



## ~ The 5<sup>th</sup> General Meeting & Symposium ~ Buddhist Spirit for Relief of Deep Suffering in Japan



As the mega earthquake hit Tohoku area in Japan in March 11<sup>th</sup>, ILAB changed the program of its 5<sup>th</sup> general meeting on April 24<sup>th</sup>, and we held a prayer session for the victims and a symposium with title of “Buddhist Spirit for Relief of Deep Suffering in Japan. The board directors of ILAB gave presentations in regard to the disaster from the point of view of Buddhists. Ms. Karen Okano who is also the board director of ILAB acted as mistress of ceremonies. Here is brief summary of their speeches.



1. **Ms Hiroko Maruyama** (Lecturer of Waseda School of Environment.)

“He who knows enough is enough will be always happy ~ 「少欲知足」 (hou-yoku chi-soku)~”

2. **Ms Alberte Rabiller** (Teacher of French language and literature at an International school)

“Jiri Rita Care about oneself Care about others”

3. **Ms Jayanti Minato** (Translator between Nepali and Japanese language)

“Tips from Nepali victims on survival”

4. **Reverend Myosei Midorikawa** (Buddhist priest of Japanese Tendai sect.)

“Light up your corner of the world- Path of the Bodhisattva” ~ 「一隅を照らす」 (ichi-gu wo terasu) ~

5. **Ms Ann Sado** ((Executive Director of social enterprises, 3<sup>rd</sup> generation of Japanese American)

“Diversity and Inclusion in Buddhism”

6. **Reverend Ikuko Hibino** (Head Priestess of Kayadera Temple/Jodo denomination),

“Pure Land”

For detail of each speech, please see the separate booklet of the symposium. You can get the booklet from the office of ILAB ([info\\_ilabuddhism@yahoo.co.jp](mailto:info_ilabuddhism@yahoo.co.jp)).

## ~ Spring Outing to Sensoji temple in Asakusa ~



Sensoji Temple in Asakusa is one of the most famous tourist spot in Tokyo. In the ILAB spring outing on May 29<sup>th</sup>, 2011, thanks to the kindness of the temple, we were allowed to enter many places of the temple which are usually closed to the public. This time, we were surprised to know that the famous Sensoji has so many things to see which are unknown to people.

In the beginning, we offered prayers in the main hall. After it, a monk explained us about the temple. Then, we visited the treasury museum. It exhibits many *Ema* (wooden plaque) of Edo and Meiji period. Through those *emas*, we could see the culture and life in that era.

We walked out beautiful traditional garden. It is a circuit style garden which people can walk around a big pond. As we walk the garden path, the scenery changed step by step and the garden showed many different faces to us. Even the newly constructed Sky Tree Tower was seen from the garden path. Though it was not an intention of garden designer, the tower added new sight to the garden walk.

In the end, a priest gave us a talk about the temple. We sincerely appreciated their kindness.



After the temple, we visited a Japanese restaurant where we can enjoy *Tsugaru-Jamisen* performance. *Tsugaru-Jamisen* is a Japanese guitar which came from Northern Japan. The melody of the instrument is very passionate and fast. It may remind people Spanish Gipsy guitar. We all enjoyed their wonderful play..

## ~ ST Group ~

Since year 2011, ILAB started ST Group (Study Training Group) every two months. ST Group is opportunity to lean and experience Buddhism teachings and culture more intensively with small number of people in an casual atmosphere. ST Group is mainly targeted to the members, but we welcome guests, too.

- Jan. 9<sup>th</sup>, 2011, 14:00 -12:00 at Kayadera temple
  - Prayer of Heart sutra and homage to triple gems
  - Short meditation
  - Read a passage from “Teaching of Buddha.
  - **Shabutsu (Copying Buddha’s image)**







Ms. Hiroko Mizutani, an eminent calligrapher of Japan, taught us *Shabutsu*, copying image of Buddha with Japanese traditional ink and brush. This time, we followed the ancient custom of Buddhist, we copied Buddha's sole. In old days, people thought it is rude to create image of Buddha's face and body. Therefore, they only painted or curved Buddha's sole for worship. Of course, later many Buddha's images were created, though.

● **Mar 6<sup>th</sup>, 2011, 14:00-16:00 at Kodosan temple**

- Prayer of Heart Sutra and homage to the triple gems
- Read a passage from "Teaching of Buddha.
- **Meditation and breathing technique in Tendai sect style**

In the text reading session, we read the section on the Life of the Buddha from his birth until he became an ascetic. In the meditation session, we practiced meditation with Tendai style breathing technique with guidance of Rev. Myosei Midorikawa. We noticed that just a small difference of body posture makes difference in the clearness of the mind.

● **June 5<sup>h</sup>, 2011, 14:00-16:00 at Kayadera temple**

- Prayer of Heart Sutra and homage to the triple gems
- Read a passage from "Teaching of Buddha.
- **Shomyo Chanting performance and practice (collaboration of Tendai and Jodo sect)**



**What is International Ladies Association of Buddhism, or ILAB?**

ILAB aims at offering opportunities for females to meet and exchange their views, to learn and practice Buddha's teachings regardless of denominations and nationalities. It also aims to educate and support young female Buddhist students/academics. ILAB Chairperson is Ms. Rinko Okano (Vice President, *Kodo Kyodan*), and Board Directors are Ms. Ann Sado (Executive Director of social enterprises), Rev. Ikuko Hibino (Head Priestess of *Kayadera Temple/Jodo* denomination), Ms. Hiroko Maruyama (Lecturer/ Waseda School of Environment), Rev. Myosei Midorikawa (Nun/Tendai denomination), Ms. Karen Okano (Wife of President of *Kodo Kyodan*), Ms. Alberte Rabiller (Teacher/International school), Ms. Jayanti Minato (translator). ILAB is a part of the activities organized by International Buddhist Exchange Center (IBEC), an independent academic organ of Kodo Kyodan. Program includes meditation, talk, introductions of Buddhist culture and rituals, debate, workshops, and contests, etc. At the moment, we are conducting two general meetings a year, as well as occasional outings and visits to Buddhist temples and sites. Our activities will be conducted mainly in English with Japanese translation when necessary.

(*Padmasri* is the name of ILAB's newsletter; it is a Sanskrit name meaning 'Divine Lotus'.)



**INTERNATIONAL LADIES ASSOCIATION OF BUDDHISM (ILAB)**

38 Torigoe, Kanagawa-ku, Yokohama, Japan ☎221-0064

Email: info\_ilabuddhism@yahoo.co.jp FAX: (045) 434-1188