



There's a common misconception that this book is read aloud to people as they are dying. In truth, Buddhists read it throughout their lives to prepare for what comes after death. It references *phowa*, which is a Buddhist meditation practice. It can be best described as the art of dying consciously and peacefully.

This prayer also references the principle of benefiting all other beings through your death, according to <https://www.joincake.com/blog/buddhist-prayer-for-the-dead/>.

May I know myself forgiven for all the harm I may have thought and done, May I accomplish this profound practice of *phowa*, and die a good and peaceful death, And through the triumph of my death, may I be able to benefit all other beings, living or dead.

This is perhaps one of the best known Buddhist prayers.

Some have a mourning period of 49 days, as they believe this is how long rebirth takes. During this period, they say prayers for the deceased every seven days to help them pass into



the next life. Many traditions feel that this is a particularly important time.

Mimi Cao, her daughter, remembered that some days are easy and some days are hard. "I miss you so much. I wish I can call you and hear your voice. I wish I can give you one last hug and one last good bye. Please guide me through life and look down on me and the rest of the family."



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**Anderson
Nguyen
1968-2021**



Anderson Nguyen was born in St. Paul in September 1964, son of Tu Van Nguyen and Hoanh Thi Nguyen,

Anderson grew up in St. Paul, and he married Tuyet T. Cao. They had four children: Michelle Cao, Mimi Cao, Vicki Cao, and Mary Nguyen.

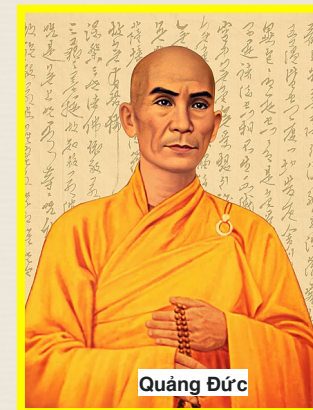
Anderson Nguyen and his family were Buddhist.

Buddhism is the world's fourth-largest religion, with over 470 million adherents. It originated in India, though it has largely been supplanted by Hinduism, and it is still widely practiced throughout Asia.

Many people are drawn to Buddhism because of its emphasis on self-reflection. Its focus isn't on a God or deity. Instead, followers strive to achieve a state of enlightenment. Buddhists believe that enlightenment cannot be achieved in a single lifetime. They believe in samsara, which is a cycle of death and rebirth. When



On left is a temple made in a house to remember people like Anderson Nguyen. On right is Thích Quảng Đức, a Vietnamese Mahayana Buddhist monk who burned himself to death at a busy Saigon road intersection on 11 June 1963. Quảng Đức was protesting the persecution of Buddhists by the South Vietnamese government. Photographs of his self-immolation circulated around the world, drawing attention to the policies of the Diệm government. John F. Kennedy said of one photograph, "No news picture in history has generated so much emotion around the world as that one."



someone dies, the energy within them doesn't die with them. It just passes into another form. Only by achieving enlightenment can you escape from that cycle.

While living in Minnesota, Anderson often learned of the Vietnamese rituals at the temple. The smell of incense and firecrackers, the bright yellows and pinks, the red envelopes, the altars adorned with fresh flowers and fruit—all are signs that *Tet*, the Vietnamese New Year, has arrived. For many Vietnamese, *Tet* is one of the most joyous events of the year. People look towards the future, but they also remember the past. More than a celebration of the New Year, it is a celebration within the household of family values, and in Buddhist temples people gather for festivals held to enjoy specially prepared dishes, watch performances by popular singers and troupes of lion dancers, and experience the excitement that explodes on the first day of the New Year, according to Allison Truitt in an article ***Offerings to Kings and Buddha: Vietnamese Ritual Activities*** at Chua Bo De.

Anderson was a loving husband, father, son, and brother. A hardworking man, Anderson worked as a chef and shared those talents at home as well. He cooked the best food ever, especially seafood and crab. His happiest moments were with his family—cooking for them, having family dinners, and grill outs. Anderson loved his family deeply, including his cats Baku and Dior.

No matter what, Anderson was the life of the party. He would socialize, dance, sing karaoke, and make others laugh with his sense of humor. Anderson enjoyed traveling, playing cards, watching football, maintaining his cars, and taking bike rides. He also had great fashion sense.

When he was 53, Anderson Nguyen, who lived in Shakopee, passed away on Monday, July 19, 2021.

Anderson Nguyen had a final viewing and traditional Buddhist prayers on Saturday, July 24, 2021 at the Ballard-Sunder Funeral & Cremation at 833 South Marschall Road in Shakopee.