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**GESHE DEGREE EXAMS FOR
TIBETAN NUNS**

For the first time in the history of Tibetan Buddhism, 27 nuns have gathered in North India at Jamyang Choling Nunnery near Dharamsala and have begun their exams for the Tibetan equivalent of a Ph.D., the so-called Geshe-title. The Washington Post article by Michaela Haas details the geshe degree exams that are right now taking place for Tibetan Buddhist nuns. These nuns will be the first generation of female Tibetan Buddhist professors. This is major!

[CLICK HERE for more info](#)



**SATI SARANIYA
HERMITAGE**

Sati Saraniya Hermitage, in Perth Ontario, is hosting Gratitude to Parents Day on Sunday June 23rd. This will be a

Dear Sakyadhita Canada Members,



SUPERMOON 2013

The Full Moon this month is often referred to as a Supermoon. That is because it's the biggest, and brightest full moon of the year.

And just a few days prior to this full moon, we (in the Northern hemisphere) were blessed with the Summer Solstice. Giving us the most hours of sunlight during the whole year.



Both these events are a good time to reflect, and reaffirm our intentions.

May we all be blessed with a fruitful summer.



**Who once was heedless,
But later is not,
Brightens the world
Like the moon set free from a cloud.**

day to celebrate, as a community day, together with the monks from Tisarana Buddhist Monastery. Everyone is welcome to join on this auspicious day of honouring our parents and our teachers/mentors on the Path. For more information about Sati Saraniya Hermitage visit:

<http://satisaraniya.ca/>

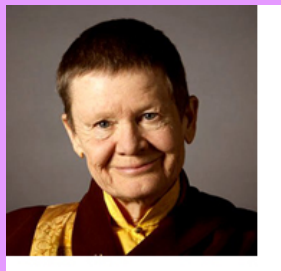
LOVING KINDNESS MEDITATION



Venerable Dr. Bhikkhuni Kusuma's instruction on loving kindness meditation.

Please Click Below
[MEDITATION INSTRUCTIONS](#)

CELEBRATE ANI PEMA CHÖDRÖN'S 77TH BIRTHDAY



Gampo Abbey is a Western Buddhist monastery in the Shambhala tradition in Nova Scotia, Canada. Founded by Chogyam Trungpa Rinpoche in 1984, it is a lineage institution of Shambhala and a corporate division of the Vajradhatu Buddhist Church of Canada. Under the spiritual direction of Sakyong Mipham Rinpoche, the spiritual head of Shambhala International, Gampo Abbey is guided by the abbot the Venerable Khenchen Thrangu Rinpoche and the principal teacher Acharya Pema Chödrön.

On this day, Pema invites you to meditate for a few hours or for the entire day, alone or with friends. Pema's deepest hope is that this will help us plant the seed of peace in our own hearts, in our homes and in our communities. Join thousands from around the world to help make this a reality.

An evil-done deed Replaced with skillfulness: Brightens the world Like the moon set free from a cloud. Dpp 172-173

One of the profound beauties of the Buddha's teaching is that whatever our past actions have been they are no longer present. What is present is our ability to become aware of the adverse mind states that are the foundation of all heedless behaviors and to clear our minds of them. How are we instructed to do this?

We investigate. But what do we investigate. It often seems that to investigate a situation is to get lost in it. We can go around and around in the details; this happened, that happened, she said, I said, they ad infinitum. With results like these, it becomes clear that to investigate the situation can be less than helpful, it can be a journey into doubt and confusion. It is rather like starting at the end of a trail and trying to trace your steps backwards to find where it started. The Buddha knew this; therefore, he asked us to start at the beginning, at the place from where all else proceeds, our minds. And the tools that he gave us to do this are The Four Foundations of Mindfulness: the body, feelings, mind objects, and mind. This brings us to the place where we can actually experience what motivates our actions, and act accordingly.

Instead of investigating the external world and looking for solutions to our problems there, we look to the perception that we project onto the external world --- the actual cause of our problems. As we gain expertise in being present in our body, we come to know our actual experience. The body tells us; does it breathe quickly, slowly? Does it contract muscularly or lengthen and soften? Does the stomach churn, burn? When we identify the sensory information that the body is supplying us with, we can use it to know the feeling that is prompting it. In the Buddha's teaching feelings are not emotions, they are simply pleasant or unpleasant, or neither.

When we are aware and mindful of the nature of things as they are, or Dhamma, an unpleasant feeling does not need to be experienced as something to avoid, we know it is just a feeling; a pleasant feeling does not need to be held onto, we know it is just a feeling, neither are who we are. This is the place where the Buddha tells us that we create our Karma, at the feeling level. It is here that we choose our experience.

Heedlessness promotes emotions and subsequent actions that result in suffering whether the feeling is pleasant or unpleasant or neither, because they are ALWAYS based on ignorance of the way things actually are. Being mindful on the other hand gives us the opportunity to see the dependant nature of the feelings that we experience and to act with awareness and intent to achieve perfect peace. It gives us

Beloved Buddhist teacher, author, nun and mother, Pema Chödrön has inspired millions of people from around the world who have been touched by her example and message of practicing peace in these turbulent times. Celebrate Ani Pema Chödrön's 77th birthday by practicing peace in her second annual birthday retreat. You can participate from anywhere in the world and receive an exclusive video teaching from Pema. It's free and open to everyone!

<http://pemachodronfoundation.org/birthday-retreat-2013>



You, yourself, as much as anybody in the entire universe, deserve your love and affection.

Buddha

the opportunity to cultivate mind states that brighten the world.

Sarani

**PLEASE VISIT OUR WEB SITE FOR
MORE INFORMATION, LINKS,
AND UPDATES.**

Sakyadhita Canada

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