



Three Wheels NEWS



London Shogyoji Trust

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Annual Ceremony to pray for World Peace and Reconciliation. The 128th London Eza

Three Wheels was grateful to welcome once again a large number of guests to our annual ceremony to pray for world peace and the reconciliation of surviving Japanese and British veterans of the Burma Campaign from the last World War. Among the dignitaries attending the service was His Excellency Mr Motohiko Kato the Envoy Extraordinary of the Japanese Embassy, and His Excellency Mr U Kyaw Zwar MinnMin, the Ambassador of the Union of Myanmar.

Mr Kato prefaced the ceremony with a special address he had generously prepared. After paying tribute to Rev. Sato and everyone involved in organising the peace and reconciliation movement, Mr Kato expressed his hope that, "This Eza, in which people from different religions, cultures and races talk and shake hands together, symbolises an ideal future in which people can overcome hatred and prejudice caused by ignorance of each other. I firmly believe that this gathering will form part of a larger movement towards a more peaceful world."



Mr Kato opens the Ceremony

The Memorial service itself was led before the Buddha-shrine by Rev. Kemmyo Taira Sato and Rev. Kenshin Ishii and included venerable monks, nuns and priests from different Buddhist communities in the U.K. including the Burmese monastic Sangha, *Nipponzan Myohoji*, and the *Shobo-an* Zen Centre. The Bishop of Lichfield, the Very Reverend Michael Ipgrave and Rev. Dr. Thomas Plant of St. Michael's Church, Camden both participated in the service and Eza meeting which greatly expanded the interfaith dimension of the peace and reconciliation ceremony and deepened the dialogue between Three

Wheels and the Christian Church. Three Wheels was also honoured to welcome Rev. Kato who is a Shinto priest and Rev. Hosayo from *Rissho Koseikai*. The meeting of all these faith representatives with utmost reverence and respect before the Buddha-shrine was a profound expression of Three Wheels' founding ethos of 'Harmony within Diversity'.

Following the chanting of sutras before the Buddha-shrine, Bishop Michael Ipgrave gave a moving speech in which he quoted from reflections given by veterans of the Second World War which illustrated how their personal suffering had been transformed into the desire for peace and reconciliation. Referring to the essence of Rev. Kemmyo Sato's book *Great Living*, Bishop Michael highlighted how in Christianity, as well as in Buddhism, the expression of gratitude is a central part of religious worship.

Following the traditional shaking of hands in reconciliation between all of the participants in the Eza, Rev. Sato gave a talk of thanks in which he reflected on his recent journey to Papua New Guinea during which he conducted a series of memorial services to commemorate all those who died there during the fierce fighting in the Second World War. One notable experience Rev. Sato had was to witness the deep friendship that war veterans from Japan, who had regularly been returning to Papua New Guinea to collect the bones of their fallen comrades, had established with the indigenous people of that country. Rev. Sato felt that his eyes had finally been opened to the extreme importance of reconciliation with the indigenous inhabitants of countries such as Papua New Guinea and Myanmar (formerly Burma) on whom its invading forces had inflicted such damage. After this experience Rev. Sato was both surprised and delighted to receive a favourable response from His Excellency Mr Min, the Ambassador from Myanmar, to his invitation to attend this London Eza.

Fr. Thomas Plant spoke with great passion on the resonances between the Buddhist and Christian faith traditions and on the profound human need for reconciliation between self and other with particular reference to the importance given in both traditions to "Other-power". Mrs Akiko MacDonald, Chair of the Burma Campaign Society gave an update on the recent work of the Society in their ongoing activities and Mr Richard Pe Win, representative of the Myanmar Buddhist Society who had organised the attendance of the Burmese Monks, expressed his hope that their friendship with Three Wheels would grow and develop.

Andrew Webb

Speech by His Excellency Mr Motohiko Kato

Good afternoon, ladies and gentlemen. It is a great pleasure to be with you here today.

Firstly I would like to pay tribute to Rev. Kemmyo Taira Sato and to everyone else who has contributed to the organisation of this year's London Eza and to the reconciliation between the people of Britain and Japan.

I believe that reconciliation is a universal concept which exists in all cultures, regardless of religion or race, and is based on the human need to strive towards a peaceful and constructive future. Of course it is easier said than done, because it is instinctive to feel fear or anger toward one's former enemies.

More than seventy years have passed since the end of the Second World War but its influence continues to be felt. It is important for us to face the facts squarely, not only to learn the lessons from the tragedy but also to understand ourselves and others. I am certain that to know each other is an essential element for reconciliation and for the prevention of strife in the future.

My feeling is that mutual understanding has become increasingly important in the modern world, which faces brutal and widespread terror attacks across the globe.

This Eza, in which people from different religions, cultures and races talk and shake hands together, symbolises an ideal future in which people can overcome hatred and prejudice caused by ignorance of each other. I firmly believe that this gathering will form part of a larger movement towards a more peaceful world.

The fact that we can attend such a wonderful meeting together had been achieved by grassroots activities in which many people, despite serious challenges and obstacles, have dedicated themselves to the noble belief in a more peaceful world. I would like to express my deepest and sincerest gratitude and respect to those brave, monumental people, including everyone here today.

'Finding Myself Embraced' A Spiritual Training Session at Three Wheels

From 31st August to 3rd September, the 4th Spiritual Training Session for the Students of Yamaguchi University was held at Three Wheels.

The University sent 12 students to University College London this summer for an educational programme. Before the students began their study at UCL they stayed at Three Wheels for four days and learnt about Anglo-Japanese history. They also read the *Sutra on the Importance of What Has Been Done for us by our Parents*. They exchanged their impressions and thought about their relationships with their parents. Every year they have all come to realise how much they have been taking for granted what has been given to them. Three Wheels is very honoured and pleased to be able to help these students, who will in the future be working internationally to understand Anglo-Japanese history and one of the fundamental Buddhist philosophies, Inter-Dependent Origination. I am very happy to be able to share one of the students' impressions below.

Kenshin Ishii

When I was first told about this programme I wondered what reason there could be in staying at a Buddhist temple. As I am stubborn and have no knowledge about Buddhism, I thought it would be difficult for me to accept what they would be teaching. When we arrived at Three Wheels I was surprised by the way people at Three Wheels trusted us by welcoming us into their community home so warmly. When I felt the sincere attitude with which the members of Three Wheels were speaking to us,

I felt how seriously I should take this opportunity to spend time at Three Wheels. At first, I did not understand the true meaning of the talks given to us, but I told myself to listen carefully and think more deeply about what they meant.

What left the greatest impression on me was Rev. Sato's and Rev. Ishii's "grateful spiritual attitude towards others". The people whom they introduced us to in their talks were so great. What most touched my heart, however, were the faces of Rev. Sato and Rev. Ishii whilst they talked so sincerely about them, sometimes even coming to tears. Through this I came to realise that Three Wheels' hospitality, which so readily welcomed us, is the same as the hospitality of Prof. and Mrs Williamson who looked after Japanese students in London over 150 years ago.

Moreover, it was an unforgettable experience that we were given an opportunity to think about our parents once again, through reading in turn with other students "*The Sutra on the Importance of What Has Been Done for Us by Our Parents*". Through reading this Sutra, I became aware of so many things which my parents have done for me that I had not previously recognised. When I expressed this impression to Rev. Sato and Rev. Ishii I was both surprised by the amount of advice I was given by them and very grateful that they taught me so seriously and sincerely. Through their heartfelt teaching, I realised that their attitude is based on the teaching of "being thankful to encounter others". Also by being shown such sincerity in the way they taught us, I realised how an obstinate person like me,



Receiving heartfelt teachings

can become more honest towards myself and others.

Having such feelings, I became aware of how narrow-minded I had been in the past. In Japan people often do not follow a specific religion and may develop closed minds as they grow older. I felt I would be just the same as these adults. To be honest, it will be difficult for me to be mindful of what I have felt and learnt at Three Wheels in the future, but my way of thinking definitely changed through this stay. I feel that what I learnt during my time at Three Wheels will bear much fruit in the future.

Thank you very much for so readily and kindly speaking to me.

‘Awakening to what has been done for me’ The 18th Shokai Retreat

Our 18th Shokai Retreat was held between the 14th and 16th October 2016. The theme of this Shokai was *Awakening to what has been done for me* and a total of 14 participants joined the residents of Three Wheels for the retreat. The participants included Mr and Mrs Ida visiting from Shogyoji temple in Japan, and one new member, Martin, who selflessly threw himself into all of the activities.

For the main part of our spiritual preparation for the Shokai we were each asked to think of three people towards whom, at this very point in our lives, we feel especially grateful towards for what they have done for us. During the Shokai we then shared together these expressions of gratitude during a series of meetings. This gave rise to a wonderful atmosphere of joy and thankfulness which really brought the theme of the Shokai alive for us. After the conclusion of the retreat we were able to share this atmosphere of gratitude with the participants of the *Hooko Otorikoshi* (Memorial for Shinran Shonin) London Eza meeting which followed immediately after the close of the retreat on Sunday afternoon.

The Shokai retreat opened on Friday evening with the traditional ‘Vow of Sincere Practice’ given by Jumpei K in which he reflected on his recent spiritual encounters at Three Wheels which have changed the course of his life and brought him a new-found depth and appreciation towards his relationship to his father. His vow aptly brought the theme of the Shokai into sharp focus.

Following Jumpei’s vow, Rev. Sato welcomed everyone to this Shokai with a special Dharma-talk which touched on a number of important points related to the theme of awakening to what has been done for us. This included the meaning of ‘mindfulness’ (*okunen*) in Shin Buddhism. Mindfulness, Rev Sato explained, is a continuous, clear and transparent awareness of *ki* (the karmic reality of ourselves) and *ho* (the unconditional love of Amida Buddha) which saves us. Mindfulness is itself a gift from

Amida Buddha to us.

After our evening meal we all met in the Buddha-room and some of us shared our expressions of gratitude about three special people in our lives. Mr and Mrs Ida both gave profound and moving recollections of their personal histories. They described their early lives in post-war Japan and how they found the truth of life through their respective encounters with Shogyoji Temple. Their experiences taught us how everything in our life course, even the most despairing of situations, gives to us an opportunity to entrust ourselves to Amida Buddha.

Saturday was a full and busy day from the early morning work session (*sagyo*) starting at 6.30am to the final activity, writing our personal impressions about the retreat, which concluded around 10pm. Following an extended morning Eza meeting in which some more of us shared our expressions of gratitude to three people, Rev. Kenshin Ishii gave his own in the form of his Dharma-talk entitled ‘*Invaluable gifts to me from those who went back to the Pure Land*’. In this powerful and direct talk which one participant likened to a “transmission” of the Buddhist teachings Rev. Ishii had received, Rev. Ishii discussed some of the important teachings he had learnt from three late teachers of his, namely Rev. Kojun Shinohara, Rev. Eshu Seno and Dr. Kazuhiko Shimizu, that had made such a deep and lasting impact on his life. I found the essence of Rev. Ishii’s talk to be in his following words, “What makes it possible to change our mind entirely is a true encounter with our own Good Teacher. This true encounter finishes our life, fully occupied by active karma, but also it gives us a new joyful life of Nembutsu”. It is very meaningful to witness the still living influence of Rev. Ishii’s teachers on his life and we are so very fortunate at Three Wheels to receive the energy of their teachings from him.

Also on Saturday some much needed tree pruning and garden maintenance work was completed in the afternoon

sagyō. This was followed by a chanting lesson in which we practised the liturgy to be used in the following day's *Hoonko Otorikoshi* ceremony.

Sunday morning was spent reflecting on what we had received during the retreat and we each shared our gratitude for all the time we spent together listening to the Buddha-Dharma and to one another during our shared journey of, *Awakening to what has been done for me*. Immediately after the closing service we had to suddenly switch gears and quickly complete all the remaining preparations for that afternoon's London Eza.

Andrew Webb



Vow of Sincere Practice

‘Travelling the Bone Trail’ The 129th London Eza and the *Hoonko Otorikoshi* Ceremony

The *Hoonko Otorikoshi Ceremony* is the most important religious ceremony of the year in which we express our heartfelt thanks and gratitude to Shinran Shonin for everything he has done for us. Upon entering the Buddha-room it was immediately noticeable how beautifully adorned the shrine had been for this annual commemoration.

This Eza immediately followed the 18th Shokai Retreat, the theme of which was *Awakening to what has been done for me*, which helped the participants of the retreat appreciate Shinran Shonin's immeasurable gift to us. During the Shokai Retreat we were also able to listen to an English translation of the *Wasan* (Japanese Hymns by Shinran Shonin) that were to be chanted in the Eza service and to practise them during a chanting lesson. This helped make the chanting during the Eza very strong and powerful, and it was noted by more than one that the voices of the youngest members of the Sangha were particularly impressive.



Mr and Mrs Ida share their gratitude

After the service Rev. Kemmyo Sato gave a talk entitled “Travelling the Bone Trail” which was a record of his recent pilgrimage to the battlefields of Papua New Guinea in which he conducted a series of memorial services to commemorate all those who died there. He talked about the terrible suffering of the soldiers and the incredible

bravery and sacrifice made by the wounded men who made it possible for the able-bodied to escape at the cost of their own lives. He also talked about how in the years after the war, a deep friendship had been formed between the Japanese war veterans and the indigenous inhabitants, who had also suffered greatly, and at his amazement at the welcome and kindness shown to him and the other members of the pilgrimage by the local people.

This very moving talk made us become aware of how much we owe to the sacrifices of others, such as the soldiers, who make it possible for us to live our lives today. Afterwards there were many impressions given by the participants. Many of the older members, who could remember the war or the years after, were able to make the younger members become aware of the terrible tragedy and sadness that are the inevitable consequence of war.

After Rev. Sato's talk we were introduced to Mr and Mrs Ida. Both live at our head temple Shogyoji in Japan and for many years have been doing so much to support the existence of Three Wheels in London. Since their arrival a week earlier, they had both been very busy meeting and sharing conversations with many different people connected with Three Wheels, furthering Ven. Chimyo Takehara's wish, following an important discussion last year with Prof. John White, that there be greater spiritual exchange between Shogyoji and Three Wheels. It made us remember how lucky we are to have the support and guidance of Shogyoji, and to be part of a much larger international Sangha.

Mr Ida shared his experience of growing up just after the war, and his sad memory of many of his young friends having to grow up with no father. He also expressed his gratitude to the soldiers and survivors who had made it possible for us to live our present lives. He then talked about the recent Shokai Retreat and how happy he was to see the development of the Three Wheels Sangha here in the U.K. He was especially impressed by the younger members and happy to see Rev. Kenshin Ishii's continuing

spiritual development.

Mrs Ida then expressed her gratitude for being able to visit Three Wheels and how attending Shokai had allowed her to remember what had been done for her, especially the parental love she had received. She talked about her father and how she could still remember his words and feel deep gratitude towards him.

Prof. John White thanked Mr and Mrs Ida for everything

they are doing for Three Wheels and again reminded us of the debt of gratitude we owe to them and to everyone at Shogyoji. He then suggested that we actively try to think of ways of promoting spiritual exchange between Shogyoji and Three Wheels.

After the closing of the Eza we were treated to a fine meal which gave everyone the chance to relax and socialise with old and new friends.

Chris Dodd

Meditation at Three Wheels

Editor's Note: This article was written by a regular member of the Three Wheels Meditation Group which meets every Monday evening at 19:30. Although this article was written from the perspective of the author's practice of Zen Buddhism, Three Wheels' Meditation Group is open to everyone regardless of their religious background.

Although meditation can be practised alone, sitting and talking with others strengthens our practice. This has always been the way, the way of the Zen masters of old, and that is what Three Wheels offers: a friendly place to sit and afterwards to talk and take tea with others. This makes Three Wheels a very special place.



A friendly place to sit!

The Zen garden at Three Wheels is beautiful and serene, but it is also a lesson in the fundamentals of meditation practice. The stones sit upright and still in the midst of the

flow of raked sand, and when sitting in meditation we sit upright and still in the midst of the flow of our everyday lives (*samsara*). The rocks are not separate from the sand and when sitting we are not separate from our everyday lives. To sit in meditation is to come back moment by moment to reality, to the here and now.

Meditation is not an escape from our everyday lives with all its cares and joys; it is about facing our true selves. When we sit wholeheartedly there is no separation between ourselves and others, no separation between us and the world around us. Much has been written about Zen but to understand it we have to practise it by sitting upright and still over and over again.

There is no substitute, there is no other way!

If you come to meditation at Three Wheels for the first time not knowing how to sit, the person leading the session will give you instructions on what to do. However, do wear loose clothes as it is very difficult to sit comfortably in jeans or tight trousers. Also, don't worry about whether you can sit crossed legged because at Three Wheels some people sit in chairs, some use kneeling stools and others sit on cushions (*zafus*) on the floor. The session usually lasts for an hour with a break in the middle. When sitting in meditation our minds can wander, but this is natural. The important thing is to make the right effort to sit wholeheartedly by returning over and over again to the posture and breathing, to the here and now. This is the very heart of practice.

Peter

Our Common Practice at Three Wheels

The 130th London Eza

The morning of the 130th London Eza brought a cloudless blue sky, unseasonably mild and sunny weather. In fact, apart from the temperature one participant felt it to be like a Japanese winter's day, very clear and bright. The morning was spent preparing the temple and grounds for the Eza. As well as the residents, a number of Sangha members joined in. Six people swept the leaves from the road and there was lots of activity arranging the Buddha-room and preparing food.

After the service, we listened to Rev. Ishii's talk entitled 'Our common practice at Three Wheels'. Firstly Rev. Ishii summarised all the various types of activities held at Three Wheels. Religious services are held daily to express gratitude to Amida Buddha, and are open to all. Meditation is held every week. Its practice at Three Wheels is not done as means to obtain enlightenment but as a way which, Rev. Ishii personally found, gave him time to think deeply about what has been done for him by others.

Following her son's progress at the Children's meeting, a parent phoned the temple to ask what kind of magic was happening at the temple to result such positive changes in her child's behaviour and maturity.



Our service to the Buddha

There is also an activity for younger children - the Infants' Meeting. Another type of gathering is the London Eza meetings. These originally started many years ago at a supporter's home then in order to continue them Three Wheels was founded in 1994. A participant noted how special the Eza is in bringing together participants from each of the different meetings.

The Shokai retreat has been running since 2008 and provides time for members to spend two days together listening to the Dharma and having conversations with one another.

Rev. Ishii then looked more closely at the meaning of practice in Shin Buddhism and how this relates to the activities held at Three Wheels. The common dimension across the different events is becoming aware of the reality of how we are full of 'blind passions', and at the same time, the unconditional love of Amida Buddha which saves us. Rev. Ishii shared his feeling that his practice is like that of a certain follower of Rennyō-shōnin. The follower was concerned that the truth of the Dharma always escaped from him when he was away from the temple, and he was advised to keep dipping his basket in the water of Dharma whenever he became aware of this. Rev. Ishii also stressed that every moment is a moment of practice and an opportunity to deepen our awareness and understanding.

One participant mentioned that spending time at the temple has increased his awareness of how difficult it is to really listen to people and to connect with them, and how the temple supports a deeper understanding of others. Another person described the joy of 'dipping his basket' into the life of the temple, and how supportive this has been for so many of us.

The annual end of year party was again as popular as ever and participants were treated to a number of special events organised by members of the Students' Meeting. There were performances of music, a quiz that everyone enjoyed and a raffle. We shared together a light meal and good conversations, exchanging stories from the year that was ending and thinking forward to 2017.

Matthew Albiges

Activities for the Young

The Children's and Infants' Meetings at Three Wheels

From September 2016, both the Children's and Infants' meetings have been following a special theme, "Our Service". This theme emphasises the importance of the fundamental day to day practice in Shin Buddhism of service to the Buddha. We hope that as a result, the children and the infants, as well as their parents, can become familiar with the etiquette and style of service in the Buddha-room.

Firstly, both the children and infants learnt the manners of the Buddha-room. This included how to bow and how to put their palms together (gassho). During the Infants' Meeting, toddlers of one to three years old learnt how to enter the Buddha-room sweetly bowing at the door. Toddlers old enough to sit were copying others and joining their palms together in reverence. This pure act brought tears to the adults' eyes.

Next the children successfully made their own service sets for themselves at a series of craft sessions. These were held mainly at the Children's Meetings. Firstly they made Buddhist rosaries and in the second session they made a case for their service items. Their third session consisted of making their own chanting books. Every child was so proud of the end result. Also, these sessions taught us in great depth how to look after the service items and most importantly the meaning of respect.

Some children were still too young to understand, but as we hear from our teachers, "Just simply being present in the temple, this will make the pores in their skin absorb and keep the Buddha's teachings throughout their childhood and beyond."

Kaori Punwani

School Visits to Three Wheels

We are delighted to welcome visits from school classes to learn about Buddhism and how it is practised at Three

Wheels. Recently, two Year Five classes from John Perry Primary School in Acton visited as part of their religious

education project to learn about “Life as a Buddhist” and some of the important aspects of Buddhist teaching, such as the Four Noble Truths and the Noble Eightfold Path. They all very much enjoyed their visit to Three Wheels and to have learnt lots of new things about Buddhist teachings and practice.

In November a group of students from Springhallow School in Ealing, who specialise in educating children with autism, spent a wonderful time at Three Wheels. They really enjoyed sitting quietly together in the Buddha-room, learning about the Buddha-shrine, hearing an example of traditional chanting and seeing the Zen Garden. After their experience at Three Wheels their teacher wrote to us to say that they were still excitedly talking about the experience a long time afterwards.



Learning about Buddhism

Voices from Japan

‘Moments which have brought a fundamental change to my mind’ by Kenji Toda

I am now 70 years old. During my life there have been several extremely important encounters that I would like to relate to you.

The first incident was my mother’s death when I was eleven years old. My mother brought up my brother and I with absolute love towards us. For me she was beautiful, very warm and kind. I never forget the time that my wonderful mother died and her white bones suddenly appeared in front of me at the crematorium.

In this moment I became aware of the reality that everything in this world changes and dies and that my beloved mother could not be an exception. I remember the day when I made the small decision in my mind that I would live alone in this ultimately uncertain world.

The second big event in my life was when I was invited to live at Shogyoji Temple when I was just fifteen years old. In this temple I was surrounded by people who showed such boundless kindness and pure love. I was given two practices as my training in Buddhism. One was to clean up part of the temple garden every evening. The second was to learn Gagaku music, the most traditional form of Japanese music that is used in Buddhist ceremonies. I spent seven years of my student life continuously receiving from the pure minds and acts of my Dharma-friends at the temple. My life at the temple brought a firm foundation and irreplaceable value to my life.

The third important event happened in London. I was sent to London as the managing director of a Japanese pharmaceutical company to establish a research and development base in the UK. In the process of its foundation I met Professor John White, Derek Roberts who was the Provost of UCL, Professor Steven Montgomery and



Mr Kenji Toda

others. The Provost asked me at the beginning of our first meeting “What is your belief?” I immediately responded saying “I don’t have a belief as such. But it is a fact that I was brought up in a temple surrounded by warm people and I learnt the philosophy of “Harmony within Diversity” from my study of Gagaku music.”

These short words expressed in 1989 became the origin of a very strong relationship between Shogyoji and UCL, which especially included Shogyoji’s relationship with Prof. John White.

Although my business activities went very well and it was a successful time, I also had to confront some extremely difficult situations both within my business world and in my own mind. Additionally, I was very concerned about the drastic changes taking place in Europe, such as the conflicts in Eastern Europe which followed the destruction of Berlin Wall.

In the midst of these difficulties, I received a deep spiritual teaching from Venerable Chimyo Takehara, the Head Priest of Shogyoji. He said that there is a Buddhist Sutra which teaches that we can immediately make the filthiest water pure and clean once we throw the Dharma Jewel into it. This Dharma Jewel is for you the “Nembutsu”. He also said that a “place” or “ground” is necessary where the Dharma Jewel or Nembutsu can work. I understand now that even though my heart is surrounded by anguish and the desire for worldly things, I have already been given the Dharma Jewel which lies in the deep recesses of my mind. Every time that I pronounce the Nembutsu, “Namu Amida-butsu,” my mind becomes one with the hidden Dharma Jewel and I find myself standing within a pure and clean world.

Immediately after I received these holy words from Ven. Takehara, Prof. John White and the Provost of UCL, Derek

Roberts, decided to visit Shogyoji. After their visit they wanted to begin a Buddhist educational meeting, to be named the “London Eza”. The first meeting was started in my private house in London studying a text written by Ven. Takehara.

I firmly believe that all such religious activities are the manifestation of the pure work of the Dharma Jewel that relieves my suffering and brightens my mind. Three Wheels is really, in fact, the actual appearance of the Dharma Jewels of Buddha, Dharma and Sangha.

I wish to express my deepest appreciation to Prof. John White, Rev. and Mrs Sato, Rev. and Mrs Ishii and to all Dharma friends who offer boundless support for Three Wheels Temple. I hope that the Sangha in London will continue to grow and many people can be relieved from their difficulties and suffering, just as I was in London.

National Garden Scheme - Garden Open Days 2017

We are pleased to announce this year’s Garden Open Days for the Three Wheels Zen Garden which will be held on the weekends of:

3rd and 4th June (2 - 5 pm)
17th and 18th June (2 - 5 pm)

There will be talks by the designer of the garden and the chance to enjoy a Japanese tea-ceremony. The Buddha-room will also be open if you would like to visit there too. Please help spread the word. We invite you to come along and bring your friends as well!



Entering the Zen Garden

A Poem by John White

**Self
fading away,**

**a foretaste
of Nirvana**

**in each night’s
deep sleep.**

Editors’ Note.

For comments, criticisms, and questions concerning the Newsletter or if you want to provide material for inclusion, please contact Three Wheels Temple.

Edited and created by the Three Wheels Editorial Committee.

All donations are welcome

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