

## Suppose You Can Get What You Want *Chong Hae Sunim, JDPS*

Recently a group of us went out to a Chinese restaurant for dinner. The food was excellent as usual and we had a great time drinking tea, eating, talking and laughing together. As the meal was winding down, the bill arrived along with my favorite course, the fortune cookies! Fortune cookies are a wonderful way to end the meal with a little sweet taste and a fun message that we all read to each other and decide whether it is prophetic, lame or just plain funny. As we were going around the table opening and sharing our "fortunes" there were the usual predictions and admonitions for creating good karma etc, but my fortune was a little different from the rest. It said simply, "Suppose you can get what you want..."

Typically fortunes are predictions of good luck or sayings about how being a good person will lead to happiness. However, the little slip of paper with red letters hidden inside of my cookie posed a very provocative question. Suppose you can get what you want, then what? How much time and energy do we spend thinking about what we want and how to get it, manipulating people and situations to get the desired result. We often feel our lives are lacking, and this feeling causes us to want things. We want to be well-liked and respected, we want to be loved and cared for, we want fun and excitement and passion. Just as often, wanting arises as aversion. That's the "I don't want" aspect of wanting. It seems that everywhere we look there is "I want," sometimes even masquerading as "I need."

Perhaps as Zen students who understand the Buddha's teaching we examine our minds and conclude that we would be happier if we weren't controlled by our desires. We practice hard wanting to overcome our desire. Aha! Another thing to want... wanting not to want. A very slippery slope indeed!

"Suppose you can get what you want..." Zen Master Seung Sahn says that when we want something, there are two possible outcomes, and both result in suffering. The first is that we don't get what we want and suffer immediately with disappointment. The second thing that can happen is that we get what we want. This can lead to temporary happiness, but as this happiness fades, we begin to crave the good feeling again and are right back in the cycle of wanting and suffering. Sounds familiar, huh? As the old wise saying goes, "Be careful what you wish for..."

"In the Sakkapana Sutra, The Ruler of all the Gods, Sakka, asks the Buddha, "By what fetters Sir, are beings bound, whereby although they wish to live in peace, without hating or harming others, yet they live with hate, harming one another, hostile and not at all at peace."

*Continued on page 3*

## Public Talk with Chong Hae Sunim *Great Lake Zen Center* *Monday, September 23, 2002*

GLZC will have the privilege of hosting a free public talk with Chong Hae Sunim, JDPS, on Monday, September 23rd, at 7:30 PM. Sunim is the abbot of the Providence Zen Center in Cumberland, Rhode Island. He is also the guiding teacher of the Zen Group of Pittsburgh and the Northern Light Zen Center in Brunswick Maine. He is active with the Brown Zen Community at Brown University and the Wheaton College Zen Group, and visits prisons in Rhode Island and Massachusetts. From 1996 to 2000 he was resident director of the Dharma Sound Zen Center in Seattle. Prior to joining the Kwan Um School he trained in the Japanese and Vietnamese Zen traditions. He was ordained a monk in 1996 and received Inka from Zen Master Seung Sahn on April 7, 2001.

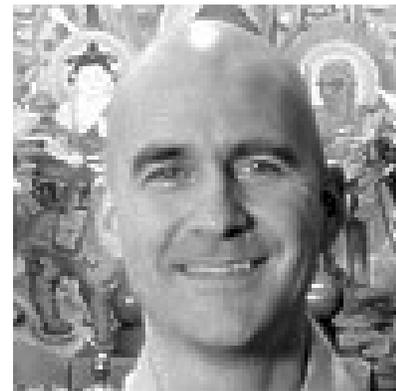
### *From the Isthmus Zen Community in Madison...*

There will be a free public talk with Chong Hae Sunim on Friday, September 20, 2002 at 7:30 p.m. First Unitarian Society, Lower Meeting House 900 University Bay Drive, Madison

### *And...*

A Yong Maeng Jong Jin Weekend Zen Meditation Retreat with Dharma Master Chong Hae Sunim, JDPS, Saturday - Sunday, September 21-22, 2002 408 South Baldwin Street, Madison

The retreat fee is \$60 for two days, and \$40 for one day. Meals include Saturday lunch and dinner, and Sunday lunch (all meals are vegetarian). Space is limited, and advance registration is required to reserve your space at the retreat. Please call Dave Peters at (608) 257-7970 to register and for more information about these events.



**Chong Hae Sunim**

## **YMJJ Retreat and Precepts Ceremony Scheduled with Zen Master Dae Kwang October 25-27**

A YMJJ retreat has been scheduled with GLZC Guiding Teacher Zen Master Dae Kwang for October 25-27, 2002. The retreat will be held at GLZC. Zen Master Dae Kwang will be leading this retreat and conducting interviews. The price of the full retreat is \$60, or \$35 for one day. The price includes vegetarian meals. Sleeping space is available at no extra charge at GLZC. Those planning on staying at GLZC should bring a sleeping bag, pillow, and wash cloth/towel.

The retreat will begin with a free public talk with Zen Master Dae Kwang at 7:30 PM on Friday. Please plan on joining us for some very strong practice. **You may register for this YMJJ by signing up at GLZC or by contacting Peter or Laura.**

On Sunday, following the YMJJ, there will be a precepts ceremony at GLZC. The ceremony will begin at 3:00 PM. There is no charge, and everyone is welcome. Please plan on attending.

## **One Day Retreat Held**

On Saturday, July 13, a one-day retreat was held at GLZC. A small but dedicated group from GLZC and the Isthmus Zen Community in Madison sat meditation, chanted, ate a vegetarian lunch in the traditional style, and listened to a dharma talk by GLZC co-director Peter Neuwald. We would like to thank those in attendance for their strong practice and clear together action. How wonderful!

## **Discussion Classes Began in August**

On August 19, Jeff Ligman, DT, kicked off our new discussion class series with a talk on the common roots of Zen, Taoism, and the Martial Arts. The series will continue to be held on the third Monday of each month, from 7:00-8:00 PM, followed by a 30-minute sitting meditation period. The schedule for the remainder of 2002 is as follows:

- Sept. 16: The Wabi Sabi Classroom (or Zen Goes to School)  
*Susi Childress, DT*
- Oct. 21: Zen and Christian Mysticism  
*Mike Yonkers*
- Nov. 18: Prison Dharma: Teaching Zen to Prisoners  
*Peter Neuwald, DT, Co-director GLZC*
- Dec. 16: Zen and Environmental Activism  
*Andy Yencha, DTT*

## **Calendar of Upcoming Events**

**Friday, Sept. 13:** Extended Practice, 7:00 PM- Midnight.  
Sign up at GLZC or contact Peter or Laura

**Monday, Sept. 16:** Discussion class with Susi Childress,  
DT: Wabi Sabi Classroom, or Zen Goes to School, 7:00-  
8:00 PM, sitting practice at 8:00 PM, GLZC

**Monday, Sept. 23:** Public Talk with Chong Hae Sunim,  
7:30 PM, GLZC

**Wednesday, Oct. 9:** Sangha meeting, 7:00 PM, sitting  
practice at 8:00 PM, GLZC

**Monday, Oct. 21:** Discussion class with Mike Yonkers:  
Zen and Christian Mysticism, 7:00-8:00 PM, sitting  
practice at 8:00 PM, GLZC

**Friday, Oct. 25:** Public talk with Zen Master Dae Kwang,  
7:30 PM, GLZC

**Saturday/Sunday, Oct. 26-27:** YMJJ, beginning with  
bows at 6:00 AM, GLZC. Register at GLZC or contact  
Peter or Laura.

**Sunday, Oct. 27:** Precepts ceremony beginning at 3:00 PM,  
GLZC.

## **Practice Cancellations**

**Aug., 24, Aug. 31, Sept. 2**

Saturday morning practice has been cancelled for  
August 24.

There will also be no practice on Saturday, August 31 or  
Monday, September 2 due to the Labor Day weekend.  
Practice will resume Wednesday, September 4 at 7:30 PM.  
Happy holidays!

## **HELP NEEDED AT GLZC!**

Your Zen center needs your help! A new cleaning schedule has been posted at the center, and a key is now available for checkout to those who wish to sign up for either a light weekly cleaning or a more thorough monthly cleaning. A list of cleaning chores expected for either type of cleaning is posted on the front bulletin board at GLZC. If you are able to help out, please sign up.

An updated wish list has also been posted at GLZC on the front bulletin board. If you are able to purchase some much-needed items for our Zen Center, either small or large, please check the list. Any purchase or donation, no matter how small, is very appreciated!

If you are able to donate juice, soda, and/or treats for our public talks, please notify Peter or Laura.

The Buddha replied, "It is the bonds of jealousy and greed that bind beings so that, although they wish to live without hate... still they live with hate, harming one another, hostile and not at peace."

"But sir, what gives rise to jealousy and greed, what is their origin?"

"Jealousy and greed, arise from likes and dislikes. This is their origin."

"But Sir, What gives rise to likes and dislikes?"

"They arise, Ruler of the Gods, from desire. Owing to the presence of desire they arise and owing to the absence of desire they do not arise."

"But sir, what gives rise to desire?"

"Desire, Ruler of the Gods, arises from thinking."

Ouch!! That Buddha sure can be a wet blanket! As usual he points right to the heart of our problem: I-My-Me thinking. Zen means, I don't want anything. But be careful! If we practice because we want to not want anything, or even if we don't want to not want anything, then without fail as sure as the fortune cookie arrives with the bill, we will continue to go around and around on the samsaric wheel of wanting and getting.

So what can we do?

In the Diamond Sutra it says, "When thinking arises in the mind, don't attach to it." As we practice, we perceive clearly whatever thinking appears in our minds, relax our grip on it and let it go, returning to this moment, just as it is. In this way we see clearly for ourselves the nature of all things. This means if you want something, don't attach to it. If you get something, don't hold on to it. Moment to moment have just enough mind. When we have enough mind we are no longer controlled by our likes and dislikes, then every fortune is a good fortune.

**Two YMJJ Retreats Scheduled This Fall**  
*Sponsored by the Ten Directions Zen  
Community of Chicago*

The Ten Directions Zen Community of Chicago announces their fall schedule of retreats to be held at the Argonne Guest House at the Argonne National Laboratory, located in the southwestern suburbs of Chicago. Both retreats will be lead by **Zen Master Barbara Rhodes**. The September retreat will begin Friday, Sept. 6, at 8:30 PM and continue until Sunday, Sept. 8, at 2:00 PM. The November Retreat will be Friday, Nov. 1, Noon until Sunday, Nov. 3, 2:00 PM. There will be a precepts ceremony following the November retreat. The cost of the retreats is \$130 for non-members, \$115 for members, \$100 for teachers. If you come for the full day on Friday, Nov. 1, there is an extra \$30 charge. Call Pat Canan at 708-524-9653 to register.

Argonne is a secure lab. Anyone coming to the retreat must be registered at least one week in advance. There will be security measures in place upon arrival, and you must have identification, your car may be searched, and you must be on the list of retreat participants in order to gain entry.

**Why do Buddhist monks and nuns shave their heads?**

**ZMSS:** "Cutting ignorance grass" means shaving your head and becoming a monk. In Buddhism we call hair ignorance grass because it represents attachment to appearance, attachment to this impermanent body, and your love of appearance. When you cut your hair, you are cutting your ignorant ideas that this impermanent body is something worth following and suffering needlessly over. That is why monks and nuns shave their heads. They are saying, "I don't want to just follow my karma. I want to understand my true nature and help this world."

**Would you please explain about rebirth or reincarnation?**

**ZMSS:** Your true self has no life and no death. And it never comes or goes. Of course, your *body* has life and death. That's my hand, that's my head, that's my body, but that's not me. What is your true self? Your true self is only that point. (Hits the table.) In that point, the whole universe and you become one. That point has no life or death. (Hits.) If you keep this mind (hits), then whether or not your body disappears doesn't matter.

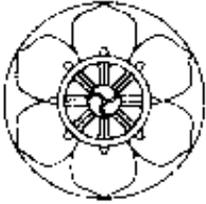
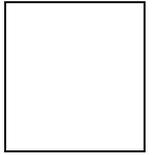
You have a car. You drive from here to there, back and forth, coming and going, always doing errands. But perhaps one day someone suddenly hits your car, and it is all broken. It is completely totaled, and you cannot use it anymore. But even if this car is completely broken, you don't die. Before the accident you worked hard and paid money, and you have some good insurance. So a good car appears again! Ha, ha, ha, ha! Before, your car was used and worn out anyway, yet now a new car appears. You get to drive a brand-new car. So the car that all of you are driving now is already an old car. That car is the body that you now have. Maybe it was made in America, or Russia. My car was made in Korea. But maybe your next car will be made in China, or Korea, or Germany. The next time you do a trade-in, you could get a French car, or Spanish car, or Sri Lankan car. The most important thing is, Who is the driver of this car? You must answer that. When it is time for you to get a new car, what kind of car will you get? Someday you will have to answer this question with your own life.

**Could you talk a bit about chanting as meditation?**

**ZMSS:** Meditation means not-moving mind. Old-style meditation means body-sitting, but mind-sitting is more important than body-sitting. When you chant, you have one mind, not-moving mind. That's mind-sitting. It is called chanting samadhi. You chant "Kwan Seum Bosal, Kwan Seum Bosal, Kwan Seum Bosal," then you perceive sound. That's clear mind. Clear mind is wake-up mind; wake-up mind is enlightenment. So in chanting, samadhi mind is the first step, this is One Mind. The next step is perceive sound, this is Clear Mind. This is enlightenment. If you attach to samadhi, then you have a problem. That's a very important point.

*Editor's Note: If you have a question you would like answered, please forward it to our E-mail address or send it to GLZC.*

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ADDRESS CORRECTION REQUESTED

## MOON ON THE WATER

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The Great Lake Zen Center is affiliated with the Kwan Um School of Zen.

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Treasurer: Jeff Ligman, DT  
Secretary/Publicity: Andy Yench, DTT  
Editor/ Member At-Large: Susi Childress, DT

### **Regular Practice Schedule of the Great Lake Zen Center**

Monday and Wednesday at 7:30PM;  
Saturday at 8:00AM

Other special events as described elsewhere in the newsletter. Unless otherwise noted, all events are held at the Great Lake Zen Center.

*Beginners Always Welcome!*

Unless noted otherwise, *Introductions to Zen* are offered on the first Monday of each month. Dharma Talks are offered on the fourth Wednesday of each month. Both are at 7:30PM.

