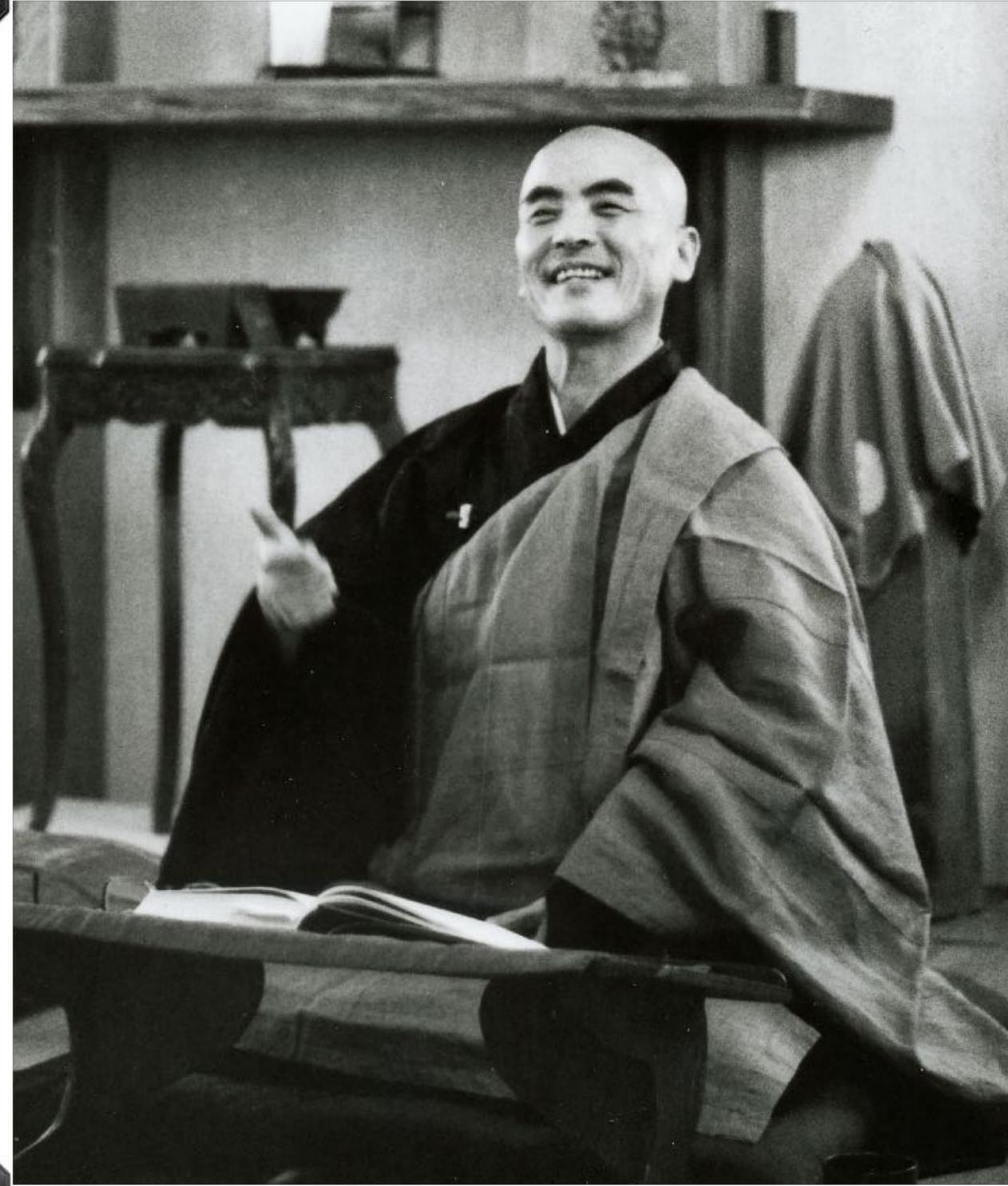
WHO SAID:

“So, who protects your life? Who makes it possible for your life to exist? You? No. Something else. That is really vastness. This is called emptiness, philosophically speaking, and if you experience that emptiness it is called Buddha Nature. Or, plainly speaking, that is universal consciousness, or truth, or sometimes, vastness.

And sometimes, vastness is personalized, and it’s called Buddha. We realize the vastness of the universe, your life, where there is no distraction, no dichotomies, no discrimination. Completely peace; perfectly peace and harmony.”



**Dainin
Katagiri
Roshi**



You can make these offerings at home! This is Youth Practice; you can be creative. Your computer stand or table can be your altar. It may be helpful to include a Buddha or bodhisattva figure.

Opening the Altar

We will offer:

- A candle, or anything that creates light.
- Lavender buds, incense, or anything with a fragrance, or which looks like a plant or flower.
- And water.

Hold each item up to the camera so that everyone can see.

Lighting the Candle

(Offer anything that creates light)

We light this candle
as a symbol of enlightenment,
a reminder of warmth and
beauty.

Even a small light shows us
what was hidden in
darkness,
allowing us to see clearly.

May we have the courage to
live fully in the light of
awareness.

Offering Lavender Buds

(Offer anything that has a fragrance or resembles a plant, or incense)

We offer lavender buds as a symbol of the impermanence of life.

All things flower but drop away.

The unopened buds remind us of our potential to awaken.

The fragrance is boundless and becomes one with all things.

Placing the Water on the Altar

(Offer a small dish or bottle of water)

We offer water as a symbol of
purity, clarity and calmness.

It is a necessary element
for life.

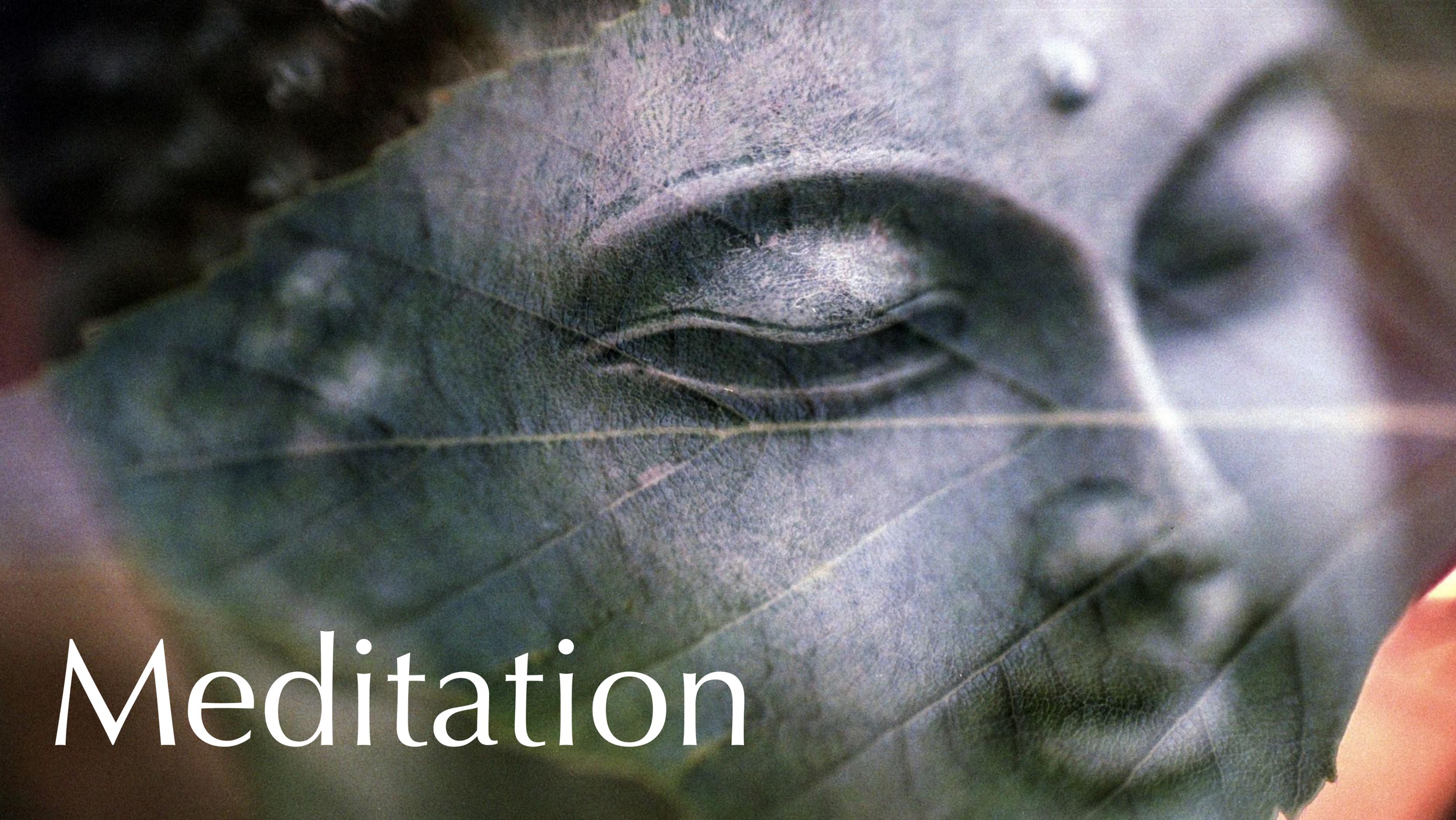
Water also reminds us to
cleanse our hearts and
minds, so that we may be
open to love and compassion
for all, receiving each
moment just as it is.

Offering Blessings and Concerns:

Children and adults offer a blessing or concern. We 'place it on the altar' by ringing the bell.



Movement



Meditation



Story Time

(Click for video)

www.youtube.com/watch?v=1wUh3E9PSbl&t=1s



What are your
thoughts about
the story?

Is there anything you think
the story got wrong?

How would your life be different if you were enlightened?



The Wheel of Life

Pali: Bhāvacakra ("Endless Circle of Becoming")

The Wheel visually represents the core teachings of the Buddha. It is a guide to how being alive works, and how to live with greater ease and freedom.

The Three Fires



The fires that drive our existence are **desire, aversion, and ignorance** – *wanting, not-wanting, and not-knowing* – symbolized by a bird, a snake and a pig. The bird and snake emerge from the mouth of the pig because desire and aversion arise from ignorance.

They are also known as the **Three Poisons**.

Karma



Karma literally means **action**. Driven by the Three Fires, beings take actions that direct them into the **Six Realms of Existence**. The actions we take tend to direct us into the corresponding Realm. *In general*, good actions tend to lead to good results, bad actions to bad results.

The Six Realms of Existence are our **experiences and emotions**. A **Buddha** appears each realm; this indicates that we can find liberation *right here and now*. We can transform each realm by applying the **paramitas** (heroic practices). ↓

The Twelve Links of Dependent Arising

explain in detail how our experience arises in each moment. *The links are explained on the next page.* →



The Buddha (Awakened One) points the way to the **dharma**, or **truth**. He is outside the Wheel because he is no longer bound by habit patterns; he has achieved liberation. But he's ready to jump back in at any time to help out.

The Moon represents **dharma**: the truth, or law of the universe. To some it represents **nirvana** or **liberation**. In **Mahayana Buddhism** we say that "nirvana is samsara" – that is, liberation is found on the Wheel itself. **The goal is to liberate all beings, not to escape.**

Yama is a deity who represents **impermanence**, the reality that everything changes.

The five skulls, which are on fire, represent the **Five Aggregates** that comprise our experience. His third eye represents the wisdom to see and accept impermanence.

The sleeping tiger represents our fear of impermanence. To deal with the Wheel of Life, we need to awaken the tiger. We must manifest **virya paramita (energy or courage)** and face our experiences in the Six Realms as directly as we can. Impermanence is what drives the universe; it is not to be feared.

One thing about the story: in Mahayana Buddhism, we have a different idea about what "nirvana" is.

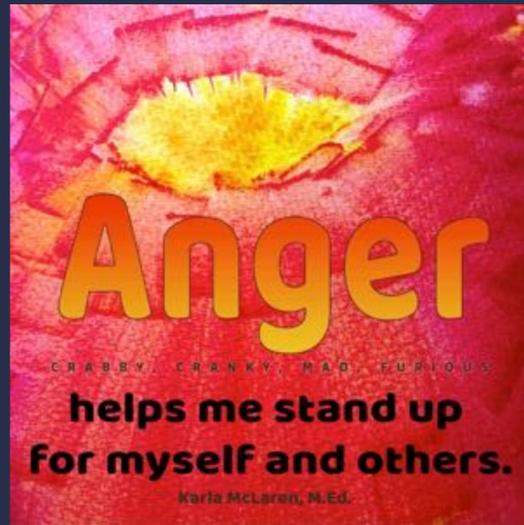


No mud,
no lotus.

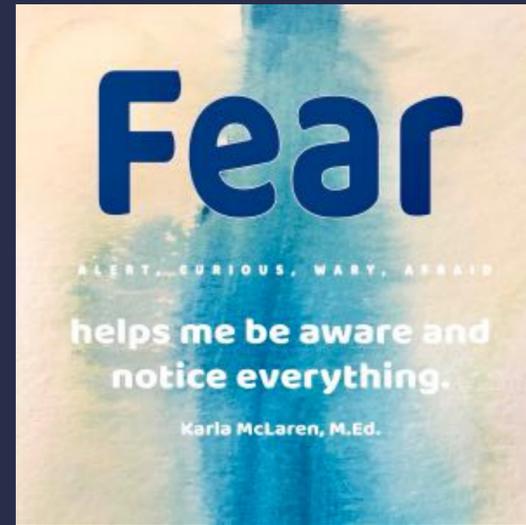
- Thich Nhat Hanh

Emotions Check Out

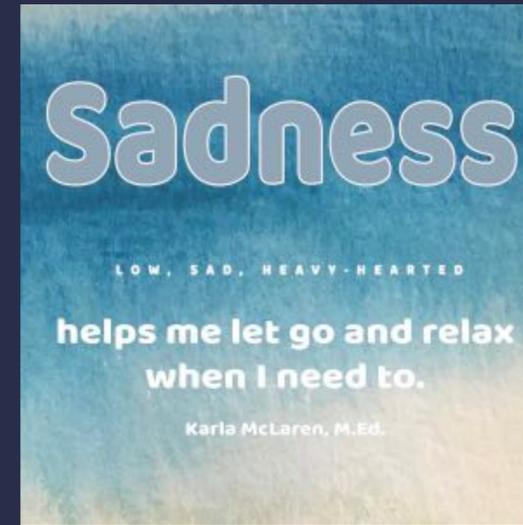
Anger Family



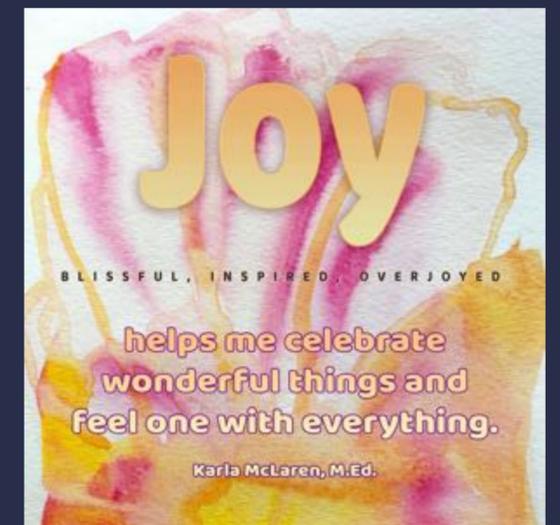
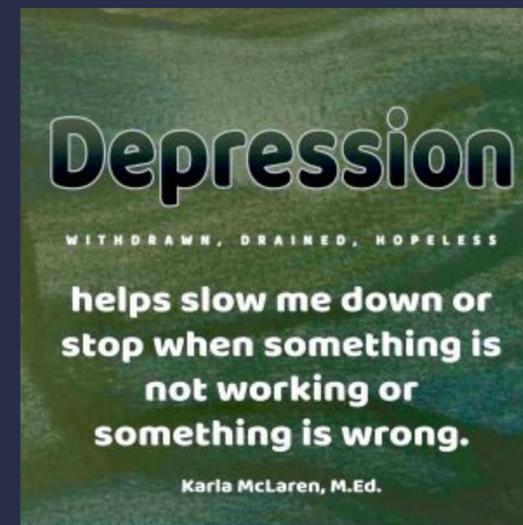
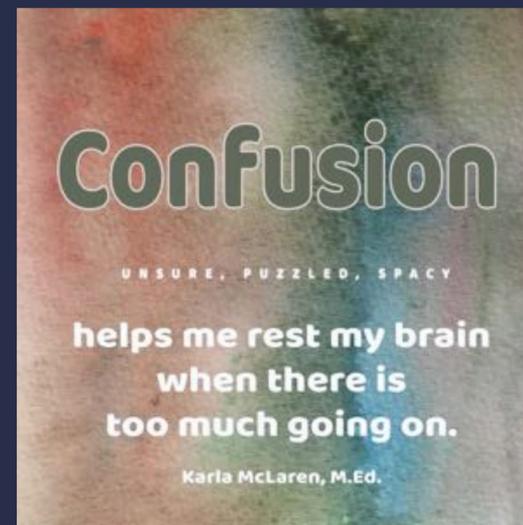
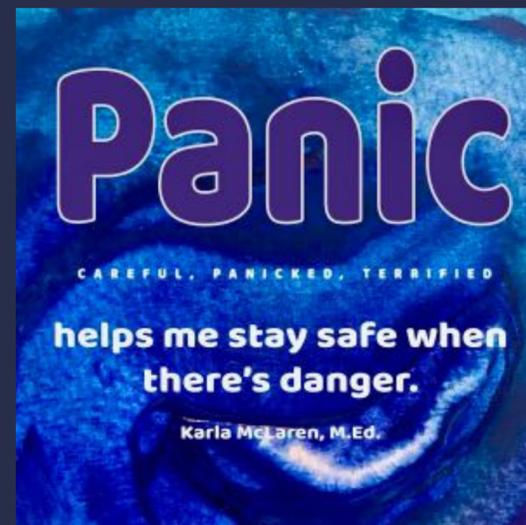
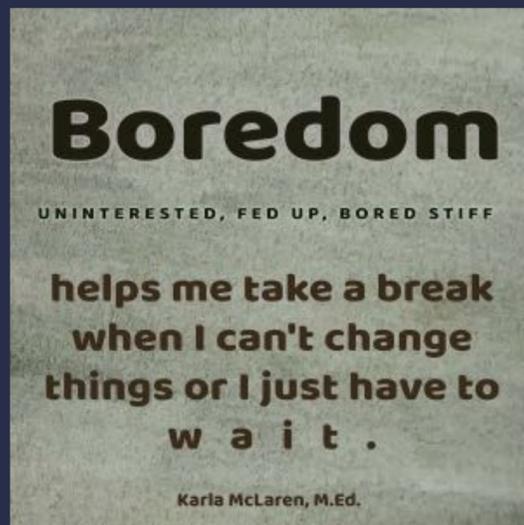
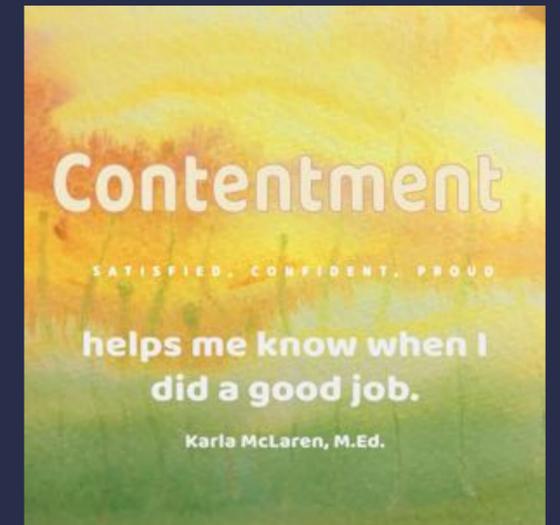
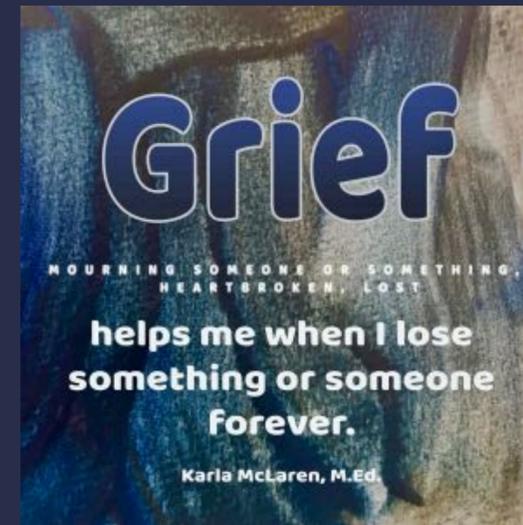
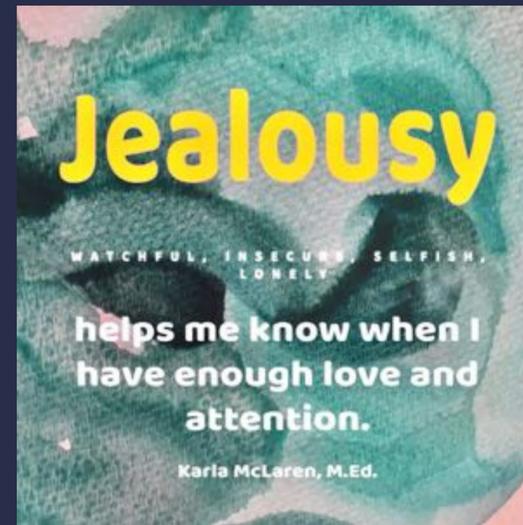
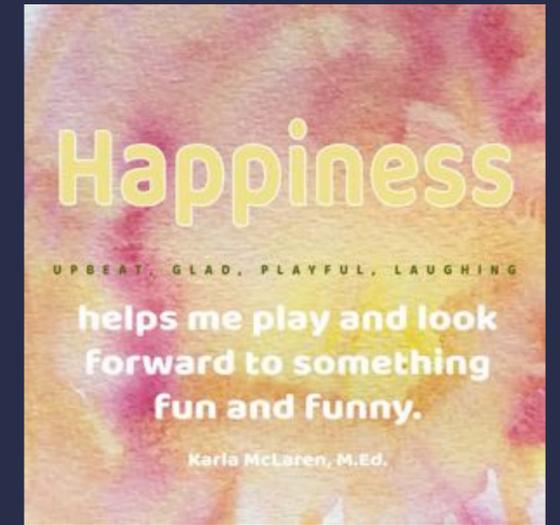
Fear Family



Sadness Family



Happiness Family





Metta Chant
(Boundless Friendliness)

May all beings be free and
safe from harm.

May all beings be happy
and fulfilled.

May all beings be healthy
and strong.

May all beings have ease
and joy in their lives.

May all beings be free from
suffering.

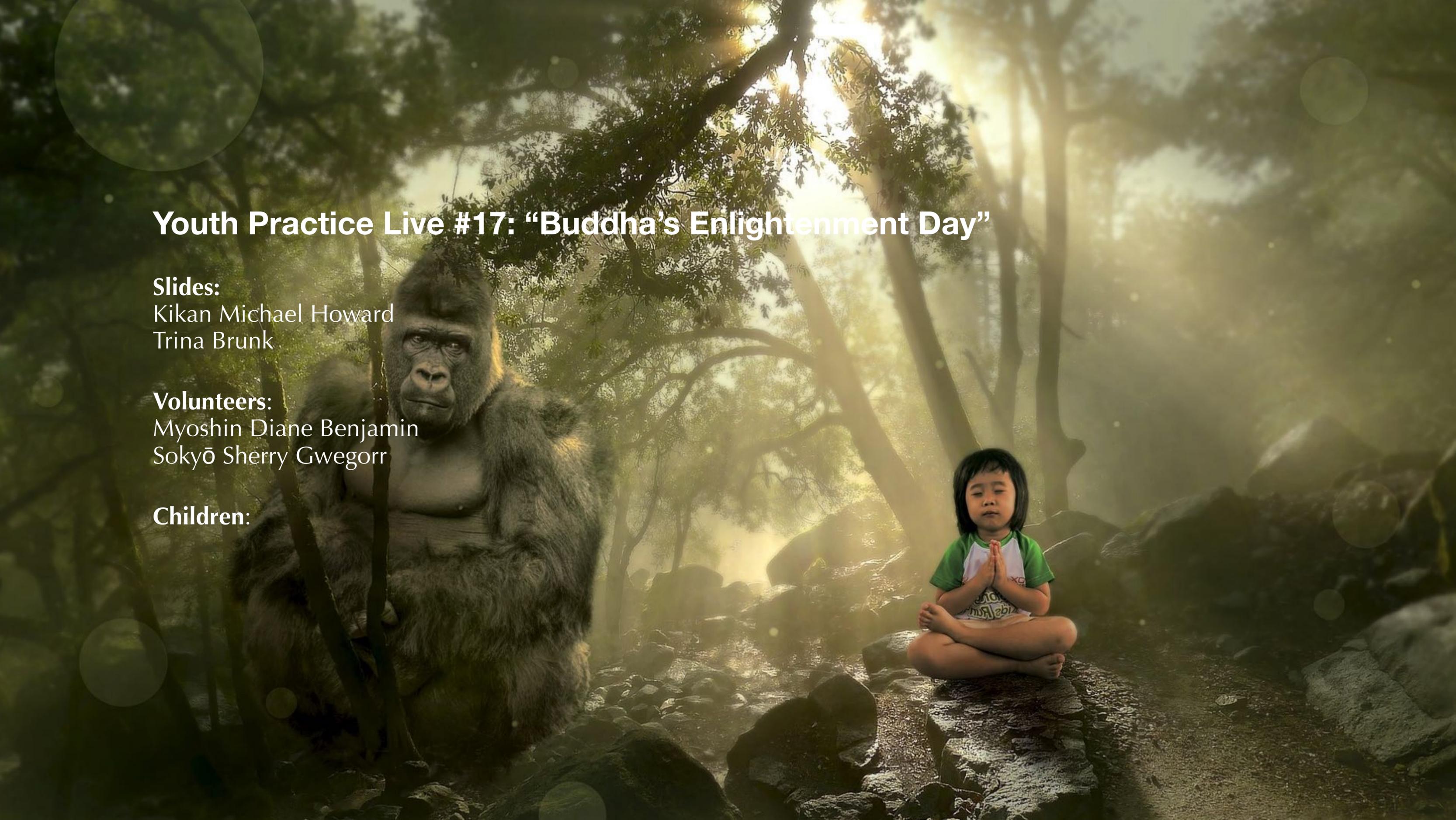


**Farewell to our
friends on Zoom!**

Today we will be filling cups with paper
flower petals to get ready for the
Buddha's Enlightenment Day celebration!
The ceremony begins at 10:10.

Have fun until next time!



A composite image featuring a gorilla on the left and a young child meditating on the right, set against a background of a sunlit forest with rays of light filtering through the trees. The gorilla is standing upright, looking towards the right. The child is sitting cross-legged on a rock, with hands pressed together in a prayer position. The overall tone is peaceful and contemplative.

Youth Practice Live #17: “Buddha’s Enlightenment Day”

Slides:

Kikan Michael Howard
Trina Brunk

Volunteers:

Myoshin Diane Benjamin
Sokyō Sherry Gwegorr

Children: