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ISBN 0-9674697-1-6 (hard cover: alk paper) ISBN 0-9674697-8-3 (soft cover: alk paper) 1. Religious life--Soka Gakkai. 2. Nikiran, 1222-1282. I. Martin, Greg, 1950- II. Moreno, Ted, 1947- III. Title. BQ8436. H63 2001 294.3'444-dc21 2001000679 Table of Contents Foreword by Herbie Hancock Chapter 1: The Buddha in Your Mirror Chapter 2: Practice Chapter 3: Self and Environment Chapter 4: Happiness Chapter 5: Relationships That Work Chapter 6: Buddhism and Health Chapter 7: Dealing with Death Chapter 8: Putting it All In Practice Bibliography Index No Butter Notes- a foreword by Herbie Hancock WHY TENOS, no matter what realm of your life. Did you get this book? Even for a moment. Don't you agree that wherever we are, we can always be at least a little happier? And while we may feel very good today, sometimes without warning or explanation, we just end up in a funk. Even those of us who may seem to have been blessed in this life have our periods when the good things around us still do not allow us to live with joy. There must be something more, something deeper. But even when things go well from all appearances, we often don't recognize that we have problems. When I think of the many contemporaries and friends in my profession who have come and gone, the legends who have gone through this life very early, whose musical voices were silenced by losing the battle of disease or drugs, the need for a method to gain lasting happiness is obvious. The reality of jazz life (and I'm sure it's the same for many professions) is not easy. It takes a lot of strength, physical and mental, to constantly tour-some travel to a new new every day for months on end, continue to build on his creativity, maintain healthy relationships. In the midst of the harsh reality of life, both professionally and on a personal level, was the deep, but also easy to understand, life-affirming philosophy of Nichiren Buddhism that has supported me for about twenty-nine years. But let's back it up a little bit. I wasn't born into a rich family - in fact, we were pretty poor. But I was lucky we always had food on the table. Even more importantly, I had the support of the parents who encouraged me to live my dreams. And they supported those dreams as best they could. Although they couldn't afford to send me to college, they did it anyway, somehow. Along with the support of my parents, my life has been largely driven by various mentors that I have been fortunate enough to meet along the journey to the present day. Three of them stand out in particular. The first was the second piano teacher I've ever had - Mrs. Jordan. Long before jazz was part of my consciousness, I was a nine-year-old boy with two years of piano study under my belt. That was in Chicago in 1949. I can't remember now how I was introduced to Mrs. Jordan, but to this day, I can't forget what she taught me. After hearing me play a little, he said that, yes, it was clear that I could read music. But at that first meeting he asked me if I was familiar with things like touch, nuance, phrasing-even how to breathe when I sat on keyboard-concepts that were alien to my experience. When I said no, he said, I'll show you. And he sat down and played a piece of Chopin that was so beautiful that I dropped my nine-year-old jaw. Mrs. Jordan taught me that playing the piano was more than just knowing the notes. Watching her play with so much warmth, so much dignity and such passion, I was able, without realizing it, to understand the idea that the piano was an instrument for self-expression. Through her honesty and constant efforts to find the means to explain to a young boy what might otherwise remain unwell, Ms. Jordan dismissed my desire to know. And as proof of her teaching skills, in just about a year and a half, I won a big Chicago piano competition and got to play a concerto with the Chicago Symphony at Orchestra Hall. Studying with Ms. Jordan was the first time I remember seeing a new dimension to something seemingly familiar, and the impact of having stayed with me all this time. Actually, I think that's what great mentors do; fascinate within you the ability to look at something in a new way, a way that particularly resonates within you. What I got by Ms. Jordan, without realizing it at the time, was a sense of how one person's honesty could have a lasting impact on another. Miles Davis was that mentor, too. He was a unique character who was so fully the master of his instrument and his music. of his. He did things the way he felt he had to be. Miles took a long track to turn his back on the audience in the performance. But those of us in his band clearly saw that he did this to guide us in subtle ways -- a shake of the head here, a small gesture with his horn there -- as he continued his own virtuoso game. Miles just forged forward and never felt the need to explain himself. Those of us who worked with and for Miles got a taste of his particular genius, which went beyond his game. What was really special was his ability to drag us all into the process and fully incorporate what we brought to the table. He told us that he was paying us to practice there in the booth, that he was hiring us to create, to contribute something. And on stage or in the studio, he repeatedly proved that whatever we found, he could grab it and make something happen. In many cases he saved us with this skill, turning our complete mistakes into musical themes that would be immediately incorporated into what we were cooking. And when we got stuck, he had the ability to get us out of it-- in his own weird way. Once, when I encountered the musical equivalent of the writer's block, Miles leaned over and muttered in my ear: Put a B on the bass. A little confused, I tried to work on what I thought he was talking about, and certainly a spark started happening, which fed him, which in turn fed me, leading to a musical dialogue. Another time, when I was in a rut, I dropped this for me: Don't play the butter notes. That made my mind go crazy. Eventually, I assumed he was telling me to somehow avoid the obvious. I'm not even sure to this day if Miles really knew what he meant, but I took it to say remove the third and seventh of the strings I was playing. Without getting too technical musically, let's say this opened up the sound, so anyone I improvise with could make much more of a contribution to exploring the possibilities of a melody. Whatever Miles had in mind, the guidance worked - we caught fire! For me, this is an example of greatness in leadership. Instead of dictating, he encouraged me to find the solution within me, all the time supporting me with the full confidence that he could harmonize with all of us and make us create harmony together. Miles constantly made us feel that each of us had something unique that only we could contribute. Did he do that in a nutshell? It was mostly through his behavior. I couldn't fully realize this then-I only saw it after I started my practice of Buddhism Nichiren. Which leads me to the third that affected my life - Daisaku Ikeda. As president of Soka Gakkai International, he has opened so many doors for twelve million people in 163 nations to gain access to the principles set out in this book. For me, Daisaku Ikeda is is encouraging the creative expression of the individual, the harmonisation and involvement of the peoples of the planet. He works to achieve peace by teaching everyone how to have in their hands the key to daily renewal, refreshment of spirit, happiness and building good luck. Applying lessons to his myriad writings and lectures on how to harness the power of Nam-myohorege-kyo-kyo-kyo-the mystical principle that drives the universe-I've knocked down wall after wall of obstacles in my life. No matter what a person may present at any time, they are only a part of an entire human being; each person contains the seed of enlightenment inside and therefore deserves respect. While it's easy to forget that-especially when faced with so-called difficult people one finds in the show business industry and elsewhere-continuous example of Daisaku Ikeda and mentoring stand as a means of measuring my behavior and bringing out a better side of others as I try daily to improve myself. Twenty-nine years of Buddhist practice gave me a solid foundation. Looking back, I have an opinion about my music with which I am, well, pleased. For me, the joy of playing music goes beyond applause, awards, fan enthusiasm. Of course this thing is nice, but there's something that cuts much deeper. Working with music is more about letting yourself dig deep into your heart, to have the confidence to be vulnerable and to express that vulnerability, that core of human, in an honest way. It's about knowing your environment-other musicians as well as listeners. It's about pouring things out of the inside and manifesting itself in the present-letting it flow from the most elevated part of your life. It's the process of doing all this not only for self-pleasure, but in the sincere hope of moving something into the lives of others-helping them feel good about themselves, inspiring them to tap into and achieve their hopes for the present moment and their dreams for the future-stimulate them to achieve something great. Woody Hochswender, Greg Martin and Ted Moreno made it. amazing job putting this book together. These three gentlemen are also students of Daisaku Ikeda and have experienced the impact of Nichiren Buddhism by turning its guidance into action. Buddha in your mirror puts deep Nichiren concepts in easily accessible terms. Whether you are reading this book out of mere curiosity or have a blatant need to elevate your life and circumstances, I encourage you to give the practical advice offered to Buddha in your mirror a firm effort. Perhaps the concept of Buddhism seems exotic or far from your own spiritual path. But if you're stuck in a rut, it's time to stop playing butter notes of life and open yourself up to see something new in the melody of life. What can you lose... Except for your blues? ONE BUDAS IN YOUR CLEAN When misled, someone is called an ordinary being, but when it is illuminated, someone is called Buddha. This is similar to a tarnished mirror that will shine like a jewel when polished. -Nichiren If there is any religion that could address modern scientific needs it would be Buddhism. Albert Einstein. BIRDS SING. The wind is blowing. The earth is spinning. The stars rekindle and die. Galaxies rotate gracefully in space. Man is born, lives, ages and dies. The patterns of existence are mysterious and innumerable. Who can begin to understand them? Our mundane daily lives are, in a way, no less complicated. Who can always understand, for example, the needs of a three-year-old child, let alone the inexplicable demands of one's in-laws or someone's boss? During one day, we rejoice at times while we despair at other times. Our emotions change from moment to moment. Trivial things can make us temporarily temporary.

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