THREE JEWELS



## The newsletter of the Blue Lotus Buddhist Temple

R visual remembrance of Vesakha Puja, Buddha Day and the Opening of the <u>New Blue Lotus Temple</u>

ALSO INSIDE THIS ISSUE:

A Message from the Abbot • Updates to the BLBT Board • Sri Lankan Projects Update



JUN-AUG 2012

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Send us your thoughts, announcements, articles & art! Deadline for the upcoming issue is October 31, 2012.

#### PUBLISHED BY BLUE LOTUS BUDDHIST TEMPLE

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Kristin Hannah-Waspi, Julie Gibson

#### FROM THE EDITOR



his summer issue of *Three Jewels* begins with a photo story of our Buddha Day Celebration and the Opening Ceremony of the new temple and Dhamma Hall in May. We end with the Precepts Ceremony in August, and one last event that just had to be squeezed in—Bhante Sumana's silent meditation retreat at the Anderson Japanese Gardens in Rockford. The group shot will give you a glimpse of how wonderful the morning was, as you look at the laughing faces at the close of the perfect day. You can see more by going to the Blue Lotus Temple Facebook page and watching the (Youtube) video Bhante Sumana created from the photographs by David Schmidt. With the music and images, you'll probably want it as your screensaver! Another retreat at the gardens is already being planned for October 7 at 10:00 a.m., so don't miss it.

In between these events, we have updates and photos from Bhante Sujatha's summer in Sri Lanka and the humanitarian projects he is involved in, with the help of the Blue Lotus community's generosity and his on-site supervisor, Mike Fronczak. Mike is content to stay in the background, but we know how invaluable he is in these efforts and what a Noble Friend he is to Bhante and Blue Lotus. Thank you always, Mike, for all that you do and for taking care of Bhante when he is in Sri Lanka!

The summer seemed quiet and hot, and over too soon. Suddenly, it seems, we are in "fall" mode, which means lots of activities

and programs at Blue Lotus. Our Buddha Kids classes for the 4–8 year-old crowd started up September 1 and September 15 after a Summer break. You can register by calling the office. And, of course, more activities also includes fundraising efforts, now that we have our own building with maintenance and renovation a constant. Hopefully, you will find the fundraising projects fun and worthwhile. They can be opportunities to get involved in the community and extend your practice, which is why there are so many different projects going on: something for everyone! It's never "one size fits all" at Blue Lotus, and that's a good thing.

Please check our Facebook page or website (www. bluelotustemple.org) for other events not mentioned in *Three Jewels*. There is so much going on in our new temple and more being added all of the time that a quarterly newsletter can't keep up with all the details, changes and additions. What a wonderful dilemma to have!

Fall will move very quickly, and then we begin winter with our New Year's Blessing Chanting on December 1. Go ahead and put that in your calendar now.

May everything we do here on these pages, and at Blue Lotus Temple, be for the benefit of all sentient beings.

And may you be well, happy and peaceful, Vimala Bhikkhuni •

Have a reaction to something you read in this issue? Have a question, comment, or concern? Send your letters to **vimalajf@gmail.com** to be printed in the next issue.

**PLEASE NOTE** When submitting pictures, be sure to send the biggest versions you have. Images off the internet will print fuzzy. Look at the file size on your computer. If the picture file is under 1MB in size it probably isn't suitable for the newsletter!

## Buddha Kids Back in September



he Buddha Kids children's program will start again in September, after a summer break! This is the 4–8 year-old program. There will be two separate sessions available: the first Saturday and the third Saturday of each month. Families can pick either of the sessions (but not both) when they call to reserve their spot(s).

Each class will be led by a monastic and a volunteer teacher. The first group began Saturday, September 1; and the second group will begin Saturday, September 15. Classes start promptly at 10:00 a.m. and run concurrent with the meditation session.

Each class is restricted to ten children. If one class fills up, the 'overflow' students will be assigned to the second class of the month. Of course, no child will be turned away.

Parents MUST call the Temple Office at 1-815-337-7378 in order to reserve a spot. On the first day of class, parents will complete a registration form that lists their contact information.

Please direct any questions to <u>office@bluelotustemple.org</u> or call the office, 1-815-337-7378.

### Ongoing Wellness Classes at Blue Lotus

#### YOGA CLASSES

Jayson Ward teaches on Saturdays at 8:30 a.m. and Tuesdays at 7:15 p.m.

Dierdre Reishus teaches on Thursdays at 9:30 a.m.

#### QIGONG CLASSES

Andrea Alto will teach a Spring Forest Qigong class Thursday, September 20, from 6–7 p.m.

# Gently Used Books, CDs, DVDs Needed for Fundraising Sale

o raise funds for the creation of a temple bookstore and library, Blue Lotus Temple (BLT) will hold a gigantic weeklong **SALE** October 1-6, Monday through Saturday. That final day is also the Fall Pancake Breakfast! The items to be sold will include gently used books, CDs, DVDs, even VCRs. The super sale will take place in the temple. Daily hours will be 9-6, Monday through Friday, and 9-5 (with a break from 10-11) on Saturday.

Proceeds from the sale will pay for expenses involved in building bookshelves and display space in the large, comfortable alcove next to the Dhamma Hall, off of the social area. Costs have been kept very reasonable for the project due to generous donations of time and materials, and the goal of the sale is to cover all non-donated expenses.



"Vipassana? Go check the no-self help section."

How can you help before the sale?? BLT needs your donations for the sale! You can donate books, audiobooks, magazines, and video materials on any subject; we aren't limiting the sale to "Buddhist topics" only (And what isn't a "Buddhist topic" anyway?). Fiction, nonfiction, mysteries, cookbooks, science fiction, graphic novels, children's literature, humor, art, music...

Donations for the sale can be brought to the temple from now until the sale, and placed in the basement. Volunteers in the building can direct you to the donation drop-off room.

If you would like to volunteer for the set-up and organization the week prior to the sale, or to work at the sale, call the office (815-337-7378) or email (office@bluelotustemple.org).

## Pancake Breakfast on October 6!



ark your calendars now for the upcoming Pancake Breakfast on Saturday, October 6, in the Temple Basement Hall. It will run before, during, and after meditation practice, 8–11 a.m. It will also be the last day of the Used Book Sale, so great bargain shopping opportunities will abound. All proceeds go to build shelves and display areas in the main floor Bookstore and Library. These extra calories are for a good cause, so allow yourself this small indulgence and join us for a sweet time.

## Changes and New Faces on the Board



here are changes and a new face on the Blue Lotus Temple Board of Directors. With the purchase and opening of the former church building as Blue Lotus Temple, the Board completed a monumental task years in the making. Bhante Sujatha admits he asked the Board members to "hang in there" until that work was complete, stretching their original two-year commitments to eight years for some! Well, they all hung in there, and our temple home is due to their vision, hard work, dedication and perseverance.

On Monday following the May 26 Opening Ceremony, President Glen Ebey announced to the community he was resigning from the Board to move with his wife to Oregon, where they are building their retirement home. With his engineering skills, it seems, Glen had managed to complete several life tasks at once for the perfect exit: his retirement, the sale of their home, and the successful purchase and formal opening of the temple. In addition to all that, Glen designed and built the altar upon which sits the eight-foot tall Buddha on a lotus flower pedestal. He was also the organizer of the annual sangha camping trip at Rock Cut State Park.

As a true student of the Dhamma, a serious practitioner, a Noble Friend, and an able leader with an analytical mind, Glen will be missed. He always has a smile, even if he is disagreeing with you in a discussion. He is always interesting because he takes an interest in so many things—a true Renaissance man!

Guy Spinelli, who was vice-president, has been asked by Bhante to move into the president's position. Being the brave man that he is, Guy agreed. At the Board meeting when this was announced, Guy said he sees his new role as a helper, providing the support needed to realize the projects and vision of the Board and Bhante.

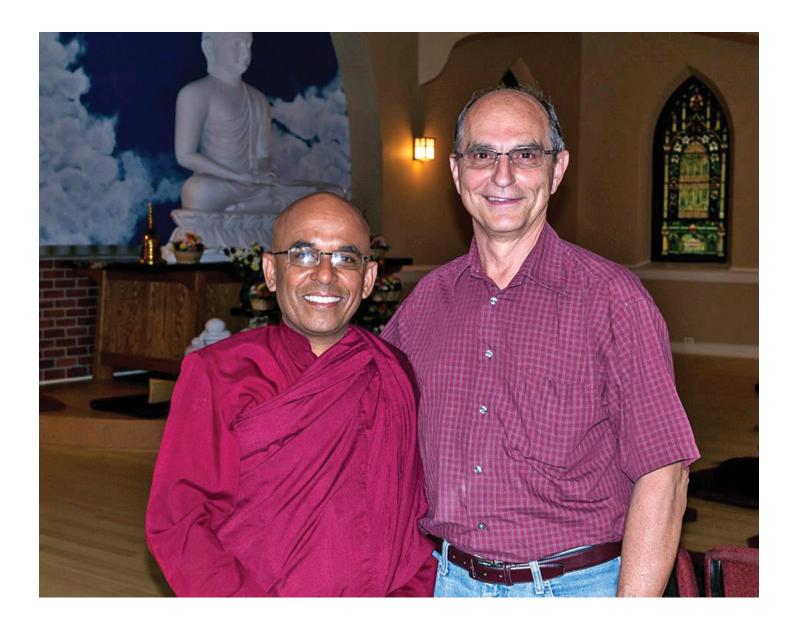
Moving into the vice-president's slot is a former director on the Board, Brian Waspi. Brian has been on the board for over two years.

Bill Reddy, treasurer for eight years, is resigning from his position and also from the Board. Bill isn't going anywhere, just stepping aside from his role as "the man who handles the money." He looks forward to "just" being a sangha member and working on projects that don't involve balancing accounts. Everyone who knows Bill knows that he is truly a treasure of Blue Lotus!

Bill is able to step aside for a much needed break because Bhante Sujatha found a new Treasurer who will be able to step into the job ready to go. Sangha member Seth Colby works in the field of finance and has experience handling books for other non-profit organizations as a volunteer. Jill Brasile is volunteering to assist Seth with general bookkeeping, so Bill feels confident he is leaving his ledgers in good hands!

Secretary of the Board Nancy Schwab will stay in her position on the Board, although she has been on the Board as long as Bill. Directors Julie Gibson and Kristin Hannah-Waspi will stay in their positions as directors on the Board. This leaves our Board with the required six members, so let's all thank them for their willingness to take on such a big task and big responsibility as we move into a new phase of Blue Lotus. Board members can be contacted through the Office, and they always welcome questions, comments and suggestions.

## Thank You, Glen, for All You've Done for Blue Lotus



efore moving to Oregon for the next chapter in his life, Glen Ebey's last official act as the Blue Lotus Board of Directors' President was to open the new temple and offer it to the Universal Sangha at the Opening Ceremonies on Vesakha Puja, Buddha Day, celebrated May 26. Glen also handcrafted the altar he donated for the new Buddha statue, the Jewel of the new Dhamma Hall.

# Sri Lankan Projects Update

NEWS

#### by Michael Fronczak

#### Peradeniya General Hospital Project

ach year on July 9, honoring the birth of his teacher Ven. Wattegama Dhammawassa, Bhante Sujatha makes a donation to the natal ward of Peradeniya General Hospital. This year, money was raised to purchase a baby warmer. This is an open air unit and table used to regulate a newborn's temperature while all of the measurements and preparations are made before the infant is handed back to the parents. This unit is helpful for healthy babies and invaluable for vulnerable ones.

Over 300 handmade baby hats were donated, along with small care packages including apples, chocolate, and homemade tapioca for the 48 patients of the ward.







The third annual donation to Peradeniya General Hospital included a baby warmer, over 300 handmade baby hats, and care packages of fruit, chocolate and homemade tapioca. The donations were offered on the birthday of Bhante Sujatha's teacher Ven. Wattegama Dhammawassa.



#### House Project

his house was built and completed in January for the Sirisena family in Danthuray village, supervised by Sanatha Suwaya, Bhante's nonprofit organization in Sri Lanka. Since then the family has welcomed a beautiful new baby boy, and celebrated the ordination of their oldest son.

Construction was supervised by Sanatha Suwaya and donated by the children of David Schmidt, sangha member of Blue Lotus Woodstock. The house was completed in January.

# Sri Lankan Projects Update

#### Water Filter Donation

he deep wells in Kanthale village provide water to the residents, but their depth means that the water has a metal content too high for the body's filtration organs. Over time this can lead to disease and even death. Bhante Sujatha donated 100 water filters to families with the greatest need.

There are many more families in need of clean water, and now talks are underway for solving the problem in a sustainable way, such as having wells with commercial filtration systems installed.



As a first step to address the life threatening problem of water with mineral content too high for the human body to handle, Bhante Sujatha, the Blue Lotus Sangha, Sanatha Suwaya, Jana Sarana, and other private donors combined their resources to donate 100 water filters to the families in greatest need in Kanthale. Clean drinking water is essential to life and an on-going mission of organizations worldwide.



Michael Fronczak has trained in yoga, psychology, meditation, and Ayurvedic massage; and resided and studied in Buddhist temples in the United States, Australia, and Sri Lanka. He works closely with Bhante Sujatha as his on-site manager for humanitarian projects in Sri Lanka.

# Sri Lankan Projects Update

#### Elderly Monk Wards

n a small village outside of Colombo, the monk Bhante Amilisiri has been slowly building a fully operational care center for elderly and dependent monks. He needs more wards for these monks. Upon seeing the effort, Bhante began raising money to complete one ward that was being constructed in a piecemeal fashion, waiting for funds. Within one month he secured funding for the roof and the ward is now near completion.



Bhante Sujatha is currently working to raise funds to help the monk, Bhante Amilisiri of Bhodhirukaramaya, to complete the construction of a new ward. The Bhodhiruaramaya temple is a home for aged and dependent monks.

## 2012 1st Quarter Financials

Blue Lotus Buddhist Temple Statement of Activities–Unfinalized For the Months Ended January 31, 2012, February 29, 2012, and March 31, 2012

**1/31/2012** Total Revenue: \$9,266.75

Expenses: \$4,017.26

**2/29/2012** Total Revenue: \$6,807.70 Expenses: \$20,954.44

**3/31/2012** Total Revenue: \$14,873.29 Expenses: \$31,517.28 TOTAL REVENUES Total Revenue: \$30,947.74 Expenses: \$56,488.98

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\*The financial statement does not reflect any costs or expenses that the monks incur to sustain themselves, e.g., food, rent, clothing, sundries, gas, insurance, telephone, cable, etc.

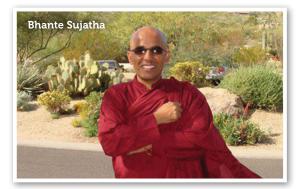
The Monastics do not receive any compensation from your generous donations to the Blue Lotus Temple.

If you wish to help support our monks, please write "Monk Expenses" in the note portion of your check.

Thank you for your generosity.

Unaudited.

Anyone who would like to look at more detailed breakdowns of Revenue and Expenses can meet with Seth Colby, Treasurer, to look at the books. Contact Seth through the Blue Lotus Office and he will be happy to arrange a time to do this.



# Living with Purpose

By Bhante Sujatha

Written while traveling in Asia, Summer 2012

he only purpose in this purposeless life is to live moment by moment with happiness.

People love to travel. We like to see new things. Have you ever looked at a picture and thought, "I want to go there," "I want to see beautiful landscapes, rivers, waterfalls, sugar sand beaches with crystal clear water?" Even reading it might create a picture in your mind. Sounds very good, huh?

In my travels, I have seen so many things, and so often have felt fortunate to see this physical world from my naked eye. Always moving around the world, east to west, south to north, has given me so many things. First, a lot of time sitting in airports, and second, time to think.

At the moment I am sitting at the Kuala Lumpur airport in Malaysia. Everything is so beautiful: People rushing to find their airplanes, families trying to keep organized, couples in love sauntering toward a romantic holiday, business-people on their Blackberries. I feel that they all have some expectation about life, just like me. It seems we all try to live life, and struggle to do so. We all have some life purpose and expectation. We are all trying so hard, and in the process life keeps moving forward whether we are happy about it or not.

I notice a small amount of sadness in this moment but no reason for me to be sad. I think it means that I am caught up in questioning about all the things I am seeing. Sometimes I think of how wonderful it is to be sad, and more so to be aware that one is sad.

We all need help in this moment. We all need noble friends around us to practice mindfulness. We all live in one world, but are somehow separated by invisible boundaries that have divided it into many countries and territories. Oh my, my tea is getting cold. Let me enjoy it with mindfulness.

On this trip to Sri Lanka I did my third annual hospital project for benefitting mothers and babies. I had tears behind my eyes when I saw all the tiny babies. I want to send all my friends and students who helped with this project so much love and gratitude for their hard work and generosity to help make this human life happy for people they may never meet. I realize that all those babies and mothers have Buddha Nature. How great it is to help them.

I carried these feelings with me when I traveled to Kanthale in northeast Sri Lanka to do my water filter project. It went very well. I noticed right away that although the area was so beautiful, it was too hot for me. I felt a burning sensation on my skin, and a desire to leave at one particular moment. When I noticed it, I thought about the people who work every day outside in rice fields. How difficult their lives must be!

The levels of rain have been decreasing over the years, farming is producing less food, and many people don't have good pure drinking water. Still, they are alive and seem so happy. They have worked so hard to make a beautiful ceremony, and when I look at all the details and their smiling faces, I see real joy. When they receive the water filters I see the gratitude and desperation in their faces. Tonight they will have some pure water to drink. I want to do more.

After the ceremony many people came to me and said they didn't get a water filter. I felt sad. We gave 100 filters. I want to do more.

I am grateful to all of you who supported my 2012 humanitarian work in Sri Lanka.

May you be well, happy, and peaceful.

Bhante Sujatha



# and the Opening of the Mew Blue Lotus Temple



he celebration known in the West as Buddha Day, and in Buddhist countries as Vesakha Puja, was held May 26 in Woodstock. To make the day even more memorable, it was also the Opening Ceremony for the newly purchased temple and the beautifully renovated Dhamma Hall. The Hall was previously the sanctuary of the Unitarian Universalist Church purchased by Blue Lotus in January to be our new home. Although the basement hall was "home" for 10 years, since Bhante Sujatha led his first class there with a few curious students, we have now grown into the entire building.

Keeping the celebration of Buddha's birth, enlightenment, and death always at the center of the event, it was truly a magnificent day with visiting monastics and guests from around the world; the unveiling of a Buddha statue from Sri Lanka; and traditional and nontraditional singing and dancing that gave the occasion its festive air. The procession around the Woodstock Square, growing larger each year, was led by a golden Buddha statue carried on a palanquin and accompanied by drummers, followed by the entire monastic sangha and laity sangha and other friends and visitors.



## Vesakha Puja, Buddha Day <sub>and the</sub> Opening of the New Blue Lotus Temple









# The Annual Precepts Ceremony

AUGUST 11, 2012

n annual Precepts Ceremony has become the tradition of Blue Lotus, and this year, on August 11, the moving ceremony, elegant and simple, was the first to be held in the new Dhamma Hall. Thirteen people took either the Five Precepts, the Eight Lifetime Precepts, or the 10 Bodhisattva Vows.

To begin the ceremony, all preceptors took refuge in the Triple Gem: the Buddha, Dhamma and Sangha.

Next, those taking the Five Precepts undertook to train in ethical behavior. Following them, those who had trained in the Five Precepts, and were ready to go deeper in their personal discipline, took the Eight Lifetime Precepts.

Undertaking the training in the 10 Bodhisattva Vows is the commitment to develop these **10 Qualities of the Buddha** in the effort to help all sentient beings reach enlightenment:

Generosity (dana) Morality, virtue, integrity (sila) Renunciation (nekkhamma) Wisdom (pañña) Energy, strength, effort (viriya) Patience (khanti) Truthfulness (sacca) Resolution, determination (adhitthana) Lovingkindness (metta) Equanimity (upekkha)

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## Meditation Retreat at Anderson Japanese Gardens



n August 19, Bhante Sumana held a two-hour meditation retreat at the Anderson Japanese Gardens in Rockford, IL. There were almost 30 retreatants, and everyone enjoyed the perfect day with Noble Friends in the quiet, spectacular gardens. Thank you so much, Bhante Sumana, for this very special meditation opportunity!

We'll be there again on October 7, 10:00–noon Anderson Japanese Gardens 318 Spring Creek Road Rockford, IL 61107

# Clearing out the Cobwebs

by Diana Schuster



ust prior to Vesakha Day, the Temple sent out a request for members to come help clean our newly renovated Dhamma Hall for our rapidly approaching celebration. I recruited my husband, Jim, and off we went, armed with towels and cleaning supplies.

I thought we were just there to clean. It did not dawn on me until the next day that we had experienced an "off the cushion" meditation of mindfulness.

After cleaning the exterior lights and new door windows, we proceeded inside. We admired the new, bright and open space. Even the dark stain of the 18-foot, turn-of-the-century stained glass window frames looked freshly painted. However, upon closer examination of the stained glass itself, we noticed decades of grime, dust and yuck. Jim commented that the cobwebs were so big they had their own zip code!

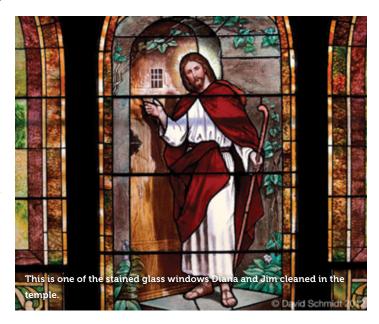
Cleaning windows is not one of my favorite chores, so I initially resisted doing this. However, I sensed this was our task, and the 14-foot ladder in the middle of the room was hard to ignore. We carried it over to the windows. I quickly realized I was uncomfortable on a ladder that tall, and backed off, so with finesse and ease, Jim climbed to the top of the ladder, straddled it and started cleaning and clearing. He asked me to hold the ladder and remind him to be aware of his core. He said one must keep the core centered to maintain balance, and then you can lean all you want.

Our dance with the windows began. I noticed that when I became distracted or chatty, grime would fall on my head. Jim quickly realized that he had to be methodical and focused as well. The windows have tie wire horizontal reinforcement bars (used for stability) on them. If he rushed through the process, the towel would get caught and his fingers would be cut. I offered to clean what I could reach, but at one point became overwhelmed by the "rain" of thick dust and cobwebs. I was hot, dusty and wanted to quit. "We're in it this far," Jim reminded me. "Can't stop now. Do what you can and I'll do the rest," he said kindly.

For three hours, we worked quietly together and yet separate,

him carefully washing the windows and me sweeping the floor, holding the ladder and rinsing out the towels. When the last pane was dust free, we stood back to admire our work. We then bowed to the monks and left.

My epiphany came the next morning after my meditation practice. I realized that the mind is like the windows; it can appear clear until we begin to closely examine it and that is when we find the cobwebs: the many thoughts and distractions that can weigh us down. Meditation is a solo journey, yet we can give and receive energy from those around us, just I had done with Jim up on the ladder. We each had tasks to conquer and



yet we were supportive of each other. Just as we need to return to the breath and mindfulness in our meditation, we had to do that repeatedly; otherwise, I experienced showers of grime and dust, and he ran the risk of falling or getting cut. Just as Jim reminded me, "We're in it this far, don't quit now," I sometimes need to remind myself of that when on the cushion. I'll say silently, "Release the fear, take a breath and continue."

I don't time my meditations; I know when I am finished. A sense of peace comes over me, a deep inhale naturally occurs, my eyes open and I am ready to move on.

I sense the monastics were aware this was a meditation practice for each of us. We just needed to discover that for ourselves.

# Paths Up the Mountain

by David Schmidt



think the one thing all human beings share is a wish to be happy. How many times have you, or someone you know, said, "I just want to be happy!"?

Regardless of our backgrounds, ethnicities, or religious beliefs, the desire for happiness is very powerful. And

even those who think money will offer them happiness usually find that they, too, are still seeking it, regardless of their financial wealth or possessions.

In this vein, many choose religion as a path and support system for finding happiness and peace in this life. And I understand that we, as human beings, can easily feel small and helpless at times. Death looms on the horizon like impending doom, and our day-to-day struggles can at times seem insurmountable. So we often turn to religion for answers, comfort, support, and encouragement.

I don't see this as bad or harmful in any way. We each must do what we must do to get through the days of our lives. But are all the paths, all religions equally good in getting us to that place of peace, happiness, and contentment?

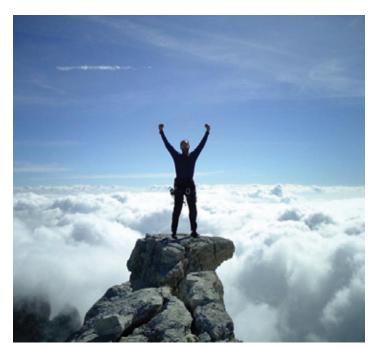
While I cannot possibly answer that question, I do see one thing clearly. And that is, that one who chooses several paths at the same time will only continue to circle the mountain again and again. Just think if you were to try to wash your car, paint your house, and cook dinner all at the same time. Chances are that none of these tasks would be accomplished with great skill or attention. Dinner would be burned, paint would be everywhere, and your car would still have streaks of dirt.

Yet by choosing one path, say painting your house, you would likely focus mindfully and accomplish a wonderful job. Your results would speak for themselves, and you would feel the joy and gratitude of having done such careful work. And if you continued to paint houses, your work would get better and more skillful each day that you were diligent and focused. Most especially if this was done with love, attention and caring.

I, too, simply wish to be happy. And my path just happens to be that of studying and practicing the teachings of the Buddha. I have found it to be one of honesty and simplicity, and encouraging of love, kindness, compassion and equanimity. But most importantly, I have tested it each day and found it to be wholesome and truthful.

But this certainly does not mean it is the path that you should be taking. There are so many paths available to each one of us. I only suggest that you pick one that proves to have the same integrity, and follow it with a strong determination and your clear attention. If you can easily see the benefits in this, then you are on the right path. And if not, then perhaps it is time to question and examine your efforts, remembering that you just want to be happy.

May you be free of suffering and the cause of suffering. May you be well, happy and peaceful.



#### **Business Proposal**

by Jim Kail



Our Sangha is so valuable. One by one, Like precious coins, We count our Noble Friends.

But how to increase our riches?

Capitalism!

We'll invest our Lovingkindness and in exchange: ALL Humans become Our Noble Friends. ALL Plants and Animals become Our Sangha.

(We'll make a huge profit with interest!)

Move over Mr. Buffett.

Portable Altar: my beginner's earnest attempt at multi-media construction

by Tod Nielsen





Media: wood; brass fittings; plaster tsa-tsas (one '49 Buddhas,' two 'Double Dorjes'); paper prints (two 'Wheel of the Dharma,' one 'Endless Knot of Samsara,' two 'Sayagata' prints); paint; varnish. Tod Nielsen studied thangka painting under Ang Tsherin Sherpa in San Francisco. Tod lives in Lake Geneva, Wisconsin.