



Buddhāloka

L I G H T O F T H E B U D D H A

Newsletter of the Buddhist Society of Victoria

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Buddhism Today - One founder, Many Paths

On Sunday 27th June at the Monash Uni. Caulfield campus a well- attended forum on the many strands of Buddhism was held. It was very heartening to see such a gathering from disparate cultures and traditions get along so amicably - though it should not have been surprising considering the commonalities and emphasis in all traditions on patience and tolerance.

Sangha attending included Theravadin, (who were offered Dana before mid-day), Mahayana and Vajrayana (two Tibetan Rinpoches attended).

The ground covered included different practices, traditions and social engagement, and the themes included Buddhist lineages, temples, ceremonies, festivities, happiness, health, well-being and serving the community.

Form the Seikan Cech of the Zen tradition, we heard how the Melbourne Zen Hospice has serviced compassionately more than 100 dying clients with palliative care- (not necessarily, of course, patients who follow the Buddhist path). From Jill Jamieson, who has been a leading light in the Buddhist Peace Fellowship for many years, we heard how courage and compassion and wisdom in war-torn areas from socially engaged Buddhists has been of tremendous benefit. From Chi Kwang Sunim we learnt how in an emergency, keeping a level head with mindfulness practice as support led to service to the bushfire-levelled town of Kinglake (Sunim's temple was one of the few structures left standing, and became a centre for community help).

Many cultures were represented, including the Vietnamese (by the Abbot of Quang Minh Temple Braybrook), Cambodian, Tibetan, Sri Lankan, Thai etc., and practising Buddhists, academics and other faith representatives were present.

To finish the day Prof. Padmasiri De Silva launched his book on Buddhist and Freudian psychology, and it was instructive to note how much interest and use of Buddhist Psychology there is (e.g. mindfulness therapy) in mainstream clinical practice. Many thanks to all who got the day to run so smoothly.

from Secretary, Gary Dellora

The Vesak Plays – Saturday 29th May

Once again the children of the Dhamma School entertained their parents and friends, this time in an excellent production of a three act play, *The Story of the Buddha*, dramatized by our Dhamma School teacher, Trevor Holton. We are also very grateful to Suzanne and Trevor's son, Tudor, for directing the play and performing with such conviction the role of King Suddhodhana, the father of the Buddha. The play followed the story of the Birth, Enlightenment and Parinibbana of the Buddha, reminding us of the huge difficulties and temptations faced by the Buddha on His journey to liberation. It seemed to me that the children were very well rehearsed and the parts were played with conviction and obvious enjoyment.

Some students played many roles so behind the scenes must have been very busy with demanding costume changes and guidance for the young ones in particular. The acoustics of Erasmus Hall also seemed to make for vocal clarity which was much appreciated. During one interval we were also entertained by very skillful and enchanting Indian dancing performed by Goveena Fernandes.

Many thanks also to Dhamma School teachers Suzanne Palmer-Holton and Gary Dellora, and the parents for all their support as well as a delicious supper!!

from Vice-President Cora Thomas

Sangha

Ajahn Ariyasilo will stay for the 2010 Vassa (the 'Rains Retreat'). We had expected Bhante Buddharakkhita but were unfortunate in that the type of visa he applied for was deemed unsuitable by the Australian Immigration Department, due to changing criteria. The *Unpaid Religious Worker Visa* takes much longer to organize but Bhante Buddharakkhita has accepted our invitation to come for Vassa 2011.

Ajahn Ariyasilo will take two well-earned retreat times for himself:

1. 11th July to 31st July,
2. 13th October to 30th October.

During this time he will not be teaching except on July 11th and Sunday 25th July, when Vassa commences. Breakfast Dana is not required during Ajahn's two private short retreat times.

Bhante Kovida - The temple was truly blessed with the most recent visit from Jamaican-born monk, Bhante Kovida.

Bhante gave freely of his time in providing meditation instruction, Dhamma talks and interesting anecdotes about his life as a wandering ascetic.

During his relatively short time at the temple Bhante incorporated his interest in Indian culture and music into his teaching practice.

He reminded us the useful nature of suitable music as an aid to meditation, e.g. shakuhachi flute (from Japan) or classical Indian music of a soft and reflective nature.

I was most fortunate to spend time driving Bhante to various appointments and was impressed with his compassionate nature, genuine interest in one's spiritual life, ready sense of humour and positive nature.

Like many monks from the forest tradition Bhante sees the Dhamma in nature and I was most happy and proud to show him our famous Royal Botanic Gardens and the beautifully presented Shrine of Remembrance which had a powerful effect on the both of us ... to the point words were redundant.

May I take the opportunity on behalf of the committee and all members to thank Bhante for his patience, time and sense of giving to all that came into contact with his kindness and happy presence.

May I also recommend his book "*An Inquiring Minds' Journey*", which has very succinct and easy to comprehend descriptions of such conundrums as 'Non-self', his travelling journal is a good read for any arm-chair traveller as well. It is a candid and fascinating account of his travels across the globe.

from Committee member Peter Alexander

Past Retreats

Bhante Khippapanno is a Vietnamese born bhikkhu who presently lives in the USA. He was ordained 61 years ago at the age of 17 and is the oldest Vietnamese monk in the Theravada tradition. We were very fortunate on Saturday 10th July past, to attend a retreat day that he conducted at the BSV. Members of the Vietnamese community who had brought Bhante to Melbourne kindly brought him to the BSV so he could offer his teachings to the Vietnamese community as well as practitioners from a variety of other ethnic backgrounds. Committee member, Ngoc Bich Huynh was an excellent interpreter for the day translating from Vietnamese into English. Thank you, Bich!

With great compassion and skill Bhante offered us teachings in the Mahasi tradition and was wonderfully clear and generous in answering

questions from the participants in the afternoon. His training and experience is in vipassana meditation which he practised in India and Burma with Dipa Ma, Mahasi Sayadaw and Shwe Oo Minh Sayadaw. He enjoined us to be mindful in every waking moment as he equated mindlessness with spiritual death. He spoke at length about the need to bring up our children with great kindness and care and that we should never hesitate to speak to them openly and honestly of our concerns for their well-being and ethical standards. He expressed the opinion that even if they seem to disregard our concern at the time, when their minds are ready, this teaching will take effect.

from Vice-President Cora Thomas

*Wealth and generosity go hand in hand –
if they do not, then we have neither*

This is just one of the many reflections from *Dangerous Friend* by Rig'dzin Dorje (2001) Pub. Shambhala. Another is –

*We imagine that we are the same person
simply getting older. That is also a
fantasy. Every moment is just like
starting over.*

from Committee member Mala Gamage

From the Committee

Break-in – The office door at the front of the vihara has now been replaced, following destruction of the former door in a break-in. The costs were covered by our insurance.

Maintenance – The sewerage at the back of the vihara is continually being blocked, perhaps by tree roots. Quotes are being sought. Similarly, the rear car park should be resurfaced, the electrical system in the vihara should be checked and we may need to replace the carpets and blinds in the vihara.

Pali for Daily Reflection

A Pali Word a Day by the Mahindarama Sunday Pali School is a publication of the Buddha

Dharma Education Association Inc. It aims to assist new Buddhist students who are unfamiliar with some of the Pali words often used in Buddhism. An example excerpt follows –

Dosa – ... hatred, anger, ill will

It comes with many names and faces, such as dislike, grudges, enmity, aversion etc. It also appears in a subtle form as retaliation over a result, upset over the uncertainty in life, resentment ... and in disguise; *dōsa* is boredom, indecisiveness, frustration, envy, helplessness, ignorance, etc.

Anger is harboured easily in the heart, especially over those words that are not suited to one's ears/ego. Anger is prompted by a cause, be it a mosquito bite or a sight that disgusts. There are two causes:

1. The repulsive/negative nature of the object. Things are changing all the time. They are not permanent. So are our thoughts, feelings and perceptions. If there is no dark, there is no bright.
2. The unsystematic attention towards that repulsive nature. A fool views the bright side with greediness and the dark with anger, while the wise views the bright with loving-kindness and the dark with detachment.

The manner of overcoming anger includes loving-kindness (*mettā*) in the heart, compassion (*karuṇā*), a sense of equanimity (*upekkhā*) and right understanding of the law of *Kamma*. And if all four have failed, avoid the situation.

extracted from A Pali Word a Day – A selection of Pali Words for Daily Reflection pub. Buddha Dharma Education Association Inc, email <bdea@buddhanet.net>

Vesak 2010

a Boost to BSV Membership

We are delighted to report that approximately twenty-five people joined the BSV during the Vesak celebrations 15th to 18th May and many more updated their subscriptions. The importance of membership to our capacity to offer teachings and revered teachers cannot be overstated and we are very grateful indeed to

those many who offered their support. Again we thank Ajahn Brahm for his great kindness in coming to Melbourne to lead the celebrations and to offer such a full and excellent teaching program as well as the public talks. We felt that the crowd attending was even bigger than the previous year and everyone was very cheerful and helpful in so many ways. A warm thank you to the many who assisted in making Vesak 2010 such a success.

A CD of the celebrations and the meditation days are available in the BSV library.

from Vice-president Cora Thomas

As from a heap of flowers many a garland is made, even so many good deeds should be done by one subject to birth and death.

Dhammapada 53

The *Dhammapada* ('Words of Truth') is a collection of 423 verses in Pali, uttered by the Buddha on some 305 occasions for the benefit of all. The stories about the circumstances in which the verses were uttered were added by the commentator Buddhagosa in the 5th century CE. It is generally believed that most of these stories associated with each *Dhammapada* verse have been handed down orally for generations since the days of the Buddha. The Buddha's teachings

were not committed to writing until more than 400 years after his *Mahā Parinibbāna* (passing away).

Copies of the *Dhammapada* are available for loan or purchase from the library. We have also received many boxes of books for free distribution from *The Corporate Body of the Buddha Educational Foundation* of Taiwan, including copies of the *Dhammapada*. Contact our librarian, Yasmin, if you'd like a copy.

The scent of flowers cannot go against the wind; nor the scent of sandalwood, nor of tagara, nor of jasmine; only the reputation of the virtuous ones pervades in every direction.

Dhammapada 54

This edition of *Buddhāloka* was edited by David Cheal. The views contained within do not necessarily reflect those of the Buddhist Society of Victoria. We welcome member contributions to the newsletter of the Society. These may include news of events, personal news, accounts of trips or retreats, happenings around the temple or comment on Buddhism as it unfolds in Australia or elsewhere. If you would like to make a contribution, please leave it in the library at the BSV or email it to the Society. Electronic contributions on disk or CD are particularly easy to incorporate, but typed or hand-written contributions are also welcome. The Newsletter is published quarterly. Deadlines for contributions are the end of the first weeks in July, October, January and April.

Sanghamittarama Fundraising Dinner – 12th June 2010

Dear Friends

We would like to thank each and every one of you for the tremendous support you have given in various ways to organize the fundraiser. Without the commitment and the dedication of all, this dinner would not have been a success. The food was delicious and so were the desserts. Our appreciation also goes to the wonderful people who contributed the soft drinks and the beautiful floral arrangements. The two table arrangements were delicately done with the vegetable carvings while the other one was the prize for the raffle. Vietnamese, Malaysian, Burmese, Chinese, Thai, Indian and Sri Lankan friends were able to work as one family and came up with a variety of dishes that were so beautiful and tasty. Well done! That was a marvellous performance.

We are grateful to Father Michael of Catholic Parish of St. Peter's for letting us have the church hall for the function. The Old girls of Visakha were responsible for the table décor which was stunning. We managed to get over eight hundred dollars from the sale of raffle tickets. That was once again done by many of you including the two little girls who went around selling tickets at the dinner. It was a treat to watch the way the cake was auctioned. Our warm appreciation goes to both auctioneer and to the friends of Sanghamittarama who donated the fabulous cake. We were able to raise over five hundred dollars from it. The young adults and their families were there to help us from the beginning to the end of the function. We are so grateful to these young ones and their families for giving their valuable time to do the hard work. Thanks also to the three performers, the crowd was very well entertained. They did a fantastic job and did it voluntarily. We really appreciate that.

We like to thank those who attended the fundraiser and those who gave generous donations and helped in various ways even though they could not be there.

We are glad to inform you all that we were able to raise a little over \$6000 that night which we have already put into the building fund of the Sanghamittarama account. Thank you once again for the wonderful support. Sanghamittarama is very fortunate to have such a dedicated community who look after the nuns and the monastery.

May you all be well and happy!

from the Organizer fundraiser dinner for Sanghamittarama

Activities at Sanghamittarama

Regular Program

Ayya Athapi will be leading the Dhamma program at *Sanghamittarama*

Chanting and silent meditation - *Wednesday, Thursday and Saturday, 7:30 pm*

Chanting, meditation with guidance and Dhamma teaching - *Every Friday, 7:30pm*

Meditation and Dhamma discussion for Young Adults (age 18-35) – *to be announced*

Meditation Days - *4th Saturday of each month, 8:00 am to 5:00 pm, with a communal lunch*

Dhamma teachings for Children (age 6-12) - *Every last Sunday of the month, at 3:00pm, with Ayya Athapi*

Buddhāloka Centre
71-73 Darling Road, East Malvern 3145
tel: (03) 9571-6409
www.bsv.net.au

REGULAR PROGRAM

(check on the web page for recent updates)

- Tuesday 7:30 pm – 9:00 pm Meditation for beginners & experienced meditators with Ajahn Ariyasilo
- Wednesday 7:00 pm to 8:30 pm Silent meditation
- Thursday 7:30 pm – 9:00 pm Meditation for beginners & experienced meditators with Sayadaw U Pandita
- 8:30 pm – 9:00 pm Dhamma talk for all by Sayadaw U Pandita
- Sunday 8:30 am – 9:30 am Silent Meditation.
- 9:30 am- 10:30 am Dhamma talk by Ajahn Ariyasilo
- 11.00 am Offering of dana to the Sangha followed by a shared meal. All are welcome to enjoy the food brought by members and friends. You may bring some food, as you wish.
- Sundays, 1st 15th August, 5th 19th September, 3rd October 4:00 pm to 5:30 pm Sutta discussions led by Ajahn Ariyasilo

The **Dhamma School** is held on Sundays from 9:30 am – 10:30 am during the school term.

For enquiries contact Suzanne Palmer–Holton on 9776 4425

All regular activities of the Buddhist Society are free and open to the general public. Non-members may not borrow from the library and do not have voting rights.



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