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Perhaps you prefer to spend your winter time listening to something. There are many good Dhamma talks on line, and a few months ago we featured talks by Ayya Khema.

[Click here to listen to Ayya Khema](#)

And there is always chanting to keep us warm through the cold winter.

Aham avero homi

May I be free from enmity
and danger

abyapajjho homi

May I be free from mental
suffering

anigha homi

May I be free from
physical suffering

sukhi attanam

pariharami

May I take care of my own
happiness

To listen to this....

[Click here for Loving Kindness Chants](#)

Greetings!



It is winter in Canada and a time to snuggle by the fire with a good Dhamma book. Here is a great suggestion, especially those of you interested in Theravada Buddhism.

Go to:

Present

The Voice and Activities of Theravada Buddhist Women

<http://bhikkhuni.net/present/index3.html>

There are also many good things to read on our updated web site.

<http://www.sakyadhita.org/canada/>

Go to our "Resources" for insightful reading, and also to catch up on our past newsletters.



Early morning, the last full moon of 2012 setting in the Pemberton Valley BC.

Anytime,
is a Good time...
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Just as treasures are uncovered from
the earth,
so virtue appears from good deeds,
and wisdom
appears from a pure and peaceful mind.
To walk safely through the maze
of human life,
one needs the light of wisdom and the guidance of
virtue.

Buddha