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# SHAMBHALA SUN

BUDDHISM CULTURE MEDITATION LIFE

MAY 2010

## Heart of the Dalai Lama

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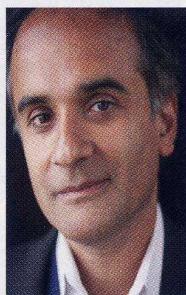


## Contributors



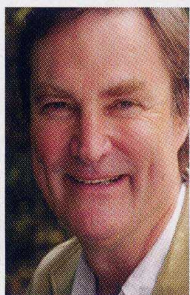
A filmmaker turned novelist, **RUTH OZEKI** ("About a Poem," page 104) is the author of *All Over Creation* and *My Year of Meats*. She is a student of Zoketsu Norman Fischer, and the editor of his Everyday Zen website. Ozeki, who teaches meditation and writing retreats, is sewing Buddha's robe for her ordination in June. She's trying to keep her seams straight.

For twenty-five years, **PICO IYER** ("Heart of the Dalai Lama," page 50) has covered His Holiness and the Tibetan situation for *Time*, *The New Yorker*, *The New York Review of Books*, and *The New York Times* Op-Ed page. Iyer's most recent book is *The Open Road: The Global Journey of the Fourteenth Dalai Lama*.



**LEZA LOWITZ** ("Adoption," page 66) is the owner of Sun and Moon Yoga studio in Tokyo and the author of fifteen books, including *Yoga Poems: Lines to Unfold By*. Introduced to Buddhism at Berkeley High in 1980, Lowitz found the stillness of the practice a perfect antidote to her high-decibel Jewish household. She's currently writing a novel about a troubled teen saved by the Kabbalah.

**HANNAH TENNANT-MOORE** ("Fundamental Faith: Lessons From Guantánamo," page 33) lives in a cozy basement in Brooklyn, New York, where she is at work on a book of essays about modern women in love. She recently received her MFA in non-fiction from the Bennington Writing Seminars. Her work has appeared in the *Shambhala Sun*, *Tricycle*, *Best Buddhist Writing* 2008, and elsewhere.



**JOHN TARRANT, ROSHI**, ("Fantastic Voyage," page 83) was born in Tasmania and worked in the copper smelters there, writing poetry after his shift. Later he was a fisherman on the Great Barrier Reef. Now, with a doctorate in Jungian psychology, he's director of the Pacific Zen Institute and teaches at Duke University's Integrative Medicine center. He's the author of *Bring Me the Rhinoceros*.

**ROD MEADE SPERRY** ("Buddhism in the Spin Zone," page 25) blogs on Buddhism and popular culture for *Shambhalasun.com* and *TheWorstHorse.com*. He says that when the Brit Hume/Tiger Woods story broke, he knew it wouldn't disappear like a late-night tweet. "Suddenly," he says, "Buddhism found itself in the so-called culture war. The question was: would there be any casualties?"



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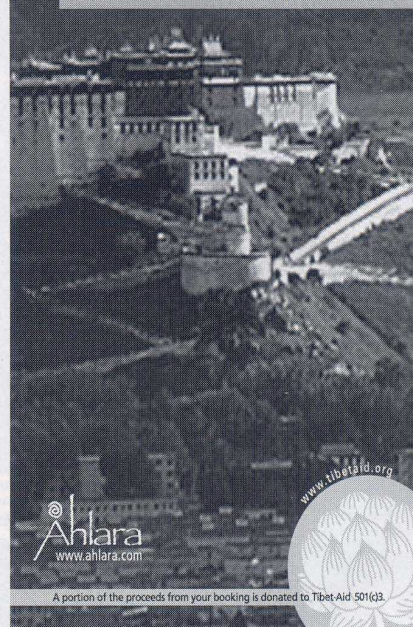
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# Adoption

Yuto is a healer of hearts; he's Japanese, Jewish, universal.  
**LEZA LOWITZ** on letting this special child into her life.





I AM STANDING ON A CLIFF fifty feet above the Japan Sea, balanced on a precipice between two oceans. I don't know how life has brought me to this place, this beautiful rock on the Izu Peninsula on the island of Honshu. But I'm here, with my husband and dog. We've hiked up twenty miles to stand on this small point of rock on the Dogashima coast, watching the waves crest below and the falcons crest above.

It's my birthday; the dawn of a new year. I sit down on this line of solid land that cuts into the cliff and give thanks to all who held my hand to pull me up the mountain of life. I feel safe, yet I am literally perched on a narrow, dangerous place on a cliff that drops straight down to the ocean. But it's not the literal I am interested in. Deep in my heart, I feel a sense of security and peace that I've never felt before. So I shift my weight to one foot. I lift the other foot up, place it onto my thigh. I look straight ahead and hold my focus. If I look down I will be overcome with fear. I hold my tree pose, breathing deeply.

ILLUSTRATIONS BY TOMI UM

