Ancient Wisdom From World's #1 Tonic Herb Expert

Member Robert Anderson recommends "Three Treasures of Life with Ron Teeguarden" as a quick and easy video teaching of how to generate chi and heal the body-mind of self and others and thought it worth sharing with Community Communiqué members.

He says, "Ron Teeguarden is perhaps the foremost expert on Chinese herbalism, particularly tonic (health-building) herbs. His line of Dragon Herbs includes some of the most powerful formulas on the planet. The following was delivered to the attendees of the Longevity Conference held in May 2012 in Orange County, California (featuring David Wolfe et al.), and includes some helpful techniques for generating and circulating chi w/in the body for healing of self and others. It can serve as a quick intro to such healing modalities or a helpful refresher for those already familiar. Notice, he mentions just at the end that the 'deeper' use of the technique is applied to the force centers (chakras), and Cosolargists will recognize the technique as well as being privy to the greatest tonic of them all: Divine Light."

Dr. Tom Lee, another Communiqué member, concurs that the video provides some practical techniques for health and power: "These videos are wonderful as entry efforts at getting people interested in building their health experiences through ancient techniques to work on the body, mind, and spirit. "I would not rate these presenters as ultimate Masters, but they are certainly informative teachers. Their interests and skills are consistent with our teachings and studies. Efforts directed toward all the ancient mysteries will lead toward

Source and our Community of Light."

Link to longevity.com to watch the video "Three Treasures of Life with Ron Teeguarden."

Link submitted by Robert Anderson

Help Us Promote the 2012 Spiritual State of the World Conference

DEAR COMMUNIQUÉ MEMBERS AND READERS,

Attached are all the materials you will need to promote the 2012 Spiritual State of the World Conference to your own personal networks:

2012 Conference on the Spiritual State of the World E-blast

Memo on Conference Lodging for Out-of-Towners

Full 4-Day Conference Schedule, September 27-30

2-Day Presenters Schedule, September 27-28

2012 Conference Registration Form

And here is a link to the YouTube video on our September Conference posted by Gary Buchanan that you can share with your network:

http://www.youtube.com/watch?v=e5GiKYpN0eY.

HELP US GET THE WORD OUT.

Thank you.

The Editors

Project "X" Tours Japan Day by Day: DAY 11

19 MAY

Breakfast at hotel. Departure by bus over Shikoku (third of the four main islands of Japan) to catch the ferryboat to Nu-shima Island to observe the naturally occurring tidal whirlpools (vortices) in the Naruto Strait. Lunch on Nu-shima. Return to Shikoku for dinner and overnight at Hotel Renaissance Resort, Naruto. Dance at hotel.

Jamila Savoy at the Renaisssance Resort, Naruto. PHOTO: Jim

Elliott

NU-SHIMA ISLAND

Tour ship. PHOTO: Rob Roy

Tour members aboard ship. PHOTO: Rob Roy

Yukinori Matsushita shipboard. PHOTO: Rob Roy

Koshu Kawahara and others in the stern of the ship. PHOTO: Jim Elliott

"We have a box lunch at the place, then take a large vessel out into the harbor to observe the tidal whirlpools (vortexes) in the Naruto Strait. It is a beautiful and sunny boat ride, with everyone laughing and taking pictures. An afternoon on the water seems to be exactly what was called for … especially for me … to wind down from the activities of the previous day. . . .

"After the boat ride, we take a hike around the island, up

and over the hills in a circle, observing the sites: ocean, forests, paths, small shrines here and there, and the village itself.”

—Journal entry by Gary Buchanan

On the hiking trail on Nu-shima Island. PHOTO: Ron Theriault

Waterfront shrine on Nu-shima Island. PHOTO: Ron Theriault

Outside Gokuraku-ji Temple in Naruto City. PHOTO: Sean Savoy

After dinner on this evening there is a performance of Japanese dance: “Awa odori,” the Dance of Fools. Awa Odori is the largest dance festival in Japan. The heart of the tradition lies about ten miles away in Tokushima City and is usually held August 12-15.

Dance performance at Renaissance Resort, Naruto. PHOTO: Jim Elliott

Jim and Karen Elliott made an evening appearance in stylish hotel-supplied bath robes at Hotel Naruto. Many Japanese guests were wearing similar robes all over the hotel as per usual in a resort. PHOTO: Ron Theriault

<DAY 10>

<DAY 12>

Services for the Week of August 25, 2012

Saturday, August 25, 2012
10:00 AM COMMUNION
Chapel of Holy Child

RR Gene Savoy, Jr
Lector: RC Rebecca Willis
Cantor: Rev. Bruce Kanzelmeyer
Reader: Gary Huss Jr.
Organist: RC Gary Buchanan

Sunday, August 26, 2012
6:12 AM NEW DIVINE SERVICE
Church of New Pentecost
Leave: 5:00
Gate: 5:50
Sunrise: 6:27

RR Gene Savoy, Jr
Concelebrant: RR Sean Savoy
Assistants:
RC Roger Weld
RC Robert Petrovich
RC Rebecca Willis
Organist: RC Gary Buchanan

OPEN-AIR COMMUNION

Church of New Mount Tabor	Claudia Grady
Church of New Mount Carmel	Jonathan Kanzelmeyer
Church of New Mount Hebron	Gary Huss Jr.

Wednesday, August 29, 2012
12 N COMMUNION
Chapel of the Holy Child
Rev. Ben Hubbard

Friday, August 31, 2012

9:00 AM PRAYER & FELLOWSHIP
Chapel of the Roses
RC Gary Buchanan

Project “X” Tours Japan Day by Day: DAY 10

18 MAY

Golden Pavilion. PHOTO: Sean Savoy

Breakfast at hotel. Today is a day at leisure to explore Kyoto. Reservations are needed to visit the Kyoto Imperial Palace (Kyoto Gosho). There may be an opportunity to see the famous geisha and their apprentices in the various districts

of old Kyoto. Free for lunch. In the evening, attend Sonatherapy seminar on Wave Front Bioresonance in Osaka. Rev. Gary Buchanan delivers lecture; Rev. Yukinori Matsushita interprets for Japanese attendees. All participants receive certificates. Free for dinner. Overnight at Hotel Keihan Kyoto.

Kazu Kakuichi talks privately with Dr. Buchanan about Sonatherapy before the lecture. PHOTO: Sean Savoy

> *"We breakfast at the hotel, then later Yuki and I meet with Kazu Kakuichi, an old friend going back two years – one who has visited us at the Healing Center at Steamboat."*
>
> *–Journal entry by Gary Buchanan*

KYOTO IMPERIAL PALACE

Imperial Palace, Kyoto. PHOTO: Jim Elliott

Kyoto Imperial Palace (Kyoto Gosho) is an imperial palace of Japan, although the emperor of Japan has not been in residence there since 1869. The palace is situated in a rectangular enclosure that contains gardens and numerous imperial halls and residences. The palace has been destroyed and rebuilt eight times; the version currently standing was completed in 1855 and attempts to reproduce the original Heian Period architecture.

Garden at the old Imperial Palace in Kyoto. PHOTO: Ron Theriault

SIGHTSEEING IN KYOTO

Notable sites in Kyoto are the canal-lined older streets, the Arashiyama District with its picturesque mountain lake, the Gion and Pontocho geisha quarters, and the Philosophers Walk, a cherry tree–lined pedestrian path that passes many temples and shrines and takes about thirty minutes to complete.

The Gion District, famous for the preservation of forms of traditional architecture and entertainment, remains dotted with old-style Japanese townhouses and teahouses where the patrons of Gion—from the samurai of old to modern-day businessmen—have been entertained by geisha in an exclusive manner for centuries.

Read more about Kyoto and visit a picture gallery on Wikipedia.

Bullet train in Kyoto Station.
PHOTO: Jim Elliott

Visit Jim Elliott's public gallery of Kyoto Station photos.

SONATHERAPY SEMINAR ON WAVE FRONT BIORESONANCE

Audience filling the lecture room in Kyoto. PHOTO: Jim Elliott

"Gradually people begin to fill the room, and at around 7:00 PM we begin the presentation to a packed house. Yuki is translating for me, Jim Elliott takes photos, and we record the entire lecture. I sign copies of SONA, and the lecture appears to be a success, in terms of attendance, reception, and in helping pay for my trip to Japan."

—Journal entry by Gary Buchanan

Gary Buchanan lecturing in Kyoto.
PHOTO: Jim Elliott

Yukinori Matsushita translates as Gary Buchanan delivers lecture.
PHOTO: Jim Elliott

<DAY 9>

<DAY 11>

Services for the Week of August 18, 2012

Saturday, August 18, 2012
10:00 AM COMMUNION
Chapel of Holy Child

RR Gene Savoy, Jr
Lector: RM Carol Ann Crabb
Cantor: Rev. Gary Huss, Sr
Reader: Rev. Vickie Hewlett
Organist: RC Gary Buchanan

Sunday, August 19, 2012
6:05 AM NEW DIVINE SERVICE
Church of New Pentecost
Leave: 5:00
Gate: 5:45
Sunrise: 6:20

RR Gene Savoy, Jr
Concelebrant: RR Sean Savoy
Assistants:

RC Roger Weld
Rev. Ted Staver
RC Rebecca Willis
Organist: RC Gary Buchanan

OPEN-AIR COMMUNION
Church of the Prophecy to the Races of Man RC Gary Buchanan
Church of the Prophecy to the Americas Rev. Herman Aggenbach
Church of the Prophecy of the New Covenant Rev. Larry Coesens

Wednesday, August 22, 2012
12 N COMMUNION
Chapel of the Holy Child
Rev. Vickie Hewlett

Friday, August 24, 2012
9:00 AM PRAYER & FELLOWSHIP
Chapel of the Roses
RC Rebecca Willis

Project “X” Tours Japan Day by Day: DAY 9

17 MAY

Miyuki walking in the rain outside Ginkakuji Temple. PHOTO: Gary Buchanan

*Breakfast at the hotel, facing the Pacific Ocean. Then, departure by bus from Ise to Kyoto at the center of the island of Honshu. Kyoto was Japan's capital and imperial residence from 794 to1868 C.E. Sightseeing in Kyoto including Ginkakuji Temple. Rain! After lunch, visit the Temple of the Golden Pavilion (*Rokuon-ji-kinkaku*) and the Ryoan-ji Temple. Free for dinner. Overnight at Hotel Keihan Kyoto.*

Ginkakuji Temple forest overlooking the city of Kyoto. PHOTO: Gary Buchanan

Near the end of the eighth century, when the influence of Buddhist priests on the imperial government became too great, the emperor Kammu built a new capital—Heian-kyo ("tranquility and peace capital")—designed as a scaled replica of the then Tang dynasty 's capital of Chang-an (present-day Xian) in China. The new city grew into Kyoto, which remained the capital of Japan until Tokyo was chosen in 1868.

The numerous historic monuments of ancient Kyoto are listed by UNESCO as World Heritage Sites. With its 1,600 Buddhist temples and 400 Shinto shrines, as well as palaces, gardens, and architecture intact, it is one of the best-preserved cities in Japan and holds some of the most famous temples in Japan.

Kobo Daishi

Kyoto was another place that was significant in the life of Kobo Daishi. Kyoto was where Kobo Daishi first studied meditation as a youth before he left for China in 804; and it is where he returned two years later and received permission from the emperor to teach. In Kyoto, Kobo Daishi established the first tuition-free university for commoners and taught for ten years, moving from temple to temple around the capital until he was granted Mount Koya-san to create a spiritual training center. At the Imperial Palace in Kyoto, shortly before his death in 835, Kobo Daishi performed a week-long service for the eternal peace of Japan.

GINKAKUJI TEMPLE

Ginkakuji Temple Gardens entrance.
PHOTO: Sean Savoy

Ginkakuji Temple Gardens.

Ginkakuji Temple Gardens. PHOTO: Rob Roy

Ginkakuji Temple Gardens.

Ginkakuji Temple Gardens. PHOTO: Sean Savoy

Ginkakuji Temple forest. PHOTO: Sean Savoy

Read about the Temple of the Silver Pavilion at Ginkakuji Temple in Wikipedia.

Map of Ginkakuji Temple Complex. PHOTO: Rob Roy

TEMPLE OF THE GOLDEN PAVILION

Temple of the Golden Pavilion. PHOTO: Sonya Savoy

The Temple of the Golden Pavilion (*Rokuon-ji-kinkaku*) is a Zen Buddhist temple and one of the most popular buildings in Japan. Each of its three floors is styled on a different architectural heritage period. Its garden is an excellent example of Muromachi Period garden design and is one of 17 World Cultural Heritage Sites in Japan.

Read more about the Temple of the Golden Pavilion at Kinkakuji-ji in Wikipedia.

TO-JI TEMPLE

Five-story pagoda of To-ji.

Toji Temple Main Hall.

In Toji Temple are housed fifteen gold statues that Kobo Daishi brought back from China.

Read about Toji Temple in Wikipedia.

RYOAN-JI TEMPLE

Tour members at the Ryoan-ji Temple Garden. PHOTO: Ron Theriault

Read about Ryoan-ji in Wikipedia.

<DAY 8>

<DAY 10>

INSIGHT BOOK REVIEW: Three Books on Near Death and Pre Death Experiences

***Into the Light* by John Lerma MD (2007)**
***Messages from the Light* by Christophor Coppes (2011)**
***Saved by the Light* by Dannion Brinkley (1994)**

PHOTO: HowStuffWorks.com

Late last year (2011) the story of a high school student from my town appeared several times on the local news. The student

was Ben Breedlove, who had been born with a heart condition that caused doctors to predict that he would not live beyond his teen years. In December of that year he created a YouTube video called “This Is My Story,” which “went viral.” In it he described (using only note cards) the near-death experiences that occurred to him during traumatic episodes resulting from his heart condition and concluded the video with the simple question and answer: “Do you believe in Angels or God? I do.”

This powerful and unusual story prompted my curiousity about other reports of near-death experiences, so I went to an online book seller and chose three books from among the many available: *Messages from the Light* by Christophor Coppes (2011), *Into the Light* by John Lerma, MD (2007), and *Saved by the Light* by Dannion Brinkley (1994).

In *Messages from the Light*, Christophor Coppes attempts to sum up and organize the entire body of known near-death experiences (NDEs). His approach appears to be to regard NDEs as evidence of a nonphysical parallel universe that can be known by examining the fragmented descriptions of those who have glimpsed it, almost as I imagine Renaissance Europeans might have tried to understand the New World by analyzing tales from returning explorers.

He describes the typical elements that appear in such experiences, some of which have become almost cultural clichés; for instance, the dark tunnel with a beckoning light at the end. Of course, not all NDEs begin this way, nor do they all contain all of the commonly reported elements. Nevertheless they all display a remarkable consistency. For instance, the “life review,” whereby a loving being of light meets the person and reviews all the events of the individual’s life, is almost universal. This is not done in a judgmental way but in a way that all the consequences of the person’s decisions and actions are experienced firsthand. Another common feature is the insistence by the NDE experiencer that the experience is “more real” than this life.

Coppes picks out messages from NDEs that seem to be of universal interest (as opposed to those that are of interest only to the person involved) and draws his own conclusions from them about how to live a better life in this physical world. He also investigates NDEs that are negative or frightening in character (which do make up a small fraction of reported experiences) and NDEs of those who attempted suicide. He considers an obvious question: If the life on the other side is happier and more real, then why not end one's own life? Here he notes that whenever this thought comes up during an NDE, the answer comes back that suicide is a mistake: Everyone has a specific purpose in this life that is short-circuited by exiting prematurely.

Dr. John Lerma, author of *Into the Light* is a palliative-care physician who practices at a large and well-regarded hospice in the Houston area. He is responsible for prescribing pain medication that allows patients to be as comfortable as possible without being comatose and arranging for other care as might be required by the patients or requested by their relatives. His book contains sixteen fairly detailed accounts of individual patients and their near-death experiences, ranging from a nine-year-old boy who had three Angelic buddies and swam with dolphins during his NDE, to a retired Catholic priest who joyfully refused all pain medication because he was convinced that his experience of pain was beneficial to humankind.

Dr. Lerma, by the very nature of his practice, spends a great deal of time at the bedsides of terminally ill people, and so many patients begin to open up and honestly describe their experiences to him. NDEs, at least during the period of time covered in the book, were routinely dismissed as hallucinations or delirium by other MDs, and in the face of such treatment, most patients learned to keep quiet. By maintaining an open mind, Dr. Lerma slowly gained the confidence of these sixteen patients and, by his account,

personally much more.

All the near-death experiencers in this book also insist that their experiences are more compelling and real than the life they are about to exit. They report Angelic beings of various forms and statures who appear to them when awake, as well as compelling experiences during sleep. These patients sometimes were also able and willing to let Dr. Lerma ask a question or two himself to a visiting Angelic being.

The figure of Jesus also appeared to two or three patients, each time at the foot of the bed, unlike the Angelic beings, who appeared in corners or other places in the room. Dr. Lerma asked about this, and the answer was that it was symbolic of the washing of the feet as a sign of respect and that those in the spiritual world hold us in the physical world in high regard. He also once asked another patient, “Why Jesus, and not Buddha or some other great religious figure?” and the answer was, “Dr. Lerma, is that really important?”

Despite there being only sixteen experiences in this book, as opposed to the hundreds that were surveyed in Coppes’s book, they make up for that by their depth, the contexts of the persons who experienced them, and the conversational quality of many of them. The phrase “negotiating with Angels” appears more than once in this book. Negotiating not about whether to stay in this world or not but about arrangements to either forgive or provide for their family members before they leave permanently. I get the feeling that there is much wisdom embodied in the experiences documented here—what is said in the context of a person’s life, what is said for the benefit of everyone else (presumably including the readers of the book), and what is left unsaid. I plan to visit this book again.

Saved by the Light was ghost-written by Mr. Paul Perry, who in his foreword to the book describes wanting to write a book about the best and most revealing near-death experience.

Putting this question to Dr. Raymond Moody, the “father of near-death studies,” in 1992, Perry found out about Dannion Brinkley. Perry subsequently spent an extensive amount of time with Brinkley, interviewing him, and even living for a period of time in Brinkley’s home, sleeping on Brinkley’s couch.

Brinkley was by his own admission not the nicest of people. Most of his early life was spent as a contractor for the U.S. Armed Forces, in what seems like a special operations role. In 1975, at the age of twenty-five, Brinkley was struck by lightning while talking on a landline telephone in his home state of South Carolina. The resulting injuries were severe enough that doctors did not expect him to live, even after he recovered from being clinically dead. It was during this latter event that he had his long and detailed NDE.

The description of his NDE life review consists mostly of the recounting of things that he regrets, such as the numerous fights and other trouble he got into while growing up. After the life review he was ushered into a wondrous lecture hall in a crystal cathedral, where thirteen beings of light behind a podium communicated information to him. The first twelve each presented images of future events such as images of hollow people, who symbolized the Spiritual emptiness of America after the Vietnam War, nuclear and other ecological disasters, and wars in the Middle East and elsewhere. The book jacket states that 117 revelations were given, 100 of which have been realized. Nowhere near 117 are described in the book, and while many of the revelations have come to pass, the dates ascribed to many others in the crystal cathedral have passed without the associated events transpiring.

The thirteenth light being did not have predictions but instead stated that the preceding visions of future events were not necessarily cast in stone—that humans are powerful Spiritual beings. He said that those who go to earth are heroes and heroines who have the courage to go to earth to expand their beings and become cocreators with God. In

furtherance of this the thirteenth being went on to direct Brinkley to establish healing centers. There were seven types of rooms to be used in these centers, each being specially designed to perform a specific function.

After this, the NDE ended, and most of the rest of the book is taken up with Brinkley's recovery from the debilitating physical effects of the lightning strike. Like others who have experienced near-death, Brinkley found his experience so compelling that he was moved to try to communicate it and the importance of establishing the healing centers, even though his ability to talk was shattered. His friends and family described him as constantly babbling like a madman the first few weeks and months after the strike. His ability to walk and speak eventually returned after much effort. This story is of interest in itself; however, I wish that more of the book had been oriented toward describing the healing centers and his progress toward making them a reality.

These three books provide a good enough introduction to NDEs, but there are now available extensive writings on the subject. Coppes's book contains a bibliography and is well documented. Both Dr. Lerma and Dannion Brinkley have published additional books, and there exists a *Journal of Near-Death Studies*, as well as at least two websites that are dedicated to this topic. (Near Death Experience Research Foundation and International Association for Near Death Studies).

Cosolargists will not be surprised by the appearance of the word "light" in the titles of these three books as well as many others. There can be little doubt that Spiritual life is composed of light or some form of energy that is closely related to light. Also of note is the report of a vibratory level in some NDEs with higher, brighter beings and regions having a more rapid rate of vibration than lower and darker regions.

Finally, one of the most fascinating aspects of these

experiences is the insistence that they represent a form of existence that is more real than physical life. For me this is strong evidence that this physical plane of existence was either created by mistake or for a purpose which has not yet been generally revealed.

Submitted by Ron Theriault

Project “X” Tours Japan Day by Day: DAY 8

16 MAY

*Breakfast at hotel. Depart by bus for Ise, Mie Prefecture, on the Shima Peninsula, home to the Ise Grand Shrine (*Ise-jingu*), Japan’s most sacred Shinto shrine. Lunch and more sightseeing in Ise. Dinner and overnight at Hotel Ijika-so on the sea.*

View from the Hotel Ijika-So.
PHOTO: Ron Theriault

RADIATION PROTOCOL POSTED ON YOUTUBE

After breakfast on May 16, Gary Buchanan posts his radiation protocol on YouTube. Link to the YouTube Radiation Protocol video.

ISE GRAND SHRINE

Vendor on the old approach to Ise

Inner Shrine. PHOTO: Sonya Savoy

> *"We boarded the bus at 9:00 AM on our way to the Ise Shrine.*
>
> *"We visited two shrines at Ise, the newer and the older. The older is being rebuilt, as is the custom, every twenty years.*
>
> *"There is an entire town built around the sanctuary – lots of shops – and where our restaurant for lunch is located.*
>
> *"Many of us notice and photograph rainbow rings around the sun."*
>
> *–Journal entry by Gary Buchanan*

Mythology is as important to the Japanese people as it was to the early Greeks. The difference is that the descendants of the gods no longer reign as kings in Greece; in Japan, the descendants of the *kami* (spirits) remain the ancestors of many ancient clans, including the imperial family. Ise is home to Ise Grand Shrine (*Ise-jingu*), the most sacred Shinto shrine in Japan. The history of the city is linked to that of the Ise Grand Shrine. Ise has long been a popular destination for travelers. The settlements that grew around both the Inner and the Outer Shrine developed into small villages, and these grew into the present city of Ise.

Ise Grand Shrine has two main parts, the Inner Shrine and the Outer Shrine. They are about three miles apart and are joined by a pilgrimage road. Both parts of the main sanctuary are situated in two hundred acres of "divine forest" that has been untouched since the time the shrines were founded nearly two thousand years ago. The forest is now a national park.

The imperial Sacred Mirror (*Yata no Kagami*), one of the Three Sacred Treasures of Japan, is said to be housed within the grounds of the shrine.

The shrine, rebuilt every twenty years with fresh lumber, is in its 61st reconstruction, which indicates that this tradition has been carried out for the past 1,220 years. It is customary for pilgrims to visit the Outer Shrine before following the pilgrimage route to the Inner Shrine. Even the emperor follows this custom.

The Outer Shrine, founded about 1,500 years ago, is dedicated to Toyouke-Omikama, the goddess of life's basic needs, and is surrounded by beautiful grounds and walking paths.

The Inner Shrine, founded about 2,000 years ago, is dedicated to Amaterasu-Omikami, the sun goddess, the gentle harmonizing presence who blesses everyone indiscriminately with serene light.

Ise Grand Shrine. PHOTO: Sean Savoy

Cultural facilities—a history museum, fine art museum, agricultural museum, and library—are housed at the top of Mount Kurata, a small hill at the midpoint of the pilgrimage road between the Outer Shrine and the Inner Shrine. Outside the grounds of the shrine are numerous historical-looking merchant buildings and eateries. The area hosts festivals of

nature of all kinds throughout the year and is very popular with Japanese tourists.

Tour Ise Grand Shrine on the official web site .

SIGHTSEEING IN ISE

Scene from the seaside town of Futamigaura near the Married Rocks. PHOTO: Sean Savoy

The group stops by the Married

Rocks in the sea, a traditional Japanese site. PHOTO: Rob Roy

<DAY 7>

<DAY 9>

Project “X” Tours Japan Day by Day: DAY 7

15 MAY

Sunrise at Mount Koya. PHOTO: Keiko Inoue

Sunrise at Mount Koya. Attend Buddhist service and breakfast at the temple. Then, on to visit temples at the old Japanese capital city of Nara, including Tachibana Temple where Prince Shotoku was said to be born in a manger like Jesus, and Todai-ji Temple. After lunch, continue on to visit Heijo-kyo or the "citadel of peace." Dinner and overnight at Hotel Sun Route Nara.

SUNRISE SERVICE

"We are up at 3:30 AM for departure by bus from the temple to a spot on Mt. Koya for a Sunday Divine Sunrise Service. Gene, Sean, Yuki, and I wear collars and vestments.

Sunrise Divine Service on Mt. Koya. PHOTO: Rob Roy

"Yuki and his team have found a select site, a construction yard on the side of Mt. Koya facing the eastern horizon. It is actually quite appropriate, as it brings to mind our construction yard at Red Rock Consecrated Sanctuary back home.

"At the site we set up a table for Gene, Sean, and Yuki to officiate. I set up just behind them on a large, flat, wooden table top – sitting on a plank – and playing the small piano

keyboard.

PHOTO: Sean Savoy

“We have a slightly altered Divine Service, including prayers by Yuki in Japanese, and the singing of ‘Grant Life Unto Me’ in Nihon by our Japanese Community members.

“Shortly after 5:00 AM the sun makes its way up through the trees on the horizon.

Sunrise on Mt. Koya. PHOTO: Sean Savoy

“It is a soft and comforting sun, quite special.

“We then intone the “AOUMENIMs” and set the disk in motion.

PHOTO: Sean Savoy

“After the concluding prayers I play ‘Meditation II,’ and we remove ourselves to the side for unvesting. We quickly disassemble the set-up for return to the temple.

“At 6:30 AM we attend a half-hour Buddhist service in the temple.”

—Journal entry by Gary Buchanan

Sekisho-in Temple garden. PHOTO: Keiko Inoue

NARA AND TACHIBANA TEMPLE

In the prefecture of Nara, covered by mountains and forests, the group visits Asuka National Historic Park. Here there are located numerous ancient temples of the Nara Period of Japan (710-794), the time when the royal court of Nara established relations with Sui and then Tang China.

Even today strict rules govern construction in this historic town.

Sean Savoy in Nara on

replica of diplomatic ship used for envoys to Tang China. PHOTO: Rob Roy

For a photo gallery of the ancient temples of Asuka National Historic Park, visit the official web site.

For information on Nara prefecture and maps of its location, read this article on Nara Prefecture in Wikipedia.

The unique five-storied pagoda is the tallest wooden tower in Japan. PHOTO: Ron Theriault

The entire city of Nara is a protected preserve for deer. Deer are everywhere, roaming the streets, filling the parks, and children and tourists are everywhere petting and feeding them.

Deer being fed by tour members. PHOTO: Jim Elliott

Among the many temples located in this area is Tachibana Temple, where Prince Shotoku (574-622 CE) was said to have been born in a manger like Jesus; one of seven major temples built by Shotoku.

Tachibana Temple. PHOTO: Ron Theriault

Tachibana Temple interior shrine. PHOTO: Ron Theriault

Tour member paying respects at a shrine. PHOTO: Ron Theriault

HEIJO-KYO

Building from the Nara Period in Heijo-Kyo. PHOTO: Rob Roy

Interior of the building pictured above showing sunburst figure. PHOTO: Rob Roy

Exterior view of Todai-ji Temple

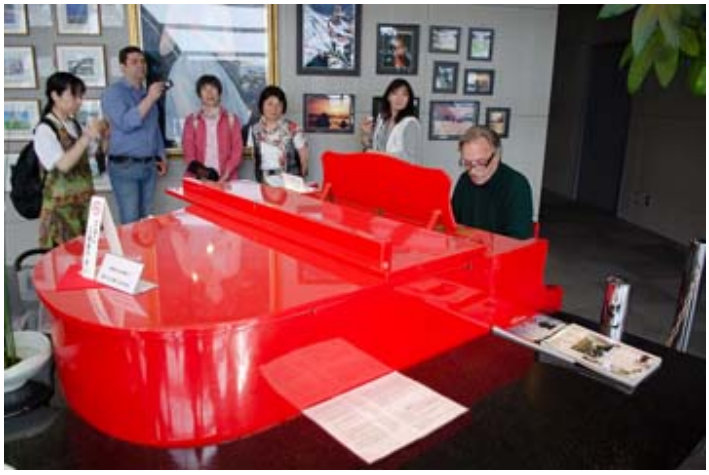
in Nara. PHOTO: Jim Elliott

Todai-ji Temple interior with seated Buddha. PHOTO: Ron Theriault

"Heijo-Kyo, the 'Citadel of Peace,' is amazingly BIG! It is the largest wooden building in the world – with tens of thousands of visitors daily. The largest statue of Buddha in the world is inside."

–Journal entry by Gary Buchanan

Sun over Heijo-Kyo. PHOTO: Sean Savoy



Gary at the piano in the Pearl Falco shop in Nara. PHOTO: Jim Elliott

<DAY 6>

<DAY 8>