



**Quick Links**  
[Our Website](#)

**Anytime,  
is a Good time...**

to become a member.  
Sakyadhita Canada's  
memberships.

Please access the website  
below for more information.  
Or just print off the donations /  
membership form and post it  
to us.

Thank you for your continued  
support and donations.

[DONATION /  
MEMBERSHIP FORM](#)



**MEMBERSHIPS FOR 2013**



Celebrate the beginning of 2013 and support  
Sakyadhita Canada. Find out about Buddhist women  
(and men) in Canada. What are their traditions,  
forms of practice, needs and concerns.

**Offering & Sharing**

We invite those who share the goals and objectives  
of Sakyadhita Canada to join as members.

For former members, it is time to renew your  
membership. For those of you who want to support  
us and receive the lunar net letter please send either  
online, or by mail the membership/dana form.

[Click Here.](#)

Please tell your friends and anyone you know who  
may be interested. Your support and participation are  
important to all of us!

Sakyadhita Canada held its first conference in Alberta  
in September 2012. Another conference is being  
planned later this year (2013) - please keep watch  
for the details.

By being together, we create a network of sisterhood,  
and a means of support to help us work towards our  
goals. Generosity and kindness, qualities to pay  
attention to, help to nurture and encourage Dhamma  
(the teachings of the Buddha) in our day-to-day  
lives.

Sakyadhita Canada always welcomes and appreciates  
your ideas, suggestions and talents - we would be  
happy to hear from you - please contact  
(sakyadhitacanada@gmail.com)

We share the goodness of our time and energy, and  
hope it brings blessings to everyone.

May you have radiant joy & peace within your hearts.



# GENEROSITY

## GENEROSITY

A noble Disciple recollects her own generosity thus:  
'It is a gain for me, it is well gained by me, that in a generation obsessed by the stain of stinginess, I dwell at home with a mind devoid of the stain of stinginess, freely generous, open-handed, delighted in relinquishment, one devoted to charity, delighting in giving and sharing.'

*"When one recollects her own generosity thus, on that occasion her mind is not obsessed by lust, hatred or delusion: her mind is straight."*

*An. 116*

The Buddha, when delivering a talk to those who had not yet become his disciples, always started with a gradual discourse that began on the virtue of giving. Only after those present had begun to understand its value would he continue. He didn't do this because he wanted something from them; on the contrary, he wanted to give them something --- a firm footing on which to build their spiritual journey. This is because giving underlies and supports all of our efforts to free the mind of defilements.

Through the outward act of giving the inward quality of generosity is cultivated. When one considers that the goal of the path is the complete eradication of greed, hatred and delusion, which leaves the mind clear, radiant and free from suffering, one can see how success on the journey, in large part, depends upon our ability to give. Cultivation of generosity, through the act of giving, directly undermines greed and hatred while strengthening compassion and equanimity. As these wholesome mind states are generated it becomes easier and easier to become disenchanted with delusional mind states, enabling the mind to quiet down and rest in radiance.

Like the Buddha's gradual discourse, our journey along the path to radiant mind is gradual. Here, too, the cultivation of generosity is essential. We may not be ready to reach Nibbāna, but as we are reminded in Dhammapada 224, generosity is also a quality which helps us to reach heavenly realms.

*Speak the truth, yield not to anger:  
When asked,*



*Give even if you only have a little.  
By these three means  
One can reach the presence of the gods.*

So, whichever goal we hope to achieve, Nibbana or Heavenly Realms, the simple act of giving is not so very simple after all. It is the means by which we open the mind to higher states of being. That is why the Buddha gave this knowledge to all who came to hear him speak, it is essential; and it is the same knowledge that we need today to move quickly along the path to Radiance.

Venerable Sarani Karuna, Bhikkhuni

## **The 13th Sakyadhita International Conference on Buddhist Women**



**Vaishali Temple Gate**

**The 13th Sakyadhita International conference on Buddhist Women was held in Vaishali (Bihar) India, January 5 - 12, 2013.**

**Sakyadhita, Daughters of the Buddha, the world's leading International organization of Buddhist women, is an alliance of women (and men) committed to transforming the lives of women in Buddhist societies.**



**Ven Tinh Quang in Vaishali**

**The conference theme for this year, "Buddhism at the Grassroots", highlighted the efforts and achievements of Buddhist women who have been involved in**

alleviating the suffering of living beings "on the ground".  
Presenters shared their own work as well as a variety of approaches including social activism, performance, meditation and philosophy.



Ven Upekkha at Vaishali

In our next net letter, we hope to bring you some personal reflections from the Sakyadhita Canada members who attended the conference. For now, please visit the following websites:

[13th Sakyadhita Conference Blog](#)

[13th Sakyadhita Conference Facebook Page](#)