



“Compassion in Action”

YOUTH PRACTICE LIVE #20

ZEN TRIVIA

Answer me these questions three!



True or False:

**Pigs are very
Dirty animals.**



FALSE.

Pigs are some of the cleanest animals around if given the choice . . .

except when it comes to mud.

In fact, even a newly born pig will leave its mother to go to the bathroom.

I don't know any humans who can do that, do you?



Why do pigs roll in the mud?



On hot days, pigs like to wallow in mud not because they want to get dirty, but to cool off.

Pigs don't have sweat glands that would otherwise release body heat, and their high body fat makes it necessary that they find ways to not overheat.

The mud helps them maintain their body temperature.



Which is smarter: a dog or a pig?



vs



Pigs have the intelligence of a human toddler and are ranked as the fifth most intelligent animal in the world!

In fact, pigs are more intelligent and trainable than any breed of dog. They can learn their names at just two weeks old and come when they're called.

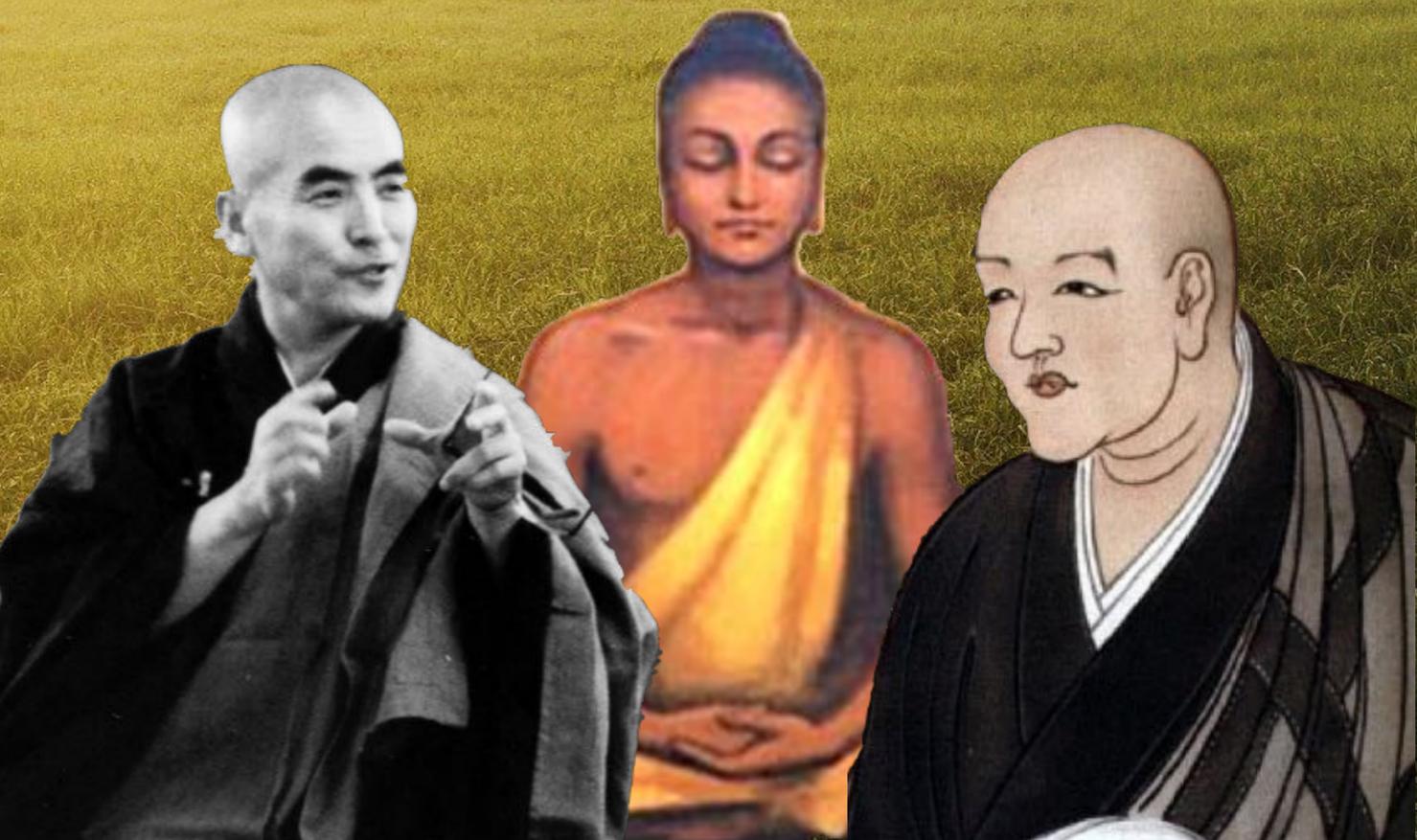
Pigs are even capable of playing video games better than some primates.





© Compassion In World Farming

GAME: KATAGIRI, BUDDHA, or DOGEN?



WHO WAS IT WHO SAID:

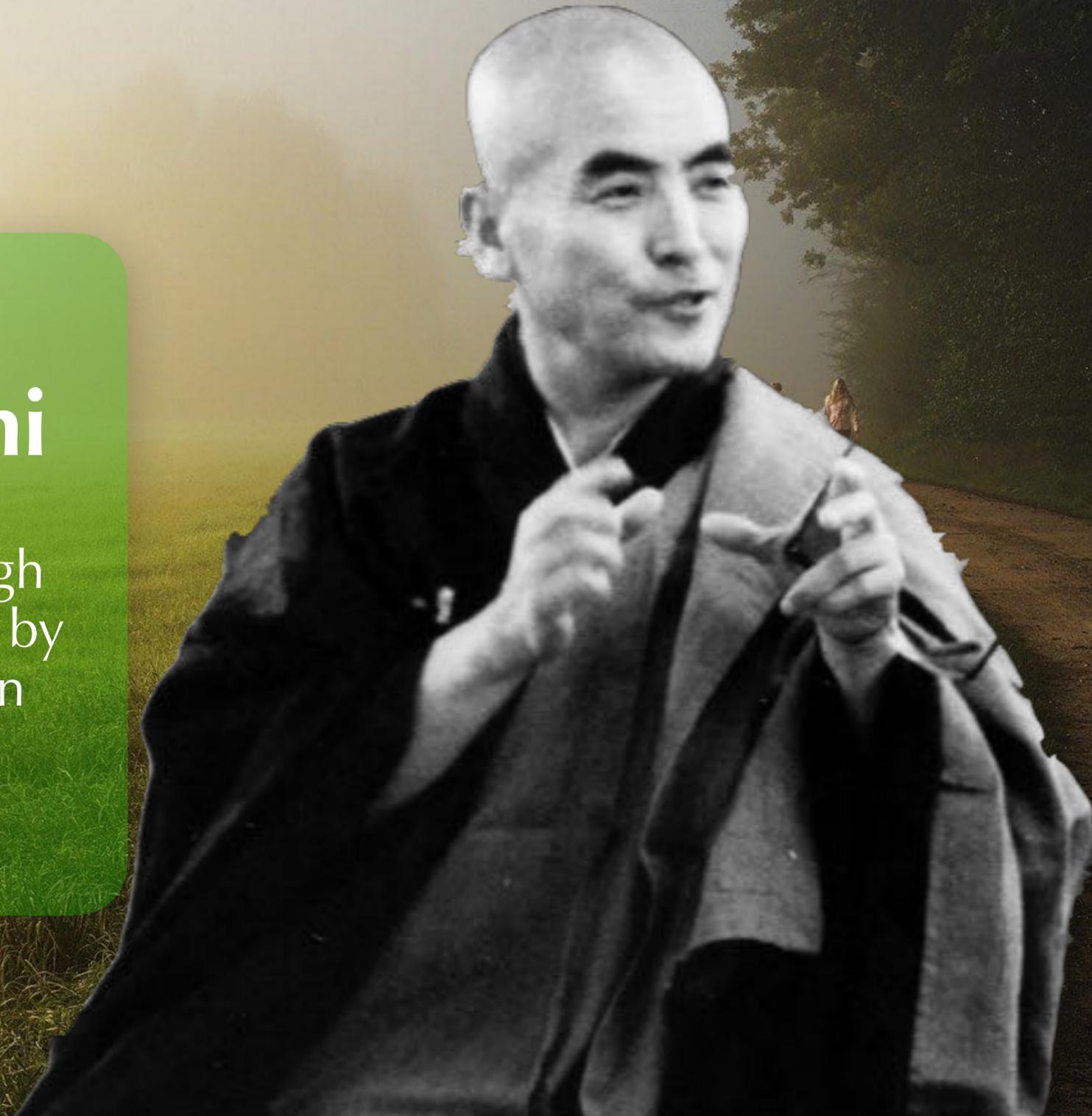
“As one human being, if you want the human world as a whole to develop, you have to take responsibility and do something. Life is depending on you to act. What should you do?”

Open your heart, live mindfully, and start to walk with all beings. That way of walking is steadfast, tranquil, and positive. You share your life and practice benevolence, sympathy, and compassion. This is the practice of walking alone with an open heart.”



Dainin Katagiri Roshi

From "The Light that Shines Through
Infinity: Zen and the Energy of Life" by
Dainin Katagiri and Andrea Martin





Movement



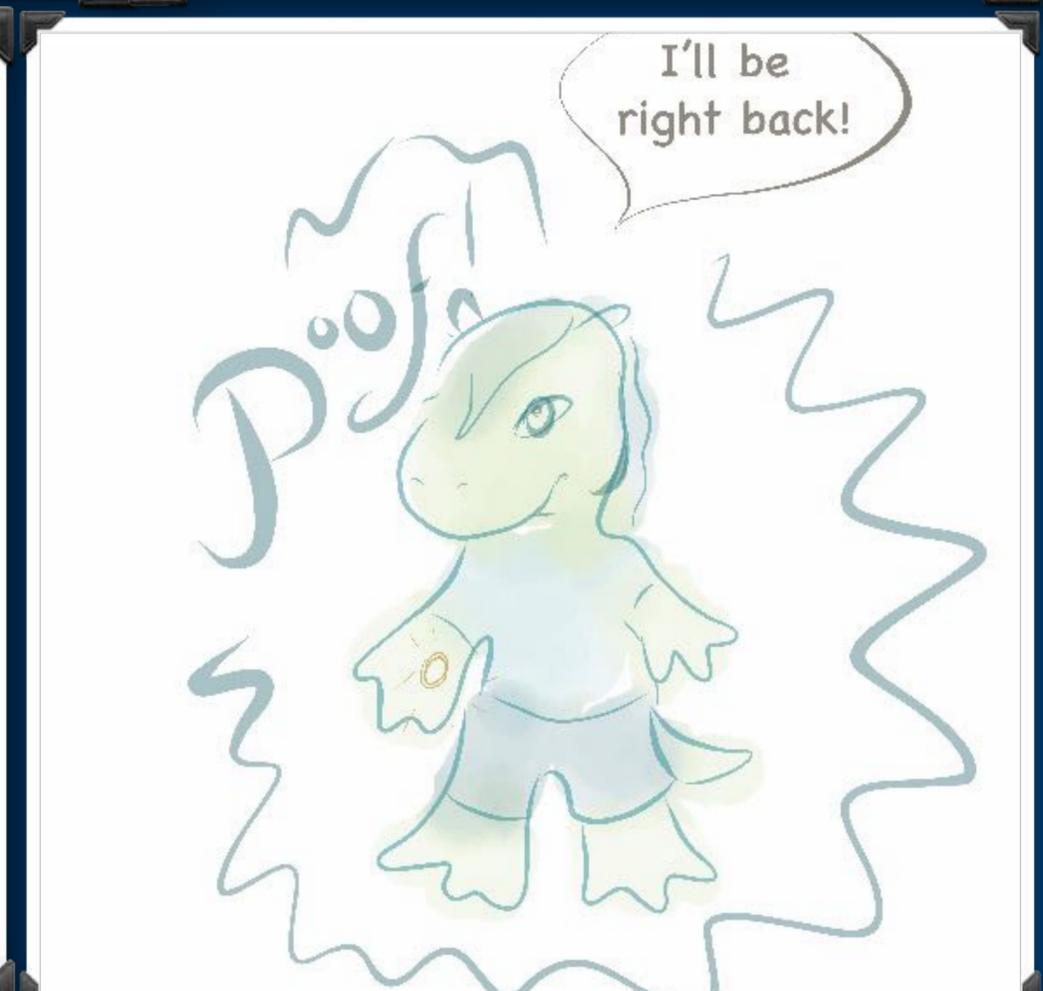
Meditation

Story Time

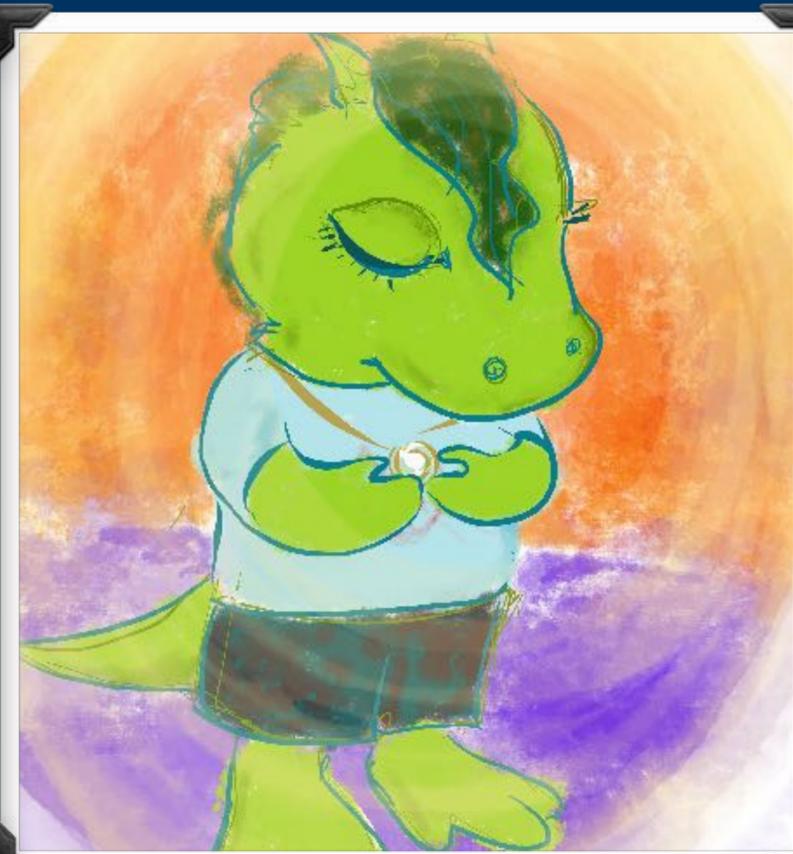
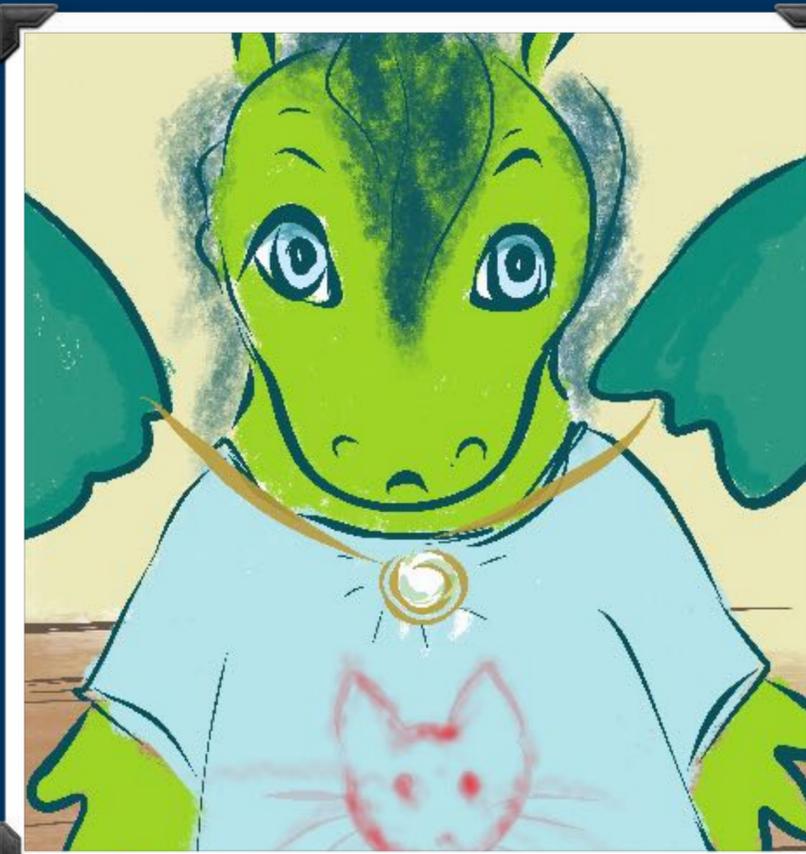
“The Dragon Child”
Part 3

by Trina Brunk
and Kikan Michael Howard

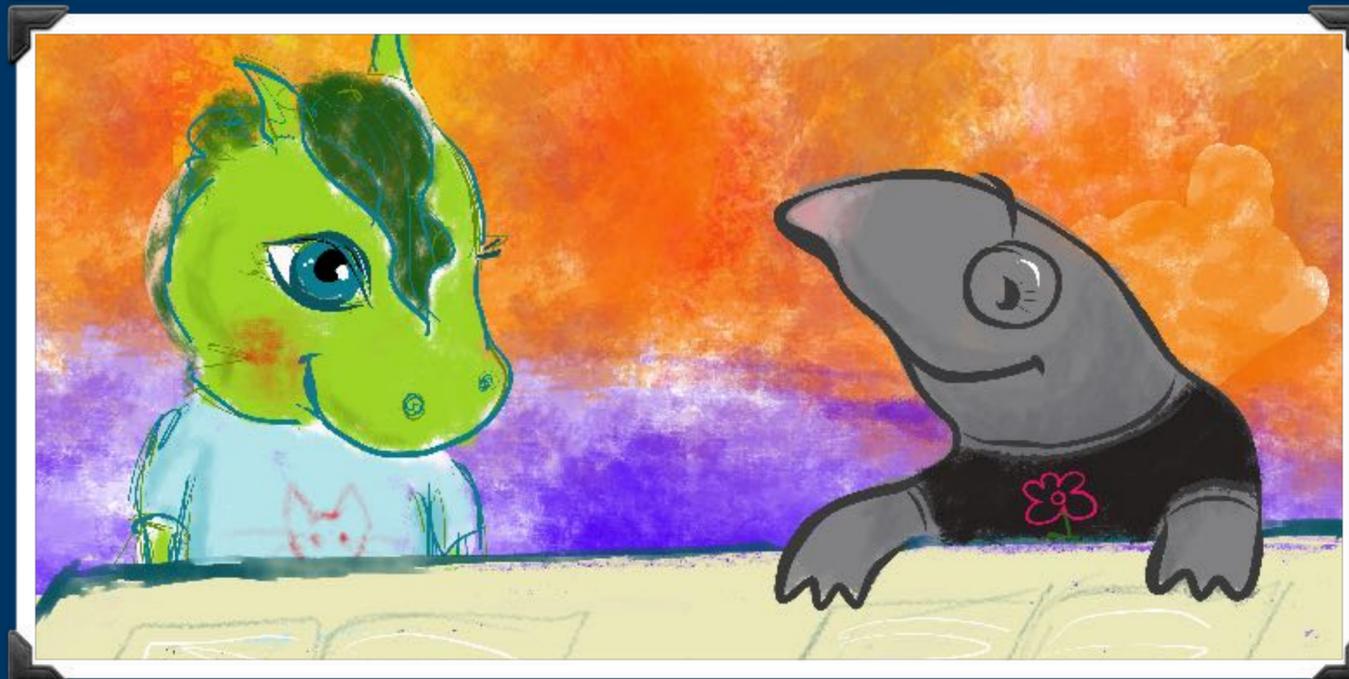
In our last two sessions, we met Lani the Dragon, who had lost her temper at school and made a serious mistake, and then got to go back in time for a second chance.



For the second time around, her mother gave her a magic pearl. When she used this gift in a moment where she felt upset, it gave her greater compassion and awareness of her classmate's fear and vulnerability, that made him act in a way that otherwise just seemed mean.



With this awareness, she was able to make a better choice so she could stand up for herself in a peaceful way. And in the process, she made a brand new friend.



Her next challenge was
on the playground.

Class was over and all the kids raced to get to the playground first.

All except Lani. She slowly walked alone to think.



The last time she had been to the playground, the kids had acted really rude.

Sam Squirrel had told her that he didn't want her on his volleyball team, because he believed that dragons were always the bad guys and that they never won.



When she angrily argued that that was not fair, Polly Parrot started all the rest of the kids chanting “bad dragon bad dragon bad dragon”.

The first time this happened, Lani lost her temper, and used her fire to burn up the volleyball.

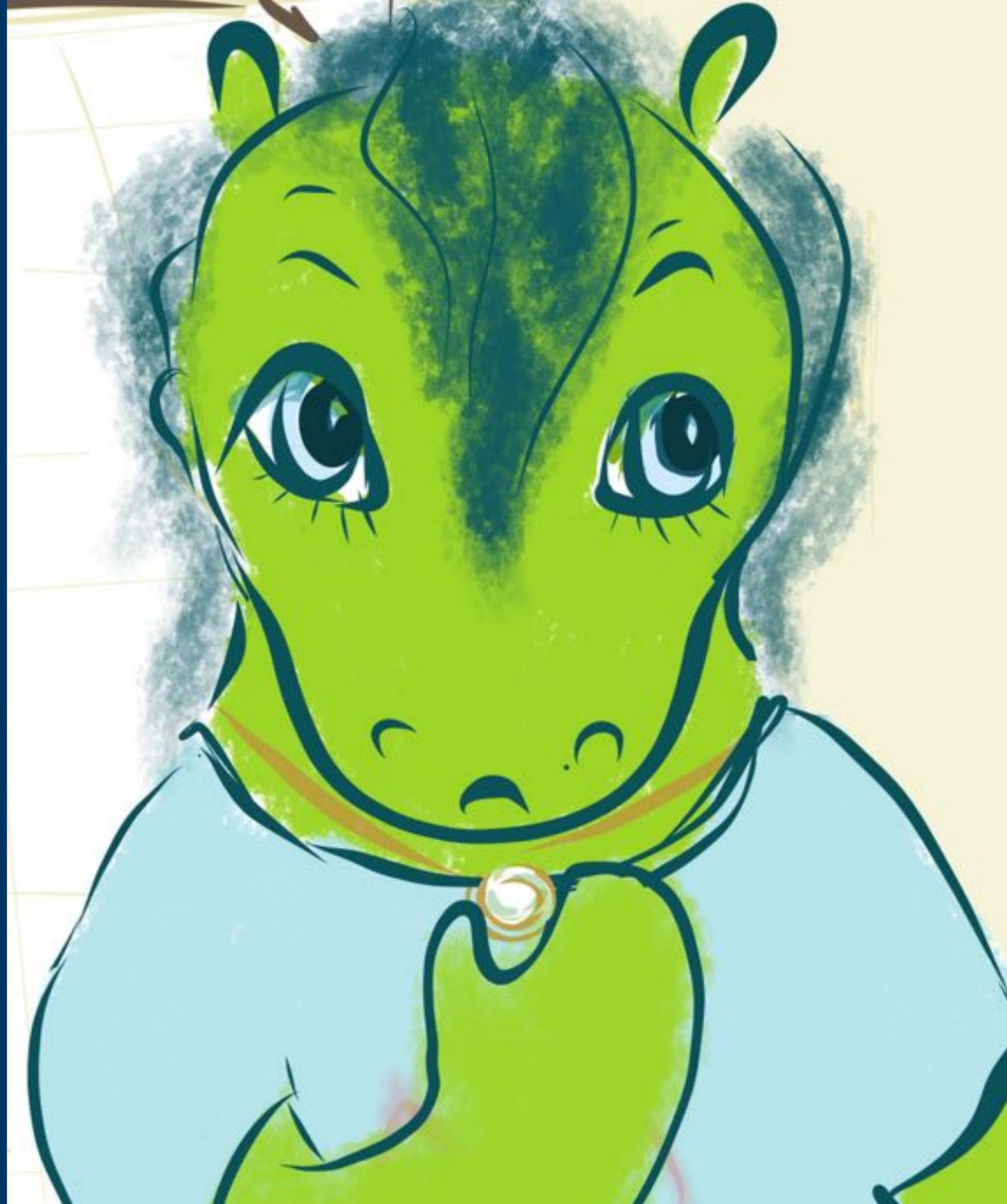


That was when she'd decided to use a magic time travel token given to her by her grandfather, to go back in time for a chance to do things over.



Now, she was about to go out and face Sam and Polly and the other kids on the playground.

She was nervous about what was going to happen next.



So she took the magic pearl in her hand once more, and just as her mother had told her to do, chanted quietly: "Please show me what I need to know, so with compassion I will grow."

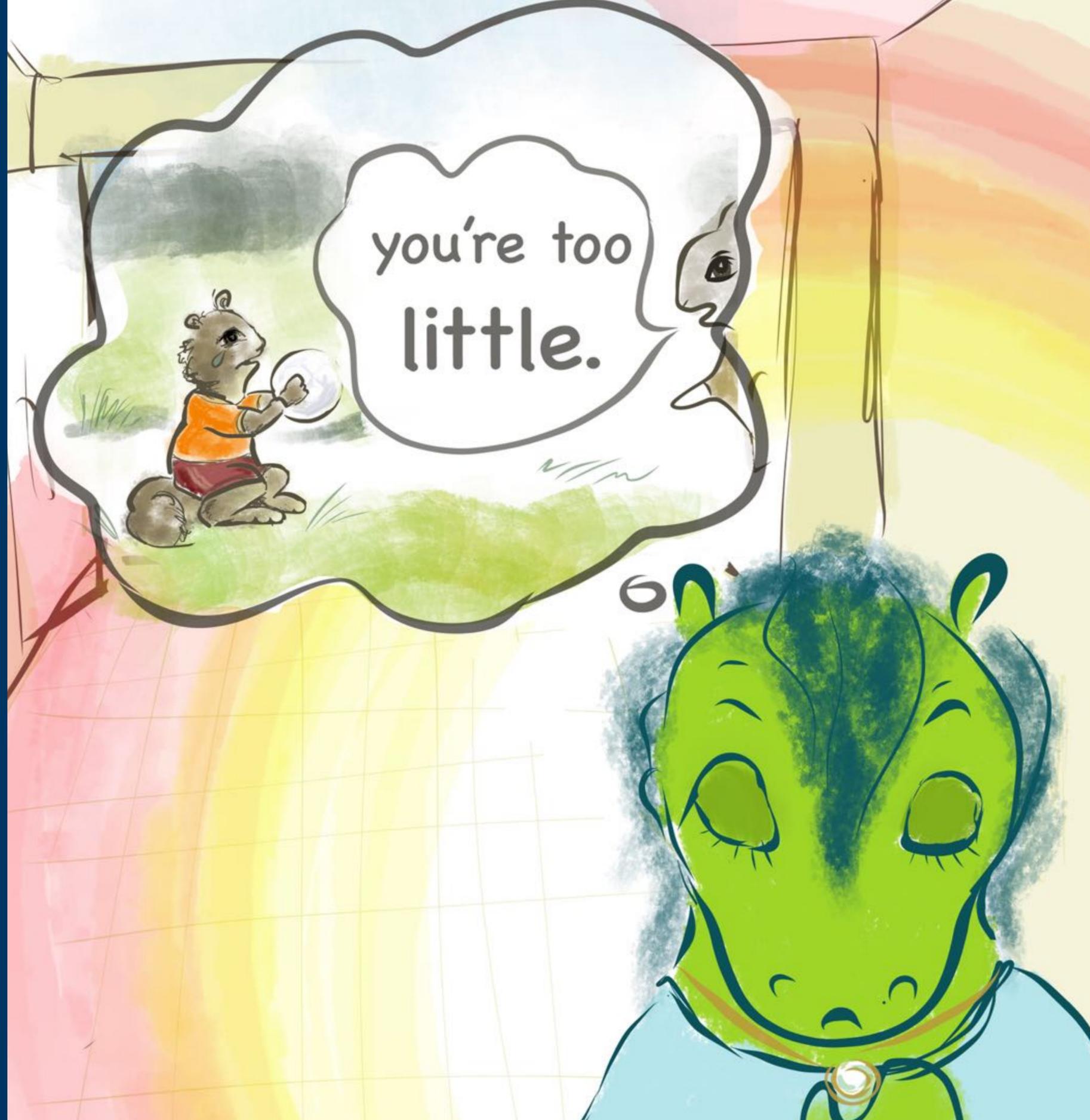


And just like before,
everything got still
and peaceful, and
like in a dream, Lani
saw a picture of Sam
squirrel.

She saw that he was
the youngest child
in a very large
squirrel family, and
he had to scramble
to keep up with his
elder siblings.

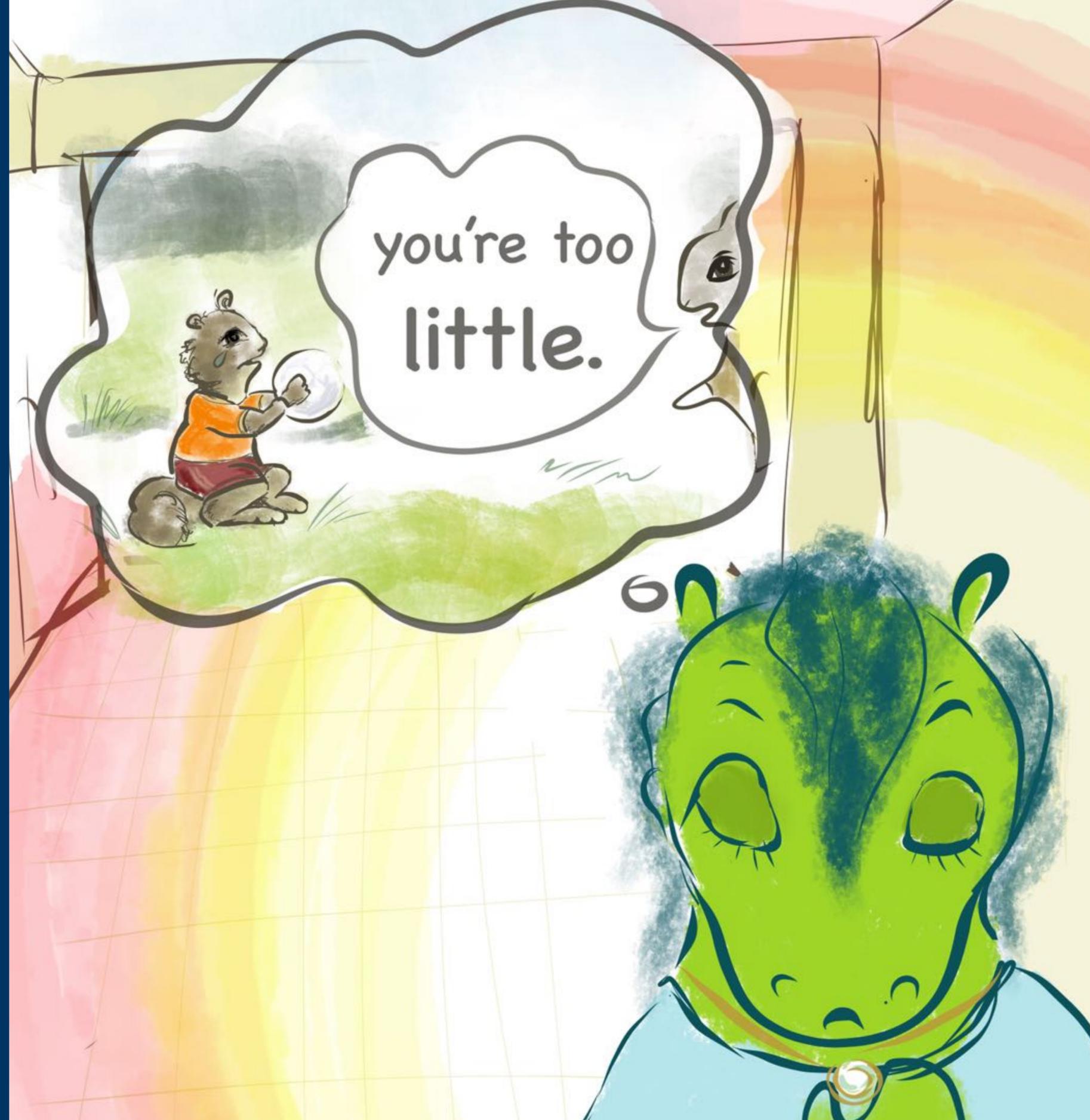


She saw that many times he was left out of the other kids' games because he was smaller and couldn't play as hard as the other kids.



Over time he grew to be very competitive, just so he would be included. It suddenly made sense to Lani: "Oh, of course he feels like he has to win no matter what! It's not about me!"

And suddenly she felt a whole lot better.



She went to the playground, where the kids were choosing teams for volleyball.

Sam looked at her and said, "I don't want you on my team. Dragons are the bad guys and they always lose."



“Well too bad you didn’t know that I am a good luck dragon,” she laughed.

“Who wants to be on my team?”



And all the other kids said, "Me me me! Let me be on your team!"

Lani said, "I was joking. I'm not actually sure if I'm good luck or not. But I AM pretty good at volleyball."



So they chose teams,

And they played,

And it might have
been good luck,

And it might have
been just good
playing.

It was a close game,
but Lani's team won.



They were dancing around and celebrating, but then she saw Sam's face.

He looked sad.

"You guys played a really good game," Lani said. "Want to play again? Maybe you'll beat us next time."



Sam said, "Sure. But I don't want HER on my team," and he pointed to Parvati the Pig. "She's the reason we lost last time."

"What??!" shouted Parvati with anger and surprise. "That's not fair. I played just as well as anyone else."



“Look at the way her face turns red when she’s mad,” said Polly Parrot.

“We can call you Pinky. Here Pinky pinky pinky!” She shouted.



And all the other kids, except for Lani, joined in the chorus:

“Here Pinky pinky pinky!!”



And Parvati
burst into tears,



And she ran
away from the
other children,
to the edge of
the playground
by a big tree
and sat there,
sobbing.



Lani felt angry. She didn't even think.

“Stop it you guys!
Can't you see
you're hurting her
feelings?!” she
shouted.

A little smoke came
out of her nose and
mouth.



Then Lani went to Parvati and sat down beside her.

“Those kids were being so mean!” cried Parvati.

“I’m sorry they acted that way,” said Lani. “That is sooo not cool.”



“But you wouldn’t have gotten mad, and cried, like me,” said Parvati. “You’re always so cool and you don’t let it get to you.”



“If only you knew,”
said Lani, with a
little smile.

“Really?!” Asked
Parvati. And Lani
nodded.



Lani thought for a moment, and then asked, "Can you keep a secret?"
Parvati nodded.



Lani showed
Parvati the pearl
and told her how to
use it.

Together they held
the pearl in their
hands.



They saw a memory that they had both had, of seeing Polly's parents dropping her off at school on the first day.

Polly had been terrified and was crying, saying "I don't want to go!" but her parents teased her for crying, and told her that no one would like her if she was scared or sad.



Lani and Parvati
looked at each
other with a big
silent “wow”.

Then Parvati said, “I
don’t have a magic
pearl, but I think I
understand what it
does.”



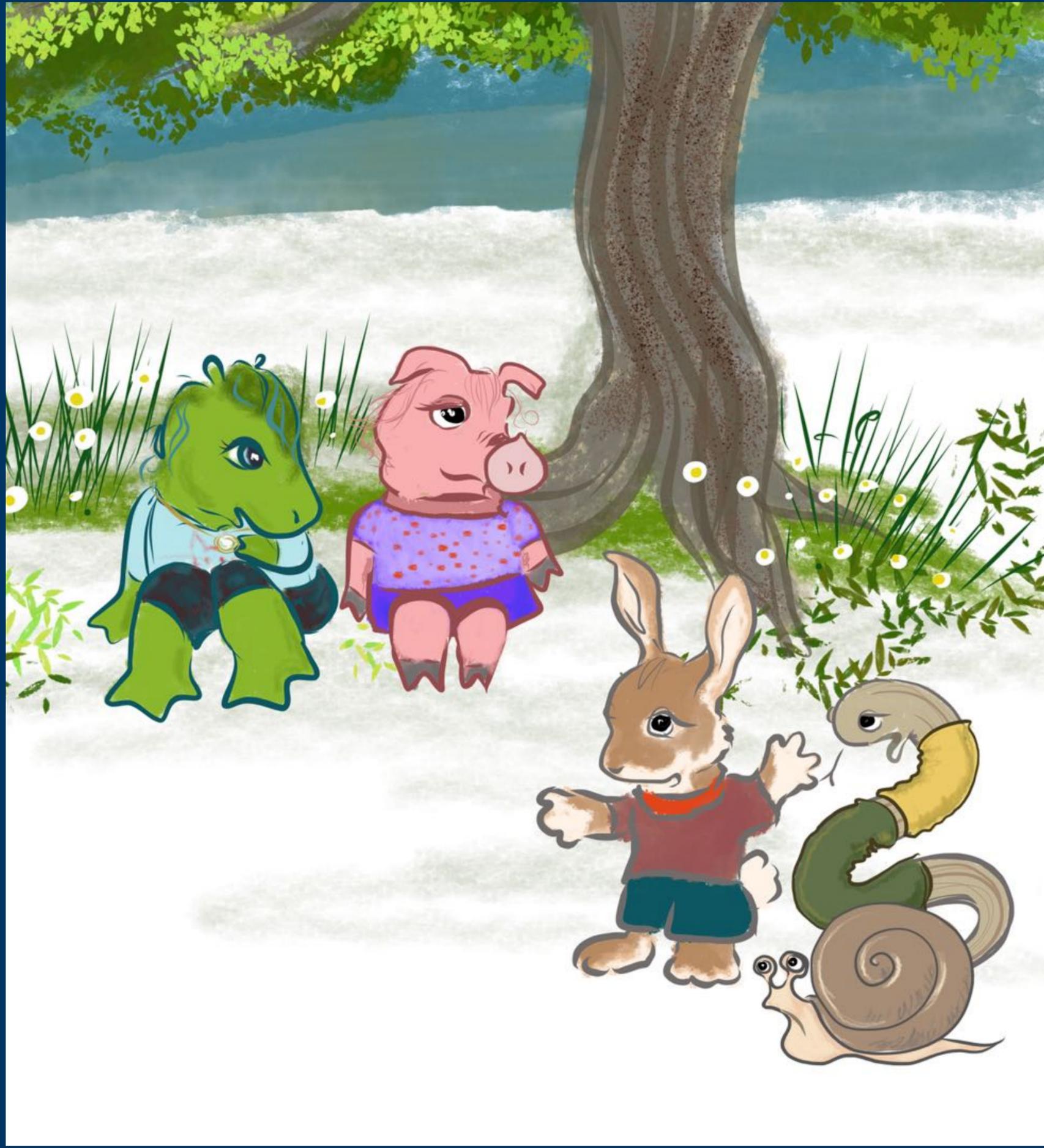
“It reminds us that when people are being mean, it’s about them, where they got hurt. It’s not about us.”



Just then a group of
the other kids came
over.

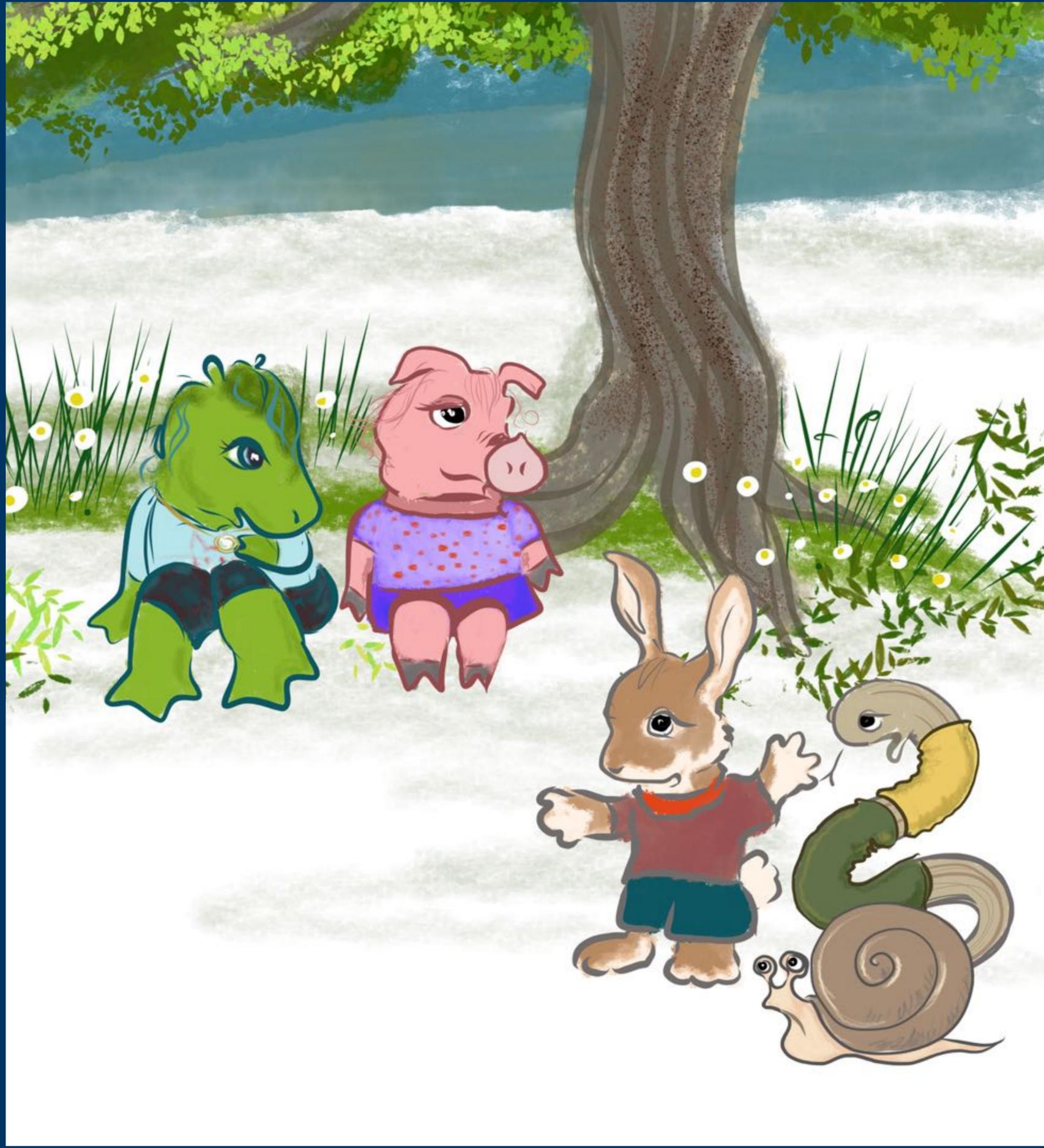
They had a lot to
say.

“We’re sorry
Parvati. We
shouldn’t have
made fun of you.
That was really
mean.”



“Yeah. You had a right to be mad. Sam was being a jerk.”

“And Polly was being AWFUL! and we made it worse!”
“We’re so sorry!”

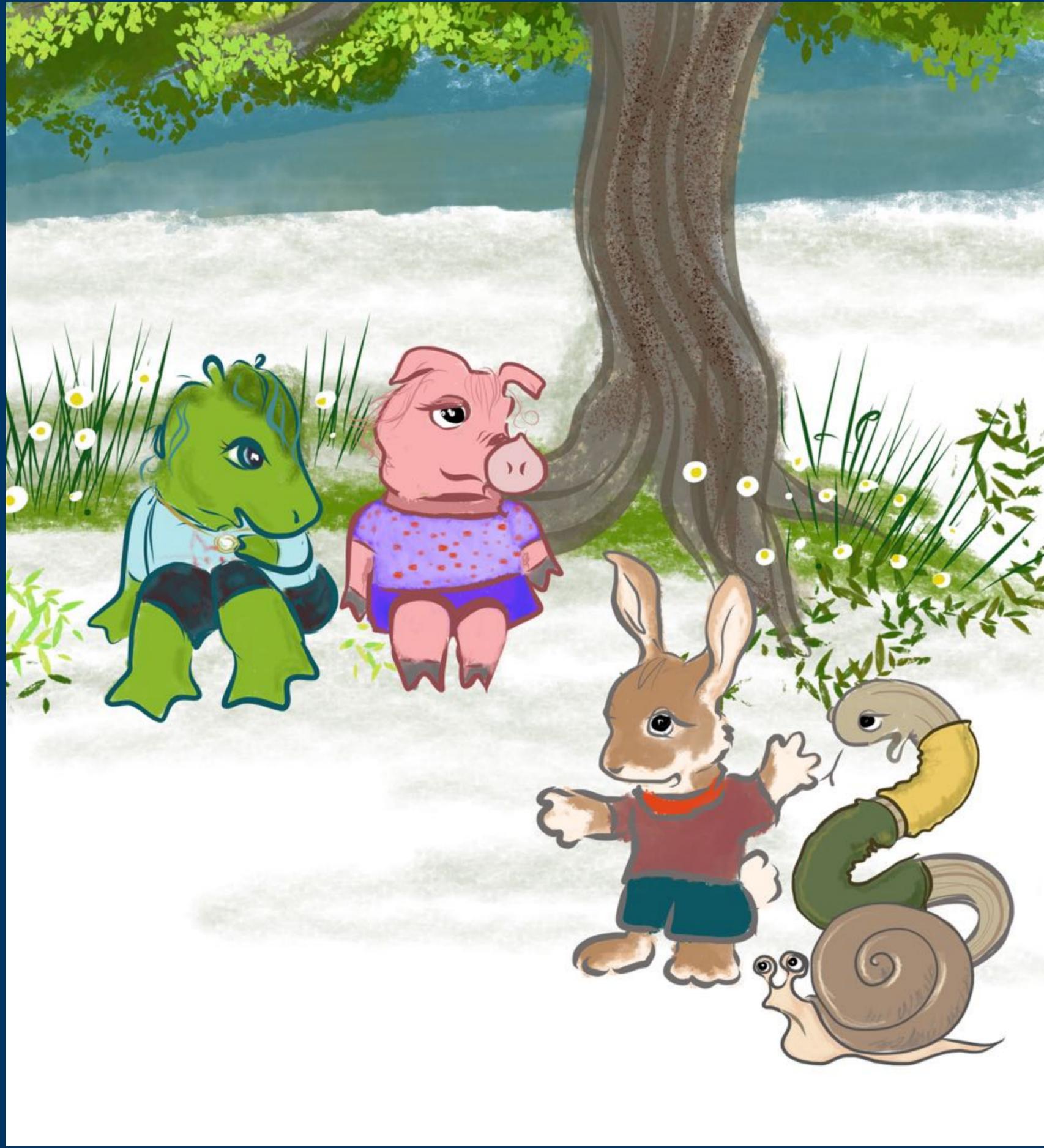


“Thank you,” said
Parvati.

“It was awful.

Maybe we can all
stand up for each
other better from
now on.”

All the kids agreed.



Questions for the kids:

Should the story continue?

What should happen with Polly and Sam?

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.

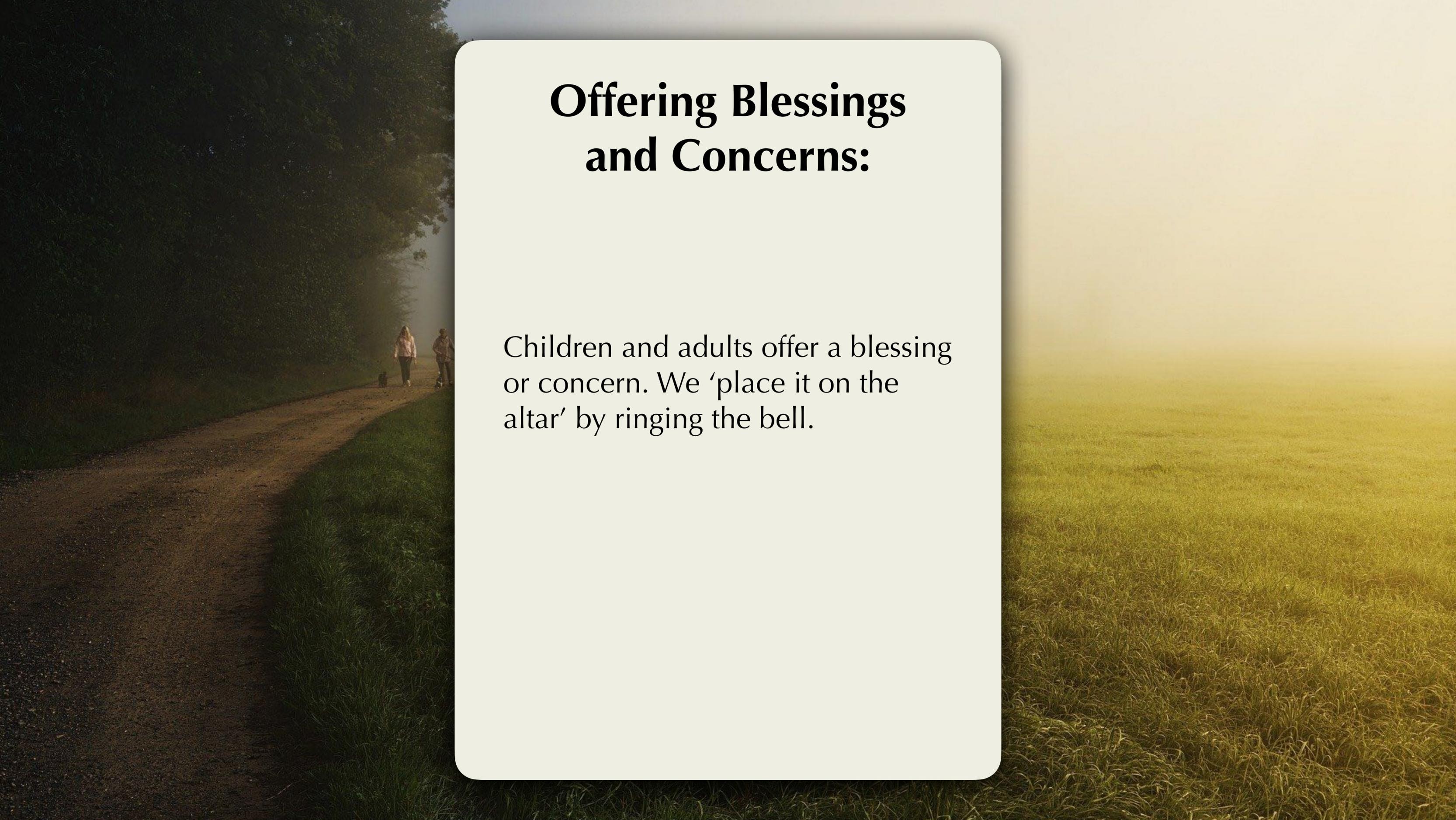
Placing the Water on the Altar

(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.



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.

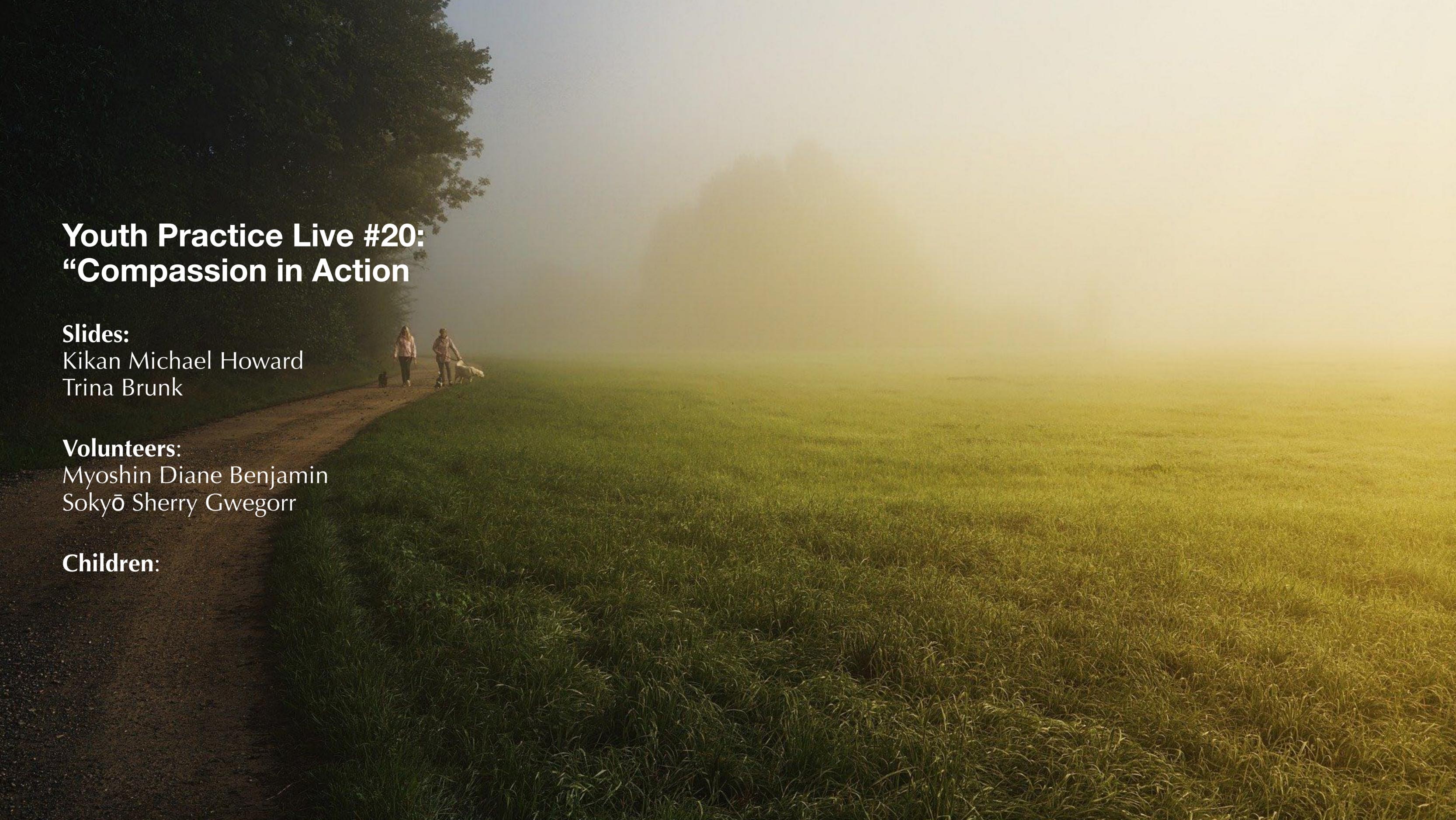
May all beings have ease
and joy in their lives.

May all beings be free from
suffering.



Farewell to our friends on Zoom!

We will now shift to in-person
Mindful Activities.



Youth Practice Live #20: “Compassion in Action

Slides:

Kikan Michael Howard
Trina Brunk

Volunteers:

Myoshin Diane Benjamin
Sokyō Sherry Gwegorr

Children:



What is bullying?



What can you do if you see someone being bullied?

