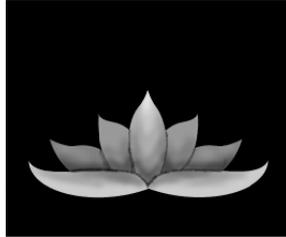


# Dharma Friends

**Dedicated to Sharing the Dharma, Healing Each Other,  
All Sentient Beings, and Ourselves**

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**The Dhammapada  
The teachings of the Buddha**



## **Verse 13: The World**

**Translated from the Pali by  
Acharya Buddharakkhita**

**Source:** From *The Dhammapada: The Buddha's Path of Wisdom*, translated from the Pali by Acharya Buddharakkhita, with an Introduction by Bhikkhu Bodhi (Kandy: Buddhist Publication Society, 1985). Transcribed from the print edition in 1996 by a volunteer under the auspices of the DharmaNet Transcription Project, with the kind permission of the BPS. Copyright © 1985 Buddhist Publication Society. Access to Insight edition © 1996. For free distribution. This work may be republished, reformatted, reprinted, and redistributed in any medium. It is the author's wish, however, that any such republication and redistribution be made available to the public on a free and unrestricted basis and that translations and other derivative works be clearly marked as such.

167. Follow not the vulgar way; live not in heedlessness; hold not false views; linger not long in worldly existence.
168. Arise! Do not be heedless! Lead a righteous life. The righteous live happily both in this world and the next.
169. Lead a righteous life; lead not a base life. The righteous live happily both in this world and the next.
170. One who looks upon the world as a bubble and a mirage, him the King of Death sees not.
171. Come! Behold this world, which is like a decorated royal chariot. Here fools flounder, but the wise have no attachment to it.
172. He who having been heedless is heedless no more, illuminates this world like the moon freed from clouds.
173. He, who by good deeds covers the evil he has done, illuminates this world like the moon freed from clouds.
174. Blind is the world; here only a few possess insight. Only a few, like birds escaping from the net, go to realms of bliss.
175. Swans fly on the path of the sun; men pass through the air by psychic powers; the wise are led away from the world after vanquishing Mara and his host.
176. For a liar who has violated the one law (of truthfulness) who holds in scorn the hereafter, there is no evil that he cannot do.
177. Truly, misers fare not to heavenly realms; nor, indeed, do fools praise generosity. But the wise man rejoices in giving, and by that alone does he become happy hereafter.
178. Better than sole sovereignty over the earth, better than going to heaven, better even than lordship over all the worlds is the supramundane Fruition of Stream Entrance.



## Some thoughts about this *Dhammapada* Verse: *The World*

Here is our task:

*The one whose mind knows the clarity of perfect wisdom is never afraid or even anxious. Why? Because when being at one with the living power of wisdom, the mother of all the buddhas, that person has the strength to remain in a state of undivided contemplation even while ceaselessly and skillfully engaging in compassionate action. The wise one is enabled to act because of concentration on a single prayer: "May all beings never leave the path of enlightenment, which is their own true nature and is empty of separate self-existence." -Prajnaparamita*

### **The dramas of the world are compelling -**

The world and all beings in it are suffering everywhere. Of course there are moments of peace and happiness, but wait a bit and suffering arises again. There is so much suffering in our lives all day every day, how can we not give in to the despair of it all? Instead, we are asked to be of benefit to others. Some of you have even taken vows to do so. But this world and its challenges are pretty overwhelming. My heart breaks for all of you in prisons, for your children who are lost without you in their lives, for the parents with a child in prison, for those of you suffering from the pain of life-threatening illnesses, for those who have had a loved one die, and on and on we feel the weight of your trials. Some of you have hurt people in your past and been the cause of suffering. Some have nightmares every night because of what you did. You aren't free of suffering even in your dreams. Many of you ask how to let go of these horrors in your life. For some, that path to healing comes as a commitment to action to better the world and, I expect that most of you want to find some way you can right your wrongs. Or you look around at the suffering of your friends, or you listen to the news on television and you wish you could lift the suffering of others. That is a challenge because no matter how much we do, the world never seems to get fixed. It may even seem that all our efforts are ignored, never appreciated or supported, or even despised. Some of us look for a way out. Some think that if they put their emphasis on meditation, that will help them to find peace and they can escape from the world where this suffering is too much. Do you find your dilemmas in handling the world among these challenges? If so, join the club. We are tackling a big wisdom task when we tackle this verse, *The World*.

We could never glean the wisdom lessons of living in the world without the help of those who have already accomplished this feat. Our **Dhammapada** verse gives us two lines that might help. These two **Dhammapada** quotes are in order, not just because this is as they are in the text, but they are in the order that we need to realize them. They help us to be in the world while not getting caught up in the drama of the world.

### **Becoming a non-judgmental observer day and night**

**Our first guiding quote is:** *One who looks upon the world as a bubble and a mirage, him the King of Death sees not.*

Here we are asked to see the world as a bubble or as a mirage. This is a meditation that allows us to see that all that appears to us in our ordinary world view is truly empty of any true substantial form. Our suffering, as we remember from all of our other wisdom teachings, comes from ego's grasping at what it wants and pushing away what we fear. If you are like me, no matter how many times you read this, ego's delusional attachments quickly return. Again and again throughout the day, there we are – grasping at "this" and pushing away "that". How quickly we forget and get seduced back into the fantasy that we can actually have something that will make us happy or safe. So quickly deluded, we think we can actually avoid something that will make us unhappy or cause us suffering. Silly us! And then, with the first

impulse to grasp or push away, the cascade of automatic responses starts again. Grasping or pushing away awakens all of our emotional responses. Then, ego jumps on the band wagon with its favorite thoughts and assumptions, which lead quickly and automatically into our enormously complex life dramas that we have lived 1000 times since early childhood. Sure is hard to break these habits, isn't it?

Since intellectual understanding doesn't help but a little in breaking this cycle, meditation is essential. If we meditate and find stillness, we develop a stable foundation and can become an observer of ourselves. We learn that we are not some "one" but that we are *awareness* watching our body, our intellect, and our fantasized self act out our long held patterns and deeply programmed behaviors. When we are merely observing, we can learn to apply this meditation, *One who looks upon the world as a bubble and a mirage*, as an antidote to grasping and pushing away. We can learn a new habit. We can allow whatever arises to be merely a bubble or a mirage and we just watch without judgment or response.

Start intellectually by considering the idea that all that arises before us is as empty of reality and concrete "something" as a soap bubble or a mirage. It does not take a little baby very long to realize that bubbles pop and are then gone forever. They are delighted when the bubbles are floating in the air and reach out for them. A little child with their first soap bubbles reaches out to catch them and then "POP" they are gone. Not too many are distressed at their disappearance and most make the new game one of deliberately popping the bubbles. I wish we could be so quick to catch on! Instead, we see the bubble of a life event arise and immediately we are filled with fantasies of how wonderful or how horrible it is. When it pops and disappears we are devastated or relieved. When we first see the bubble, we don't quite get it through our head that, of course, it is going to pop and disappear back into space. We expect it to last for as long as we wish or as long as we fear it will. We start collecting our favorite bubbles, or wishing them onto others, or trading them, or being jealous of how many bubbles others have, and on and on with our fantasies about bubbles that are sure to pop.

#### **The meditation that we can learn to do:**

Whatever arises, note that it is merely a bubble and it will pop any moment – even if that popping takes 500 years, at some point it will be gone. Or, if you prefer to work with the mirage image: when anything arises, know that it is merely a mirage of your own misperception. If you recognize that its true nature is as a mirage, there is nothing whatsoever to cling to or to fear. It would be silly to do anything but to observe it and then to let it go.

Someday, we will know that all that we perceive is truly empty of any existence other than that that we impute to it. Until that is our actual perception, the meditation is to practice seeing all that arises in the world in just this way. So here we will mention it as our task to learn, and we will experience it more deeply in our **Meditation** section that follows. As we strengthen our meditation, we might even remember it for a while when we get up off of our cushion and live it in the world.

**Our second quote is:** *He, who by good deeds covers the evil he has done, illuminates this world like the moon freed from clouds*

Once we have the first part down good (or we *fake it 'til we make it* while we are learning that all is empty of true existence), we move along the path of offering our gift, our service, to all suffering beings. As we grow on our own path, we recognize the enormity of suffering. But, even more important and self-confronting, we recognize the enormity of the suffering that we ourselves have caused to our self and to others. When ego is primary, we view the world through the lens of ego. At that point, we all live a selfish view. We primarily see what we desire and we find many ways to justify why we should get what we want, even if others suffer at our expense. We feel a sense of privilege and entitlement and do not identify with others' pain to see how they are affected by our actions. We may hurt a lot of folks along the way of growing beyond this self-focused view.

As we mature and receive the love and nurturing that we need in order to evolve into caring human beings, our heart naturally starts to open. We learn to feel compassion for the suffering of others. We take a next step but, in our still mostly self-centered way, we continue to see their world through the lens of our own egoic view. We care about others but still more about ourselves. We often lay the template of our own views onto what we see in others and form self-centered

judgments about their suffering. We think we know best about them, how to fix them, and how to fix their lives. These first clumsy steps at sympathetic compassion are when we try to remake the world and all its suffering into a place that will make us more comfortable with the way the world is. We try to make those changes that will allow us to view the suffering we see with less distress for our own ego. This is the world of cable network debaters, all the opinionated experts, and even the do-gooders who have an agenda about how to fix everyone else with social programs, religious or dharma teachings. Ooops. We are actually perpetuating suffering with such self-centered intentions. Time to grow beyond this plan of action.

Can we do good deeds from a place of loving others and just *like the moon coming out from behind the clouds, light up all that is*? Notice that these **Dhammapada** teachings do not say that we must make amends or heal our bad karma or repent for our sins. The teachings say that by doing good deeds *we are the moon lighting up the world*. The clouds of all that negativity that we caused dissipates. We, *the moon that reflects the light*, have been there all along behind those clouds. When the clouds merely lift, we are free to radiate our light. The light has never not been there. The clouds just need to lift.

Is that all that it takes? I think so. It is as simple as turning on the light switch to transform a scary dark room into one of light and safety. That is what the teaching seems to say. This is a transcendent view. The two realities of causing suffering and being the light co-exist simultaneously and are never separated from each other. We manifest one view because of our perceptual experience of ego and then we have the capacity to manifest the other simply by the parting of the clouds. Suffering is created when we perceive reality through ego and then the clouds cover the radiant light of the moon. Illuminating the world occurs when we allow the clouds to part and perceive a vast, pure and sacred world and universe.

How do we get the clouds to part? We lift that obscuring view of ego. To allow ego view to lift, we must work on our bubble/mirage meditation in order to develop a calm mind that will enable us to know the true nature of all reality. And we must live in the world doing the best that we can to be kind to others. We can act from our growing compassion and do good deeds, knowing that we will always cause *some* suffering – hopefully less and less - until we are truly and fully enlightened beings. Intending to be kind to others is the mirror in which we get to see our self grasping and we can then work with those attachments that motivate our ego.

### **Here are some questions to ask ourselves that help to part the clouds:**

When we see the suffering around us, can we feel what that suffering being feels? Can we know that he is us? Can we become one with him and know his suffering? When judgment arises and we see another as broken, wrong or bad, and needing fixing, can we remind ourselves that he or she is a Buddha or sacred being and is perfect just as they are? We must grow to love and honor him or her with kindness. And, of course, can we learn to love ourselves as growing Buddhas who need support and safety in the world? We must create for ourselves the opportunities necessary for us to continue on our path with as few obstacles as possible.

### **Now, let's read again the essential Prajnaparamita teachings:**

*The one whose mind knows the clarity of perfect wisdom is never afraid or even anxious. Why? Because when being at one with the living power of wisdom, the mother of all the buddhas, that person has the strength to remain in a state of undivided contemplation even while ceaselessly and skillfully engaging in compassionate action. The wise one is enabled to act because of concentration on a single prayer: "May all beings never leave the path of enlightenment, which is their own true nature and is empty of separate self-existence."-Prajnaparamita*

I hope that this **Prajnaparamita** verse has more meaning to you now. This is an ultimate instruction about how to live in the world. It may take us the rest of our lives to be able to live in the clarity of perfect wisdom and to engage in ceaseless and skillful compassionate action, but we can do it. That is what you have the capacity to bring to the world – to yourself, your loved ones, your children, your community, and to everyone everywhere.



## A MEDITATION

**Let's do this bubble meditation.**

In your mind's eye, see a bubble arise in a stream of soap bubbles. It forms, it glistens, it pops, it is gone forever. Just as absolutely everything appears, rests in form, glistens and radiates its gifts in great perfection, pops – or more slowly disintegrates- and is gone forever. If we aren't in harmony with the experience and attentive to it, if we aren't one with it, then we are grasping at the “bubble” and making up a dramatic story about it. We have made that bubble an ‘other’, separate from us. We have an agenda for that bubble. I know this needs no explanation because it is so obvious, but sometimes the simplest things escape our focus.

**The meditation: watch the bubble arise; watch it be; and watch it pop.**

**Be one with the bubble.**

**Let it Arise, Be, Pop.**

**And now, watch *All That Is* arise as a bubble – maybe it is a noise, a sensation, a news headline, a passing friend – each arising is miraculous; each arising is perfect; and each arising is impermanent.**

**Every moment is a bubble – an empty bubble arising and popping.**

**Without attachment there are just impermanent bubbles arising, being, and disappearing.**

**Can each of us in the world, and the world itself, and everything in it be a bubble?**

**Here is our dedicatory prayer to do after we sit and watch all the arising and disappearing bubbles:**

*Whatever living beings there may be--feeble or strong, small or large, seen or unseen, those who live far or those near, those who are born and those who are yet to be born--may all beings, without exception, experience a happy mind.*

*Let one not deceive another nor despise any person whatever in any place. In anger or ill will let one not wish any harm to another.*

*Let one's thoughts of boundless love pervade the whole world without any obstruction, without any hatred, without any enmity. -Samyutta Nikaya*





## **From Your Letters (our own little peek at the world)**

*Although nirvana does exist and the way to it exists and I, an adviser, also exist, some of my followers will attain the unchanging goal but others will not. There is nothing I can do in this matter. All I can be is a shower of the way. - Middle-Length Sayings*

**A Story about our friend Omar who died last January 2009. Omar learned well these lessons of how to be in the world with healing and benefit just as we are exploring in our Dhammapada verse.**

**Written by his friend, Ellis, after a visit on May 4, 2008**

Phil and I went to see Omar at the Diagnostic Unit in Pine Bluff. He was thin, though I expected that from Anna's descriptions. He was, however, radiant ... And in a wheelchair. His left leg was especially weak. I asked him if I could get him something to drink. He wanted a Sprite.

We talked a lot about his health, his compassionate release. His plans when he gets to his daughter's in Atlanta, how he wants to be able to talk to young people about what prison is like. He's seen many come in and thought they wouldn't have to be there long. They were prepared or ready for what they were to face. He thinks his experiences may help some people to turn their lives around. "I lost my way ..." is how he described the violence that brought him to prison.

Omar filed the suit that got his faith recognized by the Ark prison system as a legitimate faith. There are programs still at some prisons (Varner) etc. that he started.

Phil and I have supported and contributed to the Eid feasts for the prisoners. He remembered that and was very grateful. We think he gave us an opportunity to help and we should be thanking him.

I think of Jesus when he said "The poor will always be with you." and the reason for that, of course, is to inspire generosity in us .. to help lift people up ... as we have been lifted.

Omar: "I am not angry."

He truly believes he is blessed.

One of Omar's stories ...

"When I was at Tucker ... a young man came up to me and said are you Omar? I told him I was. He was the son of my victim. He wanted to talk to me about that time and everything and I just couldn't do it. I couldn't do it. He used me and my being there to get a transfer to another prison. Years later I saw him at Brickeys. He had become a Muslim and he came up to me and told me that he understood what that time was, that he had forgiven me, that Allah had helped him understand."

Omar told us how much that meant to him, how much better it made him feel. It was very powerful and, I think, a key step in Omar forgiving himself.

I cannot say how moved I was hearing him tell this story. It is a powerful demonstration of love and forgiveness for the right reasons.

He is divorced. His children have been supportive and are arranging for him to go to Mecca once he can get the needed paperwork .... His family has taken Muhammad as the family name ... they are Muslim. He will live with his daughter, Mecca. He talked about his family, how he wanted to grow an organic garden in five-gallon buckets on a long bench in his daughter's backyard. He knew that eating good, organic food would nourish and help his healing. He wanted to live where he would feel safe and peaceful and he says his daughter's is the right place. She is fixing a room for him. He will begin some therapy when he gets out.

"Omar: that name means long living..." He explained each of his names, which are chosen by the Imam after he knows the person. After Omar's horrific crimes, he was facing trial and talked to an Imam. He told him he had done horrible things ... and what could he do? The imam told Omar to tell the truth. And he did. The jury spared his life.

Now he has liver cancer. He has been in prison for 28 years. He is 60. The chemo makes him very ill. But he says the docs tell him the tumor is getting smaller. He believes it will go into remission “because Allah has work for me to do.”

And he is on the track to be released on compassionate leave, thanks to the efforts of a Pakistani doctor who lives in Pine Bluff.

Omar knows that without the disease he wouldn't be getting out. He would die in prison. He sees this as Allah's divine plan ... he has promised to dedicate what time he has to the healing of others by talking to young people and the community about the reality of prison, what it is really like, how it changes you ...

He is writing now ... and will finish his life story. Anna has encouraged it ... and I reinforced that.

We talked a bit about Thubten Rinpoche's teachings. I mentioned “The Truth” which Thubten Rinpoche described as our true nature, who we really are, the inseparability with each other and the divine or buddha mind.

We also talked about Vajrasattva. He liked doing that mantra with Anna. So I went through it again with him. How this meditation is very powerful for purifying all negativity, and is especially powerful for purifying broken samaya, or spiritual promises. How the white form released nectar and white light into our bodies, to fill our bodies and purify us of all our negative actions, thoughts, words. The light and nectar are expressions and manifestations of that divine love that loves us unconditionally and wants us to be aware of that true nature. That light and nectar flows into us and this white light and nectar take our negativities and remove them from our body. They flow outside us as dark liquid ... and the Lord of Death opens his mouth and swallows it all and transforms it into blessing for all beings, for all those we have hurt, for us and the things we have done to ourselves. The light and nectar completely fill our bodies, and we are transformed.

He says the meditations with Anna when he was at Tucker, and other places, were very beneficial. She led guided meditations into looking at their true self, death, etc.

I asked him if we would like to meditate and he said yes. I asked if he would like silence or to have me talk, he asked me to talk.

I didn't really have anything in mind; I asked him to breathe normally, inhale, exhale. I reminded him we are in this moment and this is the only one that counts until the next moment. Fully present, we breathe in and breathe out. I invited him to look at his own true self, the divine spark within him. It is when we don't know who we are that we go astray. Look at your true self ... see the divine light shine. See that light and the nectar as a pure love ... it is the love that loves us unconditionally, that forgives us ... and if that love can forgive us, how can we not forgive ourselves and release our hold on this negativity? Then true purification and lasting purification can be realized. I invited him to feel that love and let it embrace him and show him his true self. This was maybe 10 minutes? Most of the time it was speaking softly of love's deliverance of our obscurations and negativity, the freedom it gives us ... we were also doing OM VAJRASATTVA HUM.

When it was time to leave, Omar said he was looking forward to getting outside a bit, sitting and thinking about our visit, what he felt, what he heard, what we talked about. And writing it down. He stood up from his wheelchair and embraced each of us.

*There are four bases of sympathy: charity, kind speech, doing a good turn, and treating all alike.-Buddha*

**A note from anna about mentors for those on the path** – Remember the importance of supporting one another? We all are on the path of awakening and evolution in whatever tradition we follow. Some are a bit ahead and others are coming along with new studies and practices. In Buddhism, only those who have trained with an authentic lineage teacher and who have been asked by that teacher to become a teacher themselves can be called a “teacher” or lama. But we can still offer valuable guidance to each other. I put lots of little quotes in our *Dharma Friends* newsletter and some of those are from great teachers. Yet, all of us who contribute, including me, are strollers, strugglers, mirrors and mentors to each other. For all of you who share your thoughts in these pages and for the kind Bodhisattvas who are writing to readers who are in prison, we are most grateful. Here is another offer from a ‘free-world’ reader who wants to offer support to any who would like to write to him. He is in Massachusetts where many of you live. He says that at some point, perhaps something could be arranged for visiting. He's not making any promises and, as you know, it takes a while to let a relationship grow into a real friendship. Go a step at a time. For all of you who long for mentors and visitors, remember to honor the process of letting things evolve naturally.

**So here is an invitation from a friend who will write to those who would like to have his support:** Please post me as a Dharma friend (who is willing to write and guide anyone interested in Buddhist practice). I am certain I can maintain a meaningful correspondence. My contact information is below, though I shortened my name to make things simple: **Rolf Schilling, 248 Amherst Road, J9, Sunderland, Massachusetts 01375.** I would not mind visiting a dharma friend in prison if a contact could be made in my area. I live in what's known as ‘Pioneer Valley,’ which is the Connecticut River Valley area of MA.



*There's a fine line between meditating and snoozing...*

**From L.J.** Dear Kristopher,

I hope that this letter finds you in great comfort and peace. As for myself, I'm doing ok, thanks to my sanity and good health. Well, I want to thank you for the card. It brought joy and sunshine to my gloomy day. Thanks!

I understand you have a full plate on your hands and bogged down with many request, therefore I won't put too heavy of a burden on you, but I will ask that you drop me a few lines once you get back on top of things!!

On the other hand, I truly hope that your arthritis and physical health has improved enough for you to work without pain. However, I admire a man who is determined to complete his mission and keep up the mailings and personal communications!

Kristopher, I strongly encourage you to continue your good deeds and know that we as humble prisoners are thankful and grateful for your ongoing support, which is so beneficial and helpful to us. Also, thank you for answering my questions. I feel, once I get out of prison, I won't be coming back!

Well, this is a short one. Basically I just wanted to touch base with you and thank you for all your support. With that said, I wish you the very best of happiness! Take care!

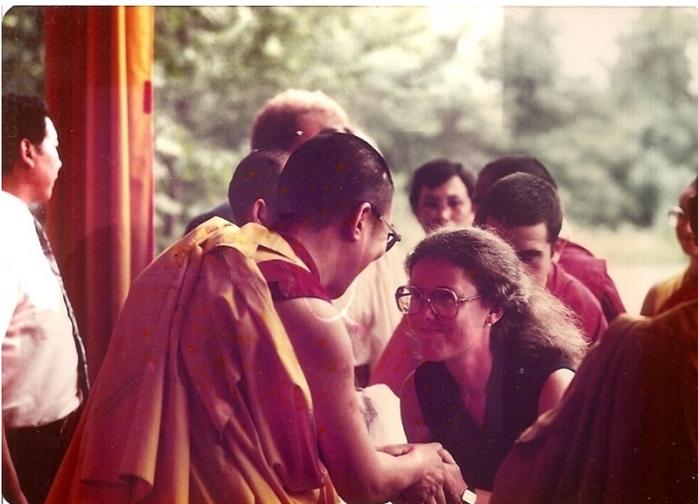
P.S. - May you, Anna and the CWFA be abundantly blessed throughout the holiday season. Peace!

*"And I have felt a presence that disturbs me with the joy of elevated thoughts; a sense sublime of something far more deeply interfused, whose dwelling is the light of setting suns, and the round ocean and the living air, and the blue sky, and in the mind of man; emotion and a spirit, that impels all thinking things, all objects of all thought, and rolls through all things."*

*William Wordsworth*

**From R. F.** Thanks for the postcard. Nice card. As I told you, I loved the issue on "Personality Disorders" (v 26). As a matter of information, I sent a note to the Metta Forest Monastery, P.O. Box 1409, Valley Center, CA. 92082 and they sent a copy of the Dhammapada to me. Great edition. I imagine you're busy and Anna has all kinds of info for future issues. My practice is going well. I'm doing it day by day. Peace to you all and blessings for your continued support and positive vibes. In the Dharma.

P.S. - As I said, that issue was brilliant. All Dharma groups in prison need to see the purity and sacredness of their essential nature, away from the distorted views of ego. Great work.



*The king said "Nagasena, he who escapes reindividualization [rebirth], is it by reasoning that he escapes it?"*

*"Both by reasoning, your Majesty, and by wisdom, and by other good qualities"*

*"But are not reasoning and wisdom surely much the same?"*

*"Certainly not. Reasoning is one thing, wisdom another. Sheep and goats, oxen and buffaloes, camels and asses have reasoning, but wisdom they have not."*

*"Well put, Nagasena!"*

*-Milindapanha 32*

I just found this picture and thought I'd share it with you  
all...Anna

**From W.W. "THE SLAYING OF BILL GWATNEY LINKED TO ANTIDEPRESSANT MEDICATION"**

A renewed call for antidepressant drug reform! By Walter Webb

To Whom It May Concern:

I write this letter with a very heavy heart. One of Arkansas' most beloved and cherished citizens was taken from us in yet another very public high-profile act of violence fuelled by ANTIDEPRESSANT MEDICATION. A lone gunman cut the life of Bill Gwatney short on August 13, 2008. Immediately the question arose. "Why would anyone want to do harm to such a kind and loving man?" On August 14, 2008 it was reported on the evening's news that a search of the gunman's home turned up 14 firearms, a piece of paper with the name of Bill Gwatney on it and ANTIDEPRESSANT MEDICATION.

For many of us who have researched the historical impact of the new generation of antidepressants (i.e. Prozac, Paxil, Effexor, Zoloft, Celexa, and Lexapro) on our American society, it is no surprise that this horrific act was linked to this classification of drugs. It is clearly understood by many in both the Mental Health and Scientific communities, that antidepressant drugs can trigger violent acts such as suicide and homicide. It is my fervent hope that our political and legal communities will become aware of this deadly link between antidepressants and violence. I am very thankful that those who took part in the investigation of Timothy Dale Johnson had the forethought to check for the possibility of antidepressant relevance.

In my 2007 call for Antidepressant Reform, I pleaded for investigators to check for antidepressants in the course of investigating ALL SUICIDES, HOMICIDES, DOMESTIC VIOLENCE, and other acts of violence. I also called for a closer monitoring and orientation by doctors of patients on these types of drugs. I firmly believe that the death of Bill Gwatney was preventable. All involved, and society as a whole, who have not DEMANDED ANTIDEPRESSANT REFORM, played a role in the deaths of Bill Gwatney and his slayer, Timothy Dale Johnson.

My heart and prayers are with the family and many friends of Bill Gwatney, and yes also with those of Timothy Dale Johnson. I pray that the deaths of these men will not be in vain. If this does not open the eyes of the Public Officials to the dangers of antidepressant medications, "WHAT WILL IT TAKE?" I thought that Lexapro Cho and the VA TECH Massacre would be sufficient to bring about ANTIDEPRESSANT REFORM, but it was not. Please do not let the death of Chairman Bill Gwatney be in vain.

I hereby renew my call for ANTIDEPRESSANT DRUG REFORM. To my fellow citizens, I call for remembrance of those piercing words of Don McClain concerning the failure of mankind to comprehend the suicide of Vincent Van Gogh.

**"They're not listening. They're not listening still. Perhaps they never will."**

Perhaps most Americans will never fully comprehend how antidepressant medications may cause some people to kill, but a few years back, a jury in Wyoming clearly understood and ruled that the "cause of death" of four people was not the gun man, the "cause of death" WAS the ANTIDEPRESSANT MEDICATION "PAXIL". There is no doubt in my mind that these drugs do trigger violence. I submit to you today that the "cause of death" in the case of Bill Gwatney was Antidepressant Toxicity or Withdrawal. Please, not only listen, but act on my call for ANTIDEPRESSANT DRUG REFORM. Let us work together to stop Antidepressant violence.

**(Just a note from anna:** I agree 100% with W.W. in that we must look at the role that medications play in affecting the brain and the resultant changes in impulse control, anger, and other side effects.

***"I am breathing in and making my whole body calm and at peace. I am breathing out and making my whole body calm and at peace." This is how one practices." -The Sutra on Full Awareness of Breathing***

**From C.S.:** Dear Anna, Kristopher, and all "Dharma Friends",

Hello. My name is Chris. First I would like to tell all of the "Dharma Friends" to keep up the good work and keep 'em coming!! This is the first time that I've written, but I have been getting DF newsletter for over a year! I like it a lot.

In the May '08 issue, someone was asking about Pagan and Wiccan addresses. If you would please get these to your readers, it would be appreciated by all who use them. (Note from Kristopher - If you're interested in this lengthy list of resources sent by C.S., please write Kristopher with your request) Those are all of the Pagan/Wiccan addresses that I have. I hope that they are helpful to those who use them.

As far as that daughter-raping fool goes, I'd HATE to be in his shoes in this life, or any that comes to him in the future. He has AT LEAST 24 years worth of bad karma coming his way. He'll spend a loooooong time in the hell realms. It's not up to me to judge, but I'm making an obvious statement just in case no one else wants to say it. He knew what he was doing. Damn what he claims and what his lawyer claim. Hell, if he IS crazy like they claim, then get that dude some MAJOR help.

Well, I know that space is limited, so I will close for now. Like I said, keep up the good work and thank you for putting out this newsletter.

I go as I came, with respect, love and peace. And he adds: "***The man of tomorrow is forged by his battles today***" - Lex Luthor on "Smallville"

***Even as a great rock is not shaken by the wind, the wise man is not shaken by praise or blame. -Buddha***

**From J.R.: Dear DF,**

First of all, let me thank you for the continued blessing of your newsletter. It is a ray of hope in my increasingly dark world.

Once again, more charges have been filed against me so I have been sent to a more secure facility, which facilitates my requesting a change of address to ensure I continue receiving your great newsletter.

I am all online in the world and hearing my name at mail call is very rewarding! I particularly enjoy your instructions for different meditations. I had never envisioned a "walking" meditation, and this will help me greatly as I pace my cell. Thank you. I really enjoy the letters from others and the poetry you include as well.

Well, Anna, I know you are busy, so I will close for now. May you be at peace.

*"Spiritual intelligence: a quality of awareness that recognizes the multidimensional reality in which physicality is embedded, and the personal and societal importance of cultivating empathy, self-awareness, and psychological health."* - Kathleen Noble, Director of the Robinson Center for Young Scholars at the University of Washington

**Subscription information:**

A note to those who are not in prison and receive a hard copy of Dharma Friends.

If you wish to continue a hard copy of Dharma Friends, please send a \$30 donation (or more) and we will keep your issues coming. If you can, our preference is that you switch to email copies because it saves us money. We are appreciative of every penny of everyone's donation and want you to be happy, so tell us your wishes. If you want to receive **Dharma Friends** via email, even if you send nothing, we will put you on our email list and keep you there forever until you say UNCLE. So, if you are on parole or are a free-world subscriber and can get your issue via email, email us and give us your email address. Email: [lbessette33@comcast.net](mailto:lbessette33@comcast.net)

And for everyone else: I have gladly been offering this newsletter free of charge to those in prisons. I am so happy to have a vehicle for those who have little dharma support to feel united with others who identify with their life situation. It is truly important to remember that we are all mirrors of each other. We are all one with each other. And we can recognize that samsara is suffering for us all whether behind the bars of a prison or behind the bars of our own ego structure. For anyone who is not in prison and who would like to receive Dharma Friends, here is what to do. Make a \$30 or more donation and you will receive Dharma Friends for one year via email (so be sure to include your email address!), and your donation will be tax deductible. Mail a check or money order made out to **Compassion Works for All**: and send to **Compassion Works for All, Dharma Friends subscriptions**, PO Box 7708, Little Rock, AR. 72217-7708. If you cannot receive your copy via email we will send a paper copy but your tax deduction receipt will be for your amount less the \$30 for the product – your newsletter issues.

I also want to acknowledge the enormous generosity of many of those in prisons who have sent stamps and letters of support and appreciation. Far more important than anything material are the letters and notes that say that you are benefiting from being part of this sangha of **Dharma Friends**. I think that many feel less alone on their journey because we are connected beyond all time and space to each other.

***PLEASE LET US KNOW IF YOUR ADDRESS CHANGES.***

**Here are some ways that you can help us.** Keep us apprised of your address changes. Most of you have been very good at this and we hardly have any returned issues. If you are receiving Dharma Friends but do not read it or know someone else who does not read their issues, either donate them to your library, or write and tell us to take you off the Dharma Friends list. **WE WANT YOU TO KEEP GETTING DHARMA FRIENDS IF IT IS HELPFUL TO YOU!** If you have family or friends, tell them that you receive support from Dharma Friends and we would be very grateful for any donations that they might make. I know that most of you have very little money but we are enormously appreciative when some of you have made donations as well, and for the stamps many of you have sent.

It is important for us to keep those in prisons connected to society, and most especially to their families and friends. We greatly value the opportunity to bring a loving community of support to those who are connected to people in prison as they are often made to feel uncomfortable by society. If those you love receive Dharma Friends too, think of the common growth that you would share and the bond that could develop. So, you might suggest Dharma Friends as something your friends and family might like to donate to and receive via email.

Thank you for all that you give to all of us.

*If we train our breathing, we can control our emotions--that is, we can cope with the happiness and pain in our lives. We should practice until we feel this; our practice is not complete until we can see this clearly.  
-Buddhadasa Bhikkhu, "Mindfulness with Breathing"*

**Book of Knowledge** – and in memory of Omar Muhammad, we call this section *Omar's Dream*

**Reach your worldly goals and gain effectiveness in bringing about change.**

**Help us find great books to recommend in short, crash courses to excellence in life skills.**

On this spiritual life journey, it is also good to be as skillful as possible in our worldly functioning. Do you have suggestions for books that you recommend for great crash courses in worldly skills? We'll try to examine them and then feature those that look like they could help us all to a path of worldly skillfulness. Here are areas we want to cover, but you can suggest others on other topics if you feel they would be helpful. English language, writing, grammar, computer skills, math skills, world history, an overview of world religions, arts history of the world, psychology and the brain, physiology, illness and healing, geography.

**To have an understanding of what has gone wrong in the past and to not repeat humanity's mistakes, we must have read world history.** Here is our suggested book for this month: **Atlas of World History** by John Haywood. If you have friends who buy you books, this can be found used on book seller sites for far less than new. It is an excellent summary and gives one a very complete perspective of our world and the interactions of all of our cultures throughout time.

*"Knowing others is intelligence.  
Knowing yourself is true wisdom.  
Mastering others is strength.  
Mastering yourself is true power."  
--Lao Tsu in the Tao Te Ching*

**From M.N.: Dear DF,**

As to the "article" by K.G., I can relate in him not ever having had a "true-real" friend! My reasons are due to an early childhood experiences which by age 9, I'd became antisocial, mistrusting of anyone, in regards to betrayal, anger, hurt, pain so deep within the deepest regions of my so-called soul. I'd neither allowed, nor permitted myself to become friendly with anyone or vice-versa. I don't know how to be compassionate, love or care about others, because those entail "emotional" attachment, which never has been a part of my vocabulary.

Being open, until I became incarcerated, I'd been a person whom had no conscience, which was caused by my early childhood experience I'd have to deal-cope with. By the age 15, I'd come to realize my not having any conscience, by my conduct, actions, and ill regards towards others.

Questioned the reasoning-purpose(s) for my being here, having lived as long as I have. I know-understand that I'm not to question, but when I've done-committed what all I have, and realistically allowed-permitted to do so.....I question.

Myself, I don't see my purpose for being here this lifetime, but maybe to "learn" something by trial-error. I do believe whole heartedly that I'll be "reborn" until I've found-reached true ENLIGHTENMENT!

Also, I believe we ALL are teachers in our own ways, regardless of the significance of the lesson to be learned. Don't you find it interesting, that Karmically, how "we" encounter (one-each) other in our life times, in-on the paths-journey?

*When mind and Buddha are both observed, that is seeing; when mind and Buddha are both forgotten, that is stopping. Once concentration and insight are balanced, what mind is not Buddha, what Buddha not mind? Mind and Buddha being thus, then myriad situations, myriad conditions, are all meditation. -Ts'ao-t'ang*



We did a Medicine Buddha retreat here in Little Rock on Saturday, April 4. We had about 20 people participating and everyone went home as Medicine Buddha.

Here is the mantra of Medicine Buddha for those who would like to say it as many times as possible:

**TEYAT'HA OM BHEKANDZE BHEKANDZE MAHA BHEKANDZE  
BHEKANDZE  
RADZA SAMUTGATE SOHA**

And let your prayer be – May all who know you, see you, or even hear your name be healed of all their suffering.

**Joel and Michelle Levey** are coming to Little Rock to do a Workshop on June 20<sup>th</sup>, 10 – 4:00 PM. Contact us at our Compassion Works for All address (see below) if you or someone you know is interested in attending and we will give you more details.

Here is an excerpt from one of their books: **Mind Fitness & Sports: The Fine Arts of Relaxation, Concentration, & Meditation: Ancient Skills for Modern Minds (Wisdom Publications, 2003) by Joel and Michelle Levey**

*"On the homepage of the American Sports Institute it says: "Sports is an art, a humanity, a science that brings forth the human spirit. In so doing, sports plays a vital role in the evolutionary development of humankind toward a higher state of consciousness.... The human spirit comes forth when a commitment is made to a common vision that transcends the self and is pursued with passion." www.amersports.org*

*Sports, music, and dance are all integral disciplines that blend physical and mind fitness. These somatic disciplines, grounded in our physical performance can each offer an introduction to disciplines of mental fitness and meditation training. Each of these activities demands that we be fully present in what we are doing, yet at the same time maintain a suppleness and flow with the moment to moment changes of the process. The mental and physical discipline of sports or the performing arts trains the mind to access a wide range of concentrative and meditative states. The exhilaration of these activities is not just due to physical demands, but is also related to the naturally blissful, energized, creative, and peaceful experience of the quiet and concentrated mind.*

*Once we have successfully harnessed our wandering thoughts, new dimensions of awareness open up. Momentary peak experiences of being in the "flow state" with its effortless and extraordinary performance are quite common to athletes and artists. These moments of grace seem to happen spontaneously and are seldom understood or replicable, yet their memory lingers . . . and our standards for what we know is possible may never be the same again."*

**Compassion Works for All/ Dharma Friends  
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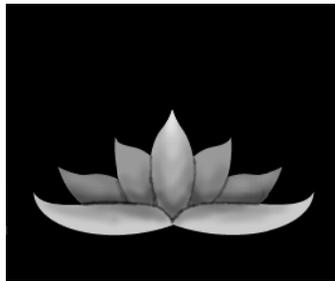
*If you can only rid yourselves of conceptual thought, you will have accomplished everything. -Huang Po, "Zen Teaching of Huang Po"*

# Dharma Friends

April 2009 issue # 147

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The pain, the discomfort, the sickness are what they are. We can always cope with the way life moves and changes. The mind of an enlightened human being is flexible and adaptable. The mind of the ignorant person is conditioned and fixed. -Ajahn Sumedho, "Seeing the Way"



Additional Pages for EMAIL VERSION of *Dharma Friends* –

*What is bedevilment? Bedevilment means error. If you conceive intent to grasp the external, this is error. If you conceive intent to grasp the internal, this is error. If the mind is not aroused, then it is not agitated; if the mind is not agitated, this is correct.*

*-Fu Shanhui*

**A few events coming up for those in this part of the country – and a few elsewhere...**

**WATTLE HOLLOW** – Joy Fox's retreat center near Fayetteville, Arkansas. Go to the web site for more information: [www.wattlehollow.com](http://www.wattlehollow.com)



**Nature walk with Joe Neal Saturday, April 18th**

Everyone is invited to join us at the top of the Wattle Hollow driveway at 8 a.m. Or, if you don't wish to arrive that early, at the main classroom at 10 a.m. before we head down into the creek bed.

No charge, everyone is welcome. Bring binoculars if you have them, but not necessary, and a potluck dish to share at noon, if you like.

**Dharma Day - Sunday, April 19th, 9 a.m. - 4 p.m.**

A one-day silent Vipassana retreat, for both beginners and sangha members.

This is a chance to slow down, renewing your commitment to silence and spaciousness in the sanctuary of Wattle Hollow. Meditation and yoga will be guided by Joy Fox.

Cost: by dana (donation)

**Restorative Yoga and Spa Techniques, with Cindi Cartwright - May 2 - 3**

This weekend workshop returns every year by popular demand. Cindi will share opportunities to completely relax, via yoga, spa therapies, acu-pressure, with plenty of time for journaling, sharing, and strolling through the Ozark woodlands. She will also explore healing through acupressure techniques, in the hands and feet. CEU credits available.

Cost: \$140. (includes lodging, food and workshop)

**Half-Moon Weekend Retreat - May 15 - 17, Friday 6 p.m. - Sunday 3 p.m.**

This will be a deeper immersion into silence and mindfulness, utilizing Buddhist meditation, automatic writing, and the practice of yoga.

Cost: dana (donation).

**Songwriter's Conference May 29 - 31st**

Always a wonderfully refreshing immersion into creativity, great music, food, springtime at Wattle. This year Still on the Hill and Jack Williams will be joined by Chuck Brodsky on their teaching team. Write [judy@jackwilliamsmusic.com](mailto:judy@jackwilliamsmusic.com) for more information..

**\*Afro-Haitian Dance - June 13 and 14 - Celebrating the Warrior Goddess Oya.**

Guided by dancer Heather Chappell Burns and drummer Jeff Porter

.... Heather says: "The Orisha Oya is associated with cemeteries as well as marketplace transactions! She can transform into a buffalo. She calls tornadoes and forked lightning. She is sometimes called "the tearer." Kind of a scorpio-esque character. And her colors are dark maroon and a rainbow of 9 colors together."

Cost: \$100, includes all.

**\*The New America - Greener Ways to Live July 23 - 28<sup>th</sup> -Thursday, 10 a.m. - Tuesday, 1:30**

Joy Fox and friends will demonstrate:

- \*natural healthful cooking
- \*solar cooking and baking, with a solar oven
- \* daily yoga classes
- \*cobbing - the ancient, but recently revived technique of adobe mounding for construction.

We

will be working on an outdoor project near the cob castle.

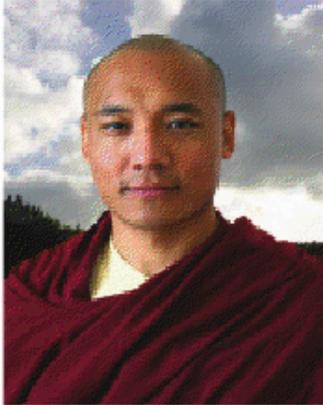
This week-long workshop is definitely a hands-on experience! You may join us for any portion of this retreat, but please reserve ahead.

Cost: \$200 for everything, or \$40/day (Some trades possible.)

## *The Ecumenical Buddhist Society of Little Rock*

*is pleased to announce*

### **Anam Thubten Rinpoche in Little Rock May 1-3, 2009**



Anam Thubten Rinpoche, a Tibetan Buddhist lama rooted in the teachings of the Nyingma lineage, returns to Arkansas for a public talk and a weekend retreat.

**PUBLIC TALK: Friday, May 1st, 7:00-8:30 p.m.**

"**Spiritual Discourse**" Buddhist teacher, Anam Thubten, is going to give heart to heart dialogue, and invite everyone to join in an exploration into the realm of truth, which is always for us. **Suggested Donation: \$10.00-\$15.00**

**Location:** Barefoot Studios, 3515 Old Cantrell Road, next to Loca Luna.

**TWO DAY RETREAT: Saturday, May 2nd, to Sunday, May 3rd**

**Weekend Meditation Retreat:** The moment we realize who we are, we begin to live a life of joy and freedom. Many of us have been holding on to a mistaken version of ourselves. Once the false self is deconstructed, what emerges from that is our true nature beyond all conditions. The path leading us there is called *prajnaparamita*, which means transcendent wisdom. This is the heart of Buddha's teaching. Anam Thubten is going to introduce the timeless wisdom in a most direct and experiential manner. He invites everyone to go through a powerful inner transformation during this retreat.

**Location:** Ecumenical Buddhist Society of Little Rock, 1015 West 2nd Street

**Times:** Saturday, May 2nd 10:00 a.m.-12:30 p.m. and 3:00-5:30 p.m.  
Sunday, May 3rd 10:00 a.m.-12:30 p.m. and 3:00-5:30 p.m.

**Cost:** \$70.00 for one day or \$120.00 for both days

**Registration:** Pre-registration for the weekend retreat is encouraged. For more information and retreat location, please call Karen Wisdom at 501-681-2895 or email her at [kmwisdom@ualr.edu](mailto:kmwisdom@ualr.edu). Directions to the retreat will be given when registration is received.

**Anam Thubten Rinpoche** was born in Tibet and undertook Buddhist training in the Nyingma tradition at an early age. Soon after entering the monastery he was recognized as the reincarnation of Anam Lama. He has studied with many dharma teachers in Tibet. He has been teaching in the West since the 1990's and currently serves as the spiritual advisor and dharma teacher for the Dharmata Foundation ([www.dharmata.org](http://www.dharmata.org)). Anam Thubten is also a writer, Buddhist scholar and a lover of the true dharma.

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#### **REGISTRATION for Weekend Meditation Retreat with Anam Thubten Rinpoche**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

\_\_\_\_\_ \$70.00 Saturday only \_\_\_\_\_ \$70.00 Sunday only \_\_\_\_\_ \$120.00 Saturday & Sunday Donation to the scholarship fund \$ \_\_\_\_\_

Please make your checks payable to the **Ecumenical Buddhist Society** and mail to: Ecumenical Buddhist Society, 1015 West 2nd Street, Suite 108, Little Rock, Arkansas 72201. You will receive directions and additional information upon receipt of your registration.

**For more information on any of the programs at the EBS check the out our website at [www.ebslr.org](http://www.ebslr.org).**



## **Children's Vajrayana Retreat**

**Sponsored by the Ecumenical Buddhist Society**

**June 7, 2 – 4 PM**

**Led by Anna Cox with help from Manal, and Andi and Jason Stracner**

**At Manal and Isabella Ivies' house in the Hillcrest Area of Little Rock.** Directions will be given when you register.

**By donation.**

This experiential and meditative focus on Vajrayana Buddhism will be designed for children approximately aged 5 through teens, who are encouraged to bring their parents. Participants will learn meditation, but also many teachings that are more specific for Vajrayana Buddhist practice. Children will have a meditation practice to continue at home.

**Pre-registration is required** in order to have enough supplies. **To register please email anna:** [anna@aristotle.net](mailto:anna@aristotle.net)



## **Joel and Michelle Levey**

**You have been reading many quotes from Joel and Michelle's various books in our Dharma Friends newsletter for years.** They are coming to Arkansas to officiate at a wedding and we could not let them leave without the opportunity to plant seeds of wisdom in all of us. Well known throughout the world, Joel and Michelle have become foremost teachers of the integration of Buddhism, all ancient wisdom teachings, and modern life, especially within corporations and organizations. This is an opportunity we are thrilled to bring to you.

## **Exploring Heart-Essence Teachings: A Summer Solstice Celebration of our True Nature and Highest Potential**

**With**

**Dr. Joel & Michelle Levey**

**Saturday June 20th - 10 a.m. to 4:00 p.m.**

*"As you practice these holy teachings, slowly the clouds of sorrow will melt away and the sun of wisdom and true joy will be shining in the clear sky of your mind." -- Kalu Rinpoche*

Can you imagine how different life could be if you awakened to the deeper wisdom, compassion, peace of mind, and creative intelligence latent within you? Can you envision awakening more fully to your true nature and highest potentials and inspiring others to do the same?

These amazingly exciting, complex, and uncertain times remind us how intimately interwoven our lives are with all living beings and invite us all to look into our hearts, to clarify what is most essential, and to identify, examine, and question the beliefs, values, and ways of living we carry from the past.

This day of Summer Solstice is an especially auspicious time to join together with kindred souls for celebration, meditation, dialogue, and discovery -- to pause and reflect more deeply on the possibilities for how we will live, what we will love and care most deeply for in this new cycle and season of the year.

In this spirit, Joel & Michelle Levey are honored to return to Little Rock - a place they have taught and visited over the past thirty years - and to guide this exploration of teachings and treasury of time-honored practices for finding our place in the circle of life, expanding our sense of interbeing; awakening a deeper intuition, and opening to a greater sense of the Mystery and deep interbeing that we share with all creation.

This dharma gathering will inspire us all with ways to deepen the peace, wisdom, courage, reverence, and compassion that we weave into the fabric of our lives, work, relationships and world. It will remind us of a variety of life-affirming practices and principles for cultivating inner peace, awakening wisdom, and opening the heart. The Leveys' guidance is inspired by insights and experience distilled from decades of intensive study, research, world travel, and practice in both modern & ancient wisdom and inner-science traditions (see bio below).

**Themes we are likely to explore include:**

- ~ Understanding and appreciating the varieties of contemplative practice
- ~ Exploring the path of awakening the compassionate heart and the diamond-like wisdom mind
- ~ Identifying, Questioning, and Transforming Assumptions
- ~ Cultivating Dynamic Balance, Change Resilience, & Flow as a state of being
- ~ Discovering the Peace & Power of Presence
- ~ Dancing with Mastery, Mystery, & Deep Change
- ~ Cultivating Deep Listening (and learning to listen to the whispers in our lives and not wait for the screams to get our attention!)
- ~ Clarifying the Stream of your Inner Guidance
- ~ Expanding your Courage, Confidence, and Compassion
- ~ Exploring the Creative Dynamism of Worldview, Meditation, & Action
- ~ Integrating Mindful Clear Presence into every arena of life-work & relationships

Beginners as well as those well-versed in contemplative inner-science disciplines will find profoundly practical value in this inspiring workshop. Come celebrate your place in the sacred circle of life and awaken more fully to your True Nature and the Highest Potentials.

**Location: Home of Manal Ivie – Hillcrest section of Little Rock. You will receive directions with your registration confirmation.**

**Date & Time: Saturday June 20, 2009 - 10am to 4pm**

**Registration:** Send a \$25 deposit made out to **Joel Levey** and include **your name, address, and an email address.**  
**Mail to Compassion Works for All, Attn. Manal – retreat registration, PO Box 7708, Little Rock, Arkansas 72217-7708.**

**Manal will email you back with retreat information, parking, what to bring, etc. Her email will have the address: Traveling Valentina so you will recognize it!**

**Lunch will be provided for an additional \$10 donation or ability to pay, so that we may all stay together.**

**Dana Offering to Joel & Michelle:** In the spirit of reciprocity, the offering for this workshop is on a sliding scale of \$50 to \$150 for the day. This sliding scale is intended to allow each person to pay what they can afford to support the Leveys' teaching. Your generosity helps support the Leveys' dharma work and makes it possible for others to attend.

**FOR MORE INFORMATION: Manal's cell phone is 501 348 5168**

*"There is much unexplored potential in each human being. We are not just flesh and bone or an amalgamation of conditionings. If this were so, our future on this planet would not be very bright. But there is infinitely more to life, and each passionate being who dares to explore beyond the fragmentary and superficial into the mystery of totality helps all humanity perceive what it is to be fully human. Revolution, total revolution, implies experimenting with the impossible. And when an individual takes a step in the direction of the new, the impossible, the whole human race travels through that individual." - Vimala Thakar*

#### **About the Leveys:**

Joel & Michelle Levey have devoted their lives to exploring extraordinary human potential and integrating contemplative inner-science traditions into our complex modern lives. Over the past 40 years, Michelle and Joel Levey have been fortunate to engage in intensive study and practice with many of the world's most revered contemplative teachers. They have applied what they have learned through rigorous psychophysical research, clinical practice, and teaching to diverse audiences of thousands of people in hundreds of leading organizations around the globe. Their clients include: NASA, World Bank, M.D. Anderson Cancer Research Center, Clinton Global Initiative, Intel, Hewlett Packard, Qualcomm, Microsoft, Johnson & Johnson, Abbott Labs, Rhone-Poulenc Rorer, Shell Oil, Petro Canada, Washington Mutual Bank, Miraval, Boeing, Phillips, NOAA, U.S. Army Green Berets, West Point Military Academy, Stanford Research Institute International, and MIT. The Leveys also served as Chairpersons for the Center for Corporate Culture & Organizational Health at the Institute for Health & Productivity Management. Michelle and Joel were honored by the Institute of Noetic Sciences as leading "teachers of transformation."

They serve as clinical faculty at the University of Minnesota Medical School; University of Texas Medical School, Institute for Religion and Health, and are on the graduate faculty of Mahidol University in Thailand, and the Indian Institute of Management. The Leveys have also directed clinical programs at Group Health and at Children's Hospital in Seattle. Their work in the world has been balanced by periods of intensive silent contemplative retreat including a year-long silent meditation retreat in the Tibetan tradition supported by the Dalai Lama.

His Holiness, an advisor and supporter on a number of the Leveys' projects, encouraged them in their work, writing: "You are presently engaged in work that has great prospects for bringing the inner sciences and technologies of human development and transformation to a very wide section of people who may not under ordinary circumstances come into contact with these teachings."

The Leveys' work has been praised by many thought-leaders of our times including: Andy Weil, Daniel Goleman, Joan Borysenko, Jon Kabat-Zinn, Margaret Wheatley, Willis Harman, Peter Russell, and Duane Elgin. The Leveys have been blessed and encouraged to teach by many of their teachers and have been actively involved in contemplative

education for more than 35 years. Their close teachers include: The Dalai Lama, Venerable Geshe Ngawang Dhargyey, Kalu Rinpoche, Zong Rinpoche, Lama Thubten Yeshe, Krishnamurti, Brother David Steindl-Rast, Reb Shlomo Carlbach, Reb Zalman Schacter Shalomi, Ram Dass, Sogyal Rinpoche, S.N. Goenka, David Chethlahe Paladin, Sasaki Roshi, Pir Vilayat Khan, Robert Thurman, Jack Kornfield, Sharon Salzberg, and Joseph Goldstein.

The Leveys' published works are available in 9 languages and include: Living in Balance: A Dynamic Approach for Creating Harmony and Wholeness in a Chaotic World; Wisdom at Work; Luminous Mind: Meditation and Mind Fitness; The Fine Arts of Relaxation, Concentration, and Meditation: Ancient Skills for Modern Minds; The Focused Mindstate (CD boxed set); Learning Organizations; Community Building in Business; The New Bottom Line; Intuition at Work; and Corporate Culture and Organizational Health.

Joel & Michelle live in Seattle ~ and Hawi, North Kohala, Hawaii ~ where they steward the Kohala Sanctuary, a learning center in the Aloha Spirit...a place of pristine natural beauty...and an organic permaculture farm. To learn more about their life-work, please visit:

<http://WisdomAtWork.com> <<http://WisdomAtWork.com>> and <http://KohalaSanctuary.com>  
<<http://KohalaSanctuary.com>>

For a more complete bio visit: <http://www.wisdomatwork.com/LeveyBio.html>  
<<http://www.wisdomatwork.com/LeveyBio.html>>

***To seed your contemplations prior to these workshops we invite you to explore the following resources:***

The Leveys' books/recordings including: Luminous Mind: Meditation & Mind Fitness - Wisdom at Work - The Fine Arts of Relaxation, Concentration, & Meditation: Ancient Skills for Modern Minds - Living in Balance - The Focused Mindstate (CD boxed set from Nightingale Conant). If you'd like to obtain a copy of any of these prior to the workshop you can search for them on the web - or order them from us (call 808-889-0056). Note: Living in Balance and Wisdom at Work are currently out of print and only available from us at the moment.

Essential Guidelines on Meditation: A website offering quintessential insights regarding the principles and methods of contemplative practice that we created for our friends, students, and colleagues with an interest in meditation.

<http://web.mac.com/levey1/iWeb/Meditation/Meditation%20Guidelines.html>  
<<http://web.mac.com/levey1/iWeb/Meditation/Meditation%20Guidelines.html>>

Exploring the Mind Fitness Frontier ~ notes and articles from us posted at:

<http://www.wisdomatwork.com/MindFitness2.html> <<http://www.wisdomatwork.com/MindFitness2.html>>

Meditation & Mind Science Research Websites ~ to explore are posted at:

[http://www.wisdomatwork.com/MindFitness2\\_files/MindScienceWebsites2.7.pdf](http://www.wisdomatwork.com/MindFitness2_files/MindScienceWebsites2.7.pdf)  
<[http://www.wisdomatwork.com/MindFitness2\\_files/MindScienceWebsites2.7.pdf](http://www.wisdomatwork.com/MindFitness2_files/MindScienceWebsites2.7.pdf)>

**Resources to Support Your Continued Learning :**

### **PERSONAL CONSULTATIONS WITH MICHELLE / JOEL**

An opportunity for personalized attention and exploration of themes related to the many arenas of your life~work~&~relationships. Call (206.632.3551) or Email ( [levey@wisdomatwork.com](mailto:levey@wisdomatwork.com) <<mailto:levey@wisdomatwork.com>> ) to make arrangements.

### **WISDOM AT WORK**

Info on our corporate and organizational programs on Change Resilience; Inspired Leadership; Mind-Fitness & Peak Performance at Work; Developing Healthy High Performing Organizations.

<http://Wisdomatwork.com> <<http://Wisdomatwork.com>>

**KOHALA SANCTUARY** - The Leveys Gathering Place on the Big Island of Hawaii

<http://KohalaSanctuary.com> <<http://KohalaSanctuary.com>>

May wisdom & compassion guide our way))) Joel & Michelle Levey

*"The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself." Henry Miller ((( ah )))*

**Our friend Cedar** Barstow offers powerful and wonderful trainings in ethics in cutting edge ways. Go to her web site to become familiar with all that she does. One may receive CEU's in many professions for these trainings, or one may become a teacher of her programs in her workshop trainings. Here is a list of what is coming up and more information. See: <http://www.rightuseofpower.com>

**At Compassion Works for All - We have BOOKS FOR SALE:**

#### **MINDFUL MONEY by LINDA BESSETTE**

**Mindful Money** allows us to be fully present and aware of our money issues. **Mindful Money** teaches us to be conscious and responsible stewards of our resources so that money is a healthy vehicle to reach life's goals rather than our captor.

**ENJOY!** --as Linda says to us each month as we receive our current **Dharma Friends** issue!

Linda has graciously offered to donate a portion of the proceeds of all books sold through **Dharma Friends** back to **Compassion Works for All**.

Email Linda ([lbessette33@comcast.net](mailto:lbessette33@comcast.net)) if you want a copy of **MINDFUL MONEY**.

Or send your check \$15 – plus \$5 handling fees, to:

**Compassion Works for All, Mindful Money, PO Box 7708, Little Rock, Arkansas 72217-7708**

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**Also Remember Mara Leveritt's books!**

**The Boys on the Tracks: Death, Denial, and a Mother's Crusade to Bring Her Son's Killers to Justice**

And

**Devil's Knot: The True Story of the West Memphis Three**

Email Linda (above) and she can give you more information about prices, mailing, etc. for all books.

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And anna's books –

**Just As the Breeze Blows Through Moonlight**, and **Dharma Friends**

and the Healthy Living pamphlet are on our **Compassion Works for All** web site –

[www.dharmafriendsprisonoutreachproject.com](http://www.dharmafriendsprisonoutreachproject.com) for a free download – but donations are always appreciated! or you can order a hardcopy for \$15 plus shipping (\$5) at my email address: [anna@aristotle.net](mailto:anna@aristotle.net)

We are getting ever closer to launching our absolutely wonderful new web-based initiative,  
*JustUsFriends.org*

"There is an important link between deep change at the personal level and deep change at the organizational level. To make deep personal change is to develop a new paradigm, a new self, one that is more effectively aligned with today's realities. This can occur only if we are willing to journey into unknown territory and confront the wicked problems we encounter. This journey does not follow the assumptions of rational planning. The objective may not be clear and the path is not paved with familiar procedures. This tortuous journey requires that we leave our comfort zone and step outside our normal roles. In doing so, we learn the paradoxical lesson that we can change the world only by changing ourselves. This is not just a cute abstraction; it is an elusive key to effective performance in all aspects of life."

– Robert Quinn in *Deep Change*



If you would like to host a **Compassion Works for All** fundraising lunch,  
please let us know and we will plan details with you!!

This is a friendly and informative way to raise money for our efforts.

You invite those who you think would appreciate the philanthropic opportunity. We will supply the food and I will gladly give a talk to your guests.

You may forward any past *Dharma Friends* newsletters, or this newsletter, on to anyone who you believe would benefit from them. If someone has sent this *Dharma Friends* issue to you as a gift and you would like to join us each month, please email [anna@aristotle.net](mailto:anna@aristotle.net) for more information about **Compassion Works for All**, our *Dharma Friends* newsletter, and our prison outreach program. You may receive *Dharma Friends* by email for a \$30 tax-deductible donation. If you would prefer a hard copy, the subscription fee is also \$30, but unfortunately it is not tax deductible because you receive a paper publication for your donation.

