



One Heart- One Mind

*The Newsletter of the Association
of Engaged Buddhists*

SANGHA LODGE: 20 Victoria St Lewisham NSW 2049 Ph/Fax: (02) 8021 7944 E: office@engagedbuddhists.org.au W: www.engagedbuddhists.org.au

Meditation & Dhamma Teaching

7.30pm every Monday night.

- Join with others in sitting practice.

7.30pm every Wed night.

- Meditation evenings include a Dhamma talk followed by around half an hour of guided sitting practice. Beginners or more experienced meditators are equally welcome.
- There is no charge for the teachings although donations are welcome as this is Sangha Lodge's only means of support.

Dana Days

Dana Days are held on the first Sunday of each month. Attendees bring food to offer to the Sangha and to share with each other. This is a great way to show respect for the Sangha and enjoy a delicious meal with others in the lay community.

Please note that we must start promptly at 10:30am in order for the Sangha to finish eating by noon. The next Dana Day will be Sunday 4th December 2016

Association News

Annual General Meeting

New Deck at Vejjasala

End of Year Break

Page 4

Recipe

Red Kidney Bean Stew

Page 5



Borobudur

In early September this year Grahame White, our friend and well known meditation teacher, lead a small group to the great Buddhist monument of Borobudur. I was invited by Grahame to accompany them for 6 days. During this time we stayed at a hotel at the foot of the great Mandala/Stupa and went early each morning for a small amount of chanting and to visit the various levels of the great structure.

Some people went many times during each day to climb and explore the many levels of Borobudur. We also visited two other important early sites nearby but Borobudur was our main focus. We meditated together several times each day and received teachings each day and hopefully we all came away with a deeper appreciation of Dhamma and the extraordinary efforts made by people of faith in ages long ago in constructing Borobudur. I am sure most of you will know of this place but for those who do not the following may help a little.

Borobudur is a 9th-century Mahayana Buddhist temple in Central Java. Indonesia. The monument consists of nine stacked platforms, six square and three circular, topped by a central dome. The temple is decorated with 2,672 relief panels and 504 Buddha statues. The central dome is surrounded by 72 Buddha statues, each seated inside a perforated stupa. It is the world's largest Buddhist temple as well as one of the greatest Buddhist monuments in the world.

Continued on Page 2...





...Continued from Page 1

Built in the 9th century during the reign of the Sailendra Dynasty, the temple was designed in Javanese Buddhist architecture which blends the Indonesian indigenous cult of ancestor worship and the Buddhist concept of attaining Nirvana. The temple also demonstrates the influences of Gupta art that reflects India's influence on the region. Yet there are enough indigenous scenes and elements incorporated to make Borobudur uniquely Indonesian. The monument is both a shrine to the Lord Buddha and a place for Buddhist pilgrimage.

The journey for pilgrims begins at the base of the monument and follows a path around the monument and ascends to the top through three levels symbolic of Buddhist cosmology: Kāmadhātu (the world of desire), Rupadhatu (the world of forms) and Arupadhatu (the world of formlessness). The monument guides pilgrims through an extensive system of stairways and corridors with 1,460 narrative relief panels on the walls and

the balustrades. Borobudur has the largest and most complete ensemble of Buddhist reliefs in the world.

In the Kāmadhātu level (the world of desire) on Borobudur's hidden foot is where each panel provides one complete illustration of cause and effect. There are depictions of blameworthy activities, from gossip to murder, with their corresponding punishments. There are also praiseworthy activities that include charity and pilgrimage to sanctuaries and their subsequent rewards. The pains of hell and the pleasure of heaven are also illustrated. There are scenes of daily life complete with the full panorama of samsara (the endless cycle of birth and death).

The encasement base of the Borobudur temple was dissembled to reveal the hidden foot and the reliefs were photographed by Casijan Chepas in 1890. It is these photographs that are displayed in Borobudur Museum (Karmawibhangga Museum) located just several hundred meters north of the temple. During the restoration, the foot

encasement was reinstalled, covering the Karmawibhangga reliefs. Today only the southeast corner of the hidden foot is revealed and visible for visitors.

On the next level is the Rupadhatu (the world of forms). The story of Prince Siddhartha and the birth of Buddha (Lalitavistara) is displayed. The story starts with the descent of the Lord Buddha from the Tushita heaven and ends with his first sermon in the Deer Park near Benares. The relief shows the birth of the Buddha as Prince Siddhartha, son of King Suppabodhi and Queen Maya of Kapilavastu (in present-day Nepal). The story is preceded by 27 panels showing various preparations in the heavens and on the earth to welcome the final incarnation of the Bodhisattva.

Before descending from Tushita heaven, the Bodhisattva entrusted his crown to his successor, the future Buddha Maitreya.

Continued on Page 3...

Pilgrimage to Borobudur

The real Mandala exists within ones own heart/mind and it is there that we must enter into the real experience...

...Continued from Page 3.

He descended on earth in the shape of white elephants with six tusks, penetrated to Queen Maya's right womb. Queen Maya had a dream of this event which was interpreted to mean that her son would become either a sovereign or a Buddha. The story on the panels continues until the prince becomes the Buddha.

Next on ascending higher we encounter the Arupadhatu (the world of formlessness) The first twenty lower panels in the first gallery on the wall depict the Sudhanakumaravadana. or the saintly deeds of Sudhana and Sudhana's search for the ultimate truth (Gandavyuha). Gandavyuha is the story told in the final chapter of the Avatamsaka Sutra about Sudhana's tireless wandering in search of the Highest Perfect Wisdom. It covers two galleries (third and fourth) and also half of the second gallery, comprising in total of 460 panels. The principal figure of the story, the youth Sudhana, son of an extremely rich merchant, appears on the 16th panel. The preceding 15 panels form a prologue to the story of the miracles during Buddha's samadhi in the Garden of Jeta at Sravasti.

During his search, Sudhana visited no fewer than thirty teachers but none of them had satisfied him completely. He was then instructed by Manjusri to meet the monk Megasri where he was given the first doctrine. As his journey continues, Sudhana meets (in the following order) Supratisthita, the physician Megha (Spirit of Knowledge),

the banker Muktaka, the monk Saradhvaja, the upasika Asa (Spirit of Supreme Enlightenment), Bhismottaranirghosa, the Brahmin Jayosmayatna, Princess Maitrayani, the monk Sudarsana, a boy called Indriyesvara, the upasika Prabhuta, the banker Ratnachuda, King Anala, the god Siva Mahadeva, Queen Maya, Bodhisattva Maitreya and then back to Manjusri. Each meeting has given Sudhana a specific doctrine, knowledge and wisdom. These meetings are shown in the third gallery. After the last meeting with Manjusri, Sudhana went to the residence of Bodhisattva Samantabhadra, depicted in the fourth gallery. The entire series of the fourth gallery is devoted to the teaching of Samantabhadra. The narrative panels finally end with Sudhana's achievement of the Supreme Knowledge and the Ultimate Truth.

This amazing structure might overwhelm us with its size and beauty but it is important to remember it is really the externalisation of interior states or realisations. The real Mandala exists within ones own heart/mind and it is there that we must enter into the real experience. The stone mandala/stupa is simply an aid to developing and deepening our practice. just as a Buddha image or rupa is simply an aid or focus to encourage us to get on with our own efforts to become free and aid others in ending their dukkha.

May your efforts be fruitful and of great benefit and blessing to yourself and

others. Sadhu to Grahame for organising this trip / pilgrimage and guiding us throughout our time there!

With much metta,

Bhante Tejadhammo

Visiting Teacher - November

Jill Shepherd began practicing insight meditation in Thailand in 1999, and since that time has lived and worked at several meditation centres and monasteries in the US, Australia, England, and Thailand.

She recently spent seven years on staff at the Insight Meditation Society (IMS) in Barre, Massachusetts, where she participated in several long retreats and Buddhist study programmes, as well as offering weekly meditation classes at a nearby men's prison.

She is a recent graduate of the IMS / Spirit Rock teacher training program (US) under the guidance of Joseph Goldstein and Gil Fronsdal .

She currently divides her time between the US, Australia and New Zealand. Her teaching is focussed on vipassana and brahma vihara retreats as well as offering Insight Dialogue training and ongoing study and practice groups focused on bringing the dharma into daily life.

Jill is an independent meditation teacher and is not financially supported by any meditation centre or Buddhist organisation. She relies on dana for her livelihood, and often pays for the expenses incurred in offering a retreat, including international airfares, herself.



Association News

KK Lim

Annual General Meeting

The association held its AGM on 6 November 2016. Those who attended were briefed by Bhante in his Sangha Report, KK Lim in his report on activities and Lean Lee in her summary of the financial status. The overview reflected that matters have proceeded well with numerous new initiatives in areas covering community outreach adding to other ongoing activities. Many of the new projects are well supported by volunteers and are likely to continue. Vejjasala has seen increasing usage with retreats (including by outside parties) and other AEB events held there on a regular basis.

Committee members for the coming year were decided with David Wilson, Hong Chai Tan, Patricia McLoughlin, Lily Koo, Meredith Tan, Lean Lee and K K Lim being selected.

Borobudur Trip

Some members of the AEB went on a 4 days visit in September to the great Buddhist monument at Borobudur in Java. The group were taken through the site by Graham White and Bhante Tejaddhammo.

Retreats at Vejjasala

Over the past three months, Vejjasala saw regular use of the place. Several retreats ranging from 3 to 10 days were held by AEB and external groups such as Jason Siff.

Finding The Space Within Retreat

This yoga retreat from 30 September to 3 October lead by Sue Toohey was fully booked. The group had a refreshing time together.

Smiling Through Life Retreat

Bhante and Graham White will jointly lead this retreat from 18-20 November. Strong interest in the retreat resulted in

the retreat being fully booked early.

There are plans to repeat this retreat in early 2017 so that who missed out as well as other interested people may get to attend.

New Deck at Sangha Lodge

A small renovation with a big change! That seems to be the consensus on the opening up of the laundry area at Sangha Lodge into a wooden deck shaded by the Bodhi tree and overlooking the backyard. This brings a light and airy feel that has improved tremendously on the ambience. Thank you very much to Robert Lubjic who designed and completed the renovations with the assistance of several of our members.

Food for the Needy Programme

John Wagner, assisted by Alex Lee, initiated a project to collect food donations for the needy. The first organisation identified to benefit from this project is the Inner West Asylum Seekers' Service Centre. This programme will provide the opportunity for those who wish to donate dry grocery items and toiletries during the month of November up to the December Dana Day and these will be delivered to the Asylum Seekers Centre.

Visiting the Aged Programme

A programme supporting visits by volunteers from the AEB has been arranged by Lean Lee in partnership with several Aged Care facilities. Information has been sent out in the AEB's circular emails asking interested people to register to enable processing so that the visits can be put into place.

Please contact Lean or

office@associationofengagedbuddhists.org.au

Teaching of English to Student and Adult Refugees and Migrants

This programme has continued to be run for volunteers who wish to be involved in helping newly arrived residents to Australia. A training workshop is regularly conducted by Mission Australia in this connection.

Annual Picnic

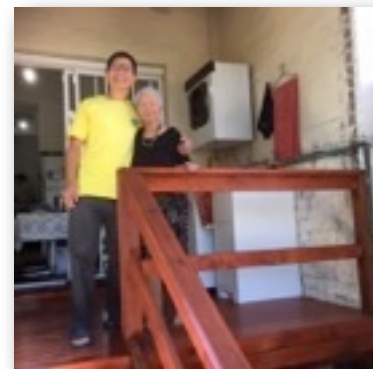
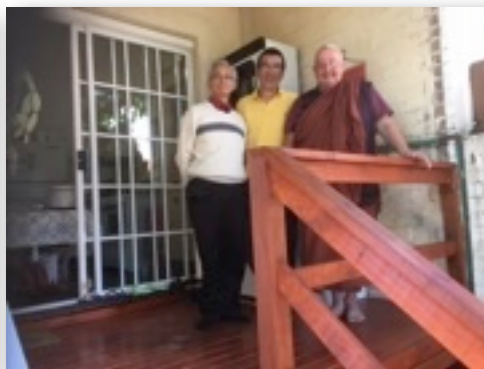
The Annual AEB Picnic is scheduled for 19 February 2017 with Alex Lee booking a site at Olympic Park. This is a great day for members and supporters to gather together for fun and share lunch. Details will be circulated in due course. In the meantime, mark the date in your diaries!

End of Year Break

It has been decided that the final formal activity for 2016 will be the Wednesday Teaching on 14 December 2016.

Sangha Lodge will reopen on 1 February 2017.

KK Lim



Recipe

Beatriz Copello made this excellent Red Bean Stew for the Yoga Retreat. So many people liked it and asked for the recipe that we promised to put it in the newsletter.



RED KIDNEY BEAN STEW

(For four people – double the quantity for more people)

One chopped onion

One red capsicum chopped

One green capsicum chopped

One or two cloves of garlic chopped

One packet of Taco spices (Find them in the International Section of your supermarket)

A tin of chopped tomatoes

Optional: roasted cubes of pumpkin or sweet potato

Two tins of red kidney beans rinsed

Sour Cream and boiled rice to serve

Fry the onion, capsicum and garlic, when these are soft add the spices and fry for a few minutes until fragrant. Add the tinned tomatoes and cook for about fifteen to twenty minutes. Stir in the beans and the pumpkin or the sweet potato. Cook for a further five minutes. Serve on top of rice with a dollop of sour cream. This recipe can also be used as a filling for Taco shells, garnished with lettuce, tomato, avocado and grated cheese.

AEB FOOD DRIVE

As an Association, we believe that “Engaged Buddhism seeks to address the needs of the wider community through the skillful and practical application of the teachings of the Buddha”.

The Association has started a Food Drive, to collect donations of food and toiletries over a period of a month and donate them to an identified charity. The charity we currently support is the Asylum Seeker Centre <https://asylumseekerscentre.org.au/> which operate a food store where clients of the service can obtain free dry groceries and toiletries.

This year the Food Drive will operate from November 9 to December 7.

Please bring your donation of packaged groceries and toiletries to the Wednesday meetings and to the December Dana Day where they will be received with thanks. These are the food and toiletry items which are most sought after.

Foods

Breakfast Cereal (cornflakes in particular are popular!)

Canned beans (chickpeas, red kidney beans, mixed beans)

Coffee (instant)

Cooking oil (vegetable, 1 litre containers)

Condiments (honey, jam)

Dried fruit (apricots, prunes, dates)

Dried lentils (red or green)

Flour

Long life milk (1 litre containers)

Nuts (mixed, pistachios, cashews) and sunflower seeds

Noodles (instant)

Pasta sauce

Rice (1kg bags, Basmati is the most popular)

Spaghetti

Spices (chilli, curry powder, turmeric etc)

Tea (chamomile, peppermint, jasmine, green, black)

Tinned fish

Tinned fruit

Tinned vegetables (corn, tomatoes, mixed vegetables)

Tomato paste

Toiletries

Baby wipes

Disposable razors

Moisturiser

Nappies (mainly toddlers sizes 10kg+)

Shaving cream

Sanitary pads

Shampoo

Shower Gel / Body Wash

Toothpaste and Toothbrushes

Washing liquid (for dishes)

Washing powder (for clothes)

Please consider that people have to carry the items home, so smaller sizes are best.

Donations

You may or may not realise that Sangha Lodge is solely funded from your donations. Following the teaching of the Buddha, we do not charge for teachings or meditation evenings, preferring instead to rely on our members' generosity. Unfortunately, this often means a shortfall when it comes to meeting our weekly expenses from the donation box on a Wednesday night. It would be much easier for the Centre to function if we were able to rely on regular donations from more members and guests of the centre.

One easy way to arrange for funds to be regularly transferred is via Internet Banking. Most Banks now offer a 'pay anyone' service whereby you are able to set up a regular monthly transfer to any nominated account. If you would like to set up this kind of regular donation to Sangha Lodge you will need the following account information - Bank: St George BSB#: 112 879 Account#: 131328823 Account Name: Association of Engaged Buddhists. If you would like to make a tax deductible donation to the Building Fund please make your direct transfer to the following account: Bank: St George BSB: 112-879 Account Number: 430589986 Account Name: Association of Engaged Buddhists.

In order that we can budget our funds effectively and where appropriate supply you with a receipt for tax purposes we would appreciate it if you would email office@engagedbuddhists.org.au with the details of your regular transfer or tax deductible donation. Your Dana (generosity) is greatly appreciated by the many people who come to the centre or are served by it in the wider community (hospitals, hospices and private visits by the Sangha). Please help, even a small monthly donation can make a big difference to Sangha Lodge.

Association Membership

If you would like to become a member of the Association and thus receive this newsletter (if you don't already!), please fill in a membership form and leave it with a Committee member. You can pick one up from Sangha Lodge the next time you visit, or ring our office and get one posted to you. Membership is due for renewal each September and costs \$50/year.

Reflections on a Cycle Ride

On a cold winter morning
I am on my usual cycle ride
Doing the circuit with others
On the roads of Centennial Park

Bundled up in layers of clothes
To keep the elements at bay
Except I forgot about my gloves
Reminded by constant frozen hands

With the wind whizzing through hair
Mist sitting above moist fields of green
Spider webs with dewdrops on trees
And sun rays peeking past shady leaves

Whispers of sounds from far away
Intrude into the silence of this ride
Yet it shows the beauty of the moment
To reflect on the wonderful life given me
KK