



# Dharma Soup

## Notes from Karida

El Morro Buddhist Sangha  
May 2009

Sangha meeting canceled for May  
due to many scheduling conflicts.  
Meetings will resume with great  
enthusiasm and joy for June.

### Credo

*I believe in the sanctity and goodness  
of the Whole Earth and all that dwell therein,  
And in the One Web of Life  
in which all are mutually sustained  
and through which all shall find purpose.  
And I believe that  
within the Household of the Earth  
where brokenness exists, it is my brokenness;  
where estrangement exists, it is my estrangement,  
where imperfection exists, it is my imperfection;  
And I therefore acknowledge  
that the destiny of my life  
and the destiny of all other life  
are one and inseparable :  
and I seek a future  
in which the broken shall be restored,  
the estranged shall be reconciled,  
and the imperfect shall find perfection,  
for myself and all other members  
of the Household of the Earth.*

— Roger Irwin

*(An interpretation of the Buddha Dharma)*

*Great Heart of Transcendental Wisdom Sermon*

*Kuan Shih Yin, while engaged in deep meditation, saw the five aggregates were, in their essence, empty. Seeing this, in profound illumination, She overcame all suffering.*

The Heart Sutra, that we chant in every meeting of the Sangha, says that when the Kuan Yin was engaged in deep meditation she perceived the five aggregates (*Skandas*) were empty and that this perception relieved her suffering.

An essential point in the language of the Sutra is that She "perceived." The choice of words is crucial. It did not say, "She understood," or anything similar. The Sutra says She was then relieved of every suffering.

These opening lines of the Sutra teach us that relief from suffering comes not from understanding, but from perception. This is a subtle but very important point.

Relief from suffering comes as a result of meditation (not philosophizing, or studying, or listening to teachings). In that meditative process She perceived, or saw, something. This was a direct perception in the same sense that you or I would perceive a table or a chair.

These five aggregates (called skandhas in Sanskrit) from the analysis of ancient Buddhist psychology are; matter, feeling, discrimination, thoughts, and consciousness. Her perception that these were "empty" really means that they have no "independent existence" without being connected to everything else.

Relief from suffering, in other words, comes not from belief but from practice and paying attention.

—Roger

## ANNOUNCEMENTS

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### New Tai Chi Class Starting

**Wu Style Tai Chi  
Long Form  
Tuesdays 4:00 PM  
Timber Lake Ranch House**

A number of people have expressed interest in studying the Wu Style Long Form Tai Chi. This is the 108-move form that is the basis for the Sunday simplified form that some have already studied.

However, you do not have to have studied the Sunday "Wellness" form -- or any other form for that matter -- to join this class. Class will begin at the beginning and advance slowly through the form.

**Please call Reed at 783-4067 so that you may learn any last minute details and he will know how many will be in the class**

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**Also don't forget the ongoing class:**

**"TAI CHI WITH REED"**  
(at Old School Gallery)

**Sundays, 9:30 am. Join Reed Anderson for abbreviated Wu style movement and basic Wah Mountain Breathing discipline. Easy for beginners. Call Reed for info at 783-4067.**

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**Have you lit a candle yet? Go to:**

[www.karidasangha.net](http://www.karidasangha.net)



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