

COMPASSION & RELIEF

TZU CHI USA JOURNAL



25 Years of Tzu Chi in Houston & New York

p. 08

Cash-for-Relief in Earthquake-Stricken Ecuador p. 34

Spiritual Alchemy: The Purpose of Mindfulness p. 39

ReCRAFT DIY: Egg Carton Camellias p. 60

宗門人間路

特思法版勤行道





DHARMA MASTER CHENG YEN
FOUNDER OF
TZU CHI FOUNDATION

CONTEMPLATIVE WISDOM

thoughts for meditation, contemplation, and reflection from Master Cheng Yen

Spreading the Path of Great Love Extending the Road of Compassion

Tzu Chi volunteers set an example through their actions.
From the past to the present and into the future,
they continue to benefit the world.
They have sustained their original great love and compassion.
With love, they have paved every inch of this path.
With compassion, they have continued on this road.

The path of great love has spread throughout the world.
It has taken Tzu Chi across the planet and
to all the continents
to provide relief for people everywhere.

The road of compassion has extended from past to present.
Bodhisattva-volunteers work in a continuous relay
to bring harmony and peace to the land and all people.

Translated by the Dharma as Water Editorial Team



Volunteers in New York (top) and Houston (bottom) celebrate their respective twenty-fifth anniversaries.

Top: Peter Lin
Bottom: Roger Lin

PUBLISHER

Han Huang

EDITOR-IN-CHIEF

Colin Legerton

ART DIRECTOR

Lily Chen

EDITORS

Terry Lin | Nicole Chen

PRODUCTION MANAGER

Tenshang Joh

VOLUNTEER TRANSLATORS

Estella Fung | Mei-li Hamilton
Shirley Tseng | Yijia Wang

VOLUNTEER EDITORS

Raul Corcuera | Emma Ong
Richard Hamilton

SPECIAL THANKS TO

Harriet Luc | Gina Shih | Huiping Wang
Samantha Wei | Jack Yang
Jing Si Publishing | Dharma as Water Team

The Editorial Team sincerely thanks all contributors and invites feedback and contributions. Please contact us at journal@tzuchi.us. Read the multimedia eBook at tzuchi.us/journal and issuu.com/tzuchiusa/stacks

copyright 2016

Buddhist Tzu Chi Foundation

All rights reserved. All photos are property of Tzu Chi unless otherwise noted. No part of this publication may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopy, recording, or any information storage-and-retrieval system, without permission in writing from the publisher. All articles contain the views of their authors, which do not necessarily reflect the opinion of Buddhist Tzu Chi Foundation.

Words from Master	4	Great Love & Lasting Compassion	<i>Master Cheng Yen</i>
CEO's Note	7	One Family	<i>Han Huang</i>
	8	Onward	
	10	25 Years in the Blink of an Eye	<i>Fang Yuan Chou & Yin Hung Yeh</i>
New York @ 25	13	Three Tales of Compassion	<i>Yin Hung Yeh & Suman Chou</i>
	17	Coming Together after Hurricane Sandy	<i>NY Doc. Team</i>
	20	9/11: Responding to Hate with Love	<i>NY Doc. Team</i>
	22	The Compassion Salon	<i>Suman Chou</i>
	24	Seeds of Tomorrow	
Houston @ 25	26	Reluctant at First, Glad I Gave In	<i>Taishan Huang</i>
	30	Teaching by Example	<i>Paula Wang</i>
	33	Parents' Feedback	<i>Preschool Parents</i>
Special Report	34	Cash-for-Relief in Post-Quake Ecuador	<i>Tzu Chi Foundation</i>
Medical Corner	39	Spiritual Alchemy: The Purpose of Mindfulness	<i>Dr. Peter Lin</i>
Education Corner	42	Academy Students Win Regional Awards	<i>Debbie Lin & Tonny Hsu</i>
	45	Tzu Chi Global in Action	
Global Stories	49	My Life Learning through Tzu Chi	<i>Juana María Impini</i>
Storytelling	52	Eliminating Afflictions to Develop Wisdom	<i>Master Cheng Yen</i>
Green Bodhisattvas	54	Earth Overshoot Day	
Book Excerpt	56	The Essence of Filial Piety, Ch. 9	<i>Master Cheng Yen</i>
Safeguard Health	58	Grieving	<i>Lina Lee</i>
ReCRAFT DIY	60	Egg Carton Camellias	<i>Chinghui Chen</i>
Vegetarian Style	62	Pan-Fried Steamed Buns	<i>Vegetarian Cooking Team</i>
	63	Tzu Chi Americas in Action	
Tzu Chi Kids	67	PET Recycling Story	<i>Aaron Chen</i>
	70	Word Search	
	72	Tzu Chi USA Directory	
	75	Tzu Chi: A Brief History	



8



24



34



49



60



Great Love and Lasting Compassion

This year is Tzu Chi's fiftieth anniversary; time truly flies by very, very fast. The past fifty years of accomplishment is the result of many volunteers' love and dedication. Every year I give a direction for Tzu Chi volunteers to follow and focus on for the entire year. This year, the theme is "spreading Great Love around the world and inspiring lasting compassion life after life."

Fifty years ago, Tzu Chi started from scratch, without resources or manpower. However, with the help of thirty housewives and their donations of fifty NT cents every day, we started our charity work. The housewives cut back a little on their daily spending for groceries in order to donate. Although each donation was a tiny amount, by pooling the donations together, we were able to save several hundred dollars a month, and that became our charity fund. Our first charitable case was Ms. Lin Zeng, who was an elderly woman in her eighties, bedridden due to her illness, and living alone without anyone caring for her. We hired a person to take care of Ms. Lin, by cooking and cleaning up for her. We took care of her until she passed away.

We began our charity mission by caring for the poor in the local Hualien community. Over the years, we have gradually expanded our mission beyond Hualien to serve communities around Taiwan and all over the world. We have been paving the path of Great Love with diligence and earnestness every inch of the way, while inspiring people to join our cause and become living bodhisattvas as they give of themselves to serve for the greater good. This all started with the daily donations of fifty NT cents from thirty housewives. Although small, each donation represented people's genuine and sincere love, which enabled Tzu Chi to grow from the initial thirty members in Hualien to a global network of selfless volunteers. These dedicated volunteers have helped people in need in over ninety countries and regions.

Many disasters happened in 2015. For example, a major flood hit Malaysia in January, a powerful earthquake shook Nepal in April, and a landslide occurred in Shenzhen, China, in December. In Taiwan, there were the TransAsia Airline crash in February and the powder explosion at a water park in June.



From Dharma Master Cheng Yen's Talks
Compiled into English by the Jing Si Abode English Editorial Team

In all these disasters, Tzu Chi volunteers immediately responded to provide disaster relief, from medical care and aid supplies to food and water, as well as emotional support. Tzu Chi helped rescue and relief workers and those directly impacted by the disasters.

Wherever people are in need or whenever a disaster strikes, Tzu Chi volunteers quickly respond with care and timely aid. This is the power of love. With enlightened love, we also inspire compassion in people and guide them to become living bodhisattvas, thus spreading love from one person to another while paving the path of Great Love around the world.

To inspire lasting compassion life after life, we must also pool our strength together to pass on the Jing Si Dharma Lineage and solidify a strong Tzu Chi Path. In order to achieve this, I hope volunteers can devote more efforts to learn the Dharma and cultivate sincerity, uprightness, faith, honesty, precepts, samadhi, and wisdom. Samadhi is about keeping our thoughts in line with the Buddha's teachings and developing an unwavering mind on the Bodhisattva Path.

Being sincere and upright is to practice precepts and samadhi with wisdom. By following Tzu Chi's precepts, we will develop samadhi, which helps us to nurture our wisdom-life. To retain the Dharma we've learned, we must have a deep, unwavering, and wholehearted faith to believe what the Buddha teaches us is the most reliable truth in life. If we can do this, we will commit the Dharma we hear to memory and not forget it after we hear it. With everyone having deep faith in the Dharma and being honest, we will have a very clear and firm Tzu Chi Path to walk on for thousands and thousands of years.

All Tzu Chi volunteers have karmic affinities with Tzu Chi. In our past lives, we had already nurtured enlightened love, and we brought this love with us to this life. I hope we continue to pass on this enlightened love forever into the future, life after life, by spreading Great Love further around the world to reach areas where love is needed, and inspiring more people to become living bodhisattvas and walk the Tzu Chi Path to serve for the greater good. 🌿

TZU CHI'S BAMBOO BANK SPIRIT

When Dharma Master Cheng Yen founded Tzu Chi in 1966, she fashioned coin banks from bamboo and asked her lay followers—thirty housewives—to save NT\$0.50 (about US\$0.02) from their grocery money every day to help the poor.

One follower asked, “Can’t I just donate NT\$15 each month?” But Master refused. She explained that though the amount was the same, it was important to give rise to a kind thought each and every day.

From these humble beginnings fifty years ago, Tzu Chi has grown into a global NGO with ten million volunteers and donors in over fifty countries, because it collects not only donations, but also kind hearts.



Buddhist Tzu Chi Foundation
佛教慈濟基金會美國總會
909.447.7799 | www.tzuchi.us

One Family

Since the end of last year, we've been talking a lot about "One Family." Truly, we are all one family. Regardless of our religion, language, or nationality, no matter where we live, who we are, or what has happened to us, we always care about each other and take care of one another. That's what it means to be one family. Tzu Chi is one family, and in fact all of us are one human family.

Tzu Chi volunteers in both Houston and New York, among other places, have been bearing witness to this fact for the past twenty-five years. In Houston, a key moment was Hurricane Katrina more than a decade ago. So many of those affected by the storm were evacuated to Houston, and then less than a month later, the whole area was pounded again by Hurricane Rita. Countless people were impacted. In order to serve them, Tzu Chi volunteers had to reach out and work with many other organizations, and the family grew larger.

At the same time, volunteers began working more closely with Texas's very large Vietnamese community. It was an important step. Many Vietnamese immigrants and refugees had brought their Buddhist beliefs and practice, so we already had a common background, and we were able to work together to provide service to more needy and underprivileged families in the community. Today, Tzu Chi has a lot of family service clients, as well as many donors and partners, in the Vietnamese community there in Texas. While Tzu Chi's roots are in the Chinese-speaking community, it's important that we never limit

ourselves, but that we reach out like this to extend our services to anyone who needs our help, in any community.

In New York, volunteers have also done an excellent job of reaching out right there in New York City, the focal point of the whole world. During the celebration of their twenty-fifth anniversary in April, New York volunteers even held a special Hurricane Sandy reunion, inviting all the storm survivors whom Tzu Chi had helped and worked with in 2012 and 2013. I think it was a very good idea, not just to create an opportunity to see each other once again, but to find out how they have been, whether they still need help, and whether there is anything more we can do for them. I think that's vital, that our connection doesn't end with disaster relief, but that we create a family feeling together.

I'm very grateful to all the volunteers, donors, and partners in both locations for their dedication over the past twenty-five years. Twenty-five years of service to the community is truly a great accomplishment that deserves to be acknowledged and celebrated. I'm eager to see what develops in the years ahead. As volunteers in both locations are currently planning to develop more medical services, I am sure Tzu Chi's care for and connection with communities in both Texas and New York will continue to grow and thrive. 🌱

Han Huang



ONWARD

Twenty-five years after Tzu Chi first made inroads in New York, many of the original volunteers are still serving the Big Apple. Thanks to their hard work and dedication, more and more are volunteering to serve the community alongside them.



Top: Volunteers celebrate the founding of Tzu Chi's New York Chapter in April 1991.

Bottom: In April 2016, volunteers with at least fifteen years of service gather for a group photo.





25 Years in the Blink of an Eye

Volunteers in New York set the right path at the very beginning and continue to follow it today.

Fang Yuan Chou & Yin Hung Yeh | Translated by Shirley Tseng

Seeing homeless people living under bridges and in deserted metal shacks, New York volunteers compassionately started a winter clothing distribution program in 1992. At the beginning, the program's scale was small—clothes were collected from Tzu Chi volunteers and regular donors only. In 1996, volunteers began to invite the community to donate as well. When Tzu Chi's office was moved into a larger space in 1998, with more room to sort donations, volunteers began to solicit clothing donations and also collect clothes from charity organizations such as New York Cares and Jersey Cares.

Clothes thus collected—new or used—are cleaned, sorted, folded, and packed into large bags for future distribution. Once, volunteer Wang Li-yu even took some of the clothes to her own laundromat to clean them, in order to show respect and care to clothing recipients.

The annual winter clothing distribution was first carried out in Lower Manhattan, and it was expanded to Brooklyn in 2002. Since 2006, the goal has been to reach low-income communities in the Bronx. At times, the distribution has been relocated so that volunteers can serve communities in particular need. After the 9/11

terrorist attacks in 2001, Tzu Chi held the distribution in Chinatown to serve local residents who were heavily affected. In 2012, Coney Island in Brooklyn was chosen in order to help local Hurricane Sandy survivors.

“These senior volunteers have paved a solid path for Tzu Chi in New York that many more now follow.”

Tzu Chi New York's convalescent home care program also started almost immediately. On January 17, 1992, volunteer Wu Yugui, owner of a salon in Flushing, visited Anna

Erika Assisted Living home on Staten Island with her employees and twenty Tzu Chi volunteers to provide free haircuts and entertainment. After twenty-four years, volunteers continue to visit Anna Erika Assisted Living once every three months to provide free haircuts. Wu Yugui says, “Many seniors here can't take care of their own hair. They truly need our help.”

When Union Plaza Care Center in Flushing was opened in 1996, Tzu Chi volunteers began paying regular visits there as well. For nearly twenty years, they have accompanied many seniors in their final days and even helped with funeral arrangements on occasion.

There are several senior homes that volunteers have visited for more than a decade. Since 2004,

volunteers have visited the retired Catholic sisters in Maryknoll on a regular basis. Since several of the nuns had served in Taiwan before retiring, the volunteers held a special tea party in June 2007, in appreciation of the nuns' dedication to Taiwan.

Many years of continuing service to senior home communities earned Tzu Chi New York the Best Volunteer Organization of the Year award in 2014, as awarded by the New York Convalescent Home Society.

In the medical arena, Tzu Chi New York held its first free clinic in 1992, in cooperation with the Chinese Business Association. The first free clinic ever held in Flushing, and it benefited many low-income residents who lacked health insurance. As of 2016, a clinic is held each summer to provide medical services in a variety of specialties.

After the terrorist attacks of September 11, 2001, Tzu Chi volunteers went out on the streets to encourage people to donate blood to help survivors. After that, Tzu Chi started

working with the New York Blood Center and had its volunteers complete training programs. When Tzu Chi's first blood drive was held at the Tzu Chi office in 2002, 160 bags of blood were collected. A drive has been held every year since.

In 1992, volunteers also began developing the Mission of Education locally. Now there are Tzu Chi Academies in Queens, Long Island, and Boston, with a Junior Academy in Brooklyn. In each of these weekend academies, students are taught Chinese language and positive character traits.

New York volunteers are also dedicated to keeping the community clean. Since June 1992, adult and teenage volunteers have cleaned streets in the community every summer. In 2003, then-City



A weekend academy class is held in 1992.



Volunteers clean the streets of New York in 2003.



Councilmember John Liu and Tzu Chi jointly initiated a street washing project in Flushing. Beginning on July 30, volunteers used pressure washing to clean one street at a time over the course of three months. Many volunteers were involved in the project, and local police helped by blocking off streets.

This project was covered by several local media agencies. The *Daily News* reported the activity four days in advance and called on all residents to help keep the environment clean. The project inspired several local organizations, including the Chinese Business Association, to also become involved with street cleaning.

Presently, volunteers join the Dharma-assembly in the office's Buddha Hall every Sunday. As eighty-year-old volunteer Chen Su-yin explains, "Joining the Dharma-assembly helps me know more about Buddhist teachings, about how to be a better person, and about the importance of humbling myself, which is very helpful for engaging in charity work."

Her words vocalize the feelings of many volunteers, which is precisely Master Cheng Yen's constant reminder to all her disciples. 🌱

Have the courage and fortitude to do what is right and persevere until the end.
Jing Si Aphorism by Dharma Master Cheng Yen



Tzu Chi New York's 25th Anniversary event, April 2016. Photo: Peter Lin

3 Tales of Compassion

Over a quarter century of charity work, several recipients have left deep impressions on volunteers' hearts.

Yin Hung Yeh & Suman Chou | Translated by Colin Legerton

In this wealthy country, fewer people suffer from hunger or lack of necessities than elsewhere in the world. Without as widespread a need for food and shelter, Tzu Chi volunteers have largely focused their twenty-five years of charity service on providing spiritual and emotional care by accompanying those who are lonely, ill, and distressed with gratitude, respect, and love.

ZhouXu Yinglin



In 1997, volunteers received a letter and a \$10,000 check from ZhouXu Yinglin, a seventy-eight-year-old, self-described “lonely old lady.” From that day until she passed away in 2014, she was no longer lonely—she had become part of the New York Tzu Chi family.

Born in 1919, ZhouXu was married to a Republic of China Air Force pilot. After she lost both her husband and son in separate accidents, she bravely carried on by praying, chanting sutras, and giving to help others in their memory. When Tzu Chi USA held a charity concert in 1997 to support construction of the new Tzu Chi Dalin General Hospital, ZhouXu read in the newspaper that Taiwanese pop star Jody Chiang had made a generous donation. She was deeply touched: “If this famous pop star can donate all this money she

“ She was no longer lonely— she had become part of the New York Tzu Chi family. ”

earned, surely I can give a little something too.” With this, she mailed her check to Tzu Chi’s New York office.

After receiving the check, Jian Qiuqing contacted several other volunteers, and they visited ZhouXu together. Again, she was deeply



Volunteers visit Mama Zhou and help her tidy up.

touched. Volunteers continued to visit her two or three times every month to chat and help her tidy up. Over time, she became “Mama Zhou” to all the volunteers.

Over seventeen years, the first generation of volunteers gave way to the second, and then the third, giving many volunteers of all ages the opportunity to know Mama Zhou. During this period, as some volunteers passed away and others encountered difficulties in their lives, the roles were often reversed, and Mama Zhou provided them with comfort and consolation. Volunteers often said, “Mama Zhou can really cheer you up. Whenever someone is going through a difficult time, we should take them to see Mama Zhou.”

After so long together, Mama Zhou felt a special trust for Tzu Chi volunteers. Since she had vision problems, she always needed someone to accompany her to doctor visits. Even though she had hired a nurse, she would still ask Tzu Chi volunteers to drive her to the doctor’s office.

In late December 2013, Mama Zhou wound up in the hospital after a bad fall. As always,

volunteers took turns visiting her throughout her stay. On January 21, 2014, Mama Zhou passed away at the age of ninety-five. One week later, volunteers held a simple memorial service in accordance with her wishes. They filled the chapel with red roses, representing her vibrant spirit. As volunteers sent her on her final journey, they prayed that her final wish may come true—that she may come back as a volunteer in her next life to continue to accompany her Tzu Chi brothers and sisters.

Zhang Suying

During the annual Lunar Year-End Blessing Ceremony on January 26, 2014, sixty-two-year-old Zhang Suying walked up on the stage. Though suffering from late-stage cancer, she gathered her strength to complete a deep bow that expressed her gratitude to Tzu Chi volunteers for their care. She vowed, “When I am healthy, I will become a Tzu Chi volunteer.” Sadly, her cancer grew worse, and Zhang left this world in October 2014.

Zhang had come to know Tzu Chi after undergoing major surgery in 2010. In the years that followed, volunteers never ceased to provide her with their companionship and encouragement. Originally



Zhang Suying presents a painting for charity sale.

from Beijing, Zhang fought cancer valiantly throughout surgery, chemotherapy, and radiation. She was determined to live a vibrant life and not just sit and wait as life drained from her.

Zhang had good days and bad days, but she always kept up her spirits. In the hospital, she turned to painting to forget the pain. She made crafts which she sold for funds to help others: handkerchiefs, greeting cards, and “fitness sticks” from cloth and old hangers. During the Lunar New Year event in 2014, she brought six handkerchiefs and six fitness sticks to sell, and she donated the proceeds to Tzu Chi.

Zhang said, “I feel very fortunate, and I am very grateful to Dharma Master Cheng Yen and Tzu Chi. I am a terminal patient with two stage-four cancers. The doctors took a great risk in performing surgery, and I can say that they gave me a second life. But Tzu Chi volunteers have extended and enriched this life. I want everyone to know that I am grateful to Master and Tzu Chi from the bottom of my heart.”

When volunteers visited Zhang, they told her about how Mama Zhou had enriched her final years, even into her nineties. Zhang was very touched. After she heard that Mama Zhou was in the hospital, she made some dumplings from scratch and took them to the hospital for her. She said, “Mama Zhou’s story gives me the strength to pick myself up again.”

Through her actions, Zhang repaid the kindness she had been shown. She said, “When I have a little bit of income, I will give it back to Tzu Chi, because Tzu Chi helped me in my most difficult time. I want to show my gratitude. Even though this isn’t much, it’s what I have to give. I want to help those who are needier than me. Truthfully, I’m already at my limit and don’t really have the energy to make these things anymore. But I make them so that I can give to Tzu Chi to do good deeds.”



Wang Pinghua sends her weekly letter to Ah Peng.

Ah Peng

On April 8, 2016, a Buddha Bathing Ceremony was held during the meditation class at Green Haven Correctional Facility in Stormville, New York. One of the students, Ah Peng, happily watched as two Tzu Chi volunteers—Wang Pinghua and Wang Mianxia—joined them in the ceremony. Ah Peng was especially grateful for the presence of Wang Pinghua, who has accompanied him for many years and is now like family.

In 1997, Tzu Chi’s New York office received a translation support request from a psychologist for his client Ah Peng: a suicidal young inmate facing a long prison sentence. Wang Pinghua volunteered to help, creating a deep affinity that continues to the present day. Shortly after Ah





Peng was sentenced, Wang went to visit him. He was depressed, so she comforted him by saying, “My Master tells me that when our heart is at peace, our surroundings are peaceful. I will accompany you on this path; don’t be scared.”

Having made this promise on the spot, Wang has indeed accompanied him to this day. Every week, without fail, she writes him a letter, and thanks to their correspondence, he has someone to pour his heart out to. At the same time, their letters have become his spiritual support. In addition to their ongoing conversation, Wang often sends Buddhist sutras and Tzu Chi magazines, and she visits him whenever possible.

Wang has never asked Ah Peng about what he did to end up in jail. That’s in the past. In Tzu Chi, it is important to focus on the present. Wang helps him sow the seeds of goodness even in the midst of this period of karmic retribution, so that these seeds can blossom when his karmic debt is repaid. Master Cheng Yen compassionately teaches her followers to sow good seeds whenever the opportunity presents itself. All living beings have a Buddha-nature, and all people should have the opportunity to do good deeds.

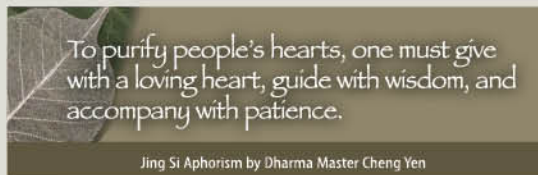
As Wang and Ah Peng have built trust and a positive affinity over the years, Ah Peng’s family in Fuzhou, China, have also come to know Wang very well. Even though they have never met, they communicate by phone. Wang shares with Ah Peng what they speak about; she hopes that he will never feel lonely, but that they will always communicate in spite of the difficulties he faces.

From 1997 to the present day, Wang has regularly shared Dharma Master Cheng Yen’s teachings with Ah Peng. Sometimes she prints a copy of a new article to send to him, and she

often writes to him about what the volunteers encounter during charity case visits.

Wang’s continuous care and encouragement have helped Ah Peng overcome his depression, resentment, and anger, and gradually accept reality. Coming to understand Tzu Chi through its magazines, Ah Peng has allowed the Dharma that Master Cheng Yen teaches into his heart. Through Buddhist practice, he has changed his attitude toward life. During meditation class, Ah Peng sits between two incense sticks reciting the Diamond Sutra over and over. Today, he can recite several sutras from beginning to end. When he feels depressed, he writes out the Great Compassion Mantra by memory in order to unburden his spirit.

On February 29, 2016, Ah Peng sent a letter to the New York office; it accompanied a check to help survivors of the earthquake in southern Taiwan. He explained that he could only donate a small amount because of his limited ability, but his intentions were much greater. As he wrote in the letter: “The pain that disasters cause is in the feelings of suffering and helplessness they create. I just hope that everyone can warmly extend their hands to the affected, to help them calm their traumatized spirits, return from the shadow of pain, and drum up courage to face the future.”



Jing Si Aphorism by Dharma Master Cheng Yen



*During the twenty-fifth anniversary celebration in April 2016, Northeast Regional Director George Chang shows the Sandy relief exhibition to recipient Roy Richter of the NYPD.
Photo: Peter Lin*

Coming Together after Hurricane Sandy

For months, volunteers worked tirelessly to serve those affected by Hurricane Sandy in 2012.

New York Documentation Team | Translated by Mei-li Hamilton

Starting on October 24, 2012, Hurricane Sandy struck Jamaica, Haiti, Cuba, and the Bahamas, and then continued north to the United States, devastating New Jersey and New York on October 29. Ultimately, Sandy affected more than sixty million people in twenty-four U.S. states and parts of Canada.

The impact was felt at all levels. President Obama interrupted his reelection campaign to monitor and lead government relief efforts. The State of New Jersey instituted gas rationing, limiting gas sales based on a car's license number. New York City Mayor Michael Bloomberg opened shelters for people whose homes were left without heat, and the American Red Cross and other aid

organizations provided blankets. The Federal Emergency Management Agency (FEMA) allocated hundreds of millions of dollars to help residents repair or replace their homes or find alternate accommodations.

“With Great Love, we can help each other and recover from the disaster.”

Dharma Master Cheng Yen immediately sent a letter to victims, telling them, “With Great Love, we can help each other and recover from the disaster.”

Tzu Chi Foundation sent seven shipments of supplies from Taiwan to the U.S., including rice, blankets, jackets, scarves, and more. On November 10, volunteers took to the streets to start raising funds for the relief effort, reminding every donor that each contribution is essential. Over the weeks



that followed, people from thirty-three countries around the world contributed to the fundraising effort.

Volunteers in New York and New Jersey immediately started planning to aid storm victims, supported by Tzu Chi volunteers throughout the United States and Taiwan. Starting on October 31, Tzu Chi's service center in New York's Chinatown provided more than one thousand hot meals over four days, despite a lack of electricity. Volunteers carried flashlights or wore headlamps as they cooked and served food to residents affected by the hurricane.

Tzu Chi volunteers in New York and New Jersey met with police and fire officials, charitable organizations, and churches to establish cooperative distribution channels. At the same time, they visited affected areas to assess the situation. They decided on a two-step plan. The first step was to provide short-term relief to those

in the most severely affected areas. This effort, from November 10 to December 16, included more than twenty large-scale distributions, which provided cash cards, blankets, and other materials to heavily affected areas, including Long Island, Brooklyn, Rockaway Beach, and Staten Island in New York, as well as Berkeley Township, Atlantic City, and Toms River in New Jersey.

The second step, beginning on December 21, provided mid- to long-term assistance to people ineligible for or otherwise unable to receive government aid. This included disadvantaged groups and undocumented immigrants.

More than four thousand volunteers joined the effort, providing cash cards, blankets, rice, and other materials to roughly sixty thousand people. The value of cash cards alone reached ten million dollars.

Tzu Chi volunteers from all over the world worked together to relieve the anguish, hunger,



The distribution site in Union Beach is filled with relief goods. Photo: Chen Lee

and fear felt by those affected by Sandy. Volunteers from Boston and Washington, DC, delivered gasoline, electric generators, and other necessities, while volunteers from California and Canada traveled from afar to provide their assistance.

Tzu Chi's efforts after the storm were ultimately recognized by both the White House and the New York State Senate, among others. New York State Senator Rubén Díaz invited George Chang, Executive Director of Tzu Chi Northeast Region, to offer the invocation for Taiwan Heritage Day on April 23, 2013. Senator Díaz also offered a resolution, which was passed unanimously, to commend Taiwan and the Tzu Chi Foundation for their assistance in the Sandy recovery efforts.

The following day, the White House honored the Tzu Chi Foundation as one of several Hurricane Sandy "Champions of Change" at an event recognizing people and organizations who contributed to the disaster relief effort. Tzu Chi was nominated for this honor by Dr. Jannah Scott, Deputy Director at the Department of Homeland Security Center for Faith-based and Neighborhood Partnerships. The Tzu Chi Foundation was the only international charitable organization to be so honored.

On May 14, 2013, Tzu Chi USA was named Member of the Year at the 21st National Voluntary Organizations Active in Disaster (NVOAD) Conference. Executive Vice President Debra Boudreaux accepted the award on behalf of Tzu Chi. In South Toms River, New Jersey, Mayor Joseph Champagne honored Tzu Chi with a certificate of appreciation on October 24, 2013. Later, on March 26, 2015, the State of New Jersey honored the Tzu Chi volunteers who had provided emergency funds and materials to residents affected by Hurricane Sandy.

Long after the immediate relief effort ended, Tzu Chi's care continued. In New York, Tzu Chi set up the Community Outreach Associate (COA) program to help reach individuals with long-term needs in New York's diverse linguistic



Relief distribution in Hamilton Beach, New York. Photo: Peter Chu

communities. The initial COA group included sixteen participants, two of whom came from families affected by Sandy. In New Jersey, volunteers held a new volunteer orientation and welcome party on December 22, 2012, during which many people filled out volunteer application forms. Hopefully, many of the positive affinities forged in both states will continue to benefit local communities for many years to come.



For more on Hurricane Sandy, please see **Issue 36: Hurricane Sandy Special Edition (Summer 2013)**.

Item	Amount
Materials (incl. instant rice)	18,561 households
Cash cards	22,046 households
Blankets	9,710
Shawls	308
Scarves	9,177
Hot meals & food packs	~ 11,000 packages
Sandy hotline	> 3,500 people
Volunteers	3,776 people

*As of 12/31/2013. Source: Tzu Chi USA Headquarters



Jing Si Aphorism by Dharma Master Cheng Yen



9/11: Responding to Hate with Love

After the terrorist attacks of 9/11 devastated New York, local Tzu Chi volunteers seized the opportunity to serve their neighbors.

New York Documentation Team | Translated by Colin Legerton

On September 11, 2001, terrorists attacked the Twin Towers of New York's World Trade Center, killing nearly three thousand people. Deeply concerned, Dharma Master Cheng Yen quickly encouraged Tzu Chi volunteers to start providing comfort and shelter.

The American Red Cross set up sixteen emergency service stations in Manhattan and invited Tzu Chi volunteers to support the locations in Chinatown, near the East River, and at Javits Convention Center, by providing local residents and emergency relief personnel with urgently needed supplies. Volunteers also actively utilized radio announcements, online posts, and street promotion to encourage blood donations that could help survivors.

Volunteers began distributing emergency cash on September 18, just one week after the disaster. Applicants were first interviewed by

the Red Cross and Salvation Army; those in greatest need were then referred to Tzu Chi. Recipients included the families of police officers, fire fighters, and other families who had lost loved ones during the attacks. After an interview, volunteers provided cash or checks on the spot so that recipients could quickly meet their most urgent needs, even while they waited on more comprehensive support from other sources.

“Volunteers began distributing emergency cash on September 18, just one week after the disaster.”

A Family Assistance Center was established at Pier 94 on September 18. The following day, Tzu Chi was permitted to set up its first service station there, where volunteers primarily assisted people seeking friends, family members, or government services by providing translation. They also distributed emergency cash to those who needed it.

On September 20, another center was established by New Jersey's Office of Recovery

and Victim Assistance at Liberty State Park. Tzu Chi volunteers were permitted to operate there to provide needed cash relief in New Jersey as well.

On October 24, volunteers established the third Tzu Chi service station in Chinatown, near the disaster site, which served the local Cantonese community. After 9/11, many of the local shops and restaurants on which locals relied to make a living had closed temporarily due to the lack of business. Those in need of support included shop owners, laid-off workers, day laborers, and street vendors. Tzu Chi provided each with five hundred U.S. dollars in support, with the potential for more based on the size of an applicant's family.

During the 109 days between September 11 and December 28, volunteers served more than fifteen hundred shifts at the three service stations, helping more than thirty-three hundred affected families. In total, they distributed nearly two million dollars in direct aid.

Elsewhere in the United States, Tzu Chi USA Headquarters in California set up a telephone hotline to help Chinese-speakers locate their relatives in New York. Volunteers in Seattle opened their office to house Taiwanese exchange students who were unable to return home when flights were temporarily suspended. Volunteers at other offices also did their part by holding blood drives and fundraising campaigns.

On October 13, Tzu Chi Foundation kicked off the worldwide "One Person, One Good Deed" campaign, which encouraged all people to do good deeds and sow the fields of blessings. At 9:11 in the morning, volunteers held a prayer for peace in New Jersey's Liberty State Park, concurrent with Tzu Chi chapters all over the world. Participants included Tzu Chi volunteers, religious leaders, police officers, fire fighters, and representatives of international relief organizations, all praying together for 9/11 victims and their families.

Applications for emergency aid were accepted until June 30, 2002, when many of the affected began to receive more significant support from the government and other charity organizations. After the core 9/11 care team carefully reviewed and accepted applications, local volunteers personally delivered checks to impacted families, following Tzu Chi's principle of directness in



Volunteers deliver drinking water and supplies to the Salvation Army after 9/11.

disaster relief.

Tzu Chi's contributions did not go unnoticed by the community. As she testified before Congress during a 9/11 Congressional hearing in November 2001, Russa Steiner, a 9/11 widow, specifically thanked Tzu Chi for extending a helping hand during her time of greatest need. In the same month, then-Tzu Chi CEO Austin Tsao was invited to attend a ceremony in which a one-million dollar Twin Towers Fund donation was presented by the Republic of China to then-New York City Mayor Rudy Giuliani.

Building on the collaborations forged in the aftermath of 9/11, Tzu Chi Northeast Region joined New York Disaster Interfaith Services on the fifth anniversary of the attacks. This collaboration between religious community service and charity organizations continues to provide the framework for faith-based organizations to effectively serve disaster survivors and others in need.

In the same year, Tzu Chi also became an official member of National Voluntary Organizations Active in Disaster (NVOAD). Impressed by what she learned about Tzu Chi during the 2007 NVOAD annual meeting, Juliet Choi, American Red Cross Senior Director for Disaster Partnerships, signed a memorandum of understanding with Tzu Chi on June 18, 2008, to increase future collaboration to respond and rebuild after disaster.

As a result of the tragedy caused by acts of hatred on that day fifteen years ago, many seeds of love were sown. The affinities forged in the aftermath have paved the path to serve countless people in need ever since. 🌱



The Compassion Salon

In spite of often difficult conditions, volunteers continue to serve the elderly year after year.

Suman Chou | Translated by Estella Fung

Haircutting kits covered the table inside the Anna Erika Assisted Living activity room one Friday morning. They were brought there by New York Tzu Chi volunteers, who gave haircuts to over one hundred residents that day. Despite many residents' greasy, unkempt, dandruff-ridden hair—and even dried ketchup stuck in one man's beard—the volunteers mindfully, patiently, and compassionately cared for each resident's hair.

Wu Yugui, owner of Hong Bin Beauty Salon in Flushing, has been regularly participating with her team ever since Tzu Chi was first established in New York, making seasonal visits to the nursing home for twenty-five years, even though each roundtrip takes two to three hours.

Most people would avoid touching strangers' greasy, messy hair, but not Wu Yugui. Wu has shown nothing but care through all these years, and she remains just as committed today because she knows that the residents need help. After her first visit, Wu ordered hundreds of bottles of shampoo and dandruff treatments at the drug store to distribute to the residents over time. Each time, she reminds them to wash their hair with these products to prevent scalp problems, and she has felt relieved as the residents' hair condition has improved over time.

Some volunteers from Wu's salon were put off by the residents' hair and don't join in the

visits anymore. Wu jokes that she, Yuan Youqin, and Jian Bixia are “undefeatable”—the thought of quitting has never crossed their minds. Yuan is prone to motion sickness and vomits during each long drive, but she still insists on attending. Fatigue and exhaustion are normal during their trips. On one particularly unfortunate afternoon, they encountered major traffic on the return trip, in addition to suffering with a broken air-conditioner in the summer heat. As the temperature soared above ninety degrees, they agreed not to open the windows, so as not to let more hot air in. Thus they were stuck inside the car from noon to six o'clock, and they all ended up with heatstroke, vomiting from the heat as they returned to the salon.

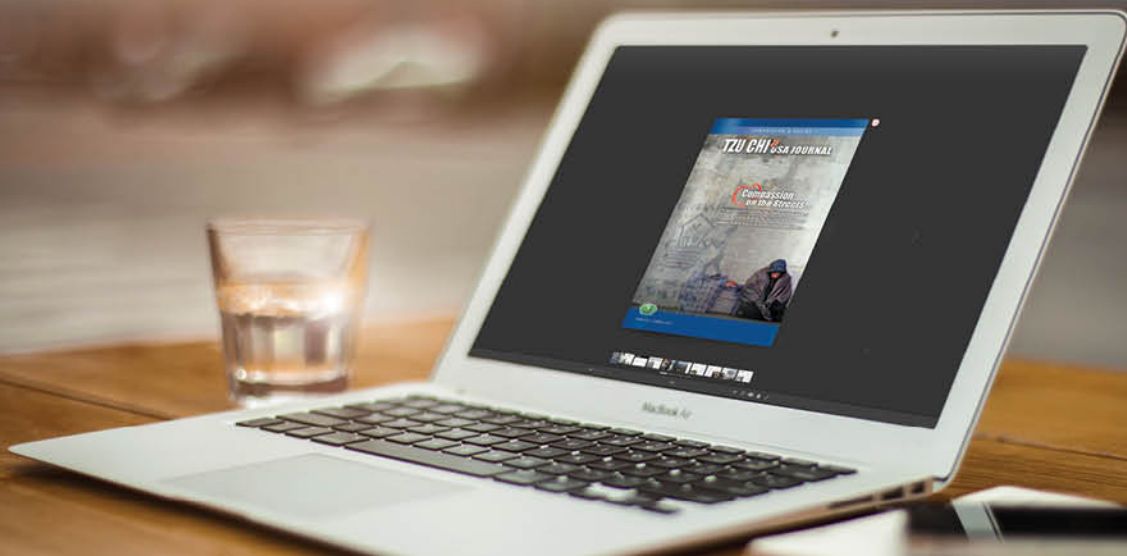


Despite these hardships, they persevere because they see how much their visits mean to the residents, who await free haircut days with great anticipation. Some even welcome the volunteers with big hugs. Wu is glad to see the residents so happy, and she believes that Dharma Master Cheng Yen's love and compassion must have touched the other stylists' hearts to make them willing to participate with her. The mission of spreading compassion and the genuine happiness of the residents fuel Wu's commitment. Her effort and compassion truly embody Tzu Chi's spirit of Great Love. 🌿

TZU CHI Multimedia eBooks

Check out *Tzu Chi USA Journal's* enhanced eBook for a more immersive reading experience. Download a copy or read it right on your phone, tablet, computer, or e-reader, complete with news videos, links, and more!

View current and past issues at tzuchi.us/journal or issuu.com/tzuchiusa/stacks. In addition to every Journal issue from 2012 to the present, you can find much more, including Tzu Chi brochures in five languages and counting. Don't forget to click Subscribe or Follow to be notified whenever a new publication is available.



Seeds **OF TOMORROW**

Tzu Chi volunteers of the Southern Region have been serving communities in need throughout the Gulf Coast, from Texas to Florida, since January 1991. Now, with the Tzu Chi Great Love Preschool & Kindergarten in Houston, seeds of kindness are being sown in the next generation.





靜思堂 祥符巖題

BUDDHIST TZU CHI FOUNDATION



Reluctant at First, Glad I Gave In

Twenty-five years ago, not long after Tzu Chi opened its first U.S. office, another opened in Houston thanks to the hard work of Taishan Huang and Suching Chuang.

Taishan Huang | Compiled by Chifen Lin | Translated by Estella Fung

In 1978, my wife Suching became a Tzu Chi donor in Taiwan. Even after we moved to the U.S. in 1981, Master De Hsun continued to mail us copies of *Tzu Chi Monthly*. Due to Suching's eager introduction of Tzu Chi, several friends and relatives began to donate money, which we kept in a safe at home until we had enough to send back to Taiwan. I had zero knowledge of Tzu Chi back then; I was caught up in my busy schedule with eight fast food franchises and a trading company.

After we had lived in the U.S. for two or three years, my whole family took a trip back to Taiwan, and Suching brought a couple dozen friends and relatives to visit the Jing Si Abode in Hualien. Dharma Master Cheng Yen gave her plenty of encouragement during that visit.

**“ With courageous hearts,
can-do spirit, and perseverance,
we sowed the seeds of
compassion one by one. ”**

During the Chinese New Year six months later, Suching got me to make a long-distance call for her to wish Master Cheng Yen a happy new year. I wondered, “Would Master still remember you from six months ago?” I dialed the number doubtfully, but Master repeated the same words to her that she had said six months earlier.

Ever since that day, I have been impressed with Dharma Master Cheng Yen's impeccable memory and the consistency of her words. At that time, I was happy that Suching was able to follow such a teacher, and while she hoped that I would learn more about Tzu Chi, she knew that I cannot be forced into anything. So she started leaving Tzu Chi magazines and cassette tapes in my car, hoping that Tzu Chi would gradually seep into my mind.

I'm an unrefined sort of person, but Suching practices Buddhist self-cultivation. She studies the teachings of Dharma Master Cheng Yen and bows after each word as she chants the Lotus Sutra. The fruits of her spiritual practice make themselves clear on her very facial expression. She is great at teaching children and mixes well with people of all ages. Surely she has carried forward positive affinities from previous lifetimes. When my parents moved in with us, my wife bathed them daily with as much care as if she were bathing the Buddha himself. As my parents loved eating fish, she carefully removed the fish bones one by one. She did her best to care for their every need, and I deeply admired her filial piety.

Actions speak louder than words, and Suching's actions show her dedication to Tzu Chi. Dharma Master Cheng Yen once described her as "one who cleans all corners. She doesn't just clean the surfaces, but the hidden corners also."

Thanks to Suching's dedication, Tzu Chi Texas Chapter was established on January 6, 1991. Wanting to keep a low profile, she ushered me to be the person in charge, while she coordinated behind-the-scenes. As a member of the Taiwanese Chamber of Commerce of Greater Houston, I invited all the members to the grand opening, and around two hundred people turned up.

At the time, Master Cheng Yen announced that nine states would belong to our chapter. She joked, "Being appointed as the chief of nine states, isn't that a big title?" "Very," I answered. What she didn't even realize was just how long it takes to travel across this sparsely populated region!

With courageous hearts, can-do spirit, and perseverance, we sowed the seeds of compassion one by one. I'm grateful to Stephen Huang, Tzu Chi's CEO at the time, for sticking with us as we slowly developed Tzu Chi's missions in this corner of the country with few ethnic Chinese. We did it step by step, beginning in Texas and moving



gradually along the Gulf Coast, all the way east to Florida.

Texas is home to the world's largest medical center, as well as a major hub of the aerospace industry. In the early days, many who joined us worked and studied in these disciplines. Not only were they very successful in their own respective fields, they were also very supportive of Tzu Chi's spirit and Master Cheng Yen's teachings. That's how we expanded from just eight members in the beginning to well over ten thousand by the time the first-stage construction of Jing Si Hall was completed.

A month after our Texas Chapter was founded, Suching took me to Hualien for a meeting with Master Cheng Yen. I wasn't all that interested in going. I even tried to bail out at



Taishan (right) and Suching (left) visit Dharma Master Cheng Yen at the Jing Si Abode in February 1991.



The author (front) breaks ground on the second stage of construction in 2012.



Texas volunteers go out on the streets to raise funds for Bangladesh cyclone survivors in May 1991.



The Texas Chapter is inaugurated on January 6, 1991.

the airport, but failed. As we ultimately arrived in Hualien, Suching and the others dressed me up like a seasoned Tzu Chi volunteer, in a blue suit and striped tie. The Jing Si Hall wasn't built yet; it was nothing but a cement floor. As we saw Dharma Master Cheng Yen walking towards us, Suching whispered, "That's the Dharma Master. Just observe how we kneel and then do the same." I was shocked: "I have to kneel on the dusty cement in my clean suit?" But I followed her lead and heard Master gently say, "You're back; that's great. I'll be waiting for you at the hospital later."

Tzu Chi commissioners from all over Taiwan were being certified at the Jing Si Hall on February 3, and Master asked the two of us to

get on stage and say a few words on behalf of overseas Tzu Chi volunteers. Suching pushed me forward again. I told everyone, "For the past three years this bull has refused to budge, but today she finally managed to drag me up onstage. But I've only been in Hualien for twenty-four hours and I've limited knowledge of Tzu Chi. I can only talk about what I've seen, heard, and learnt in the last twenty-four hours, so I'll just need about two minutes." After hearing this, Master Cheng Yen covered her mouth and laughed.

After several years of hard work and construction, our very own Jing Si Hall finally began operation in 1996. Unfortunately, I had to leave Tzu Chi the following year to pursue



my own career. I kneeled and prayed that if it was meant to be, I would come back to finish the second phase of construction. Who could have known? Ten years later, I returned. Every time she sees me, Master Cheng Yen asks, “Will you run off again?” I answer, “No, this is my home.”

Over the years, the Texas Chapter became the Southern Region. I was the first director. Suching was the second, followed by Steven Lin, Simon Shyong, Suching again, and now back to me.

I'm extremely grateful for the smooth completion of our second-phase construction project. The project commenced on December

8, 2012, and as it was about to be completed in 2014, I vowed that in two years our brand-new Great Love Preschool & Kindergarten would have a full house. Inspiring the minds of the next generation is the best way to ensure Tzu Chi's sustainability and spread Master's teachings overseas. The ripple effect from child to parents, grandparents, and the whole family is enormous.

With Master Cheng Yen's blessings, I know that the vows I have made for Tzu Chi will come to pass. Despite all my hesitation in the early days, I know I am destined to follow Master on the Tzu Chi Path. 🌿



The author participates in Haiti earthquake relief in 2010.

Teaching by Example

At Great Love Preschool & Kindergarten in Houston—the fourth in the U.S.—seeds of hope are nurtured.

Paula Wang | Director of Tzu Chi Great Love Preschool & Kindergarten, Houston

About a year and a half before our school opened in November 2014, Taishan Huang, the Tzu Chi Southern Region director, asked me to be the principal. It came as a total shock. At that time, I was working at a bank. Our business was doing well and I didn't want to let my team down, so I told him I'd think about it.

After a couple months, I was thinking about my background with Tzu Chi: I had started as the parent of a child in the weekend Tzu Chi Academy, and then I became a volunteer and dean of activities. I just tagged along on nursing home visits at first, but eventually I started teaching Chinese at the Academy, as well. While I was teaching at the Academy, I was moved up to curriculum, then policy and guidance, vice principal, and finally I became principal of the

weekend academy. Over the years, I had been through every role in Tzu Chi Academy, and I had over ten years' experience in daycare before I had switched to banking. Additionally, I had already been a Tzu Chi commissioner for about eight years at that time.

I felt guilty. I couldn't imagine that anyone else had this background, and I knew how hard it would be to start a school from the beginning. But I was still struggling. I didn't want to let Tzu Chi down, but I didn't want to let my coworkers down either. But then, in September 2013, the bank announced that it was going to be sold, and we were all encouraged to pursue other opportunities. It was the perfect chance to devote myself to education without upsetting my current boss.



Students plant seeds in the school garden.

Students tend to their garden.

When all the paperwork and facilities were finally approved by Texas Child Care Licensing, we opened in November 2014 with just thirteen students (ages three and four), four teachers, and me. Hiring teachers turned out to be the most challenging task we faced. Many showed interest, but when I told them that we were the *Buddhist Tzu Chi Foundation*, many failed to show up to the interview. I didn't even have an opportunity to tell them that we only talk about theory, not religion. Now, I just say "Great Love Preschool." When we speak in person, I explain our school. When they understand our theory, most of the time they stay.

An important part of our philosophy is that we are all one family. I encourage all the teachers to get to know all the students—even the ones that are not in their class—and I introduce parents to other teachers and students whenever I have the opportunity. When my teachers ask for a day off, I rarely turn them down. I know they must have their reasons. I'll go in to teach either the Chinese or English class to let the teachers take a water break when they need it, or do the

dishes when the cook is out. If I need to clean the bathroom, I will. It's about letting them see that we are all in the same position, that we are all equal, and touching their hearts. Usually, they will then volunteer to help. That's the environment we have.

The teachers teach the students in the same way. Master Cheng Yen says we have to train the kids when they're young. Just like a little tree, we have to shape them and push them in the right direction. We, the teachers, are the people who play this role, who lead the kids in the right direction. So we not only encourage them to do it, we have to be there showing them how to do it.

For example, when we tell the kids, "You finished lunch, now put your plates away," they don't know how yet. We have to show them how. Every time when the kids don't know something, we have to show them how to do it, and then later on we let them do it by themselves. So, now all our kids know how to fold their blankets and put the blankets in their bags—even though some

“ This is what I believe:
quality brings quantity.”



Students harvest their vegetables in April 2016.

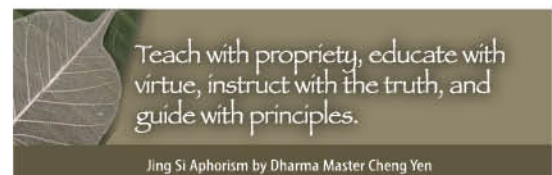
are only two and a half. Any time parents come over for a tour, I tell them the Master's theory: let us start from the beginning; let's teach and show them how to do it. Then the parents are surprised. Later on, they give me feedback: "My kids were helping me!" That's the reason why Master wants the kids to start from the beginning.

This is also why we ask the kids to donate a penny into the bamboo bank every morning. The teachers tell the kids, "Even though it's one penny, this penny can help people; it can help kids like you whose parents can't afford shoes or clothes or books. Then we collect all the money together and we're going to put it into the Foundation, and they are going to buy clothing and books for kids like you." When we talk about the Jing Si Aphorisms, we tell the kids that it's not just money that can help people. If you help your friend push her chair in or pick up something for your friend, that's a good deed, too. We start from the beginning, and our kids are getting more and more ideas of how to help people.

The way the children have learned how to help each other and help with their chores has clearly impressed the parents. Our school

opened about a year and a half ago with thirteen kids; now we have fifty-nine. We do not put out marketing or ads. We only did that twice when we just started, and it was too expensive. We're just taking care of our kids and making sure our kids are all good, and then parents do the marketing for us. So right now kids are coming from parents' referrals.

This is what I believe: quality brings quantity. If you have good quality, the numbers come in. If you have good numbers, but you don't have quality, the numbers will go away. Master's philosophy is that you always have to start from compassion, loving, even when the kids don't listen. And then you lead them in the right direction, not only by encouraging them to do the right things, but by showing them how. Master's theory is that we do it, not just say it. When you do it, you see the feedback from the kids. 🌱



The children practice recycling.



A bow demonstrates respect.



Parents' Feedback

In January 2016, the students were all given worksheets with ideas of ways to help out around the home.

Weekday Activity: Spreading Kindness Class: E. kindergarten
 *place a happy face for each completed daily activity. Student Name: Avery Wang

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Help with family chores (Put up coats or shoes) Clean up the ground	😊	😊	😊	😊	😊	😊	😊	Return To School
Showing Kindness to family members (*see below below)	😊	😊	😊	😊	😊	😊	😊	Return To School
Other ideas: Sucks dust that was your child's intentional "mistake" or mess!								Return To School

*Learning for siblings, sharing toys, opening the door for someone, foot/back massage, serving tea/water, being kind to pets (feeding/going for a walk/play)
 *You may also include any photos, videos, or drawings to show your child spreading kindness.

[The worksheet] was involving helping around the house, and one of the things that she did for me—now that she continues to do—is to take the trashcan back after school. And on the weekend, she will help sweep around the house. When I do laundry, she will take her hamper to the washer and then help me fold and take everything back. I think the worksheet has worked great for us, because now she has become more helpful and more aware of the duties that she can help me with.

I'm very grateful for what the teachers teach in school, as well as making that assignment, making them feel like they accomplished something. I am very happy with this school, because they really teach the children to be disciplined and be respectful and keep the places tidy.

- Kim Chu

When Avery started here, she was very little; now she's already very mature. We're glad she can go to school here, because she can learn Chinese and also life principles, which you can't learn in many other places.

Before school in the morning, she can get dressed and eat breakfast all by herself. She's very polite at home. When she wants something, she always says please. She will also help tidy up; she picks up all her own toys. Even if her little brother breaks a toy, she'll clean it up. She also helps her mother fold the clothes, and she helps with many other household chores.

- AikShii Wong

When we get home, I'll start cooking, and Grace will say to me, "Let me help you, Grandma." She also helps set the table. Sometimes, I'll tell her that I can do it, she doesn't need to help. But she'll say, "I can do it."

At home, she'll often help me fold clothes, sweep the floor, and walk the dog. If she sees something that needs cleaning, she'll ask me to help her take care of it. Before she went to school, she didn't care about anything. Since she's been coming here, she's started to like doing housework with the grownups.

- Su Lang Chu





Cash-for-Relief in Post-Quake Ecuador

Tzu Chi brings hope back to quake-stricken communities in Ecuador.

Tzu Chi Foundation

On April 16, 2016, Ecuador was rocked by a devastating 7.8-magnitude earthquake that killed more than six hundred and injured an additional twenty-seven thousand. Days later, nine Tzu Chi volunteers from the United States and Chile arrived in the disaster zone on April 27 to assess needs and make plans to assist survivors.

After meeting with local government officials and personally observing the situation in cities and towns of Manabí Province—including Manta, Portoviejo, Canoa, and Pedernales—volunteers determined that what was needed most was neither food nor medicine, but rather employment opportunities to reignite stunned local economies and clear the path for rebuilding and recovery. With this in mind, Tzu

Chi determined to kick-start a Cash-for-Relief program like those that worked so effectively after major disasters in Philippines, Haiti, and Nepal in recent years.

The Cash-for-Relief project began on May 6 in Portoviejo, which had had the misfortune to suffer early-April flooding followed almost immediately by the earthquake. Between the two disasters, many homes, schools, and shops were damaged or destroyed, leaving countless residents without anywhere to sleep or jobs with which to occupy their time. As Tzu Chi volunteers led locals in clearing debris from their town's streets, even the mayor joined in the effort. At the end of the day, each participant was personally handed fifteen U.S. dollars by a Tzu Chi volunteer.

“ At the end of the day, each participant was personally handed fifteen U.S. dollars by a Tzu Chi volunteer. ”



Cash-for-Relief participants clean debris from their community's streets. Photo: Peter Lin



Tzu Chi's relief efforts in Ecuador have been covered by several local newspapers. Please visit issuu.com/tzuchiaa/stacks for these articles and more.

During the daily Cash-for-Relief activities, Tzu Chi volunteers divided into two teams. One accompanied the Cash-for-Relief participants, providing encouragement and support, while checking in on community members who had been affected by the quake. The other remained at the activity center, where volunteers established a clinic to provide medical, acupunctural, and psychological services to those in need of care.

Throughout hard-hit Manabí Province, Tzu Chi volunteers provided opportunities, relief funds, and encouragement, bringing communities together to recover and rebuild. In total, Tzu Chi provided more than half a

million dollars in direct aid, while engaging more than thirty-four thousand locals in reviving their devastated communities.

* For more on Cash-for-Relief in the Philippines, Haiti, and Nepal, please see issues 40 & 44-46.



Volunteers bow to Cash-for-Relief participants to show respect and gratitude.



Participants give a little back to continue the cycle of love.
Photo: Peter Lin



Photos provided by
Tzu Chi Foundation



A blessing is something to be created, not wished for.

— Jing Si Aphorism by Dharma Master Cheng Yen —





Buddhist Tzu Chi Foundation

www.tzuchi.us



The 80/20 Lifestyle

Be healthy: Reduce your meal portions to 80%

Be generous: Use your 20% savings to help the poor

Improve your health by reducing meal portions to 80% of your normal consumption. With the 20% you save on food, you can help the needy.





Spiritual Alchemy: The Purpose of Mindfulness

Practicing mindfulness can help us achieve greater understanding and more compassion.

Peter Lin, Ph.D.

Western psychologists are increasingly making use of mindfulness techniques in psychotherapy, usually with little awareness on the practitioner's part of the Buddhist origins of these techniques—or of the depth these can bring to clinical practice.

Mindfulness (*smṛti* in Sanskrit) has been operationally defined as “moment to moment non-judgmental awareness,” by Jon Kabat-Zinn, who was largely responsible for introducing mindfulness to Western psychology. While mindfulness techniques have been implemented in many different psychotherapy modalities, the common clinical practice is that psychotherapists teach their patients to observe their sensations, feelings, and ideas in the present moment without judging or over-identifying with these mental contents.

However, as Kabat-Zinn has made clear, mindfulness was never meant to be only a clinical method. It was developed as a means of bringing the Dharma—the teaching or essence of Buddhism—into the Western mainstream. In what follows, I will use the term “mindfulness” as an umbrella term for the Buddha's teachings. Mindfulness, in this sense, is a lifestyle and a way of being. It might be said that practicing mindfulness without a clear understanding of its source is like eating Chinese take-out and thinking that this is Chinese cuisine.

I want to introduce a basic concept drawn from Mahayana Buddhism—“spiritual alchemy,” as described by Master Cheng Yen's aphorism: “Turn garbage into gold, gold into love, and love into a pure stream that circles the world.”

Spiritual alchemy is the teaching that we can transform our suffering (garbage) into wisdom (gold), and that the function of this wisdom is compassion (great love). It proposes that as we liberate ourselves, we liberate others and create a better society. Thereby we gather love “into a pure stream that circles the world.”

This principle is not so different from conceptions of mental health in the Western world. That is, while there is suffering in life, we have the potential to meet and master the challenges of personal existence and to achieve a kind of liberation—and contribute to a better, more compassionate human condition.

Dukkha is a central concept in this teaching. *Dukkha*, the “garbage,” is conventionally translated into English as “suffering.” But this translation does not quite do justice to the Buddhist concept. The word has a deep existential meaning, expressive of the idea that the true human condition has a pervasively “unsatisfactory” quality. Awareness of our condition is central to Buddhist practice.

Dukkha has different forms. It can range from subtle unease to a powerful experience of great suffering. In general, there are three types. The first is the ordinary suffering (*dukkha* of suffering) stemming from the physical and/or psychological pain associated with physical illness, aging, and death. While pain is inevitable in life, the suffering related to pain can be alleviated. This is similar to the Western notion of existential anxiety, where the fear of death and dying is at the heart of our ongoing distress.

The second type of *dukkha* is distress caused by change and loss (*dukkha* of impermanence). Much of this distress is caused by the conflict between how things are and how we want them to be, or by our wish to hold on to things that

“ To liberate oneself from suffering, one does not resist suffering, but rather investigates it.”

inevitably change. We don’t get what we want, get stuck with what we do not want, or lose what we cherish.

Understanding the third type of *dukkha* (*dukkha* of conditionality) requires an appreciation of the conditionality of all things. This is an awareness that all experiential phenomena depend on certain conditions being in place. This is especially true of our sense of having or being a “self.” The sense of self is built up out of many experiences and many different causes and conditions, but we tend to struggle to preserve a fixed image of that self. This is the suffering of ego-clinging.

It is inevitable that our experience of self can feel somehow flawed, because the nature of self is fleeting, relative, and lacking substance. Buddha saw all human beings as desperately struggling against anything that would remind them of their unsatisfactory sense of self.

The three types of *dukkha* are not neatly separable. The suffering of sickness and death is distressing not only because it is painful but also because it is humiliating; it is a blow to our self-regard. The common denominator in all three types of *dukkha* is the unsubstantial and unsatisfactory “self.” Suffering has many sources, but the essential source is within us.

In Buddhist perspective, the deepest cause of *dukkha* is rooted in desire (*trishna*), which is conditioned by ignorance (*avidya*). *Trishna* is often translated as “desire” or “thirst,” and there are understood to be three fundamental desires. The first two are thirsts for pleasure and aggression. But an even more important *trishna* is the thirst for a fixed image of self—the need for identity, the trying to be “somebody.” From an existential perspective, the greatest fear is that we will discover that there is no core, no self. The actions of these desires are conditioned by *avidya*—commonly



translated as “ignorance” or “delusion,” but better understood as a misunderstanding of the nature of self and reality. When we misunderstand how self is constructed and combine this misunderstanding with our desires, we “grasp” (*upadana*) or “reject” our experiences with a self-referential perspective. We see our experiences as either “good for me” or “bad for me.”

Grasping a fixed self-image shapes our response to experience in a rigid, habitual, if unconscious, way and is an attempt to maintain a self-image that is ultimately transient and relative. This is familiar to psychotherapists. The problems that patients bring to therapy are often associated with false narratives of self. The patients’ problems can be understood as aimed at maintaining such a fictional false self.

To liberate oneself from suffering, one does not resist suffering, but rather investigates it. The original purpose of mindfulness in Buddhist practice is to understand the true nature of self, and *dukkha* is an opportunity for self-discovery. In mindfulness practice, we try to allow not only our thoughts but also our perceptions to come and go freely. *Dukkha* can be transformed into wisdom only when we face and understand our suffering.

The clinical implication of transforming our symptoms into insight is responsibility. We have the freedom to seek happiness, but happiness ultimately comes from within. One key element in transforming *dukkha* is mindfulness—the awareness of the source of suffering. To not be aware of the cause of suffering is like stabbing ourselves repeatedly and blaming the knife.

The purpose of mindfulness is to cultivate wisdom (*prajna*). With mindfulness, *dukkha* (“garbage”) can be transformed into *prajna* (“gold”). However, *prajna* is not conventional wisdom; it is the wisdom that perceives “emptiness” (*shunyata*), and the function of *prajna* is compassion.

Emptiness (*shunyata*) in this sense does not

mean a “void.” It involves the realization that all phenomena (material or mental) are empty of permanent, fixed, and substantive reality. This emptiness is a kind of interdependence: no phenomena can exist independently of other phenomena. Nothing can exist in and of itself. Understanding that all experiences are transient and lacking an inherent unchanging reality helps us to see that the nature of self is empty too. Furthermore, *shunyata* can only be realized experientially. The realization of emptiness helps one to let go of the false view of self, which is the core cause of *dukkha*. In other words, the function of mindfulness is also the cultivation of insight into “no-self” (*anatman*).

It is valuable to stress compassion, or empathy, as the ultimate outcome of mindfulness practice. A more empathic, more understanding, more accepting view of one’s own life experience will help produce a similar view of others.

The recognition that we are all human and all engaged in a common struggle is important. Beyond our own stress reduction, the broader purpose of mindfulness will be empathy, compassion, and service to others. We are not just Sitting Buddha, but Walking Buddha, living and going about our business in the world.

Still, exploration of the self is the first step. As Dogen, the twelfth-century founder of Japanese Zen, wrote:

To study the Way is to study the self.

To study the self is to forget the self.

To forget the self is to be enlightened by everything.

To be enlightened by everything is to free your own body and mind and the body and mind of others. 🌿



If we are mindful, the truth is near us; otherwise, the truth is distant.

Jing Si Aphorism by Dharma Master Cheng Yen



Academy Students Win Regional Awards

At Tzu Chi Academy, students learn excellent Chinese and speaking skills.

Debbie Lin & Tonny Hsu | Translated by Yijia Wang

Forty-six students from Tzu Chi Academy, Los Angeles, participated in the 2015 edition of the Southern California Council of Chinese Schools (SCCCS) annual poetry recital contest. Excellent pronunciation and presentation earned these students thirty-three total awards, including four first-place, six second-place, and seven third-place prizes. Moreover, Tzu Chi Academy won the first-place group recitation award for the tenth consecutive year.

More than six hundred participants from over forty weekend Chinese schools joined the annual competition, which consisted of Mandarin speaking and poetry reading contests, divided into kindergarten, lower elementary, upper elementary, and middle school age

groups. Students from Tzu Chi Academy, Los Angeles, have always performed well in the contest, leading other schools to invite Tzu Chi teachers to share about their teaching methods.

“The students’ positive accomplishments are the most fulfilling and rewarding results for their teachers.”

During the award ceremony, held at the Taipei Economic & Cultural Office in El Monte, the emcee repeated “Tzu Chi Academy, Los Angeles,” time after time as the winners of different age groups and categories were invited onstage to receive their awards. Vice-

Principal Tonny Hsu was so excited and grateful, he couldn’t even find the words to describe it.

When the initial participant selection had been made two months earlier, eight-six of the academy’s four hundred students were recommended for participation. Final selection



took place over two consecutive weekends, as six teachers whittled the selection down to forty-six contestants. The selection process was not easy, as there were so many excellent pupils to choose from. All of the selected participants were helped in their preparation by volunteer teachers, who provided lessons over nine consecutive weekends. It was an intensive, but rewarding process for all of the students.

The recitation contest held by SCCCS divided participants into four age groups, ranging from six to seventeen years old, and each school was permitted five participants per group. Fifteen of Tzu Chi Academy's students were participating for the very first time. Over weeks of training sessions and preparation, the students—and

even their parents—encountered difficulties as they tried to master proper pronunciation, meaning, and body language. In the end, they were all very grateful to the instructors and volunteers who guided them through the process. The training sessions and recitation practice helped the students improve their Chinese-language and presentation skills, and the students' positive accomplishments are the most fulfilling and rewarding results for their teachers. 🌿

Success is achieved by seizing the moment
and accepting its challenges.

Jing Si Aphorism by Dharma Master Cheng Yen





A Delicious Way to Prepare for Disaster

Jing Si Instant Rice

A Healthy, Delicious, Nutritious Alternative

Have you ever thought about the hours and days after a natural disaster? When there's no electricity or gas at home, how will you feed your family? Jing Si Instant Rice cooks in cold or room temperature water in 50 minutes, or just 20 minutes in hot water. On any day, you can use it as a base for delicious meals. When disaster strikes, you can keep your family fed, or donate it to a neighbor in even greater need. One bag of rice, so many possibilities.



Sushi



Spring Rolls



Instant meal by simply adding water (hot or cold)
Transform Jing Si Instant Rice into many delicious dishes without cooking



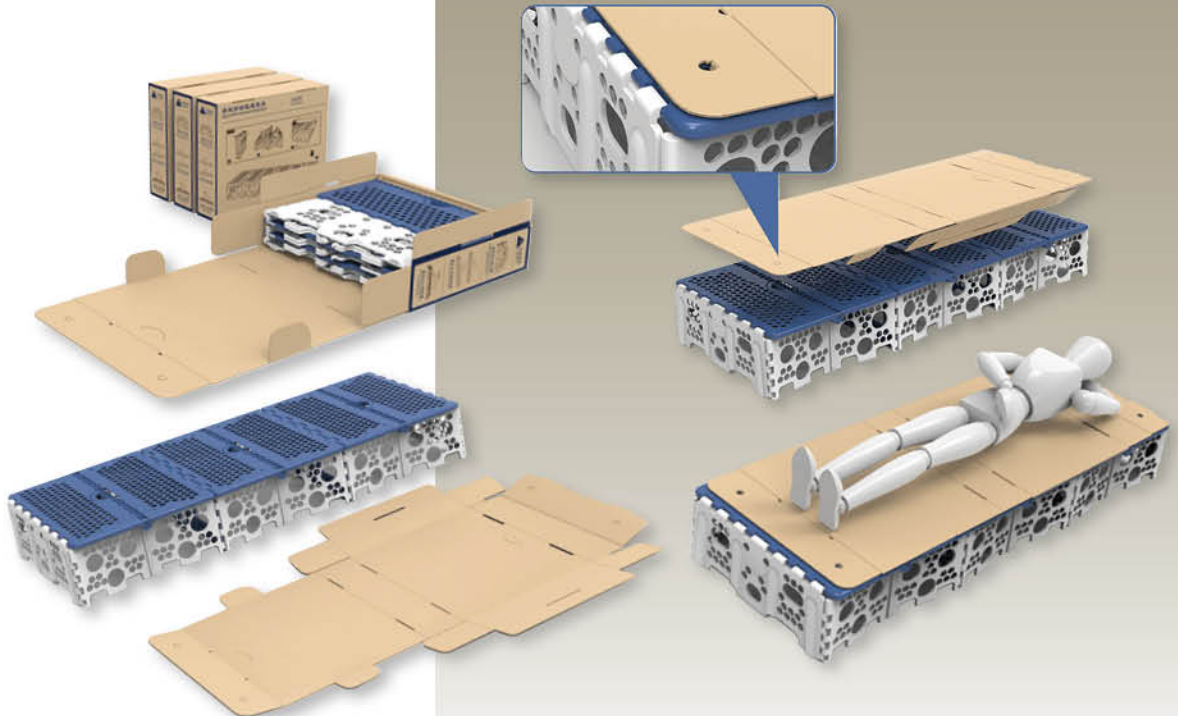
- 1. Pour 120 cc of boiling water into a bowl.
- 2. Add the seasoning powder and stir.
- 3. Add content of the vegetable pack and dried rice, stir and mix well.
- 4. Cover the bowl and wait for 20 minutes (50 minutes if using cold water). It is ready to eat.



Tzu Chi volunteers are active in fifty countries and regions worldwide, and have delivered relief in more than ninety countries across the globe. With Tzu Chi volunteers widely spread across every continent and time zone, there is always a volunteer somewhere serving with respect, gratitude, and love.

On February 26, 2016, the SleepBox & Wheel packaging of Tzu Chi's innovative Jing Si Multi-Purpose Folding Bed was recognized with a world-renowned iF Design Award for Packaging in Munich, Germany. iF noted that the SleepBox packaging—which is made from 100% recycled materials—prevents further waste by transforming into a mattress for the foldable bed unit. Designed especially for disaster relief, the innovative bed set has also been awarded with INPEX Gold Medals and a Red Dot Award for Product Design.

Photo: Yuping Chen





Heavy rainfall in mid-April caused heavy flooding and mudslides in and around Santiago, Chile, destroying many homes and leaving their occupants with nowhere to turn. On April 23, 2016, Tzu Chi worked together with Chilean government officials to distribute blankets and mattresses to those affected. Photo: Jilian Zhang

▶
A forest fire that began in Chiang Mai, Thailand, on April 12, 2016, spread quickly and ultimately destroyed forty-five local homes. Two days later, teachers and students of a nearby Tzu Chi school visited the disaster area to provide much-needed daily necessities to villagers in Mae Ai district who were impacted by the fire. Photo: Rongcheng Zhan



The wildfire that started near Fort McMurray, Alberta, Canada, on May 1, 2016, scorched nearly one and a half million acres and destroyed more than two thousand buildings in the month of May. Almost immediately after the fire started, Tzu Chi volunteers sprang into action. Here, volunteers in Toronto help prepare two thousand daily necessity kits for GlobalMedic to deliver to fire evacuees in shelters. Photo: Shuzhen Huang



Syrians fleeing the chaos and violence in their homeland must pass through Serbia on their way to seeking refuge in Europe. Recently, many have become stuck in camps there. In March 2016, volunteers from more than ten European countries traveled to Serbia to care for these refugees. Here, volunteers prepare to distribute winter clothing in Presevo on March 16. Photo: Daofang Xu



After Kumamoto in southern Japan was struck by 6.2- and 7.0-magnitude earthquakes on April 14 and 16, respectively, volunteers visited the town of Ozu on May 1 to provide hot meals and warm care to affected residents. Photo: Huizhen Wu



Tzu Chi volunteers in Singapore hosted a scholarship award ceremony on March 19, 2016, to help students in need continue on the path toward achieving their academic dreams. Photo: Mousheng Zhang



Heavy rainfall in early February 2016 caused severe flooding in low-lying areas of the Bangka-Belitung Islands, Indonesia. On February 13, Tzu Chi volunteers traveled to the area to hold a medical clinic and distribution for low-income individuals housed in a local shelter. Here, a Tzu Chi International Medical Association (TIMA) doctor tends to an injured knee. Photo: Willy

On March 20, 2016, Tzu Chi volunteers in Brazil traveled to Osasco, São Paulo, to provide free health services to local residents. Here, volunteers check patients' blood pressure. Photo: Qiuqin Zeng



In Vietnam, volunteers traveled to Bắc Tân Uyên, Bình Dương, to visit local charity recipient families. Volunteers delivered daily necessities and spent time connecting with the families and learning about their needs. Photo: Yongzhong Qiu



Volunteers from Gold Coast, Australia, traveled north to Logan City on March 21, 2016, to deliver warmth and care to overseas refugees. Photo: Deyao Luo



In Palencia, Guatemala, Tzu Chi volunteers delivered backpacks, stationery, and school supplies to underprivileged students on March 13, 2016. Photo: Jialing Qiu



My Life Learning *through* **Tzu Chi**

In Argentina, the author strives to better herself through the teachings of Master Cheng Yen.

Written & Translated from the Spanish by Juana María Impini

My name is Juana María Impini. I was born in Gualeguay, in the province of Entre Ríos, Argentina. I am a professor of language and literature, and I also have a degree in business administration.

In 2004, my friend Yang Wei Ming told me about the Tzu Chi Foundation, and I started getting involved.

Eventually, I was invited to events and I learned about the wonderful work they were doing. In 2011, I met Helena at one of those events, and she gave me the opportunity to become an active volunteer.

At that time, I began to learn about what it means to belong to the Tzu Chi world. How wonderful it is!

Helena gave me a copy of *Jing Si Aphorisms* by Dharma Master Cheng Yen; I have read it many times (and still keep reading it) because it is the best way for anyone to learn about life.

From then on, my life changed. I must admit that at the beginning it was not easy, because I come from a different culture and background, but as one understands the purpose with which the Master speaks through her videos every day, one realizes that all beings are equal and there are no differences in creed, race, or religion. Her teachings are for everyone.

When I read the story of Dharma Master Cheng Yen, there was a phrase that caught my attention and made me think. It said, "Just do it!"

“ I have the desire. I have the means. So why not? I don't want to just sit there staring at the walls and wondering, can I do this? Of course I can! ”

"Of course!" I said to myself. "I have the desire. I have the means. So why not? I don't want to just sit there staring at the walls and wondering, can I do this? Of course I can!"

This was the best phrase I have read, and thus began my learning, keeping my "ego" in a coffer which I have closed.

I have learned from four key words: wisdom, life, determination, and time.

I have learned the wisdom needed



*The author cooks in the San Judas Tadeo soup kitchen in Ituzaingó, Buenos Aires.
Photo: Liliana Lin*

to meditate on the meaning of life and the determination to organize the time that has been granted to me.

I have learned that to appreciate others is to dignify myself.

I have learned that speaking good words, thinking good thoughts, doing good deeds, and walking the right path are what constitute a fulfilling life.

This made me think back to my childhood. Whenever I complained about something, my father would wisely take my arm, lead me to the door of our house and say, "Look across the street; that is the real world. Look to your right and to your left and if you have time, look back. When you look back, you will see a different world, but this is the one that has been created for you."

What my father taught me was to look at the world from another perspective. Since this is a vast and spacious world, everything would be easier if I used different points of view in dealing with others.

I left behind the past, which is just a memory, and I began to see the future as an illusion. I learned to protect the love of this moment and concentrate on the tasks at hand. As Master says, "Life is impermanent, but wisdom-life lasts forever. Love is boundless; its spirit will live on."

I learned that life has meaning when we assume responsibilities. If we avoid them, our life becomes empty.

Today, I can say that every day I ask for more strength, determination, and dedication

to contribute love to this world. Because with faith and perseverance, there is nothing we cannot accomplish.

I still have a long way to go, but I feel happy and fulfilled. Every time I go on a mission with my Taiwanese brothers and sisters—whether in charity, medicine, education, culture, or preservation of the environment—when I come back home, I think, "Juana María, continue sowing seeds of kindness in your heart and others' by way of faith and share it on the path. Perhaps one day you will pass by here and see that the way has flourished."

For this reason, I have promised myself to:

Always look at the positive side of things,

Think only the best,

Work for the best,

*Keep a positive disposition at all times,
and always offer a smile.*

Try to improve at every moment.

Be generous so I am not afflicted,

Be noble so I will not get angry,

Be strong so I do not feel fear,

and above all, be happy with what I do.

Because "God provides food to every bird,

But He does not put it in the nest."

So, I promised myself to move forward, to persevere, and to keep looking for opportunities in times of crisis so I can continue to become a much better person. 🌱

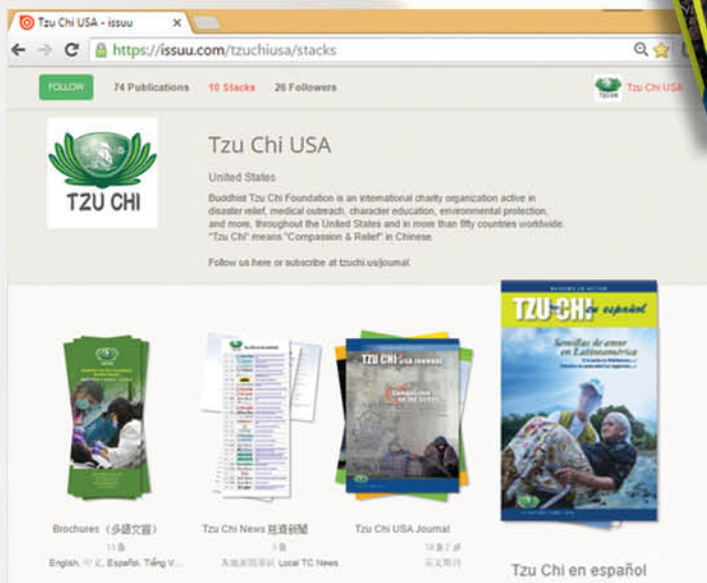
For the original article in Spanish, please see **Tzu Chi en español, 1a edición.**



Argentina volunteers donate wheelchairs to hospitals and medical clinics at Pro Copa de Leche in Gualeguay, Entre Ríos. Photo: Carmen Wu

Tzu Chi's First Spanish Magazine

*Tzu Chi is proud to introduce our brand new Spanish magazine, **Tzu Chi en español**, now available at Tzu Chi offices and clinics. The first issue features teachings by Dharma Master Cheng Yen, a short history of Tzu Chi, and stories from California, New Jersey, the Dominican Republic, Argentina, Chile, and Sint Maarten. A multimedia eBook can be found at issuu.com/tzuchiusa/stacks, alongside other Spanish resources, such as "Tzu Chi en las noticias," a regularly updated roundup of Tzu Chi news from Spanish-language publications throughout the Americas. Please share with your Spanish-speaking friends and expect our second issue this October!*



Eliminating Affliction to Develop Wisdom

Dharma Master Cheng Yen

Translated by the Dharma as Water Editorial Team

In our daily life, is it difficult to uphold our spiritual practice? Actually, all it takes is resolve. If we are just willing to lift our feet and step forward on the right path, it is not difficult at all; the difficulties are all in our minds. With determination, we are able to move forward in our spiritual practice.

In the Buddhist sutras, the Buddha often teaches the karmic law of cause and effect. The causes and conditions we created in past lives result in the effects and retributions we face in our current life. If we can willingly accept this concept, then our minds can be at ease. If we can continually work to eliminate our negative karma, we will develop wisdom.

In the past, in the kingdom of Kopen, there was a spiritual practitioner who had already reached Arhatship, a high level of spiritual attainment. Though he had a large group of disciples, he lived alone in the mountains and practiced in solitude. One day, he needed to dye his robes, as monastic practitioners should wear robes of neutral color. Thus, he boiled special herbs in a pot until the water became the color of red soil and then put his robes into the pot to dye them.

At the same time, a nearby ox-herder was about to return home. When he counted his herd, he realized that one of his oxen was missing. In

his search for the missing ox, the ox-herder came across the practitioner's hut. There, he saw a pot of boiling water. Looking inside, he saw something that looked like ox-hide in the pot with water which had the color of blood. He rushed to report the matter to the officials. "I lost an ox and found it cooking in the pot of this spiritual practitioner!"

When the officials arrived, they too saw the pot with what looked like blood and ox hide. Without further investigation, they arrested the practitioner and locked him in jail. There, the spiritual practitioner was locked up for twelve years. During these twelve years, his disciples constantly looked for their master but could not find him anywhere. One day, one of his disciples suddenly had a vision that his master was locked up in prison. The disciple hurried to the prison and said to the officials, "My master is locked up in your prison. He is an Arhat, a great holy man. Why would you imprison him?" The officials wondered, "How is this possible? Only people who have committed crimes are locked in prison. How could such an accomplished spiritual practitioner be in there?" They brought the disciple into the prison, and he immediately recognized his master. "Master, how did you end up here?" His master looked very frail, and his hair had grown long. During these twelve years, he had experienced all kinds of torment. Every day, he was forced to do hard manual labor, and at night he was locked up in a tiny cell.

A wise person is able to let go.
To let go is actually to receive,
to receive boundless happiness.

Jing Si Aphorism by Dharma Master Cheng Yen

Storytelling by the Master



After the disciple identified his master, the officials quickly went to find the ox-herder. Remembering what had happened so many years ago, the ox-herder said, “I am truly sorry. At that time, I was missing an ox, and when I looked inside the pot, I saw that the water was blood red, and it looked like there was ox-hide inside. This was what I reported to the officials. However, when I got home, it turned out that my ox was already home. In fact, none of my oxen were missing.” After learning that the spiritual practitioner had been wrongfully jailed for twelve years, the officials hurried back to the prison and apologized to him.

The spiritual practitioner listened to them with a smile on his face. All of a sudden, he manifested his spiritual powers, leaving the cell and floating outside in mid-air, looking peaceful and at ease. When the officials saw this, they immediately prostrated before him. The officials then asked him, “Clearly you have spiritual powers; why did you allow yourself to be wrongfully imprisoned for twelve years? Why did you not appeal the sentence?”

Still with a peaceful smile on his face, the practitioner answered, “In one of my past lifetimes, I too was an ox-herder. In that lifetime, I had also lost an ox when I encountered a spiritual practitioner who was dying his robes. Seeing the clothes in the pot, I thought that what

I saw was an ox-hide, so I reported the spiritual practitioner to the officials and even insulted the spiritual practitioner. Due to this, I fell into the lower realms for several lifetimes. Life after life I repented; life after life I made vows. If only I could leave those lower realms, I would make every effort to engage in spiritual practice. Finally, after suffering great torment over many lifetimes, I was born to this life. However, I still had not repaid my karmic debt in full. Today, I am very happy to be released from prison after twelve years. I am grateful that I have now exhausted the remnants of my karmic retribution. Therefore, I feel peaceful and at ease.”

This story tells us that when we engage in spiritual practice, we must first understand the law of karma. Without understanding the law of karma, we cannot advance in our spiritual practice. Committing evil deeds brings negative retributions, while benefiting others brings blessings. It is only through going among people to benefit others that we can gradually realize the path toward enlightenment. Then, we can come and go in this world without doubts or difficulties. Only when we put the teachings into practice can we gradually eliminate the karma and afflictions we have created over all of these lifetimes; with each bit of affliction we let go of, we develop a bit of wisdom. In this way, we can “transform afflictions into wisdom.” 🌿

Earth Overshoot

Humans use resources; nature replenishes them. That's the way it's always been. But as humans use more and more, nature can no longer keep up with our demands. According to the Global Footprint Network (GFN), our demand for renewable ecological resources is now equivalent to more than one and a half Earths. Yet we still only have one.

Each year, GFN calculates Earth Overshoot Day—the date on which humanity's demand exceeds what the Earth can regenerate in that year. When the date was first calculated in 1987, it was placed on December 19, twelve days early. In 2016, the date is August 8. For 145 days—almost five full months—we are taking well beyond what the planet can give.

Our reckless use of resources leads to climate change, species loss, shrinking forests, and so many other problems. Yet, each of us can help ease this worrying trend by making little changes in our daily lives. By eating less meat, cherishing what we have, and using fewer resources, we can help make a difference for the planet. 🌱

For more information, please visit overshootday.org



If we hope to conserve our planet's resources, we must start by learning to cherish what we already have.

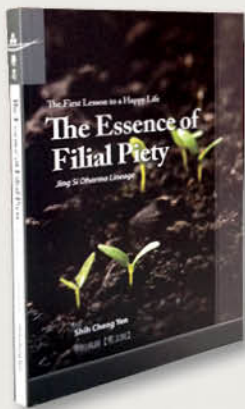
Jing Si Aphorism by Dharma Master Cheng Yen



*Today, it would take 1.5 Earths to produce what we consume.
But we only have one.*

Day 8/8/16





(Excerpt)

The Essence of Filial Piety

In this volume, Master Cheng Yen discusses filial piety, the core value of respecting and honoring one's parents and elders.

Shih Cheng Yen

Rekindling Confidence: Returning to the Beginning and Starting Again

It has been more than forty years now since Tzu Chi was first established. There have been many hardships over the years, but I am very grateful to all the Tzu Chi volunteers. We all share a karmic affinity with one another. Some volunteers do not even know what I look like. They are happy when they just hear my name and are willing to help me work “for Buddhism and for all beings” regardless of their race and religion. Our karmic affinity is indeed extraordinary.

I remember in 1977 when Typhoon Thelma devastated Southern Taiwan, I went to do disaster assessment and stayed in Yuantong Temple in Pingtung for several days. There was an old man who was a barefoot doctor in the countryside; he grew his own herbal medicine and farmed.

He said to me, “Master, I have something to say: Tzu Chi is the largest family in the world.” I was wondering why he said that when he continued, “Though Southern Taiwan is far from Hualien, you come all the way to relieve those affected by the disaster; just like they were your own family. I'm sure you will do the same for people in Northern and Central Taiwan. In this sense, you have the largest family in the world.”

Just as the old man said, Tzu Chi is truly a very large family. I am grateful from the bottom of my heart. I do not know how many lifetimes I will go through before I can repay my disciples for taking the Buddha's compassion and my mission as their own. They carry out my wishes with sincere and compassionate love. They have followed me closely since they were young. Their bodies may stoop with age, but they still speak about Tzu Chi, listen to Tzu Chi's message, watch Tzu Chi's programs, and walk on Tzu Chi's path. They constantly bear the Buddha's compassion and my mission in mind. Whenever I think of them, I feel that my life has not been in vain.

After my mentor passed away, I had the deep realization that the connection between people is truly marvelous. For so many years, even though a language barrier and distance stood between us, I always felt that our affinity was profound, despite the physical conditions that kept us apart. In Dharma Master Yin Shun's final moments, I knew he was waiting for me in Hualien

Tzu Chi Hospital, so I hurried over from Jing Si Abode. When I arrived at his bedside, for a moment his expression seemed to simply say, "Goodbye." A few seconds later, he passed away in peace. Because of this, I realized that our profound affinity meant that even though we were physically apart, we could come together in an instant. I deeply felt that we were in fact very close to each other, even physically.

Whenever I see chaos in this world, I always feel that time is running out. Since the twenty-first century began, I have witnessed so many devastating disasters occur all over the world. Whether man-made or natural, each disaster makes my heart ache, and I blame myself for being so incompetent.

Humans are so insignificant in the face of nature's might. Yet the karmic force of the mind that creates man-made disasters is truly horrible. The turbulence made by people's ignorance is as fierce as storms that occur in nature. When the karmic force of the mind appears, it is difficult to withstand its storm even when we want to hold on to sincerity, integrity, faith, and honesty. There are typhoons and hurricanes in nature. There are also storms of ignorance in the cosmos of the human mind. The karmic forces of people and the forces of nature affect one another, and we are unable to do anything about it.

At my mentor's funeral, I was very agitated when his coffin was pushed into the furnace. The peaceful old man who seemed only to be asleep would soon turn into ashes. I was very much shaken at that moment. I realized that it was life. Even a great master of the century, who had lived to be a hundred and had reached a high state of spiritual cultivation, could not avoid death in the end. So, what is there in this world that we cannot let go of, and what is there worth fussing about?

Then I saw how Tzu Chi volunteers helped clean flooded areas after Southern Taiwan was hit by torrential rain. Though they were drenched all over from sweat and water in the disaster area, the volunteers' faces beamed with smiles, and the words they uttered were all "thank you!" The beauty exhibited from sincerity and doing good deeds is indescribable.

This inspired me to regain my faith. I vowed to be even more diligent and to regain the vitality and perseverance I had forty years ago when I was young. I returned to the starting point and began anew, working to "humanize the Buddhist teachings and bring the bodhisattvas into this world." 🌿

*Excerpted from The Essence of Filial Piety by Shih Cheng Yen (Jing Si Publications, 2013).
For more information, please visit Jing Si Books & Café (directory on pp. 72-74) or jingsi.us.tzuchi.org*



Grieving

We cannot avoid times of grief, but with patience and acceptance, we can get through them.

Lina Lee
LMFT, Licensed Psychotherapist (Buddhist Tzu Chi Medical Foundation)

As a psychotherapist, providing emotional support and care for the dying and bereaved is a part of what I do every day. In the last few years, I have also suffered several personal losses. The most recent was my best friend of thirty years, who passed away from cancer. While we understand that death is inevitable, the loss of our loved ones always fills us with a wide range of emotions. For the first few weeks, we may be trying hard to survive the painful feelings of hopelessness and helplessness. Over the next few weeks, we may feel like our life is gradually returning to some sense of normalcy, only to swing back to a feeling of emptiness and a realization that our life will never be the same again. Many who are grieving tell me that they feel as though they have lost a part of themselves.

“ Give yourself time to mourn. Time does heal!”

There are a few points I always keep in mind as I walk with my patients through their grieving process. If you find yourself in the unfortunate position of a similar loss, I hope these strategies can help you through this painful path.

1. Give yourself time to mourn. Time does heal! As days turn into weeks, and weeks into months, take some moments to remember the loved one you have lost. Talk with friends and family, let yourself cry, take trips down memory lane, and let the grieving process move forward naturally.

2. Document special moments with your loved one. One way is to preserve these memories with photos and mementos. After my best friend passed, I feared that I would start to forget about her over time. So, I made a scrapbook of our memories, and this has helped tremendously in processing my grief.




3. Over time, we begin to accept the reality of our loss. It is difficult initially, and many of us become overwhelmed with the sense of shock and numbness. It is common to be in denial, but this feeling will usually fade.

4. Experiencing the pain of grief is necessary in order for us to start healing. These feelings can be painful, and we would rather avoid them. But if we recognize these intense feelings for what they are, we can deal with them more effectively.

5. Find a routine and stick to your schedule, even if you feel you are just going through the motions.

Master Cheng Yen teaches, "In life, the body is something we use to accomplish many things, but we ultimately do not possess it, for it is not permanent. Birth, aging, illness, and eventually death—this is the natural course of life, and there's only so much that medicine can do when life has reached its end."

In response to the loss of a loved one, we experience many physical, emotional, and behavioral reactions. We need to let ourselves grieve and allow ourselves to experience the pain. It is not always easy, but it is natural and necessary—an important step on the path to healing. 🌿



Death is the beginning of birth;
birth is the origin of death. Birth
and death, living and dying, they are
all part of the same cycle.

Jing Si Aphorism by Dharma Master Cheng Yen

Egg Carton Camellias

Chinghui Chen



All useful resources are cherished treasures.

— Jing Si Aphorism by Dharma Master Cheng Yen —



Materials: Polystyrene egg carton
Tacky glue (or strong adhesive)
Scissors
Green floral wire
Camellia branches (various lengths)



1. Remove top half of egg carton and set aside. Cut out 3 individual cups from the bottom half of the carton. Cut a small slit in each corner of one cup. Trim the tips to round them into petal shapes. Repeat with the second and third cup.



2. To make the bud, cut a long, thin, rectangular strip from the top half of the carton. Cut a series of notches approximately $\frac{2}{3}$ of its width, and roll the strip into a short cylinder. Apply glue to one end to hold its shape.



3. Apply a dab of glue to the bud and place it in the center of one cup, pressing firmly in place. Keeping this cup on top, stack all three cups with the petals staggered, then glue together.



4. From the bottom half of the carton, cut out one of the raised pieces that joins four egg cups. Cut into four sharp triangles. Fold the green floral wire in half and feed through the base of this piece and the bottom of the cup flowers from Step 4.



5. Use the wire to connect the flower to the camellia branch. Enjoy your beautiful new camellia!

Pan-Fried Steamed Buns

Recipe provided by Vegetarian Cooking Team / Tzu Chi University Continuing Education Center
Instructor: Tanina Wenhua Chiang

Ingredients

2 ½ cups cabbage, shredded
½ cup shiitake mushrooms, sliced
⅔ 3 cup carrots, shredded
1 tsp salt

Dough

3 ½ cups all-purpose flour
1 cup warm water
2 tsp sugar
1 tsp yeast

Seasoning

2 tbsp vegetable oil
1 tbsp sesame oil
1 tsp mushroom essence
1 tsp salt
1 tsp pepper
dash of soy sauce

Directions

1. Dissolve sugar in warm water. Sprinkle in yeast and let stand for 3 minutes.
2. Add flour to water and knead dough into a ball. Cover with a damp cloth and let sit for 2 to 3 hours.
3. Shred the cabbage to about 1 cm thick. Add salt and let sit in a bowl for 15 minutes. Drain water.
4. Slice mushrooms, then sauté with vegetable oil and a little soy sauce. Let cool and set aside.
5. Shred carrots, then sauté with vegetable oil and a dash of salt until fragrant. Let cool and set aside.
6. Combine cabbage, mushrooms, carrots, and seasoning.
7. Knead dough into a long cylinder, then cut the cylinder into 15 to 20 equal parts. Roll into equal-sized discs, making sure the center is a little thicker than the edges. Place stuffing in the center and seal closed. Repeat until the stuffing and dough discs are all used.
8. In a hot pan, add a little vegetable oil and then the buns. After a couple minutes, pour in enough water to cover the bottom of the pan. Cover and cook until the water evaporates. Uncover and continue to cook until the buns have turned golden brown. Flip and cook a few more minutes on the other side.

Vegetarianism cultivates perseverance,
compassion, and wisdom.

Jing Si Aphorism by Dharma Master Cheng Yen



Photo: Jack Yang



◀ Every Friday, Tzu Chi volunteers visit Abraham Lincoln Elementary in Santa Ana, California, to deliver weekend food backpacks as part of the Happy Campus Program. Here, volunteers interact with the students on March 18, 2016. Photo: Chifen Lin



◀ In Dayton, Ohio, Tzu Chi volunteers regularly visit residents of the Widows Home of Dayton. Here, volunteers and residents share a warm afternoon together on March 19, 2016. Photo: Yunzhong Lin



In the northeastern suburbs of Los Angeles, California, Tzu Chi volunteers and the city of Baldwin Park jointly held a free Health Fair for local residents on April 24, 2016. Dental, vision, and medical services were provided. Photo: Michael Tseng



▲ Tzu Ching collegiate volunteers went out on the streets of Manhattan, New York, on February 21, 2016, to provide food and blankets to local homeless people. Here, a volunteer provides a scarf to fight the winter cold. Photo provided by Tzu Chi Northeast Region



▲ On March 13, 2016, Tzu Chi International Medical Association (TIMA) New Jersey Chapter invited Dr. Su Wang of the Saint Barnabas Medical Center (SBMC) to deliver a lecture on how to maintain a healthy liver. In cooperation with SBMC, volunteers also provided participants with a free Hepatitis B screening. Photo: Stan Kao



On February 18, 2016, Tzu Chi Medical Foundation's newest Vision Mobile Clinic provided free vision tests to students from two elementary schools in Fresno, California. For these children from low-income families, vision care is otherwise hard to come by. The volunteers hope that better vision will make the children's studies less stressful, and allow them to excel in their schoolwork. Photo: Grace Wong



On April 17, 2016, Tzu Chi International Medical Association (TIMA) Long Island Branch held a free clinic at St. Anne's Roman Catholic Church in Brentwood, New York. Volunteers and medical professionals provided free medical services to low-income locals in need.
 Photo: Jilan Wang



▲ In Las Vegas, Nevada, Tzu Chi volunteers were invited to participate in Chinatown's annual Chinese New Year Celebration on February 21, 2016. Volunteers shared the bamboo bank spirit and environmentally friendly lifestyle tips with visitors.
 Photo: Fuchi Prucha



▲ Following the Ebola epidemic and severe flooding at the end of 2015, Tzu Chi continued its support for Sierra Leone in West Africa. Tzu Chi volunteers in Taiwan collected clothing, while volunteers in the Philippines gathered shoes for donation. On April 10, 2016, volunteers from the United States traveled to Freetown, the capital of Sierra Leone, where they distributed these donated clothes and shoes to orphans in need.
 Photo: James Huang



On February 17, 2016, local volunteers in Port-au-Prince, Haiti, carried out their regular hot meal distribution to patients and family members at the General Hospital. Photo provided by Buddhist Tzu Chi Foundation



▲ In conjunction with Tzu Chi's Happy Campus Program, Tzu Chi International Medical Association (TIMA) teamed up with dental students from University of California, San Francisco, to provide free dental services and preventive care information to children from low-income families on April 30, 2016, at Belle Haven Community School in Menlo Park, California. Photo: Binyi Bai



▲ On March 5, 2016, Washington DC Tzu Chi volunteers went out on the streets of the nation's capital to provide their regular breakfast service for the homeless. Photo: Lizhen Chen

PET Recycling Story

PET-Una historia de reciclaje



By Aaron Chen



From *Protecting Mother Earth*, a collection of stories about loving our Earth by kids for kids.

Collection Editor: Ralph Boyer

Collection Designer: Chinghui Chen

Spanish Translations: David Hoy & Emma Ong

Academy Teacher & Coordinator: Yali Li

Writers & Artists: Irvine Tzu Chi Academy Students

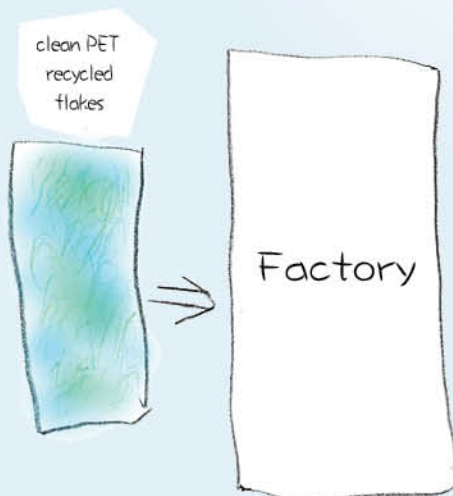
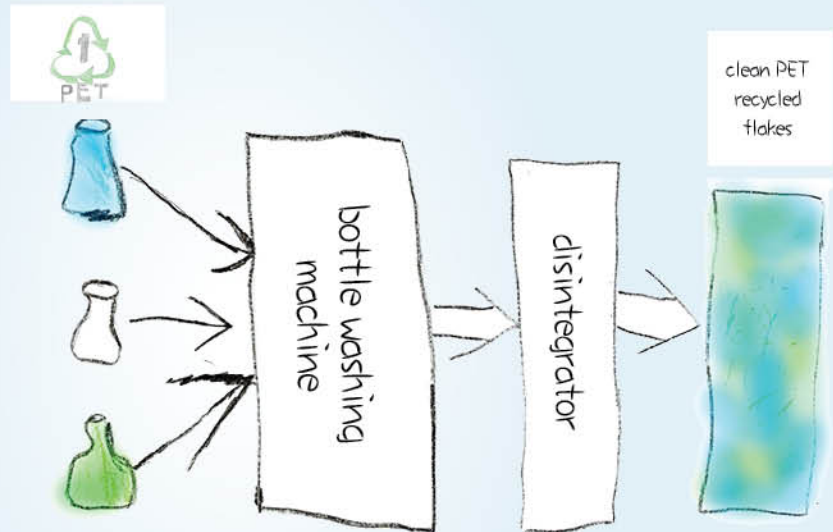


I am a used PET bottle. Tzu Chi students recycle me after I've been used.

Soy una botella de PET usada. Los estudiantes de Tzu Chi me reciclan después de haber sido usada.

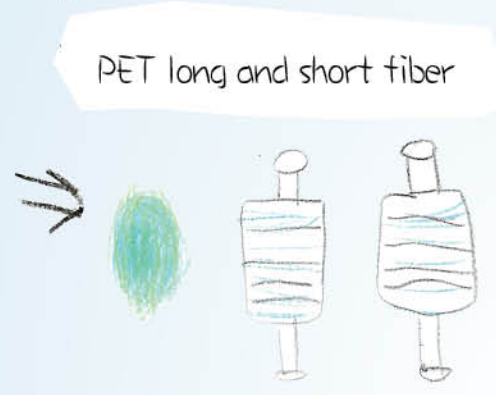
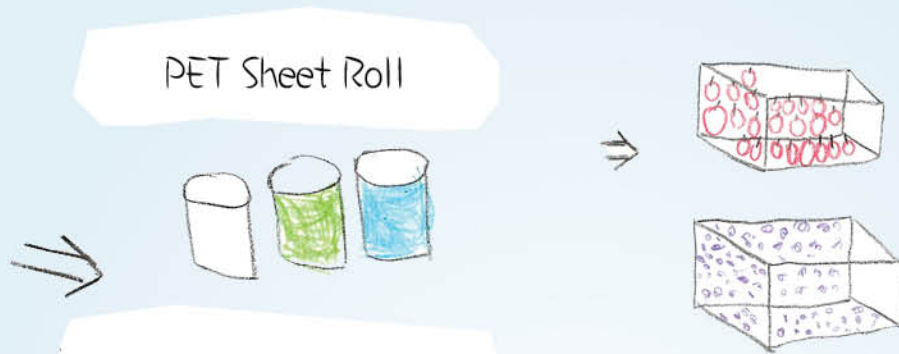
I am sold and shipped to a PET recycling factory. The factory then washes, cleans, and regrinds me to make clean PET recycled flakes.

Soy vendida y enviada a una fábrica de reciclaje de PET. En la fábrica me lavan, me limpian y me trituran para hacerme hojuelas limpias de PET reciclado.



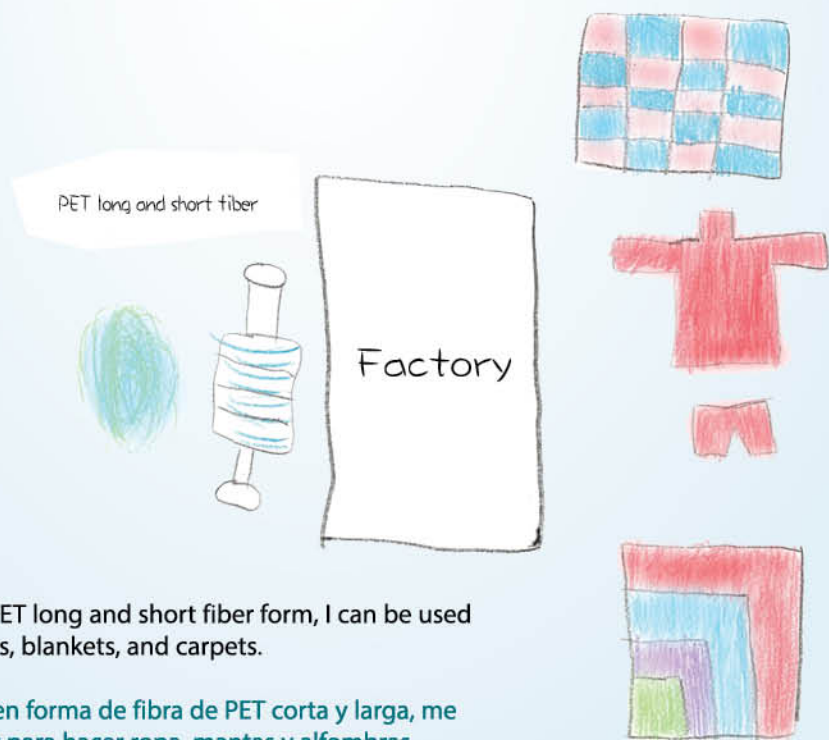
As clean PET flakes, I'm then sent to other factories to produce semi-products, such as PET sheet rolls and PET long and short fibers.

Ya convertida en hojuelas de PET limpias, entonces soy enviada a otras fábricas para producir semi-productos derivados, tales como rollos de lámina de PET y fibras PET largas y cortas.



When I am in PET sheet roll form, factories can thermoform me into all kinds of clear containers that are used for packaging food, fruits, and other products.

Cuando estoy en forma de rollo de lámina de PET, las fábricas de termoformado me convierten en todo tipo de envases transparentes que se utilizan para envasar alimentos, frutas y otros productos.



When I am in PET long and short fiber form, I can be used to make clothes, blankets, and carpets.

Cuando estoy en forma de fibra de PET corta y larga, me pueden utilizar para hacer ropa, mantas y alfombras.



I have a number 1 on my recycling label.

Please remember to recycle me after you use me.

En mi etiqueta de reciclaje, tengo el numero 1.

Por favor recuerden reciclarme después de utilizarme.

WORD SEARCH

PET Story

Circle the following words and phrase from the story. Words are written down and across, but not diagonally.

T	R	E	N	U	O	C	L	E	A	N	P	R
Z	A	L	B	N	J	K	T	O	P	A	F	A
Y	C	Y	C	A	R	P	E	T	E	B	L	X
U	R	E	C	Y	C	L	E	E	T	A	A	C
X	B	X	O	U	S	S	C	A	B	C	K	V
I	L	B	N	G	T	C	Y	C	O	A	E	W
A	A	W	T	C	U	Y	M	Z	T	B	S	A
N	N	Q	A	A	D	C	L	O	T	H	E	S
B	K	F	I	B	E	R	S	V	L	A	Z	H
C	E	C	N	E	N	Y	E	S	E	R	O	P
T	T	Y	E	Q	T	F	A	C	T	O	R	Y
E	S	C	R	T	S	W	G	A	D	F	E	I

RECYCLE
FIBERS
WASH
STUDENTS

PET BOTTLE
CARPET
CLOTHES
BLANKETS

CONTAINER
FLAKES
FACTORY
CLEAN

Issue 48 Answer Key

Word Search: Clean Earth

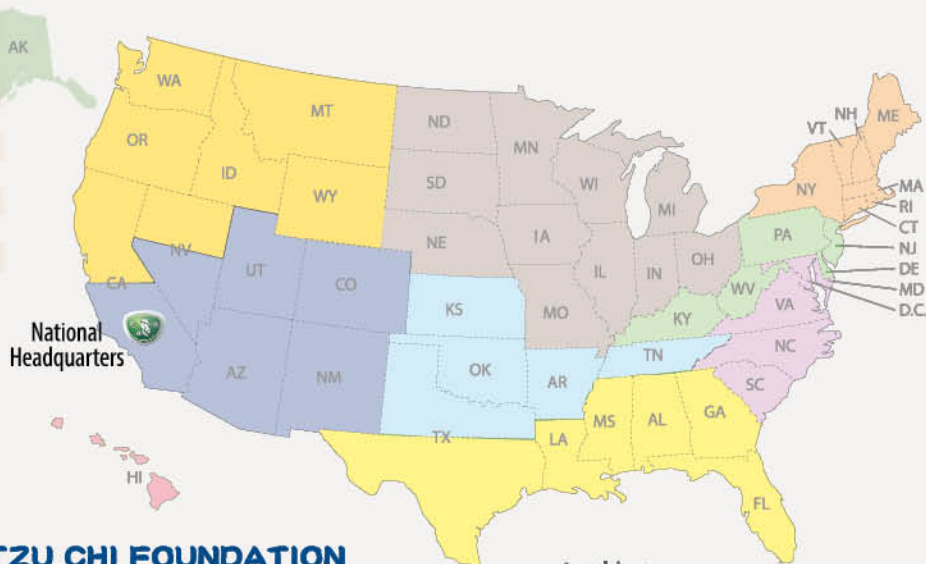


Crossword: The Lake's Saviors



Answer key and more in Issue 50!

TZU CHI FOUNDATION, U.S.A. LOCATION DIRECTORY



BUDDHIST TZU CHI FOUNDATION NATIONAL HEADQUARTERS

1100 S. Valley Center Ave., San Dimas CA 91773
Tel: 909-447-7799 Fax: 909-447-7948

www.tzuchi.us
tzuchimedicalfoundation.org
education.us.tzuchi.org
jingsi.us.tzuchi.org

- Northwest Region
- Midwest Region
- Northeast Region
- Western Region
- Central Region
- Mid-Atlantic Region
- Pacific Islands Region
- Southern Region
- Greater Washington D.C. Region



BUDDHIST TZU CHI FOUNDATION, NATIONAL HEADQUARTERS (WESTERN REGION)
1100 S. Valley Center Ave.
San Dimas, CA 91773
Tel: 909-447-7799
Fax: 909-447-7948

BUDDHIST TZU CHI MEDICAL FOUNDATION
1008 S. Garfield Ave.
Alhambra, CA 91801
Tel: 626-636-8700
Fax: 626-778-2331

BUDDHIST TZU CHI EDUCATION FOUNDATION
1920 S. Brea Canyon Cutoff Rd.
Walnut, CA 91789
Tel: 909-895-2125
Fax: 909-345-7025

ARIZONA PHOENIX SERVICE CENTER
2145 W. Elliot Rd.
Chandler, AZ 85224
Tel: 480-838-6556
Fax: 480-777-7665

JING SI BOOKSTORE CHANDLER, AZ
Tel: 480-838-6556

CALIFORNIA CERRITOS SERVICE CENTER
14618 Carmenita Rd.
Norwalk, CA 90650
Tel: 562-926-6609
Fax: 562-926-1603

JING SI BOOKSTORE NORWALK, CA
Tel: 562-926-6609

SAN GABRIEL VALLEY SERVICE CENTER
9620 Flair Dr.
El Monte, CA 91731
Tel: 626-448-1362

JING SI BOOKSTORE EL MONTE, CA
Tel: 626-448-1362

FRESNO SERVICE CENTER
7421 N. Maple Ave.
Fresno, CA 93720
Tel / Fax: 559-298-4894

WEST LOS ANGELES SERVICE CENTER
11701 Wilshire Blvd. #7
Los Angeles, CA 90025
Tel: 310-473-5188
Fax: 310-477-9518

MODESTO SERVICE CENTER
1100 Carver Rd., Ste. J
Modesto, CA 95350
Tel / Fax: 209-529-2625

NORTHRIDGE SERVICE CENTER
8963 Reseda Blvd.
Northridge, CA 91324
Tel: 818-727-7689
Fax: 818-727-9272

JING SI BOOKSTORE NORTHRIDGE, CA
Tel: 818-727-7689

NORTHWEST REGION
2355 Oakland Road
San Jose, CA 95131
Tel: 408-457-6969
Fax: 408-943-8420

JING SI BOOKSTORE SAN JOSE, CA
Tel: 408-457-6981

OAKLAND SERVICE CENTER
620 International Blvd.
Oakland, CA 94606
Tel / Fax: 510-879-0971

**JING SI BOOKSTORE
OAKLAND, CA**
Tel: 510-879-0971

**ORANGE COUNTY
SERVICE CENTER**
22911 Mill Creek Dr.
Laguna Hills, CA 92653
Tel: 949-916-4488
Fax: 949-916-5933

**JING SI BOOKSTORE
ORANGE COUNTY, CA**
Tel: 949-916-4488

SACRAMENTO SERVICE CENTER
1820 Tribute Rd. Suite J
Sacramento, CA 95815
Tel/Fax: 916-568-5800

SAN DIEGO SERVICE CENTER
5754 Pacific Center Blvd., Ste. 202
San Diego, CA 92121
Tel: 858-546-0578
Fax: 858-546-0573

**JING SI BOOKSTORE
SAN DIEGO, CA**
Tel: 858-546-0578

SAN FRANCISCO BRANCH
2901 Irving St.
San Francisco, CA 94122
Tel: 415-682-0566
Fax: 415-682-0567

**JING SI BOOKSTORE
SAN FRANCISCO, CA**
Tel: 415-682-0566

SANTA ROSA OFFICE
1615 Cleveland Ave.
Santa Rosa, CA 95401
Tel: 707-546-1945

STOCKTON OFFICE
1212 W. Robinhood Dr. #3D
Stockton, CA 95207
Tel / Fax: 209-957-7800

TORRANCE SERVICE CENTER
1355 Broad Ave.
Wilmington, CA 90744
Tel: 310-684-4465
Fax: 310-684-4460

**JING SI BOOKSTORE
WILMINGTON, CA**
Tel: 310-326-2659

UKIAH OFFICE
527 S. State St. #B
Ukiah, CA 95482
Tel / Fax: 707-462-2911

**BUDDHIST TZU CHI
MEDICAL CENTER**
1000 S. Garfield Ave.
Alhambra, CA 91801
Tel: 626-281-3383
Fax: 626-281-5303

**BUDDHIST TZU CHI
ACUPUNCTURE CLINIC**
10414 Vacco St.
S. El Monte, CA 91733
Tel: 626-636-8706
Fax: 626-671-8778

**BUDDHIST TZU CHI
DENTAL CLINIC**
10414 Vacco St.
S. El Monte, CA 91733
Tel: 626-636-8708
Fax: 626-671-8778

**TZU CHI COMMUNITY
CLINIC, WILMINGTON**
1355 Broad Ave.
Wilmington, CA 90744
Tel: 310-684-4466
Fax: 855-651-1717

**TZU CHI GREAT LOVE
ELEMENTARY SCHOOL**
429 E. Wildrose Ave.
Monrovia, CA 91016
Tel: 626-357-3286
Fax: 626-357-3287

**TZU CHI GREAT LOVE
PRESCHOOL & KINDERGARTEN,
MONROVIA**
206 E. Palm Ave.
Monrovia, CA 91016
Tel: 626-305-1188
Fax: 626-599-8098

**TZU CHI GREAT LOVE
PRESCHOOL, WALNUT**
1920 S. Brea Canyon Cutoff Rd.
Walnut, CA 91789
Tel: 909-895-2126
Fax: 909-927-8336

**TZU CHI ACADEMY
CUPERTINO**
Tel: 408-888-7903

**TZU CHI ACADEMY
IRVINE**
Tel: 714-624-3026
Fax: 949-916-5933

**TZU CHI ACADEMY
MONROVIA**
Tel: 626-775-3675
Fax: 626-359-8199

**TZU CHI ACADEMY
SAN DIMAS**
Tel: 909-447-8614
Fax: 909-447-7944

**TZU CHI ACADEMY
SAN FRANCISCO**
Tel: 415-680-5225
Fax: 415-682-0567

**TZU CHI ACADEMY
SAN JOSE**
Tel: 408-365-4065
Fax: 408-943-8420

**TZU CHI ACADEMY
SAN MATEO**
Tel: 650-888-1582

**TZU CHI ACADEMY
TRI-VALLEY**
Tel: 925-785-7413

**JING SI BOOKS & CAFÉ
SAN DIMAS, CA**
1100 S. Valley Center Ave.
San Dimas, CA 91773
Tel: 909-447-7799 ext. 569

**ECOVERSE
JING SI BOOKS & CAFÉ**
302-304 11th Ave.
San Diego, CA 92101
Tel: 619-756-6299
Fax: 619-677-3294

DA AI TV
Tel: 909-447-7935
Fax: 909-447-7945

**FLORIDA
MIAMI SERVICE CENTER**
8070 Pasadena Blvd.
Pembroke Pines, FL 33024
Tel: 954-538-1172
Fax: 317-645-9907

ORLANDO SERVICE CENTER
5401 Alhambra Dr. Ste. A
Orlando, FL 32808
Tel / Fax: 407-292-1146

**GEORGIA
ATLANTA BRANCH**
2000 Clearview Ave. Ste. 100
Atlanta, GA 30340
Tel / Fax: 770-458-1000

**JING SI BOOKSTORE
DORAVILLE, GA**
Tel: 770-458-1000

TZU CHI ACADEMY, ATLANTA
Tel: 770-986-8669
Fax: 770-458-1000

**HAWAII
PACIFIC ISLANDS REGION**
1238 Wilhelmina Rise
Honolulu, HI 96816
Tel: 808-737-8885
Fax: 808-737-8889

**JING SI BOOKSTORE
HONOLULU, HI**
Tel: 808-737-8885

**BUDDHIST TZU CHI
FREE CLINIC, HAWAII**
100 N. Beretania St. Ste. 122
Honolulu, HI 96817
Tel / Fax: 808-550-8608

TZU CHI ACADEMY, HAWAII
Tel: 808-737-8885
Fax: 808-737-8889

**ILLINOIS
MIDWEST REGION**
1430 Plainfield Rd.
Darien, IL 60561
Tel: 630-963-6601
Fax: 630-960-9360

**JING SI BOOKS & CAFÉ
CHICAGO, IL**
Tel: 630-963-6601

TZU CHI ACADEMY, CHICAGO
Tel: 630-963-6601
Fax: 630-969-9360

**INDIANA
INDIANAPOLIS SERVICE CENTER**
2929 E. 96th St. #E
Indianapolis, IN 46240
Tel: 317-580-0979

**KANSAS
KANSAS OFFICE**
9508 Shannon Way Circle
Wichita, KS 67206
Tel: 316-323-5798

**LOUISIANA
NEW ORLEANS OFFICE**
3300 Airline Dr.
Metairie, LA 70001
Tel: 504-782-5168
Fax: 504-832-2022

**MARYLAND
MONTGOMERY COUNTY
SERVICE CENTER**
620 Hungerford Dr. Ste. 30
Rockville, MD 20850
Tel: (301) 339-8870
Fax: (301) 339-8872

**MASSACHUSETTS
BOSTON SERVICE CENTER**
15 Summer St.
Newton, MA 02464
Tel: 617-762-0569
Fax: 617-431-4484

**JING SI BOOKSTORE
NEWTON, MA**
Tel: 617-762-0569

TZU CHI ACADEMY, BOSTON
Tel: 617-762-0569
Fax: 617-431-4484

**MICHIGAN
DETROIT SERVICE CENTER**
2122 Fifteen Mile Rd. #A
Sterling Heights, MI 48310
Tel / Fax: 586-795-3491

LANSING OFFICE
2001 Valley Brook Dr.
Okemos, MI 48864
Tel / Fax: 517-349-6441

**MINNESOTA
MINNEAPOLIS OFFICE**
1485 Arden View Drive,
Arden Hills, MN 55112
Tel: 651-493-9388

MISSOURI

ST. LOUIS SERVICE CENTER
8515 Olive Blvd.
St. Louis, MO 63132
Tel / Fax: 314-994-1999

NEVADA

LAS VEGAS SERVICE CENTER
2590 Lindell Rd., #300
Las Vegas, NV 89146
Tel / Fax: 702-880-5552

**JING SI BOOKSTORE
LAS VEGAS, NV**
Tel: 702-880-5552

RENO OFFICE
3388B Lakeside Ct.
Reno, NV 89509
Tel: 775-770-1138
Fax: 775-770-1148

**TZU CHI ACADEMY
LAS VEGAS**
Tel: 702-880-5552

**NEW JERSEY
CENTRAL NEW JERSEY
SERVICE CENTER**
131 Oakland Ave.
Edison, NJ 07733
Tel: 908-420-5218
Fax: 973-857-8666

MID-ATLANTIC REGION
150 Commerce Rd.
Cedar Grove, NJ 07009
Tel: 973-857-8666
Fax: 973-857-9555

**JING SI BOOKS & CAFÉ
NEW JERSEY**
Tel: 973-857-8666

**TZU CHI ACADEMY
CENTRAL NEW JERSEY**
Tel: 973-857-8666
Fax: 973-857-9555

**TZU CHI ACADEMY
NORTH NEW JERSEY**
Tel: 973-857-8666
Fax: 973-857-9555

**NEW MEXICO
ALBUQUERQUE OFFICE**
839 Nakomis Dr. N.E.
Albuquerque, NM 87123
Tel: 505-332-0352
Fax: 505-332-0473

**NEW YORK
BROOKLYN OFFICE**
5721 6th Ave.
Brooklyn, NY 10013
Tel: 917-909-0682

LONG ISLAND BRANCH
60 E. Williston Ave.
East Williston, NY 11596
Tel: 516-873-6888
Fax: 516-746-0626

**JING SI BOOKSTORE
EAST WILLISTON, NY**
Tel: 516-873-6888

MANHATTAN SERVICE CENTER
27 East Broadway, 6th Fl.
New York, NY 10002
Tel: 212-965-1151
Fax: 212-965-1152

**JING SI BOOKSTORE
CHINATOWN, NEW YORK**
Tel: 212-965-1151

NORTHEAST REGION
137-77 Northern Blvd.
Flushing, NY 11354
Tel: 718-888-0866
Fax: 718-460-2068

**JING SI BOOKS & CAFÉ
NEW YORK, NY**
Tel: 718-799-3000

**TZU CHI ACADEMY
LONG ISLAND**
Tel: 516-873-6888
Fax: 516-746-0626

**TZU CHI ACADEMY
NEW YORK**
Tel: 718-888-0866
Fax: 718-460-2068

**NORTH CAROLINA
CHARLOTTE SERVICE CENTER**
4527 Dwight Evans Rd.
Charlotte, NC 28217
Tel: 704-281-8060
Fax: 704-943-1031

RALEIGH SERVICE CENTER
3705 Mason Road
New Hills, NC 27562
Tel: 919-448-4800
Fax: 919-363-6945

**JING SI BOOKSTORE
CARY, NC**
Tel: 919-439-4919

**OHIO
CINCINNATI OFFICE**
1617 1/2 W. Galbraith Rd.
Cincinnati, OH 45239
Tel: 513-293-3329
Fax: 513-469-2161

CLEVELAND SERVICE CENTER
1076 Ford Rd.
Highland Hts, OH 44143
Tel / Fax: 440-646-9292

COLUMBUS SERVICE CENTER
2200 Henderson Rd.
Columbus, OH 43220
Tel: 614-457-9215
Fax: 614-457-9217

DAYTON OFFICE
1459 E Dorothy Ln.
Dayton, OH 45429
Tel: 937-431-8292
Fax: 937-431-8192

**OKLAHOMA
OKLAHOMA OFFICE**
2417 N. Classen Blvd.
Oklahoma City, OK 73106
Tel: 405-701-3927

**OREGON
PORTLAND SERVICE CENTER**
3800 SW Cedar Hills Blvd.
Suite 194
Beaverton, OR 97005
Tel / Fax: 503-643-2130

**JING SI BOOKSTORE
BEAVERTON, OR**
Tel: 503-643-2130

**PENNSYLVANIA
PHILADELPHIA SERVICE CENTER**
107 N. 9th St.
Philadelphia, PA 19107
Tel: 215-627-1915
Fax: 215-627-1916

PITTSBURGH SERVICE CENTER
1333 Banksville Rd. #201
Pittsburgh, PA 15216
Tel: 412-531-8343
Fax: 412-531-8341

TZU CHI ACADEMY, PITTSBURGH
Tel: 412-531-8343
Fax: 412-531-8341

**TEXAS
AUSTIN SERVICE CENTER**
7221 Northeast Dr.
Austin, TX 78723
Tel: 512-491-0358
Fax: 512-926-1373

CENTRAL REGION
534 W. Belt Line Rd.
Richardson, TX 75080
Tel: 972-680-8869
Fax: 972-680-7732

**JING SI BOOKS & CAFÉ
DALLAS**
Tel: 972-680-8869

POINT COMFORT OFFICE
P.O. Box 700
201 Formosa Dr.
Point Comfort, TX 77978
Tel: 361-987-7130
Fax: 361-987-7139

SAN ANTONIO OFFICE
19179 Blanco Rd. #109-2
San Antonio, TX 78258
Tel: 210-479-3368
Fax: 210-566-3970

SOUTHERN REGION
6200 Corporate Dr.
Houston, TX 77036
Tel: 713-270-9988
Fax: 713-981-9008

**JING SI BOOKS & CAFÉ
HOUSTON, TX**
Tel: 713-981-8966

**TZU CHI GREAT LOVE PRESCHOOL
& KINDERGARTEN, DALLAS**
534 W. Belt Line Rd.
Richardson, TX 75080
Tel: 214-446-1776
Fax: 214-446-1772

**TZU CHI GREAT LOVE PRESCHOOL
& KINDERGARTEN, HOUSTON**
6200 Corporate Dr.
Houston, TX 77036
Tel: 713-395-0303
Fax: 713-395-0305

TZU CHI ACADEMY, DALLAS
Tel: 972-680-8869
Fax: 972-680-7732

TZU CHI ACADEMY, HOUSTON
Tel: 713-270-9988
Fax: 713-981-9008

**VIRGINIA
GREATER WASHINGTON
D.C. REGION**
1516 Moorings Dr.
Reston, VA 20190
Tel: 703-707-8606
Fax: 703-707-8607

**JING SI BOOKSTORE
RESTON, VA**
Tel: 703-707-8606

RICHMOND SERVICE CENTER
1318 Tomahawk Creek Rd.
Midlothian, VA 23114
Tel: 804-306-6037
Fax: 804-378-3520

**TZU CHI ACADEMY
WASHINGTON D.C.**
Tel: 703-707-8606
Fax: 703-707-8607

**WASHINGTON
SEATTLE BRANCH**
15800 SE Newport Way.,
Bellevue, WA 98006
Tel: 425-822-7678
Fax: 425-822-6169

**JING SI BOOKSTORE
BELLEVUE, WA**
Tel: 425-822-7678
Fax: 425-822-6169

TZU CHI ACADEMY, SEATTLE
Tel: 425-822-7678
Fax: 425-822-6169

**WISCONSIN
MADISON OFFICE**
726 W. Main St., #302
Madison, WI 53715
Tel: 608-268-7692

MILWAUKEE OFFICE
4790 Shagbark Ct.
Brookfield, WI 53005

TZU CHI

A BRIEF HISTORY...

In 1966, Dharma Master Cheng Yen founded the Tzu Chi Merits Society in Hualien with the support of thirty housewives who each put aside a couple cents of their grocery money every day to establish a charity fund. In the first year, they helped a total of thirty-one elderly, ill, and poor people from fifteen families. As word spread, more people participated and the program gathered strength. It spread beyond Hualien: first across the island and then around the world.

Today, Tzu Chi is a nonprofit charitable organization with ten million volunteers and donors in fifty countries worldwide. Over the past fifty years, Tzu Chi's four missions—Charity, Medicine, Education, and Humanistic Culture—have grown from the seeds of gratitude, respect, and love, and Tzu Chi's activities have expanded to include international disaster relief, bone marrow donation, community volunteerism, and environmental conservation.

In the United States, Tzu Chi operates nine regional service areas with more than eighty offices and facilities nationwide. Volunteers give back to their local communities through family services, emergency disaster relief, homeless services, school support programs, college scholarships, income tax reporting assistance, relief distributions, holiday care packs, free and low-cost medical clinics and outreaches, preventive health education, cancer support groups, character education curricula, community education classes, and production of positive, inspiring media.

Whenever disaster strikes at home or abroad, Tzu Chi volunteers deliver cash aid, hot meals, and emergency relief supplies directly into the hands of disaster survivors. Over the years, US Tzu Chi volunteers have actively provided relief after such major disasters as 9/11, Hurricanes Katrina and Sandy, and earthquakes in Haiti, Japan, and Nepal.

In recent years, Tzu Chi volunteers' charitable work has been increasingly recognized by the global community. Tzu Chi was granted special consultative status with the United Nations Economic and Social Council in 2010 and honored as a White House Champion of Change in 2013. Dharma Master Cheng Yen was presented with the Roosevelt Institute's FDR Distinguished Public Service Award and named to the TIME 100 list of the world's most influential people in 2011, and honored with the Rotary International Award of Honor in 2014.



SPREAD THE SEEDS OF LOVE





Buddhist Tzu Chi Foundation
佛教慈濟基金會

NonProfit Org.
U.S. POSTAGE

PAID
San Dimas, CA
Permit No.36



"Canoa lives. Thank you, Tzu Chi!" (p. 34)



*The true measure of
love comes from the
benefit to others, not
from the amount of
giving.*

*Jing Si Aphorism by
Dharma Master
Cheng Yen*

