

Brooking Street Bulletin

Issue 42, October 2011



Buddhist Discussion Centre (Upwey) Ltd.
A.C.N. 005 701 806 A.B.N. 42 611 496 488
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Abbot's News

Bursting Blossom taste
Fragrant warmth....bird song
intelligent spring gaze!

I hope that you are all well and happy... and I congratulate all of us as we celebrated our 33rd Founders Day this year on the 9th of September.

We are starting our spring classes this month. The theme of our classes is "Preparing for retreat". We will do this with chanting at 11am then teachings from 1:30pm to 3pm that are specific for each person. Lunch will be served between 12:30pm and 1:30pm - usually a BBQ. I would love to see you all on Saturdays at 11am and/or 1:30pm.

The planned retreat is a 15 day Bhavana course with the topic "The Noble Eightfold Buddha Dhamma Path", 5 to 20 November. During this time, 7 members are going to India and the rest are staying in Melbourne. Both groups will be on retreat. The retreat is to develop strength in our practice to become "Jina"(conqueror) . The methodology is learn and apply the noble eightfold path as a means to developing the seven factors of enlightenment. We studied the seven factors of enlightenment in our September course (9th to 11th). These Seven Factors arise as a result of practice. They are: Mindfulness, Investigation of phenomena, Effort/Energy, Joy /Rapture, Tranquility, Concentration and Equanimity.

Each member will review what they wish to develop during the retreat time and start to prepare for it now. In order to know what to develop, each member needs to do an analysis on where they are and where they want to be by Summer, 1 December 2011.

I sincerely look forward to seeing you here....
all my love,
Anita

Important Dates

| | |
|-------------------|--|
| Saturday | Members' Day Merit Making |
| Saturday evenings | Buddha Dhamma Meditation Teaching by Venerable Sangha or guided by Anita Carter 8.00pm |
| Sunday Weekly | Buddhist Hour Radio 4-5:00pm |
| 1 October | Introduction and Bamboo Class with Pennie White 9:30-10:30am |
| 2 October | Camberwell Market Stall |
| 8 October | The Way of The Brush 9:30-10:30am with Anita Carter |
| 15 October | Introduction and Bamboo Class with Pennie White 9:30-10:30am |
| 22 October | Beginners Sumi-e Class with Julian Bamford 9:30-10:30am |
| 29 October | Chan Class with Melba Nielsen 11.00am-12 noon |
| 29 October | General Meeting, 3:30pm |
| 30 October | Linh Son Temple Opening |

Linh Son Temple Foundation Stone Laying Ceremony

All Members are invited to attend the Vietnamese Linh Son Temple Foundation Stone Laying Ceremony in Reservoir on 30 October 2011.

The ceremony will commence at 10:00am and will include lunch. Many dignitaries and overseas Sangha Members will be present. The Abbot Venerable Dao has been a good friend of our centre for many years so we encourage you all to come to this important occasion. We will provide further details closer to the event.

This is one of the Vietnamese groups we will invite to visit our centre for the Vietnamese New Year celebrations 2012.

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Turning of the Wheel

Amir and Zari have written the following article following a talk by Venerable Sayadaw U Pandita on 27 August 2011. This article was inspired by the teaching given.

The concept of journey and moving from one location to another, especially in ancient times, was associated with a wheel shape, as it was accepted as a general symbol of movement. The Buddha used this concept to the human-kind spiritual journey and delivered a very simple yet profound teaching.

Our journey to enlightenment needs a wheel as does a cart which needs a wheel to move. Wheels need spokes. Actually wheels without spokes are not useable. So what are the spokes of the human journey wheel to the enlightenment?

The 8 spokes for this wheel or the Eightfold Noble Path to enlightenment can be divided into three categories:

Right View

Right Thought

Cultivating these two gives rise to wisdom (panna)

Right Effort

Right Mindfulness

Right Concentration

Cultivating these three gives rise to mental discipline (samadhi)

Right Speech

Right Action

Right Livelihood

Cultivating these three gives rise to morality (sila)

By observing the above Eightfold Noble Path, our wheels will start rotating and take us to our final spiritual destination.

Founders' Day

Buddhist Discussion Centre (Upwey) Ltd celebrated 33 years of existence on 9 September 2011. Dana Offering to 12 Sangha members marked the celebrations and beginning of our three day course. A Dhamma talk was given by Venerable Pandita on The Seven Factors of Enlightenment, which began our study of this topic for our 3 day course.

Making Merits

Adam Richards forwards a Teaching by Acharn Plien Panyapatipo a highly regarded Buddhist monk in Thailand, that explains the way to make merits. You can find this teaching at the web address below.

http://www.dhammatalks.net/Books2/Acharn_Plien_Panyapatipo_How_To_Get_Good_Results_From_Doing_Merit.htm

India Trip Update

Seven Members and friends of our centre will be joining His Eminence Zimwock Rinpoche and his party from Jamchen Buddhist Centre on a pilgrimage to Nepal and India in November.

Our party includes Anita, Frank, Simon, Sally, Trish, Nicole and Peter and we will be visiting and meditating at the traditional historic places of pilgrimage in the life of the Buddha.

We will be departing Melbourne on Saturday 5 November and returning late Sunday 20 November. Anita is currently preparing the group on Saturday afternoons and all Members are invited to participate in these Dhamma Teachings.

We extend our thanks and gratitude to Heather Morris from Jamchen, who, as the pilgrimage co-ordinator, has done a wonderful job organizing the event.

For those members not participating in the

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pilgrimage there will be a program of activities to look after our centre and to receive Blessings from those who are on the pilgrimage. Please see Anita or Frank.

We hope that all members may share in the merit of this wonderful opportunity.

There will be chanting each morning around 6am - the time Simon usually chants, and late afternoon or evening. It is best to allow 15 minutes, but you can chant longer if you wish.



Paint the Wind - Chan Ink painting in Australia (New Book excerpt)

Melba Nielsen B.A.

This book is the copyright of Chan Academy Australia.

Paint the Wind

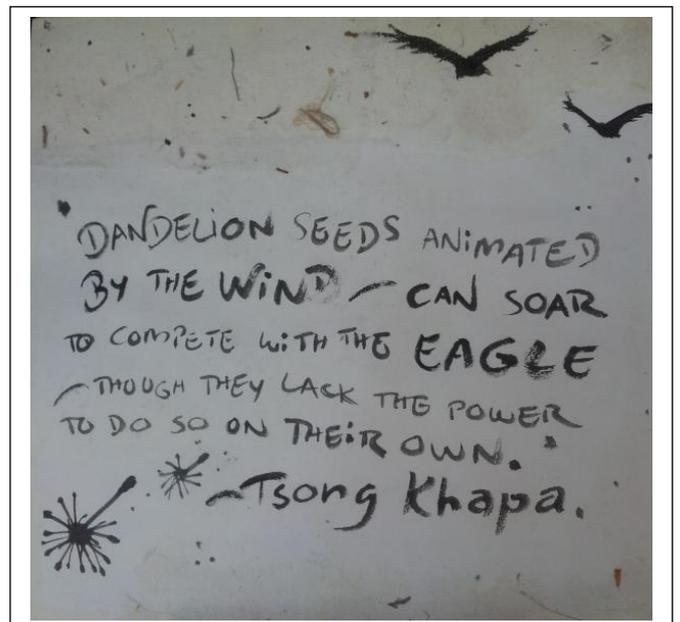
As a painter of the Australian bush, and a Scholar of

Chan and Zen Buddhism, I was taught the practice of Chan Buddhism through the beautiful art of ink and wash painting by my Teacher the late John David Hughes.

John Hughes founded the CHAN ACADEMY AUSTRALIA so that the practice of Chan Buddhism through Chan Ink painting could be understood within an Australian context.

The WAY of the Brush was relevant to me as a way to liberate the mind, it is taught through the four friends - the first being Bamboo, using fragrant Ink and brush on rice-paper, the six perfections and the applied ethics of Chan Buddhism.

My heart-felt thanks go to my Teacher John Hughes, his Buddhist Centre and to Anita and Frank Carter - the Diamonds who continue Teaching his tradition today, to Tanya for requesting this book, Peter and David and Rani, and all the Chan Academy members who helped me - my friends, to you, I dedicate this book.



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To know the way you will need GENEROSITY.

You will need to make merit. You will need a plan to de-clutter your life to make merit. You will need four hours of merit making to receive one hour of Chan Teaching.

Ways of making merit are:- looking after your mother and father, offering work for your temple - cooking, cleaning, library, garden, offering water, food, donations (dana) and flowers to your Teachers, offering rice-paper, ink and Dharma to our Chan Academy library, transcribing Dharma Teaching audio recordings and administration.

You will need to practice mindfulness in directing your merit to learning Buddha Dharma and not into your own self-talk.

- Generate the intention for GENEROSITY.
- Inspire the RIGHT mind.
- Think of the generosity of those who allow you to live your life.
- Let go of the logic to be mean - it is not smart to be mean to score points for the ego.
- Develop selflessness by this method.
- Make your mind as vast as the clouds in the sky.
- Make the causes, offer flowers, offer light to know the way.
- Make offerings with gratitude - use ALL your mind, and not just the logical bit.
- Request to be taught.

Paint the Wind, will show you in monthly instalments, why we Teach the four friends, the four treasures and the six perfections. The six perfections are;- generosity - morality - patience - mindfulness - joyful effort and equanimity.

The first is:- generosity. "When the mind is free - the brushstrokes are free," - then you can paint.

Words from Atisha

One of our Members, Amir would like to share these words that resounded with him

- About Buddhism The greatest achievement is selflessness.
- The greatest worth is self-mastery.
- The greatest quality is seeking to serve others.
- The greatest precept is continual awareness.
- The greatest medicine is the emptiness of everything.
- The greatest action is not conforming with the worlds ways.
- The greatest magic is transmuting the passions.
- The greatest generosity is non-attachment.
- The greatest goodness is a peaceful mind.
- The greatest patience is humility.
- The greatest effort is not concerned with results.
- The greatest meditation is a mind that lets go.
- The greatest wisdom is seeing through appearances.
- Atisha Dipankara(11th century Tibetan Buddhist master)

Source: <http://www.thebigview.com/buddhism/>

We thank The Big View for making this available for non-commercial use.

Jamchen Sponsorship Opportunity

We are very fortunate to have the senior Tibetan Teacher HE Zimwock Rinpoche and his family residing at the Jamchen Buddhist Centre. Many students benefit from the teachings he is able to offer.

An extraordinary opportunity exists to offer sponsorship to support the Jamchen Centre and H.E. Zimwock Rinpoche to stay in Australia to continuing his Dharma activities this year and into the future.

The Jamchen Buddhist Centre will be seeking

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\$1000 sponsorship from 40 persons to enable them to continue their activities and provide support to H.E. Zimwock Rinpoche.

If you would like to make a contribution please contact Frank Carter at our Centre or contact Jamchen directly.

Guidelines for Radio Script Writing

Please see attached document.

Gratitude for Help with our Accounts

We have been most fortunate to have had the services of Accountant Andrew Machar over the past few months to help us with our accounts. We have recently sent Andrew an email expressing our gratitude to him for the work that he has done and the support he kindly provided to our centre.

Some time ago we placed a request for volunteer help with our accounts on the Pro Bono website which is a meeting place for community and not for profit organisations and professional people who wish to offer their services free of charge where it may be needed. We were subsequently contacted by Tharanga who is an accountant and also a Buddhist.

Tharanga and her husband Ruwan, who is also an accountant, recently visited our centre to discuss with us what help we need. Fortunately both have kindly offered to come once a month to the centre to prepare our accounts for the monthly General Meeting and to offer guidance and suggestions to our Treasury Team to ensure we manage the centre's financial records professionally and appropriately.

With Tharanga and Ruwan's expert help and advice we now have a stable and capable Financial Team which also includes Frank as Financial Manager, Julian as Treasurer and Evelin as Assistant to the Treasurer.

We wholeheartedly thank Tharanga and Ruwan for

their offer to help us and welcome them to our centre. They will start work on our accounts on Saturday the 1st of October when they will process all the transactions for July and August in readiness for our next General Meeting.

Car Parking

Please see attached document.