



MOUNTAIN SILENCE

NEWSLETTER OF THE DANCING MOUNTAINS ZEN SANGHA

Issue 26 ; Spring 2015

Opening a door and . . .

Events

3 day Retreat and Dancing Mountains AGM

with Catherine Gammon
17th April 2015 to 19th April 2015

Retreat and AGM in Crosby, Merseyside

Cost: £170

07786369682

Mountaindancing1@yahoo.co.uk

Day sitting in Brighton

18th April 2015: 00:04 - 00:04

Brighton Day Sit in Patcham all welcome hosted by Chris Myoji Yu Shu contact Chris & Clare Hannah please via chrisjhannah25@gmail.com to book a place chrisjhannah25@gmail.com

"If a true word can't be spoken..."

with Catherine Gammon
24th April 2015 to 27th April 2015

A range of events with Catherine Gammon

Cost: Enquire

07970 425932

hebdenbridgezen@gmail.com

Rakusu sewing day

with Catherine Gammon
4th May 2015: 00:05 - 00:05

Support sewing your



Editorial

By Karen Reddy

As I was reading newsletter 25 (Summer 2014), I had a slow waking to the door of Mountain Silence newsletter closing. . . I guess I thought someone, somebody, anybody in true Dr Seuss terms would keep the door open. As time does allow, things sink in, and from it, curiosity rose. Could I take on editorial role? I noticed I missed your reflections and experiences. So I asked to be shown what was involved. Devin on more

In this issue...

Annual General Meeting Agenda

By DM CIC Secretary

Reflections from time as Co-chair

By Ji Den Frances Collins

Annual Survey

By Chris, Devin, Kath, Frances, Karen

Sitting alone together, everyday.

By Angyu Devin Ashwood

A visit to Rinso-in

By Francis Checkley Anryu Chiu

Innvocation

By Guido Montgomery

Haiku

By Guido Montgomery

Raindrops on a spiders web.

By Ji Den Frances Collins

A Flower Does Not Talk

By Offered by Micheal Kogan Muju

Tiger's Eye

By Angyu Devin Ashwood

Rakusu in Somerset

Cost: By Donation

07875 155464

devin@dancingmountains.org.uk

Evening Talk

with Catherine Gammon

4th May 2015: 00:05 - 00:05

An evening talk in Glastonbury

Cost: By Donation

07875 155464

devin@dancingmountains.org.uk

Writing as a Wisdom Project weekend

with Catherine Gammon

8th May 2015 to 10th May 2015

A writing retreat in Norfolk

Cost: £125.00

carolhunter135@hotmail.com

Group Facilitators weekend

19th June 2015 to 21st June 2015

Sangha building in Norfolk

Cost: Enquire

carolhunter135@hotmail.com

3 Day Sesshin

with Ingen Breen

11th July 2015 to 13th July 2015

A 3 day sesshin with Ingen Breen in Glastonbury

Cost: £115

07875 155464

devin@dancingmountains.org.uk

With Nothing to Attain, Teachings from the Heart Sutra

with Ingen Breen

24th July 2015 to 26th July 2015

Weekend Retreat with Ingen Breen in Hebden Bridge

Cost: Suggested

donation £60 includes dana for Ingen

07970 425932

hebdenbridgezen@gmail.com

Seven Day Retreat

with Reb Anderson

than one occasion kindly and patiently took me around the editing section of our newsletter. I felt an energy available, so I'm pleased to be opening a door and . . . volunteering myself in service of editing Mountain Silence.

I feel a sense of renewal, a change of season and the power of nature as this issue comes to you at time of a Super moon, Solar Eclipse, and Spring Equinox.

This spring addition offers dates for our diaries, Dancing Mountain AGM is on Sunday 19th April, a lovely opportunity to review what we have and what we'd like to do/offer over the next twelve months. Could you offer the practice of service to roles on the board for one year? Check out reflections from co-chair Frances. From 15th April until 16th May we welcome back Catherine Gammon. During her stay you'll have chance to sit with her, Chester, Crosby, Hebden Bridge, Somerset, Glastonbury & Norfolk, hope one or more suits your needs. Also a lovely new retreat opportunity in June at The Grange in Norfolk for anyone who is facilitating or planning to facilitate a Dharma group. Take a note for July, an old friend and Soto zen priest, Ingen, leads two retreats, Glastonbury and Hebden Bridge. Chris and Clare, Brighton Sangha have days of practice every six weeks. A retreat with our beloved teacher Reb Anderson, August 15-22. Details will be circulated & posted on websites & Facebook soon by European Organizing Group for Reb in Europe. Our local sitting group information has been updated, so check in and view on our web page, see more details on events to. Hopefully there is something for everyone, and for those not travelling this year take a look at Devin's piece on - Sitting alone together, everyday.

With wonderful care and creative offerings see works from Guido, Michael, Frances, Devin, and a lovely heart felt piece from Francis who shares his meeting with Suzuki Rosh'i's family.

I hope you enjoy these offerings.

Previous issues are available [here](#)



Get involved

Facebook group

For general discussion and socialising about Dancing Mountains and related events on Facebook, please click the link above.

Business matters and decisions are made separately via an email list - please contact us if you want to be part of this.

Local Contacts

Visit the [Local Groups webpage](#) for details of Dancing Mountains groups in your area, and the [Diary](#) for their regular meeting dates and times.

Next Issue

The **summer** edition welcomes your ideas for a theme. Maybe "your experience of zen". We welcome your articles, poetry, pictures, letters, retreat reflections and book reviews! Publication date: 21st **June**, deadline for submission of material 1st **June**.

Submissions to the Newsletter/Website:
Karen Reddy, 07590 641733

Address: 11 Finchett Drive,
CHESTER, CH1 4DP

pinkkarenreddy@gmail.com

Membership

You already belong, so why not become a member? -
Download a printable

with Reb Anderson

**15th August 2015 to
22nd August 2015**

Details will be circulated
soon by European
Organi

Cost: izing Group for
Reb in Europe.

Registration not yet open tba

[membership form](#) and
support Dancing Mountains.

[Unsubscribe from this list](#)

For enquiries related to this newsletter please email: devin@dancingmountains.org.uk

MOUNTAIN SILENCE

Issue 26;

Article

Annual General Meeting Agenda

By DM CIC Secretary

Annual General Meeting of Dancing Mountains Zen Community Interest Company

Sunday 19th April, 2-3.30pm

Sandymount Retreat Centre, Crosby.

Agenda

1. Apologies for absence
2. Minutes of previous AGM
3. Chair(s)'s report
4. Treasurers report & financial statement
5. Secretary's report
6. Membership Secretary's report
7. Election of committee
8. Motions
9. AOB

VOTING by PROXY

A Member of Dancing Mountains Zen CIC who is absent from a general meeting may appoint any person to act as their proxy, provided that no Person shall hold a proxy for more than five Members at any one time in any general meeting.

Proxies may be appointed by either a written or email-notice which:

(a) States the name of the Member appointing the proxy; (b) Identifies the Person appointed to be that Member's proxy and (c) Is signed or authenticated by or on behalf of the Member appointing the proxy; and (d) Is delivered before the start of the AGM on Sunday 19th April.

Proxy notices may specify how the proxy appointed under them is to vote (or that the proxy is to abstain from voting) on one or more of the resolutions, otherwise the proxy notice shall be treated as allowing the Person appointed the discretion as how to vote on any matter.



[Back](#) to front page

MOUNTAIN SILENCE

Issue 26;

Article

Reflections from time as Co-chair

By Ji Den Frances Collins

My resignation from the position of Co-chair, Dancing Mountains Zen CIC offers opportunity to reflect on dance, landscapes and dharma. Recently I have had the pleasure of attending two wonderful dance performances. I was truly enchanted by the traditional ballet Coppellia and energised one week later by the distinctive and genius contemporary ballet Rembert's Rooster -both wonderful dances yet entirely different. One common direct experience of both dances occurred when I noticed that attention was truly captivated. The inner landscape shifted for me where the dancer and the dance became one. I'm reminded of the last verse of the poem 'when faces called flowers float out of the ground...' by ee cummings

'So and having is giving and giving is living-
but keeping is darkness and winter and cringing
-it's spring (all our night becomes day) o, it's spring!
all the pretty birds dive to the heart of the sky
all the little fish climb through the mind of the sea
all the mountains are dancing; are dancing.'

I have always remembered mountains and stones wherever I have been. Meeting the mountains of a landscape is like meeting ancient primal sculpture, shaped and being shaped continuously by the elements of wild wind, fire and water. The landscape is important to what can survive there. Paradoxically, the weather patterns in the mind influence the experience of the landscape and contribute to the dance that is constantly changing in hearts and minds. One person who knew about landscapes was Isamu Noguchi (1904-1988) who left his studies in pre-medicine school to answer the call of the landscape. Life supported his courage in becoming one of the twentieth century's most important and critically acclaimed sculptors and landscape architect.

'Abandoned stones which I become interested in invite me to enter into their life's purpose. It is my task to define and make visible the intent of their being.' Isamu Noguchi

Looking back over the five years I have been involved formally with Dancing Mountains sangha, I reflect on how the landscape and the dance have changed and continue to change. It has certainly been a creative dance, one of paradox, and shaped by all elements already in existence. It seemed clear five years ago, to me, that creating a formal structure was the next step in a process already begun that could make visible the intent of being Dancing Mountains. The expressed intent of those who accepted the challenge of the board of directors at that time was to offer the practice of generosity in a way that could serve the whole sangha, teachers and teachings according to Suzuki Roshi. It also became, for us, a second or (for me) third job with ample measure of rewards and costs. The dance has necessitated commitment to regular practice together and to meetings, discussions, planning in a new way as a team, beyond personal opinion. The aim has always been to take care of everyone on this landscape now and also when we have gone. Since our formal existence as a CIC one year ago, we follow the legal requirement for all directors to resign. This offers opportunity to accept nominations and potential for existing directors to serve another year or to exit. I am grateful for all that I have learned of true bodhisattva activity wherever I meet it. I am grateful for all that I have learned with this sangha and with the committed individuals who make up the board of directors. I sincerely trust that the dharma will continue to shape the landscape of hearts and minds and mountains in ways I cannot begin to visualise. Direct experience continues to shape the landscape

of the dance. And as I exit I offer the words of Isadora Duncan, best remembered as the pioneering mother of modern dance who once said, 'Now I am going to reveal to you something which is very pure, a totally white thought. It is always in my heart, it blooms at each of my steps. The dance is love, it is only love, it alone, and that is enough....I, then, it is amorously that I dance to poems, to music but now I would like to no longer dance to anything but the rhythm of my soul.'

Ji Den Dai U
Frances Collins

If you are interested in offering time voluntarily by serving as a board member for one year please contact dancemountain@googlemail.com You can find out more by joining us at Sandymount Retreat Centre, Merseyside 17th-19th April. The weekend will end with Dancing Mountains AGM where members will be invited to vote new board members.

[Back](#) to front page

MOUNTAIN SILENCE

Issue 26:

Article

Annual Survey

By Chris, Devin, Kath, Frances, Karen

We would like to thank you for all your responses received so far to the Annual Reviewing Survey, there is still time to register your views and share your ideas (please see original mailing below with link included). A summary and response will be composed as soon as volunteer time is available. _^_
Gassho

Dear Sangha

After a full year in 2014, we are reviewing our intentions and the progress of Dancing Mountains Zen CIC (Community Interest Company) in the service of our sangha. To try to be as responsive as we can, we have created a link to a survey that should only take a few minutes and we'd be most grateful if you could offer this feedback so we can best serve the sangha.

Please click here, or copy the link into your browser, to go to the survey:
<https://www.surveymonkey.com/s/HTGLXHC>

Your practice & support are gratefully appreciated.

With love and trust

Chris, Devin, Kath, Frances, Karen

[Back](#) to front page

MOUNTAIN SILENCE

Issue 26;

Article

Sitting alone together, everyday.

By Angyu Devin Ashwood

Dear Friends,

Many of us sit zazen on a regular basis, many sit irregularly and many of us hardly sit at all when not on retreats. One challenge that faces us all, particularly when we are not on a retreat with others is sustaining the energy, commitment and intensity of our practice. When we are sitting with others, practice can seem to flow so naturally, that we hardly even appreciate it. When we find ourselves back at home with multiple commitments to juggle, demands on our time and energy coming from all directions and the noise and bustle of modern life pulling us this way and that, it can seem difficult to remember and appreciate the simplicity of life that we may have glimpsed on retreat.

One opportunity we can embrace is to make commitments, to ourselves, to our friends or teachers, to take time out to sit in Zazen with each other on a regular basis. When we are sitting alone in our homes, sometimes we have to know others are sitting at the same time as us to appreciate their support and that we are not actually doing this all on our own at all.

Even two people can make a mutually suitable arrangement to sit at the same time each day and encourage this realisation of interdependence. Checking in with each other from time to time to offer encouragement or share difficulties can deepen this realisation and the friendship that only matures with this kind of effort.

Modern technology has offered us new ways to support each other and show kindness. Email, Facebook, Google+, Twitter and a host of other social networking web services and phone apps have expanded the ways we can reach out to each other and verify our connection. One example of this which I enjoy is the "Insight Timer" phone app, available for Android and iPhones, it is one of the nicest meditation timer applications I have found. It has a social networking function that helps you to connect with other meditators in your area or sangha and I feel real warmth when I sit for zazen, open my app to time the session and it tells me that my dear friends are sitting with me.

If you would like to share this experience, you can download the app and join the "Sitting Mountains" group, it should then allow you to see when other in your sangha are sitting with you. I have made a commitment to sit at (or as close to as possible) 7am each morning and I almost always use the Insight Timer programme to ring a bell at the end of the session. You are most welcome to be a good friend and expand our circle of virtual sitters who are actually sitting together each day at this or some other time that suits you and those you link up with.

in friendship

[Back](#) to front page

MOUNTAIN SILENCE

Issue 26;

Article

A visit to Rinso-in

By Francis Checkley Anryu Chiu



We had been in Osaka for our daughter's wedding, when it occurred to us that perhaps Suzuki Roshi's temple may be in the vicinity. In fact, it was about three hours on the "semi bullet" train, that is, a train which stopped at some of the stations on the way. Initially, we phoned to make contact and ask if and when it might be possible to visit. We were asked to send a fax as an introduction making it quite clear that they preferred that to e-mails!! Because of the wedding arrangements, Bernadette was unable to go so unfortunately I had to make the trip alone. As with most things in Japan, everything about the trip proceeded flawlessly. All trains precisely on time, coming to a halt in the place indicated, station platforms spotlessly clean so that they could be used as mirrors if you so wished. Taking a taxi from Yaizu city we soon passed into the country side, rice fields all around and soon arrived at the very impressive complex of buildings which comprise Rinso-in. Above and below the temple was land given over to a quite large cemetery, clean and well-tended with numerous stone Buddhas in many different poses. As such, the temple is nestled So in a steep sided valley with bamboo growing all around. Above there is a reservoir which feeds water down to the rice and vegetable fields below. In November 2011 Rinso-in hosted many priests in celebration of its 500th anniversary. When Suzuki Roshi left for the U.S.A., his son Hoitsu, respectfully called Hojo-Sama "revered abbot", now in his seventies and still very active, assumed responsibility. Everywhere around the temple was beautifully tended and the distant sound of running water only accentuated the deep pervading silence. Soon, I was met by the Suzuki family, Hojo Sama, his wife Chitose, Shungo-san(Suzuki Roshi,s grandson), his wife Kumi-san, and their two children Momoyo 7 years old and Kanro 3 years. So, three generations altogether! Later that evening we ate dinner in the family quarters attached to the temple. Sensing my discomfort with deboning the fish with chopsticks, Hojo Sama came to my rescue, saying we call this fish "conversation fish", everyone seemed to find it very funny! Later, the beer came out though I noticed that Shungo's was the non-alcoholic variety whereas Hojo-Sama and I were drinking the strong local brew! Oh well, zazen is only at 6am.After "the party" I, could not sleep all night. At about 5am cars began arriving in the courtyard outside my room as local temple members began arriving for zazen. There were about 6-7 people, all male. Outside the zendo entrance and hesitating to enter and take some ones place, I felt a vice like grip take my arm and guide me directly to where it was appropriate to sit. It was of course, Hojo-Sama! After about 15 minutes of sitting, he began to speak, and though I could not "understand the language" of Japanese, there was a strange sense of knowing. After, we filed out to the Buddha Hall to chant the Heart sutra. And indeed, from the time of my arrival until departing, there was such a sense of heart, of being cared for and of gratitude for life, of being a part of something so unspeakably vast and that we were all just so fortunate to have begun to realise how precious this human birth actually is.

[Back](#) to front page

MOUNTAIN SILENCE

Issue 26;

[Poetry](#)

[Innvocation](#)

By Guido Montgomery

Narratives decay
Ideas pixelate, fade
Intentions blur, dissipate
Explanation, evaluation evaporate
Let go
Fall
Awake

[Back](#) to front page

MOUNTAIN SILENCE

Issue 26;

[Article](#)

[Haiku](#)

By Guido Montgomery

leaves fall as i run
my mantra: bodhi svaha!
only ever now

[Back](#) to front page

MOUNTAIN SILENCE

Issue 26;

Poetry

Raindrops on a spiders web.

By Ji Den Frances Collins

Raindrops on a spiders web..
meeting beauty...no thought,
fly lands on empty web.....
spider scurries to grasp a masterpiece
then runs back into it's hiding place, alert, concentrated or dizzy?
Flyvictim ...this is me;
Spider predatorthis is me
Web and raindrop this is me

[Back](#) to front page

MOUNTAIN SILENCE

Issue 26;

[Creative Writing](#)

[A Flower Does Not Talk](#)

By Offered by Micheal Kogan Muju

Silently a flower blooms,
In silence it falls away
Yet here now, at this moment, at this place,
the whole of the flower the whole of the world is blooming.
This is the talk of the flower, the truth of the blossom
The glory of eternal life is fully shining here.

By Abbot Zenkei Shibayama Nanzenji Monastery Kyoto Japan. Included in the book, A Flower Does Not Talk, Zen Essays.

Published by Charles E. Tuttle Company 1970 Kyoto Japan Now out of print.

Zenkei Shibayama (雪村 仙外, Shibayama Zenkei, 1894 - 1974), a former Abbot of Nanzen-ji, was a Japanese Rinzai master well known for his commentary on the Mumonkan. Due to a number of lecture tours he undertook to the United States in the 1960s, and the translation of several of his books into English, Shibayama was a significant contributor to the establishment of Zen in America.

[Back](#) to front page

MOUNTAIN SILENCE

Issue 26;

Poetry

Tiger's Eye

By Angyu Devin Ashwood

There`s a Tiger living in these Islands.
Most don`t see his stripes,
The grass has grown so thick and long.
But beware, his blood runs hot and deep,
All the way to the core
Don`t move...

Watch the eye...

He`ll eat you whole!

[Back](#) to front page

