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The beginning of the year is also the beginning of Sakyadhita Canada's memberships. Please access the website below for more information. Or just print off the membership form and post it to us. Thank you for your continued support and

Greetings!

**Welcome to Sakyadhita Canada's  
January 2012 Full Moon newsletter.**

The beginning of a new year, for most of us, is always a time to sit in some form of reflection. What was, what is yet to be?

**Do not pursue the past.  
Do not lose yourself in the future.  
The past no longer is.  
The future has not yet come.  
Looking deeply at life as it is.  
In the very here and now, the practitioner dwells in stability and freedom.**

**Bhaddekaratta Sutta**



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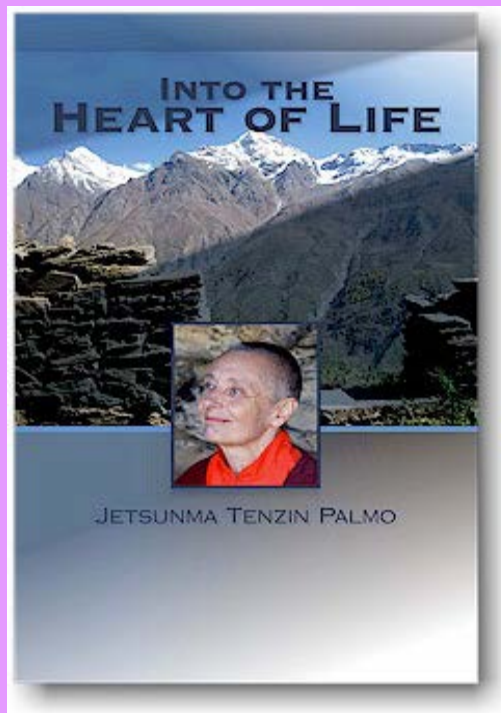


Patricia Galaczy  
and  
Jetsunma Tenzin Palmo

*By Patricia Galaczy*

### *A Handful of Leaves: a Brief Review of Jetsunma Tenzin Palmo's Book into the Heart of Life*

*"In the Sutras there is an account of the Buddha walking with his disciples in the jungle. He leaned down and scooped up a handful of leaves and said to the people around him, "Which is more, the leaves in the jungle or the leaves in my hand?" The disciples said, "The leaves in the jungle are infinite and the leaves you are holding in your hand are so few." The Buddha said, "That is analogous to how much I have realized and how much I am telling you. But still, what I am telling you is all that you need to attain your own liberation."*



[Click here to read complete review](#)

HAPPY NEW YEAR AND FULL MOON,  
TO ALL BEINGS.