

Dear Sangha Friends,

Some of you know I have a voice problem on certain occasions. This maybe one of those occasions so I have asked Jaynine to read this short aloha message. There's no real reason I should be the one talking at all, as the Center being established and open for these years has been a cooperative effort by so many people. So congratulate and celebrate yourselves. It is said the dharma is never wasted.

Although we are closing a physical space, the desire to alleviate one own's pain and confusion and other's pain and confusion can never be closed , that of course doesn't change.

Some of you were here 12 years ago when we opened the Center and I spoke at that time of this Center be similar to opening a hospital. And the dharma is sometimes spoken of as medicine to alleviate the pain that we all live in. The pain of not knowing how to provide peace for ourselves and how to help other's do the same. I have said on numerous occasions to even feel our entrapment in our self absorbed, self protective world is quite an insight. That insight into our own suffering is an intelligence that flies in the face of security and peace being provided by monkey mind distraction and entertainment. This insight or inability to be assuaged by stuff and speed is getting diminished by a barrage of distractions. I've talked about the predictions attributed to Padamasamhvav 1,000 years ago that a period would come when we would have devised that would distract us from morning to night and from birth to death. There is a sense if we just go even faster and occupy ourselves with more anxiety we could achieve some peace. There is that kind of danger of losing what creates value and happiness in our lives.

I asked a gathering that Jaynine had at our house of very wonderful, accomplished woman what did they do to really relax, how did they really turn off the buzz in their heads. All these ladies had pretty comfortable lives here in Hawaii. They looked at my like I asked a forbidden question. One by one they said they really had no idea what it was to relax anymore, they had been so busy for so long.

There are 3 tools, 3 take aways of medicine I hope you you take with you today that the Center's existence help you establish.

One is of course the medicine of meditation practice. You take away the gift of knowing how to provide peace for yourself and your Families. As has been said 'peace starts with ourselves' and that of course is a medicine, so I hope you continue to practice. I hope you remember the the tool to open your heart.

The second take away medicine that I hope the Center's existence has sharpen in you is what your deepest intention and motivation is for your precious lives. Once we are clear on what our intention is we have some sort of North Star in our lives. We know why and what we're to do on the planet. Our motivation and intention give us purpose, such a gift in a world that says that he or she that dies with the most toys wins. I have a wonderful friend who I spoke to about the closing of the Center which has brought up sadness for me .

He asked on Monday morning after the closing would I be different in any way, would my motivation be different in any way? And I realized no, there would not be a Center but my intention and motivation of why I'm on the planet would be the same. It was an aha moment for me. I hope you have and continue to invest in your motivation and intent as it pays back with a meaningful life.

The last tool I hope you take away is a first aid kit for others, that something you've learned or stabilized allows you to alleviate the suffering of other's There's a day when you train to be a Doctor that you are encouraged to purchase you black Doctor's bag. It seems so Marcus Welby, it's silly. But somehow this black bag that you put your simple tools of medicine in, blood pressure cuff, otoscope, band aids. and others represents a big deal, you have tools to help other in pain. I hope you have some metaphorical black bag of tools to help others from the Center being open. I hope you also feel obligated to do so when it's appropriate.

So the hospital closes it's physical space but the medicine and need continues.

And to continue the teachings I would like to invite you to a class in the Training of a Bodhisattva. The center continues with this class. I had the auspicious timing of being present in 1979 when Atishta' lojong or mind training teachings we're given by Trungpa Rinpoche at seminary in Lake Louise, Canada. As far as I know this was the first time these teaching had been presented in the West. A student who was actually awake for these teaching at this seminary, went on to be one of our great teachers of our time, Pema Chodrin. The teachings are so marvelous and I love to present them even if inadequately.

Starting with the beach meditation on Feb 4<sup>th</sup> and continuing for 4 weeks I will give a class on the Training of a Bodhisattva. 3 of these classes will be held at our house so attendance for the whole series is limited, there's a flyer here about his. Jay will take calls and give driving and parking directions. The class will end with the March 5<sup>th</sup> talk on the beach.

A hui ho. Hanah ho!

Aloha,

Dr. Dean