

different skill sets. Yet in front of challenges, they put down their I-mine-me, and did together action without any chaos or complaints. There is only one mind—serving others! Everyone became master of “don’t check, don’t hold, put it all down, and just do it!”

Francis Lau, volunteer at the Su Bong Zen Monastery, assists with graphic design, photography and video production. In 2002 he began practicing Zen meditation at Su Bong Zen Monastery and received five precepts. He went on to receive ten precepts in 2016.

Mind-to-Mind Transmission

Hye Won

Working with other Buddhist centers’ volunteers during the four-day 1,000-People Meditation in early June 2021 was an amazing experience.

On the first day, I was assigned to the live-streaming desk. The person in charge wanted me to play some slides and was showing me how to do it. I thought, “Well, this is very simple.” I could notice my pride-mind talking. Ultimately the job turned out to be not so simple due to my fatigue and cloudy mind, so I turned down the job politely.

Another time, other teams were discussing how to give a smooth video cue to the control room. Though we were on different teams, they seemed to have included us. We listened to each other, exchanged ideas and came to a solution together. The teams’ actions showed what listening really means. Listening to others does not only mean following instructions, but also listening to what people really need. When I went back to the venue the next day, I realized I could not be indifferent anymore. I was touched by the teams’ inclusiveness, warm-hearted culture, and open mind.

When one has “don’t-know” and “how can I help” mind, one will be clear about what is correct situation, correct relationship, and correct function—not over-helping or providing any help not needed. The next day, other teams were asked to arrange devices for a monastic while they were busy. Something interesting happened. I just went to them naturally and helped with the cabling. Then, they needed someone to fill up some cushions, and I sat down on a cushion and started working on that. They guided me with actions, and we just enjoyed filling up cushions together!

Though we had been strangers two days ago, we had by now built up a strong bond and trust. In a video streaming session, a volunteer stepped out from the control room. The bond was so strong that I already understood why she came out. When we looked at each other, I took away my mask and whispered “video delay.” She smiled and nodded her head. She came out again after thirty seconds. Then, I showed her a thumbs-up with another

hand pointing to my ear implying the video and audio were normal. She wore a warm smile and went back to the room. It was like a mind-to-mind transmission!

This experience showed me that with practice, all teams, despite being from different Buddhist centers, had become one! The moment when the live streaming finally completed, everyone cheered, jumped up, and high-fived. We felt grateful and looked forward to sharing our together sweats and laughter again soon!

Hye Won first found Su Bong Zen Monastery via Google in 2010 after returning to Hong Kong from overseas and was looking for a place with air-conditioning and fun, free activities to settle her mind. She started practicing at the monastery one year later. She took five precepts in 2012 and continued her practice until now. In 2020, she took ten precepts at Su Bong Zen Monastery.

My Experience of Working Together

Ji Duk

For me, I’m glad to be working in the Zen center. Although I don’t know much about the work of technical support, I am blessed to have two good team members, Francis and Monica. They both taught me and helped me a lot. All jobs given to me are fresh and interesting, and I always follow my teammates’ guidelines and instructions. I hope I can help and support them.

I am happy to be one of the volunteers in this year’s 1,000-People Meditation. As always, I tried to cooperate and work with everyone. We would discuss the whole process first and do rehearsals. When problems appeared, everyone would give advice and work together to solve them.

What worried me the most was the live streaming of the Zen center on the last day. Less than ninety minutes before the streaming was to start, I needed to explain to Sifu a whole new way for her to see her own notes during the talk. I was nervous and worried that there was not enough time to make all the arrangements. When I walked into the room and tried to explain to Sifu, she reminded me not to panic and to focus on my breathing. This helped me to pause and return to the present moment. Slowly I become less nervous. With Sifu’s permission, I left the room and started to organize the new arrangement and related cables with the help of other volunteers. At that time, I had forgotten to be nervous; I just did it without much thinking and totally focused on the event. ♦

Ji Duk first met Zen Master Dae Kwan in March 2019. At that time, she took the opportunity to ask questions about sitting meditation. A week later, she joined the introduction to Zen meditation class and afterward started practicing at Su Bong Zen Monastery. In 2020, she took five precepts and began work as a volunteer.