



Rissho Kosei-kai of New York

320 East 39th Street, New York, NY 10016 TEL: (212) 867-5677

E-mail address: koseiny@aol.com, Website : <http://rk-ny.org>



November 2021 Newsletter

Hello everyone, how are you doing?

There are only two months left this year, and it passed in a blink of eyes.

Corona infections have also spread globally and are still rampant in many parts of the world. Since then, the vaccination of newly developed vaccines has been progressing, but there is a disparity in the vaccination ratio between developed and developing countries, and it seems that it will take some time before it reaches people all over the world and converges.

According to a recent announcement by an American research institute, there is a certain wave in the spread of COVID 19, and there is a wave that it peaks over 2 months and then falls in 2 months, and it has been repeating its cycles.

Many people died in COVID 19 during this time, and we pray from the bottom of our hearts for the precious spirits, and we hope that those who are still in the hospitals and those who are receiving medical treatments at home will recover as soon as possible. Also, I would like to express my deepest gratitude to medical staff who have been working for almost two years without a break, and government agencies and essential workers who have been constantly protecting our daily lives.

This month, I thought about the "poison" that human being possesses.

I don't mean a medical "poison", but "poison" that lives in each person's heart. In Buddhism, it is said to be "three poisons of mind", and it is considered as one of the earthly desires. It is taught that human beings have a kind heart like a Buddha and "Buddha nature" as a possibility of becoming a Buddha, but we also possess such poisonous desire by nature, which makes us forget about good Buddha nature.

Many people in the world do not touch the teachings of the Buddha, and are swayed by the "poison" in their daily lives, going back and forth without knowing what to do. Buddhism clarifies the possibility of falling into such a negative spiral, and sheds light on the root of the suffering and teaches how to walk happily.

What obscures the function of "Buddha-nature" is called "three poisons", and they are "greed", "anger", "ignorance", which are poisonous functions for humans.

- (1) Greed: It includes things that are unnecessarily demanded and squeezed with the heart of devouring, greed, and attachment. The bloated desire to say 'more' develops into a conflict with other people.
- (2) Anger: Also known as aversion, it refers to the heart of anger and hatred. By getting angry, lose judgment of right and wrong, and lose logical thinking.
- (3) Ignorance: Also called foolish ignorance, and it indicates the state of complaining, being foolish, or being ignorant of the truth, not knowing the reality.

In Buddhism, those three poisons of the mind are shown as a symbol of desires, and overcoming these three poisons has been an important purpose of training.

There is a saying "the root cause of getting greedy and angry is ignorance". Ignorance means 'not being bright', and it is taught that awakening of wisdom is important.

Then how can we overcome these three poisons?

In early Buddhism, eradicating desires was the way to enlightenment, but in Mahayana Buddhism it is explained that it is an "earthly desire is the same as bodhisattva". It means that instead of eliminating the three poisons hidden in the human mind, we must learn to control them, that is, we learn how to control the worldly desires. In other words, because there is anxiety, we recognize it, reflect it, provoke a new purpose, and devote ourselves to practice to be better.

- (1) Greed: It is to nurture the spirit of contentment, is willing to help others and donate for others.
- (2) Anger: In anger management, a: "Does not immediately reflect on anger" (Wait for 6 seconds to calm down), b: Distract from the object of anger and calm down, c: Get rid of a predetermined mind and be flexible for other point of views. If the boiling point of an instantly angry heart is low, it will boil quickly, but if the boiling point is high, it will not boil easily.
- (3) Ignorance: Always speak words of gratitude, and if you try to be considerate of the other person, then you gain the wisdom that you can see the whole without being hindered by your own self-centeredness.

As we learn the teachings of the Buddha, it is important to practice them repeatedly in order to be freed from the three poisons of our minds, and live a life full of wisdom.

I think that the positive and cheerful attitudes of reflecting on failure and stepping forward from there will lead to our great growth.

This month is the turn of the season, and it's time to get used to the cold after daylight saving time. Let's pay attention to our health and work hard together.



Gassho

Rev. Tomokazu Hatakeyama

Minister RKNY