



## BUFFALO ZEN DHARMA COMMUNITY

PRESENTS

**Geoffrey Shugen Arnold, Roshi**

Abbot of Zen Mountain Monastery

**May 16 (Thursday) & 18 (Saturday), 2019**

Episcopal Diocese of WNY Ministry Center

1064 Brighton Road • Tonawanda, NY 14150

Shugen Roshi's presentations on 'Karma' and 'Atonement & Forgiveness' are based on the fundamental teachings of the historical Buddha. We are fortunate to have a teacher with a depth and breadth of decades-long monastic training and practice come to Buffalo to make these teachings available to us. We invite you to take advantage of Shugen Roshi's steadfast commitment to help share the Buddha's teachings with those interested in seeing things as they truly are, and realizing that each moment of our life offers us the opportunity to step out of our habitual cycles of creating unwholesome outcomes. Please consider participating in the following two events.

### **The Gift of Karma: Understanding Cause and Effect in a Spiritual Life**

**Thursday** Public Talk May 16<sup>th</sup>, 2019 7:00pm – 9:00pm Doors open at 6:15 (Donation \$15\*)

*I am the owner of my actions (karma), heir to my actions, born of my actions, related through my actions, and have my actions as my arbitrator. Whatever I do, for good or for evil, to that will I fall heir. – The Buddha*

We have all had the experience of deciding not to act out of some familiar, negative pattern of thinking, speech or action, only to watch almost helplessly as we fall again into that very cycle. On the Buddhist Path, examining and understanding karma – cause and effect – is essential if we are to break those binding patterns and live more fully and freely.

In this evening talk, Shugen Roshi will offer basic teachings on karma to help better understand how we can each live more in accord with our deeper intentions. There will also be time for questions and answers.

Before the lecture, 6:30-6:55pm, Shugen Roshi will give meditation instructions to those who are interested.

### **Atonement & Forgiveness on the Path of Liberation**

**Saturday** Workshop May 18<sup>th</sup>, 2019 2:00pm – 5:00pm Doors open at 1:30 PM. (Donation \$25\*)

In the Buddhist Path of awakening wisdom and compassion, practitioners study the teachings and reality of cause and effect, karma and its resulting consequences. We must do so not abstractly, but through the past and present desires, decisions, actions and results that we ourselves create. In this intimate spiritual examination, we will experience the many emotions that arise from our own hurtful actions, as well as from injuries we've experienced by others. How do we do this honestly and authentically within this practice of taking responsibility, nonattachment, seeing clearly, and true compassion? To live a life of truth, to practice and actualize harmony, there must be a way to recognize harmful actions and to restore the harmony that has been broken.

In this afternoon teaching and discussion, we'll explore some of the powerful Buddhist teachings and practices that allow us to courageously accept, learn from, and let go of the painful effects of living within this human form with each other. In this way, we can free ourselves so we don't unnecessarily carry the heavy burden of our past into today.

\*Discounts available. Financial hardship will never be a barrier to participation.

Shugen Roshi is the head of the Mountains and Rivers Order of Zen Buddhism, abbot and resident teacher of Zen Mountain Monastery, and abbot of the Zen Center of NYC. Shugen Roshi has been in full-time residential training since 1986; he received dharma transmission from Daido Roshi in 1997. His teachings have appeared in various Buddhist journals and in *The Best Buddhist Writing 2009*. His first book, a collection of memorial poems titled *O, Beautiful End*, was published in 2012.

#### **BUFFALO ZEN DHARMA COMMUNITY**

Mountains and Rivers Order Affiliate

[www.BuffaloZen.org](http://www.BuffaloZen.org)

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Newcomer Orientation and Introduction

1st Tuesday of every month:

6:40 PM – please call in advance

Westminster Presbyterian Church

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