

# The Dewdrop Digest

## Connecting Children, Youth and Sangha

### Clouds in Water Zen Center

Sunday, March 16, 2008

### The Fourth *Paramita*: Joyful Effort (Diligence)

We have practiced with Joyful Effort all year, and today we will study it explicitly and broaden our practice. The fourth perfection is about applying oneself to one's (spiritual) practice with energy, enthusiasm, diligence and courage... and with joy, lightness, laughter, and playfulness. One needs the fourth *paramita* of Diligence to fully engage the other five perfections, so they become powerful factors in one's life.

### Composting and Gardening

Traditionally, there are four ways to cultivate Diligence:

- Not to plant harmful seeds in one's heart. For instance, not to plant ill will, anger or envy in one's heart.
- Not to nourish those harmful seeds which are in our heart
- To plant beneficial seeds in our hearts.
- To nourish the beneficial seeds in our hearts.

In class, we learn that we all carry helpful and harmful seeds within. Students will identify some of their helpful and harmful seeds, and then visually plant the helping seeds in the garden of the life and recycle their harmful seeds into compost.

***Home practice:*** Post the "gardens" and "compost piles" in a central place. Make your own garden and compost pile. Each day, encourage family members to water their helping seeds and, with compassion, avoid nourishing their harmful seeds.

### Balancing Joyful Effort

The key to Joyful Effort is to apply it with balance and inclusion. For example:

- Work and play
- Activity and rest
- Intentionality (planning) and accepting (letting go of outcome)
- Caring for others and caring for ourselves

***Home practice:*** Ask, "What actions will help me balance each area?"

*Spring Equinox is a great time to balance your life. A wonderful way to do this with children is to have a family discussion on balance, and encourage each family member to identify something enjoyable they would like to do more of – getting outdoors, cooking together, sleeping in occasionally, playing a board game – and then cultivate that as spiritual practice*

*Then, as a family, choose a Compassionate Action Spring Project – picking up litter, planting a tree, helping a senior with yardwork or gardening.*

## **Teaching volunteers needed for Spring Quarter and for 2008-2009**

Children's and Youth Practice is supported financially and energetically by the Whole Sangha, by parents and non-parents. Thank you for making it possible to awaken the heart of great wisdom and compassion in the next generation.

The program depends completely on volunteer teachers as well as substitute teachers, administrative help, logistics support, and snack bringers. At this time, we really need help in order to keep going.

Practicing with children and youth is inspiring, rejuvenating, learningful, and fun. Volunteers receive credit towards Clouds classes and have a chance to connect more intimately with sangha members. Lesson plans and supplies are provided.

For Spring Quarter, we have urgent openings for:

- One more teacher for Spring Quarter (March 30 to June 8)
- Two more substitute teachers (help about once a month April – June)

For the 2008-2009 programming year, we have the following

- Four more teachers
- Six substitute teachers

### ***Being Buddha* (from Rev. Harvey So Daiho Hilberton's ClearMindZen.com)**

The six *paramitas* are dharma gates which, manifested, show us that we are already on the other shore.

Buddha taught, and we experience through our practice, that if we are generous without a personal agenda, we are behaving as an awakened being, a buddha. He added morality, patience, vigor, meditation, and wisdom to this list. But we are not simply behaving, we are manifesting buddhahood. The essence of buddhahood is selflessness in service to the universe.

Whether we feel generous or not, if we practice generosity in our daily life and work toward this practice without a lot of thought to ourselves, we are "faking it till we make it" and on the surface, the practice still adds value to humanity. Over time we begin to see that generosity is an actual aspect of our compassionate heart and that self-centeredness is toxic to our life in community.

So, be generous; be patient; be moral; be diligent; be contemplative; and be wise today and you will be a buddha.

**Question, idea, concern?** Your feedback is welcome and valued! Contact Children's and Youth Practice Director Katharine Krueger at 651-222-6968x5 or [cp@cloudsinwater.org](mailto:cp@cloudsinwater.org)

**Spring Quarter starts March 30 – Please register today**