



News letter 2018 nr. 1
Zen Heart Sangha Nederland
4 January 2018

To read with your heart - Michel Sensei

During the December sesshin we read a poem by Czesław Miłosz (1) called "A Meadow". And also part of his poem "Love" (from the triptych "Faith, Hope, Love"). First, I will let them speak for themselves:

A Meadow

*It was a riverside meadow, lush, from before the hay harvest,
On an immaculate day in the sun of June.
I searched for it, found it, recognized it.
Grasses and flowers grew there, familiar in my childhood.
With half-closed eyelids I absorbed luminescence.
And the scent garnered me, all knowing ceased.
Suddenly I felt I was disappearing and weeping with joy.*

Love

*Love means to learn to look at yourself
The way one looks at unfamiliar things
Because you are only one of many things.*

*And someone who can look that way at himself
Will heal his heart of many troubles,
Perhaps without knowing he has done it.
Then Bird and Tree say to him, "Friend."*

*And then he'll want to use himself and things
In such a way that each one glows, fulfilled.
And if sometimes he finds he doesn't understand,
It doesn't matter. His task is just to serve.*

You can read a poem in different ways but I want to invite you to read these with your heart. To live them. To do as Miłosz did and become one with the meadow, the sun. To absorb the light and to let go for once of knowing and understanding.

In the Bahiya Sutta (2), the Shakyamuni Buddha says to the wandering hermit Bahiya: "When [...] in the seen there is merely what is seen and in the heard merely what is heard [...] then you will not be 'with that.'

When you are not 'with that,' then you will not be 'in that.' When you are not 'in that,' then you will be neither here nor beyond nor in between the two. Just this is the end of suffering."

When we experience in the heart; without separation, without identification, and not anywhere in between; without a place, without a view point, "the way one looks at unfamiliar things," then the heart turns out to be without measure and without definition, without beginning, without end. How big is this heart? My heart, your heart, the spaciousness that we can experience within. What can it encompass? All those thoughts, all those feelings, and so much more! All those connections and sources and causes and everything that gushes forth. It is beyond comprehension and at the same time it is home.

"I searched for it, found it, recognized it." What was he looking for? What did he find, rediscover and recognize? There is something to search for, to find, to recognize. Never stop searching for it. Even if you believe you will never find it. Even if you believe you have found it. Investigate.

(1) Czesław Miłosz was a Polish Poet who spent a large part of his life in France and the US and who received the Nobel prize for literature in 1980.

(2) The Bahiya Sutta: About Bahiya (Ud 1.10). From: The Udana & The Itivuttaka. Translated from Pali by John D. Ireland (1997)

Announcements

Jukai, Fonger Broersma

On August 26, 2017 we held a Jukai ceremony for Fonger at the end of the summer session in Holten. He was given the dharma name Ocean Wave.



photo: Bart van Lent.

Weekendsesshin, January 2018

We will hold a weekend-sesshin in our zendo in The Hague from Friday, January 19 until Sunday, January 21. There are still some places available. You can sign up via email to info@zenheart.nl.

Spring meeting

We will hold a meeting on Sunday 4 February (from 4 to 7 pm), during which we will discuss the policy plan and budget for the new year. At a later moment there will be a separate announcement by e-mail with the documents included, but you can already sign up now.

Agenda

January 8, 2018 – Zendo open again after Christmas holidays

19-21 January 2018 - Weekendsesshin, The Hague

4 February 2018, 4:00 pm - Spring meeting

21-25 February 2018 - Sesshin, The Hague

6-8 April 2018 - Weekendsesshin, The Hague

Colophon

This newsletter from the Zen Heart Sangha will be published three to four times a year.
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