



### Why is this man so happy?

Could it be Hanamatsuri time? Well, actually, Terry Tyler (center) finished the Ekiden as part of the Kaneohe Higashi relay team. See page 3 for picture story.

### inside your Jushin

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*Those who don't know themselves blame others. Those who know themselves are compassionate to others.* Rev. Rizin Yasuda

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### Minister's Dharma Message

## Music and Arrogance

(Dharma talk from March 4, 2018 for Spring Equinox Service with temple band concert)

As we have a band performance today, I would like to talk about music. Sometimes I share my thoughts about music, but I haven't talked about music itself. Recently, I have come to think that music is a kind of meditation. As you know, our denomination doesn't have any meditation practices except reciting the Nembutsu, chanting and listening to the teaching. I never thought that playing music is actually meditation.

Let me tell you about a story of my past. Since childhood, I was sort of good at playing music. I remember that, when I was around nine or ten years old, my brother was surprised at my piano playing. Even though I had never played the piano before, I could improvise while sitting next to my sister as she was playing.

I started playing the guitar when I was fourteen. At first, my brother taught me how to play. When I first played a song along with a CD, I felt the pleasure of playing music. Then I really loved music. As you know, if it's fun, you can quickly improve your playing. So, I became very good, and my friends always praised me. Then, I loved composing music. When I composed one of my first favorite songs, I felt I was a genius. Many of my friends still like this song. So, I decided to be a composer. I was not interested in performing at that time. After graduating from the university, I started making music seriously so as to become a composer.

Though this is a slightly different topic, I have formed or joined seven bands in Japan. When I was an English teacher in Japan, I conducted a high school brass band. Throughout my music life, I was always a band leader, and we performed my songs in these bands.

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## Music and Arrogance

*“When we see things through our own bias, we have a wrong view. We don’t see things as they are... If we see things incorrectly, we suffer.”*

Rev. Nishihori

*Continued from page 1*

Looking back at those times, I was too strict with the band members and myself. I wanted to become a professional musician. I was desperate, because, otherwise I didn’t have a job. I was not interested in anything besides music.

Because I was good at music, I became very arrogant. I always found others’ mistakes. I often told them, “Why can’t you play such an easy phrase?” “How many times do I have to tell you this!” “Why are you always late? Are you listening?” I was frustrated during all of the practices. I didn’t really enjoy the practices. At that time, my goal was simply money. That’s really strange, isn’t it? I started music because it was really fun. But I became too arrogant, and I blamed others. I didn’t really enjoy our practices, yet I still continued it for money. That’s total nonsense to me right now. I would look for something else interesting, if I were me in the past.

Let’s go back to the main story. I became a composer. My main instrument was a computer at that time. I played some instruments and recorded, and I finished the

arrangement using the computer. I created my songs to a level that no one noticed the songs were created by an amateur. I had a contract with a major music label in Japan and I submitted my songs to them. If my songs were chosen, famous professional singers of the label would sing my songs and I would get royalties.

However, my songs never won those competitions. Hundreds of composers like me submitted songs to be chosen. It was like a lottery—one needed luck and skill.

I became very stressed to see my songs rejected. You know, people in Japan’s music industry always request that songs be made as they would like. And actually, I didn’t like their singers. So, I composed songs which I didn’t like.

If you are under pressure and keep doing what you really don’t like, you will not be able to distinguish what you like from what you don’t like.

Along with some other serious reasons, I became very depressed. I totally lost myself. I could not make music anymore. I didn’t enjoy anything. I lost my job and my girlfriend, and my family always had troubles.

Back then, I had suffered from insomnia for 10 years. Can you imagine that you can’t sleep well for 10 years? If you can’t sleep well, you feel tired all day and do not have the will to do anything. The brain doesn’t work well, and you often make mistakes and get scolded. You will become very stressed out and blame others, which makes yourself even more frustrated. Eventually you will have troubles with your friends and family, and you will think about committing suicide.

This is truly hell. That was hell to me. Hell is not outside of our world. Hell is not a fantasy or a fairy tale of afterlife. Hell is just here. I lived in this hell for about ten years. That was horrible. I lost confidence in life and in myself. As you might know, after that, I went to Australia for one year to teach Japanese and study English. Then, I became a teacher in Japan, which made me more depressed.

Anyway, I was desperate to recover. I tried anything that came to my mind to become healthier. I tried to exercise more, and I studied about psychology, mental therapy, self-help, and philosophy. But

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## March 11 Ekiden Was Fun!



Rev. Hidesato Kita   Mai Kikuchi   Paul Briggs   Patrick Ng

Article & Photos Submitted by Cheryl Tyler

Congratulations to all who participated in the Honolulu Rainbow Ekiden at Kapiolani Park on March 11th! I was a cheering supporter and it seemed fun for everyone. This year the Higashi Hongwanji entered two 5-person relay teams: Team 1 consisted of Patrick Ng, Paul Briggs, and Terry Tyler representing our Kaneohe community, and Ivan Lui of Palolo; Team 2 included Kevin Kawawata, Mai Kikuchi, Margaret Hamachi and Sensei Koen Kikuchi. Sensei Hidesato Kita ran with BOTH teams!



Yay for the Higashi Ekiden Teams! Left to right– Patrick Ng, Paul Briggs, Terry Tyler, Ivan Lui, Rev. Koen Kikuchi, Kevin Kawawata, Margaret Hamachi, Mai Kikuchi, and Rev. Hidesato Kita

Many friends and family members turned out to support our teams. We gathered with our colleagues from Wahiawa Nishi Hongwanji to talk story, share blistering running experiences and a great potluck lunch after all of our valiant runners came in for an impressive finish. (Never mind that the 15-year-old teams outran our teams.) Perhaps next year more of you will join the fun! We'll need runners and a cheering section!

## Bon Dance Wireless

No, it's not July YET. But it's darn getting close! The Kaneohe Higashi Hongwanji is having our **2018 Bon Dance** on Saturday, July 7, 2018.

Here is the latest information.

**June 24 ... Sun ..... 1pm .....** Kaneohe Public Library  
*Mini Bon Dance & Lesson*

**June 26 ... Tues .... 6:30p ....** Kaneohe Higashi Bon Practice

**July 7 ..... Sat ..... 6pm .....** Bon & Hatsubon Service  
**6:30 .....** Bon Dance Begins (appx.)  
**5:30 .....** Food Concession Opens  
**10p .....** All pau!



Ample free parking is reserved for July 7 at the Benjamin Parker Elementary School's three Waikalua Road lots from 4PM. Lots of yummy food to be prepared this year!

## May 5, Mini-Bazaar & Plant Sale

Treasure sleuths and plant lovers, May 5th is your day! The Kaneohe Higashi Hongwanji will have its annual Plant Sale and a Mini-Bazaar Sale at the same time... 9am to 1pm. There will be no preview or presale. If you want to see what we have at both venues, bring a spouse/friend/relative. Eager gardeners and bargain finders come all the way from Wahiawa, Hawaii Kai and Pearl City.

Volunteers are needed for the plant sale on Friday, May 4. Call the temple and leave a message for Liane Briggs. Volunteers are also needed for the Mini-Bazaar from Friday and very early Saturday morning to help sort, price and display the items. Please call the temple and leave a message for Char-Ann Nakamoto. Bazaar donations (slightly used and in working condition) may be brought to the temple neatly packed from April 28. Thank you!

## A Rare Opportunity to Hear Dr. Nobuo Haneda in Honolulu, April 18-19

Submitted by Mary Matsuda

Every summer, in late June, Dr. Nobuo Haneda of the Maida Center of Buddhism holds his annual Dharma class in Berkeley, California at which he selects a particular Jodo Shinshu precept/concept and dedicates about 12 seminar hours over two days (Friday evening, all day Saturday and Sunday morning) sharing his teachings to a group of people from various temples along the west coast and New York. Attendees stay in the dorm or nearby hotel, have all meals together, and listen to his well-organized, logical lectures. Because he is so enthusiastic in transmitting the teachings, you will not see anyone falling asleep!

I have attended four of his sessions which cost me upwards of \$800 for airfare, lodging, registration fees, etc. How very fortunate we are in Hawaii, for this April, we are given an opportunity to experience the exuberant teachings for just \$20 as this presentation being jointly sponsored by the Higashi Hongwanji and Honpa Hongwanji. Thank you! (*For more details, please refer to page 6 of this newsletter.*)

It is through these valuable lectures that I have been able to get a better grasp of Jodo Shinshu and to realize its profound teachings. If you are looking to demystify Buddhism, want to be inspired, and/or learn from an excellent teacher, please make your reservations today – and see you on April 18th!



Mary Matsuda

# Music and Arrogance

*Continued from page 2*

those trials ended mostly in vain.

Actually, now I know most of these things are true and helpful for some people, but I didn't understand them at that time.

Then, I finally tried studying Buddhism. As you know, Shin Buddhism is very difficult. It didn't make sense to me at all. So, I learned the original Buddhism first. Especially, I meditated. I moved slowly inside my house. I tried to connect with what I really felt. I did Yoga, too. But, you know, most of these practices take some time. Trying something new, especially when you feel seriously ill, sometimes just makes things worse. I was frustrated every time I meditated. So, I gave up, and I chose to become a Shin Buddhist.

After I really grasped the meaning of our teaching, I have become a lot healthier than before, and I love music now. But that's another story.

Recently I discovered that one of the major causes which made me not enjoy music in the past was none other than arrogance. I looked down on other musicians. I despised bands and their songs that I was not interested in.

Presently, our temple band usually practices at my residence on Sunday afternoons. One day, I was trying to put my guitar aside, and it hit my desk. I didn't care about all of my instruments. I handled them very roughly. Then, one of the members, Amy, said, "You should respect

your instruments!" I was a little bit stunned because I had never thought about my instruments in that way. Surely, I didn't respect my musical instruments. Thanks to them, I can enjoy music, but I had never had this idea until then. So, arrogance made me despise everything, which means I was always right and others were always wrong. Arrogance leads us to the state of lacking

*"Let's study Buddhism together for our long and short life..."*

Rev. Nishihori

respect and appreciation. Arrogance prevents people from maturing. From the moment you think that you know something and become too proud, you stop learning and you lose appreciation. If you want to know more about anything, you have to know yourself first.

Many philosophers mentioned the same thing. Socrates said, "The only true wisdom is in knowing you know nothing." A famous Greek maxim says, "Know thyself."

I often want to boast when I am really good at something. So, I am still arrogant. Our founder, Shinran, said our worldly desires, including arrogance, never disappear while we are alive. But, at least now I know that I am arrogant.

Our Buddhist goal is not to perish or extinguish our arrogance from our mind. Amida Buddha never say, "You should remove your arrogance." Our goal is to know that we are arrogant. It's a huge differ-

ence. As I always say, if you try to become humble, you can never become humble. If you think you are humble, it's not humbleness at all. It's arrogance, right? Our way to the enlightenment is to know ourselves and our limitations.

Recently, I am practicing music almost every day for two or three hours after all my temple duties are done. I play instruments while listening to my iTunes music list and shuffling. It's so interesting that time passes very quickly.

I recognize that I often make mistakes when I think it's easy. If we think anything is easy, we tend to be careless, right? That's arrogance, and I might call it prejudice as well. When we see things through our own bias, we have a wrong view. We don't see things as they are. That's also against the Eightfold Path. If we see things incorrectly, we suffer.

Recently, I am finding out why I suffered so much in my past. I can look at my past in a different way through Shin Buddhism.

It's so interesting. Let's study Buddhism together for our long and short life, and please enjoy our concert!!

## Ohigan Set List

**Three Treasures** (*Esoteric version*)

**One Day Soon** by Ernie Cruz Jr.

**Koko Ni Sachi Ari** by Yoshiko Otsu

**Stranger** by Billy Joel

**Nada Sousou** by Rimi Natsukawa

**Shinshu-Shuka** (*J-pop style*)

**Ondokusan** (*Choir version*)

*Kaneohe Higashi Study Series***“Impermanence and Death”**

By Rev. Hideaki Nishihori

Hi everyone, howz it?

In this issue, I am continuing my series of articles about Buddhism from scratch. I like thinking about most anything in a philosophical or academic way. My thinking is, this way is so interesting that I really wanna share my thoughts with you.

The first theme is “Impermanence/ 諸行無常 Shogyo-mujo.” Everything is impermanent. I think everyone knows this truth. If you don’t, please find something that can never change. Please think of something that never changes forever without changing its form. It’s not like just 100 or 200 years. Let us think back far longer than we usually think, like 1,000,000 years or more. Did you discover anything?

Nothing, right? Everything must change except this rule, impermanence. This rule seems easy to understand this. However, the most difficult thing about impermanence is to know about ourselves and our own death. Have you seriously thought about your own death? Well, I know it is scary to think about our own death. Have you ever thought what death is in philosophical way? We experience others’ deaths. But we can never see or experience our own death.

Last year, I was thinking about death all the time, lying on my sofa after work. My tentative conclusion is that death is similar to sleep. Very sound sleep. There is no suffering at all. That’s perfect Nirvana, or you may call it Pure Land. You cannot know the moment of falling asleep exactly, right? I guess the moment of death is the same. That means you can never experience the moment of death. That is, there is no death to you.

Thinking about death could be a strong drug that triggers your enlightenment. Do you know this Latin phrase, “Memento mori”? It means “Remember that you have to die.” Life and death are often described as the same. Sometimes, I wonder whether I am alive or not. How about you?

Ok, we’re pau today! I’m gonna write more for at the next issue! Aloha, a hui hou! Aki

\*I made Teri Betker, my English language coach, to let me use these informal phrases. I would not let her correct them. Do not fire her! LOL

**Rev. Conway: Komyo Scrolls Date Back to Shinran’s Era**

Rev. Dr. Michael Conway

On Friday, March 23, Rev. Dr. Michael Conway of Japan’s Otani University gave an in-depth lecture and slide presentation on “*History in the Buddha’s Light: Reading a Komyo Honzon Scroll*” at the Hawaii Higashi Hongwanji Betsuin. Despite the evening’s flash-flood warnings, 30 persons attended Conway’s 7:00 PM lecture.

Dr. Conway began by describing the founding and the earliest days of the Shin Buddhism community in Japan. His focus on the scroll led us back in time to Korea, China and India. Throughout his 90-minute lecture, his accompanying slide presentation showed the Komyo Honzon Scroll and sectional enlargements wherein he described the religious and historical significance of the many persons depicted, hand-drawn in inks eight centuries ago. At the same time he provided his English translations of ancient Sanskrit and kanji passages written on the scroll. Those passages were sayings of Honen, Master Shinran, Chinese Buddhist priests Daochuo and Shandao, Vasubandu Bodhisattva of India, and others.

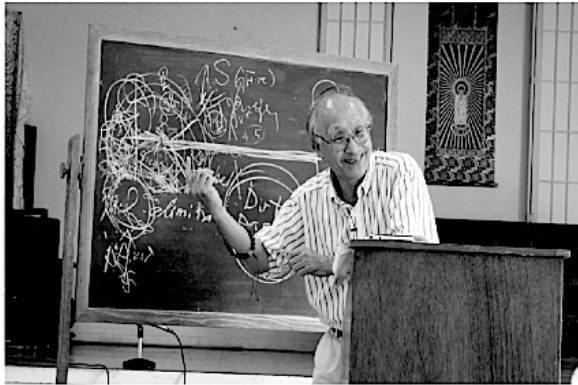
Such scrolls used in the early Shin Buddhist community even when Shinran was alive (1173-1262). “By looking at these scrolls, we can see the most central of Nenbutsu teachings. Really there weren’t any Shin ‘temples’ in Shinran’s time, there were dojo, community halls, or people’s home were opened up to listen to the dharma. Scrolls were hung as the central object of worship. There was no altar that we have today (in our Shin temples).” Such scrolls contained written precepts for believers to see and were important for commoners because the Pure Land movement saw “persecution by authorities,” Conway said. “The Nenbutsu seemed as a

Komyo Honzon Scroll  
Courtesy Hawaii Betsuin*Continued on page 7*

# JOINT BUDDHIST SEMINAR SPONSORED BY HIGASHI HONGANJI HONPA HONGWANJI

## SHAKYAMUNI BUDDHA AND SHINRAN: BUDDHISM AS THE TEACHING OF SELF-EXAMINATION

Shakyamuni (ca. 469-380 BC), the founder of Buddhism and Shinran (1173-1262) lived in their respective social and religious environments. Their teachings seem different, i.e., they used different terminology and expressions in their teaching. Some Buddhist scholars, in fact, claim that Shinran's teachings are historical deviation from the original teachings of Shakyamuni. I, however, believe that their teachings are basically the same ; they focused on one issue of self-examination.



**Rev. Dr. Nobuo Haneda Biography**

- 1946 Born in Nagano, Japan.
- 1968 Read Shuichi Maida's work and became interested in Buddhism.
- 1969 Graduated from Tokyo University of Foreign Studies.
- 1971 Studied under Revs. Gyomei Kubose and Gyoko Saito.
- 1979 Received Ph.D. from University of Wisconsin.
- 1979 Lecturer, Otani University, Kyoto, Japan.
- 1981 Lecturer, Buddhist Educational Center, Chicago, IL.
- 1984 Head Professor, Institute of Buddhist Studies, Berkeley, CA.
- 1987 Researcher, Numata Center, Berkeley, CA.
- 1997 Director, Maida Center of Buddhism, Berkeley, CA.

**Schedule:** Friday, April 13, 2018 (1) 6:30 p.m. - 8 p.m.  
 Saturday, April 14, 2018 (2) 9 a.m.- 10:30 a.m. (3) 10:45 a.m. - 12:15 p.m.  
 (4) 1 p.m - 2:30 p.m. (5) 2:45 p.m. - 4:15 p.m.

**Speaker:** Rev. Dr. Nobuo Haneda (Maida Center of Buddhism)

**Location:** Buddhist Study Center  
 1436 University Ave., Honolulu, HI 96822  
 Phone: (808) 973-6555

**Registration:** \$20.00 fee (payable to Higashi Honganji )  
 sent to : 1685 Alaneo Street, Honolulu, HI 96817

If you have any questions, please contact your local temple or these offices at:  
 Honpa Hongwanji (Buddhist Study Center) : 1436 University Ave., Honolulu, HI 96822 (808) 973-6555  
 Higashi Honganji (Hawaii District Office) : 1685 Alaneo Street, Honolulu HI 96817 (808) 531-1231

..... Detach Here .....

Name / Names Attending	Temple Affiliation (If any)	Vegetarian	Total Amount Enclosed
_____ / _____	_____ / _____	_____ Yes / No _____	\$ _____

## Komyo Scrolls

*Continued from page 5*

Also during his lecture, Conway described Shin precepts in lay terms. One such precept was reality. “Our minds are constantly forming values and making opinions such as, good and bad, pleasant and unpleasant, likes or dislikes. (However,) Buddhism teaches us that these values and opinions are not reality. They are value judgments made by self-centered thinking,” Conway said, where the individual imagines that he or she is “the center of the universe and should gain (or win) any benefits.”



*Dr. Conway explaining the slide of the Komyo Honzon scroll to the audience.*

## Higashi Betsuin’s Bon Dance Alert

**ALERT!** Here’s a very important date change from the colorful 2018 Higashi calendar! After we printed it, the Betsuin had changed its Bon Dance to July 20 and 21 NOT July 13 and 14 as printed on the wall calendar. All bon dancers and attendees should make the change on their color wall calendar as soon as possible.



## Happy Hanamatsuri

*In observance of Buddha’s birth, the Kaneohe Higashi Hongwanji will be holding our Hanamatsuri Service at 9 AM on April 15.*

*You are cordially invited to attend!*

*Hope to see you here!*

**Coming May 5 – Plant Sale, Mini-Bazaar Sale**

*Photo at left – Susan Ng cheerfully helped to decorate our Hanamido using local flowers and ferns. (2015 photo)*

## Temple Service & Activities Calendar

### April

8	Sun	9am	Sunday Service (Guest Minister. Rev. Hidesato Kita)
11	Wed		Ann Pearl Care Facility Visitation
13 & 14			Joint Buddhist Seminar - Dr. Nobuo Haneda Buddhist Study Center (see page 6 for details & RSVP)
15	Sun	9am	Hanamatsuri Service
17	Tue	7pm	O-ko Night at Betsuin
22	Sun	9am	Sunday Service
24	Tue		Hale Nani Care Facility Visitation
25	Wed		Ann Pearl Care Facility
29	Sun	9am	Sunday Service

### May

4	Fri	TBA	Volunteer help for Plant/Bazaar Call Temple to Volunteer, leave message for Liane Briggs to volunteer for plants CharlAnn Nakamoto to volunteer for bazaar
5	Sat	9am-1pm	Plant Sale and Mini-Bazaar Sale
6	Sun	9am	Sunday Service
9	Wed		Ann Pearl Care Facility Visitation
13	Sun	9am	Sunday Service
15	Tue	7pm	O-ko Night at Kaneohe
20	Sun	9am	Shinran Shonin Birthday Service
26	Sat	10am	Local Retreat at Kaneohe Lecturer: Rev. Marcos Sawada
27	Sun	9am	Sunday Service